



LYG BMX 2026

Entry Information & Rules

Event Overview

Date: Sunday 7th June 2026

Venue: Hayes BMX Track

Approximate timings: 9am-5pm

Contact: abby@londonyouthgames.org

Entry Information

Squad Entry Deadline: Wednesday 13th May 2026

Squad Size: Minimum – 1 & Maximum – 40 - max 18 Novice riders, max 18 Expert riders and max 4 Wingz riders (**2 Wingz Junior Riders and 2 Wingz Senior Riders**)

Competitions: Mixed.

Eligibility Criteria:

- Expert: competed in 3 or more Regional Series or National Series races between 2025 & 2026.
- Novice: Not competed at National series or competed regularly between 2025 – 2026.
- Wingz: Any rider that identifies as having an impairment in one of the below categories:

Group	Impairment
G2.	Ambulant
G3A.	Sensory-Hearing Impairment
G3B.	Sensory-Vision Impairment
G4.	Severe Learning Disability (SLD)
G5.	Mild Learning Disability (MLD)

- All riders must have British Cycling third party liability insurance (BCF membership number must be provided on entry form).

Age Categories

Age Category	Oldest DOB	Youngest DOB
7 – 8 years old	01/01/2019	31/12/2020
9 – 10 years old	01/01/2017	31/12/2018
11 – 12 years old	01/01/2015	31/12/2016
13 – 14 years old	01/01/2013	31/12/2014
15 – 16 years old	01/01/2011	31/12/2013
17 years old	01/01/2009	31/12/2010
Wingz Junior (7 – 12 years old)	01/01/2015	31/12/2020
Wingz Senior (13 – 17 years old)	01/01/2009	31/12/2014



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Replacements: Each borough is permitted two replacements per gender. Replacements are where you can bring an undeclared competitor to replace a registered competitor not attending on the day. Any replacements must be in line with the eligibility criteria. All replacement details must be provided at registration on the day.

No additional participants will be allowed other than replacements, even if a borough does not have the maximum squad number.

Full Rules & Regulations

BMX 1 The London Youth Games BMX competition will run according to the [British Cycling Federation](#) rules.

BMX 1.1 Should any rules listed below contradict those outlined by the British Cycling Federation, these rules will supersede those.

BMX 1.2 It will be at the sole discretion of the Competition Director as to the application of these rules, and any subsequent decision made as a result will be final.

BMX 1.3 The Tournament Organisers reserve the rights to alter or amend the playing schedule if necessary and make decisions on any matters arising during the tournament, including any matters not covered by the tournament regulations.

BMX 2 Age Category

BMX 2.1 The following age groups and respective maximum and minimum date of births will apply to the London Youth Games BMX Competition:

Age Category	Oldest DOB	Youngest DOB
7 – 8 years old	01/01/2019	31/12/2020
9 – 10 years old	01/01/2017	31/12/2018
11 – 12 years old	01/01/2015	31/12/2016
13 – 14 years old	01/01/2013	31/12/2014
15 – 16 years old	01/01/2011	31/12/2013
17 years old	01/01/2009	31/12/2010
Wingz Junior (7 – 12 years old)	01/01/2015	31/12/2020
Wingz Senior (13 – 17 years old)	01/01/2009	31/12/2014

BMX 2.2 Competitors are not permitted to enter this competition if they are ineligible. No exceptions will be made.

BMX 2.3 It is the responsibility of competitors/parents/team managers/local authority staff to ensure all competitors details are entered correctly at the time of submission, and that they are eligible to compete for their borough under the [London Youth Games Games Rules](#), and in accordance with the age groups outlined for the competition.



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BMX 2.3.1 In the instance a competitor is found to be ineligible, they will be disqualified from the competition entirely, and the borough will receive a points penalty as per the Games Rules.

BMX 3 Eligibility

BMX 3.1 Expert rider should have competed in 3 or more Regional Series or National Series races between 2025 - 2026 (competent racers).

BMX 3.2 Novices should be relatively/brand new to the sport and not competed at National series. These are riders who have not competed regularly between 2025 - 2026 and are using LYG as their first racing experience.

BMX 3.3 Wingz BMX race category is for any rider with a disability or impairment according to the below categories;

Group	Impairment	Descriptor
G2.	Ambulant	-Standing with 4 limbs affected. -Standing with 1 or 2 lower limbs affected. -Standing with 1 or 2 upper limbs affected.
G3A.	Sensory-Hearing Impairment	Anyone with a hearing impairment that requires them to wear a hearing aid or implant.
G3B.	Sensory-Vision Impairment	Anyone with a vision impairment which impacts their daily lives. This does not include simply wearing glasses or contact lenses.
G4.	Severe Learning Disability	Anyone who has severe difficulties with pattern recognition, sequencing and memory, as well as having slower reaction time. They are likely to need support in communicating their needs and understanding abstract or complex ideas. This category includes Level 3 autism.
G5.	Mild Learning Disability	Anyone who has mild difficulties with pattern recognition, sequencing and memory. They may need some support to understand abstract or complex ideas. This category includes Level 2 autism.

BMX 3.4 Team Managers can check rider rankings [here](#).

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BMX 3.5 Riders cannot ride up an age group. They must ride in their age bracket and the correct category (novice or expert) – the below outlines how riders will compete, and their allocated race code;

Boys		Girls		Wingz			
Novice	Expert	Novice	Expert	Junior (7-12 years old)	Senior (13-18 years old)	Junior (7-12 years old)	Senior (13-18 years old)
7–8 years old (1M)	7-8 years old (2M)	7–8 years old (1F)	7-8 years old (2F)	13G2F	14G2F	13G2M	14G2M
9–10 years old (3M)	9-10 years old (4M)	9–10 years old (3F)	9-10 years old (4F)	15G3F	16G3(a)F	15G3M	16G3(a)M
11–12 years old (5M)	11-12 years old (6M)	11–12 years old (5F)	11-12 years old (6F)	17G3(b)F	18G3(b)F	17G3(b)M	18G3(b)M
13–14 years old (7M)	13-14 years old (8M)	13–14 years old (7F)	13-14 years old (8F)	19G4F	20G4F	19G4M	20G4M
15–16 years old (9M)	15-16 years old (10M)	15–16 years old (9F)	15-16 years old (10F)	21G5F	22G5F	21G5M	22G5M
17 years old (11M)	17 years old (12M)	17 years old (11F)	17 years old (12F)				

BMX 3.6 It is the responsibility of competitors/parents/team managers/local authority staff to ensure all competitors details are entered correctly at the time of submission, and that they are eligible to compete for their borough under the guidance outlined above, and in accordance with the age groups outlined for the competition.

BMX 3.6.1 In the instance a competitor is found to be ineligible, they will be disqualified from the competition entirely, and the borough will receive a points penalty as per the Games Rules.

BMX 4 Squad Size and Marshals Boroughs are permitted to bring a minimum of 1 competitor and a maximum of 40 competitors, with a maximum of 18 novice riders, 18 expert riders and a maximum of 4 Wingz riders (**2 Wingz Junior Riders and 2 Wingz Senior Riders**)

BMX 4.1 Borough may be asked to provide a marshal over 18 years of age to report to LYG by 9am. If this is a requirement, LYG will communicate this prior to the event.



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BMX 5 Kit & Equipment

BMX 5.1 Competitors must provide own equipment.

BMX 5.2 Competitors must wear protective clothing whilst on the track, including a full-face helmet, gloves, long-sleeve top and bottoms (no shorts, tear resistant fabric advisable).

BMX 5.3 Only 20" BMX or cruiser bikes are allowed, and stunt pegs must be removed. Front brakes must also be removed from the bike.

BMX 5.4 All competitors must have a race number board attached and clearly visible on the front of the bike (provided by LYG for collection at registration).

BMX 5.5 Handlebar grips are mandatory and must completely cover the ends of the handlebars.

BMX 5.6 Handlebar ends must be plugged. Tape will not be deemed sufficient.

BMX 6 Competition Format and Draw

BMX 6.1 Each race is contested by up to 8 riders. In each race category riders will compete in 3 " motos" before the finals.

BMX 6.1.1 Races may be combined due to low numbers. Medals and points will be separate.

BMX 6.2 Points are awarded for the rider's position in each moto to rank all riders for their respective category.

BMX 6.3 Depending on the number of entries the riders ranked highest in each category will progress to the finals (quarterfinals and semi-finals will be used where numbers require).

BMX 6.4 The riders ranked highest in the semi-finals will progress to the A and B finals (no medals will be awarded for B finals).

BMX 6.4.1 For age groups that have 8 or less riders, the 'Grand Prix' rule will apply whereby all 4 races will count towards the overall result and the rider with the lowest overall score wins.

BMX 6.4.1.1 In the case that riders are tied after four races, the overall winner will be the best finisher in the 4th race, for example;

- Rider 1 finishes 1st , 3rd, 4th, 1st = 9 points
- Rider 2 finishes 2nd, 3rd, 2nd, 2nd = 9 points
- Rider 1 would be the overall winner as they had the best finish in the 4th race

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BMX 7 Competition Rules

BMX 7.1 No competitor is permitted on the track until their borough has registered. Riders will be allowed practice time which will be communicated by the Competition Organisers.

BMX 7.2 Competitors cannot race in more than one category.

BMX 7.3 Competitors will be informed which moto they are in based on their unique race number.

BMX 7.4 There will be no transponders used this year. The finishing line results will be imported manually so it is imperative that all riders number plates are clearly visible.

BMX 7.5 Competitors who miss their time start time will be placed last in that moto. If the competitor misses two motos, they will face disqualification for their category.

BMX 8 Overall Scoring The best 2 female category placings, and the next best 8 category placings (across any gender or grade – making a total of the best 10 categories, will be combined to calculate a borough's overall score. A maximum of 2 Wingz riders can contribute to this total. The lowest combined placings across the 10 categories (including the minimum two female) will be deemed the winner (1st = 1 points, 2nd = 2 points etc).

BMX 8.1 Boroughs who do not enter the minimum of two female races will automatically be ranked below those boroughs who do. If a borough enters one female race, they will be ranked below those with the minimum two, but above those with none.

BMX 8.1.1 The best 10 categories for a borough will still be combined and calculated in these instances, but will still rank lower than teams with female racers.

BMX 8.2 Tied teams will not be separated once scores from events are combined, except in the event that the top 3 teams have the same number of points then the highest number of first place race finishers will be the deciding factor, then the second-place event finishers and so on.

BMX 8.3 If a borough has entered the competition but not a category that is used in the scoring calculation, they will be placed in last position for that category.

BMX 8.2 Incomplete competition In the event that the competition is cancelled or suspended, the results from all completed events are combined and used to identify the overall winner.

BMX 8.2.1 At a minimum 6 categories' motos must have been completed to determine a valid result.

BMX 9 Medals & Trophies Medals and trophies will be awarded as follows:

BMX 9.1 Individual medals awarded for each age category (as per categories set out in **BMX 3.5**)

BMX 9.2 Overall team medals presented to 1st, 2nd and 3rd placed teams.

BMX 9.3 Trophy presented to the winner of the competition.