

**3-Nations  
BMX-Cup**



**UCI**



## **REGULATIONS 3 NATIONS CUP 2016**

### **General rules**

The UCI regulations, in particular Title 6, Racing regulations BMX in the last published edition, are applicable to the 3 nations cup.

### **Front- and sideplates**

The front- and sideplates are provided by the organizing committee of the 3 Nations Cup in 2016. The use of these front- and sideplates during races and training sessions for the 3 Nations Cup is compulsory. The plates will only be provided once and are therefore to be used during all three races which form part of the 3 Nations Cup. In case the plates are no longer usable due to damaging or faded print, the rider is responsible to purchase a new set of plates. When the rider is not using the provided plates during races or training sessions for the 3 Nations Cup, the rider will not be included in the results and will therefore receive a DNS as result.

When a rider is seen without an official plate during training sessions, he or she will receive an official warning; a subsequent offence will result in disqualification from the event.

The plates will be provided to the riders by the national team manager or Chef d'Equipes of each country on registration at the races.

### **Pedal click systems**

The use of interlocking pedal click systems is only allowed for riders holding a license for the age of 11 and older during races and training sessions.

### **Categories**

The competition categories are:

#### **Saturday**

Cruisers Men: 13/16, 17/29, 30/39, 40/44 and 45+

Cruiser Women : 13+

Girls 8-. 9/10, 11/12, 13/14, 15/16

Boys 8-, 9/10, 11/12, 13/14, 15/16

#### **Sunday morning**

Girls 8-, 9/19, 11/12, 13/14,

Boys 8-, 9/10, 11/12, 13/14,

Men 30+

#### **Sunday afternoon**

Girls 15/16, Boys 15/16

Women 17+, Men 17/29

Junior Women, Junior Men

Elite Women, Elite Men.



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## Races 2016

In 2016, the races will be held on the following days and locations:

Ahnatal: 23 – 24 April 2016

Schijndel: 18 – 19 June 2016

Zolder: 10 – 11 September 2016

On Saturday, only riders with a Belgian, German or Dutch racing license can register. On Sunday, the race is classified as C1 and registration will take place according to the regulations of the UCI.

## Registration

Registration for the 3 Nations Cup is done on beforehand with a pre-registering system. Participants can enter by clicking the below mentioned links. To complete the registration, the entry fee has to be paid by digital transfer. Pre-registration closes two weeks before the start of the first race of the 3 Nations Cup. It is not possible to enter after this date.

When during pre-registration there are less than five riders for a category, the category concerned will be combined with the next older category. Except the Cruiser category of 30 years and older. They will be combined with the first younger category.

## Entry fees

Boys and Girls -8, 9/10, 11/12, 13/14	Eur 17,50
Boys and Girls 15/16	Eur 27.50
Women Junior/Men Junior	Eur 37.50
Women Elite/ Men Elite	Eur 52.50
Cruisers	Eur 17.50
Men/Women 17+	Eur 17.50

The above mentioned numbers apply per day and category. The entry fee includes €2,50 for providing photo finish and digital payment methods.

## Sign on

Every rider is obliged to report to the team manager of their national federation. He/she will check the entry details and the rider will receive wrist bands and front- and side plates for races and training sessions. In case of illness or injury, the team manager has to be notified of the riders' absence. Riders who will not have collected their wrist bands and plates will be unregistered by the team managers.

Riders are obliged to wear the provided wrist bands. It is not possible to participate in races or training sessions without a wrist band.

## Race schedule

During the first weekend of the 3 Nations Cup, the races will be seeded at random. The other two races will be seeded based on the last race.

## Prizes

Challenge categories Boys and girls 8- until 15/16: All riders in the finals: 1 trophy per category per race



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Challenge categories Cruisers/ Men 17+/ Women 17+: 3 riders in the finals: 1 trophy per category per race.

Championship categories: Prize money according to the UCI C1 schedule.

### **3 Nations Award**

During the last race of the 3 Nations Cup, the country that has collected the highest number of points over all the 3 races of the 3 Nations Cup will receive an award.

Riders in the following categories can earn points for their country:

Saturday: Boys/girls 7/8, 9/10, 11/12, 13/14.

Sunday: Boys/girls 15/16, Men Junior, Women Junior, Men Elite, Women Elite

The winner of each category will receive 10 points. This will then continue on with 8 points for the runner-up, and continue 6,5,4,3,2,1.

In case of equal points after three races, the last race will be decisive and the country with most points from the last race will win the award.

### **Time schedule**

#### **Friday:**

10:00 – 22.00	Opening of welcome desk for camping
18:00 – 19.30	Pickup wristbands at chef d'équipe
19:00 - 20:00	Gate practice all Classes up to 12 years
20:15 - 21:15	Gate practice all classes 13 years and over / Cruiser

Time-schedule is subject to changes!

#### **Saturday:**

Classes (morning - only riders from 3-Nations):

- Girls 8 & -, 9/10, 11/12, Girls 13/14, Girls 15/16
- Boys 8 & -, 9/10, 11/12, Boys 13/14, Boys 15/16
- Cruisers 13/16, 17/29, 30/39, 40/44, 45+, Cruiser Women

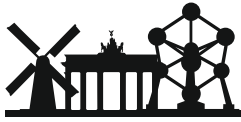
8:00 – 20:00	Opening of welcome desk for camping
9:30 - 11:00	Pickup wristbands at chef d'équipe
10:00 - 11:00	Gate practice for Girls & Boys up to 12 years
11:15 – 12:15	Gate practice for Girls & Boys 13 years and over / Cruiser
12:30 - 15:00	Moto's for Girls & Boys 8 till 16 & Cruisers
15:00 - 16:45	¼, ½ and Finals
17:00	Award Ceremony
18.00 – 19.30	Pick up wristbands at chef d'équipe
19.00 – 20.30	Gate practice

Time-schedule is subject to changes!

#### **Sunday:**

Classes (morning - open race - all nations):

- Girls 8 & -, 9/10, 11/12, Girls 13/14
- Boys 8 & -, 9/10, 11/12, Boys 13/14



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- Men 30+

Classes (afternoon - all nations)

- Girls 15/16,
- Boys 15/16
- Women 17+
- Men 17/29
- Women Junior, Men Junior
- Women Elite, Men Elite

8:00 - 8:30	Pickup wristbands at chef d'équipe
8:00 - 8:50	Warm-up for Girls & Boys 8 till 14, Men 30+
9:00	Moto's for Girls & Boys 8 till 14, Men 30+ (open race)
± 11:30	Final races for Girls & Boys 8 till 14, Men 30+
11.30 - 12.30	Pick up wrist bands
12.30 – 13.00	Award Ceremony morning Classes
12.30 – 12.50	Warm up Boys/Girls 15/16, Men 17-29, Women 17+, Women Junior, Women Elite
12.55 – 13.15	Pro Section Training Men Junior, Men Elite
13:25 - 15:25	Moto's Boys/Girls 15/16, Men 17-29, Women 17+, Women Junior, Men Junior, Women Elite, Men Elite
15:25 - 16:45	¼, ½ and Finals
17:00	Award Ceremony afternoon Classes

**Time-schedule is subject to changes!**

The links are:

For each day there is a separate link.

**23/24-04-2016 Ahnatal: Open from 07.03.2016 until 10.04.2016.**

Day1: 23-04 [Click here](#)

Day2: 24-04 [Click here](#)

**18/19-06-2016 Schijndel: open from 02.05.2016 until 05.06.2016**

Day1: 18-06 [Click here](#)

Day2: 19-06 [Click here](#)

**10/11-09-2016 Zolder: open from 25.07.2016 until 28.08.2016**

Day1: 10-09 [Click here](#)

Day2: 11-09 [Click here](#)