



P R E S E N T S



# 2023

Ahnatal (D) - 19. - 21. May 2023

Ranst (BE) - 15. - 17. September 2023

Assen (NL) - 27. - 29. October 2023



# 3-Nations BMX-Cup

### 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 side-plates are provided by the organizing committee of the 3 Nations Cup in 2023. 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 against a fee of € 10,00. In case of a rider 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. In case 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 OR MAGNETIC PEDALS:

The use of interlocking pedal click systems is only allowed for riders holding a license for the age of 13 and older during races and training sessions. Magnetic pedals are not allowed!

### CATEGORIES:

#### Saturday

Cruisers Men: 13/16, 17/29, 30/44 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

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

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

Girls 15/16, Boys 15/16

Women 17+, Men 17+

Junior Women, Junior Men

U23 Women, U23 Men

Elite Women, Elite Men

### RACES 2023:

In 2023, the races will be held on the following days and locations:

**Ahnatal: 19. - 21. May 2023**

**Ranst: 15. - 17. September 2023**

**Assen: 27. - 29. October 2023**

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 register themselves including the payments by their own federation. Pre-

registration and payments close about two and half weeks before the start of the first race of the 3 Nations Cup. published). It is possible to enter after this date on spot at the Chef de Equipes, double fees applying! After the deadline there will be no refund of the paid registration money. Cancellation only is possible on Monday, 12.00 AM before each race and only in case of sickness or injury.

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

All riders (with exception of the challenge riders who have a license issued by the Belgium, German or Dutch Federation) are able to register themselves on the Sunday race (regular fees apply). Junior and elite riders with a license by the Belgium, German or Dutch Federation are allowed to register themselves on Sunday for the Sunday race (double fees apply).

**Deadline for Ahnatal: 03.05.2023 / 23.59 hours**  
**Deadline for Ranst: 31.08.2023 / 23.59 hours**  
**Deadline for Assen: 11.10.2023 / 23.59 hours**

#### ENTRY FEES:

Challenge Classes Boys and Girls 8 and under – 14 years	€ 18,50*
Challenge Classes Men and Women 17+	€ 18,50*
Cruisers	€ 18,50*
Challenge Classes Boys and Girls 15/16	€ 18,50*
Junior Women, Junior Men:	€ 28,50*
U23 Women, U23 Men:	€ 40,50*
Elite Women, Elite Men:	€ 52,50*

The above-mentioned numbers apply per day and category. The entry fee includes €3,50 for providing photo finish, numberplates and organization skills.

\*Excluding Chef d'équipe fee of € 2,50 for the Dutch riders.

\*Additional Digital-Registration Charge for German riders:

Entry fee	Charges
0,00 € - 20,00 €	+ 1.00 €
20.01 € - 34.00 €	+ 1.50 €
34.01 € - 54.00 €	+ 2.00 €

#### 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 band, Number Plate and Side Plate. All riders who did not deregister before the deadline will receive their riders pack if they report their absence at the team manager or national federation on the day of the race. In case of illness or injury, the team manager has to be notified of the riders absence. Riders who are injured during the training are obliged to deregister themselves directly after that training. 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.

### CLUBSHIRTS:

According to the UCI rules Chapter 1: 1.3.045, 1.03.046, 1.3.047. 1.3.047.01, 1.3.048 and 1.3.049.

### RACE SCHEDULE:

All races will be seeded according to the scrambled system.

### PRIZES AND AWARDS:

For all Challenge Categories: Trophies for all 8 riders in the finals.

For all Championship Categories: Prize money as listed below per race, according to the 2023 UCI C1 schedule (except 1<sup>st</sup> place Category Junior) + category 15/16:

Ranking	Elite men	Elite women	U23 men	U23 women	Junior men	Junior women	15/16 boys	15/16 girls
1st	800 €	800 €	350 €	350 €	160 €	160 €	100 + Price	100 + Price
2nd	400 €	400 €	175 €	175 €	70 €	70 €	60 + Price	60 + Price
3rd	200 €	200 €	85 €	85 €	60 €	60 €	40 + Price	40 + Price
4th	175 €	175 €	75 €	75 €	50 €	50 €	Price	Price
5th	150 €	150 €	65 €	65 €	40 €	40 €	Price	Price
6th	125 €	125 €	55 €	55 €	30 €	30 €	Price	Price
7th	100 €	100 €	40 €	40 €	20 €	20 €	Price	Price
8th	75 €	75 €	35 €	35 €	10 €	10 €	Price	Price
Summary	2.025 €	2.025 €	880 €	880 €	440 €	440 €	200 €	200 €

### PRIZES FOR COMPETITION AFTER 6 RACES:

After the last race of the 3 Nations Cup riders of each class the number 1, 2 and 3 with the highest points receive a medal. See attachment 1 for the schedule of the points. All 3 or 6 races count toward the final prize. In case of equal points after 3 or 6 races, the last race will be decisive. In case of cancellation of 1 or more races, there is no prizing ceremony at the last competition!

### 3-NATIONS-AWARD

During the last race of the 3 Nations Cup, the country which has collected the highest number of points over all the 6 races of the 3 Nations Cup, will receive the 3 Nations Cup award.

Only 12 riders who has collected the highest number of points of each country per race earn the points for their country.

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 3 Nations Cup award.

## TIME SCHEDULE FOR TRACKS WITH PRO-SECTION:

### Friday:

10:00 – 22:00	Opening of welcome desk for camping
18:00 – 19:30	Pickup wristbands and plates at chef d'équipe / Double-fee registration Challenge
19:00 – 19:45	Gate practice all Classes up to 12 years
20:00 - 20:45	Gate practice all classes 13 years and over / Cruiser / Women Junior, U23 and Elite (separate line in Prestarts and separate Gates for Women Junior, U23 and Elite)
21:00 – 21:30	Gate practice and Pro-Section practice Men Junior, U23 and Elite

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

### Saturday:

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

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

8:00 – 20:00	Opening of welcome desk for camping
9:30 – 10:45	Pickup wristbands and plates at chef d'équipe / Double-fee registration Challenge
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	1/8, 1/4, 1/2 and Finals
17:00	Award Ceremony
Following	At the last race: Award ceremony for competition no. 1,2 and 3 for cruisers category
18:00 – 19:30	Pickup wristbands at chef d'équipe
19:00 - 19:45	Gate practice Challenge riders + Women Junior, U23 and Elite (separate line in Prestarts and separate Gates for Women Junior, U23 and Elite)
19:45 – 20:30	Gate practice and Pro-Section practice Men Junior, U23 and Elite

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

### Sunday:

Classes (morning - open race - all nations):

- Girls 8 & -, 9/10, 11/12, 13/14
- Boys 8 & -, 9/10, 11/12, 13/14
- Girls 15/16
- Boys 15/16
- Women 17+
- Men 17+
- Women Junior, Women U23, Men Junior, Men U23
- Women Elite, Men Elite

8:00 - 9:30	Pickup wristbands and Plates at chef d'équipe / Double-fee Registration Championship
8:00 - 8:50	Warm-up for Girls & Boys 8 till 14
9:00 - 9:20	Warm up Boys/Girls 15/16, Men 17+, Women 17+, Women Junior, Women U23, Women Elite (separate line in Prestarts and separate Gates for Women Junior, U23 and Elite)
9:20 - 9:50	Pro Section Training Men Junior, Men U23, Men Elite
10:00	Moto's for all classes
Following	1/8, 1/4, 1/2 and finals
Abt. 14:00	Award ceremony for classes without finals
After all finals	Award ceremony for all classes with finals
Following	At the last race: award ceremony for competition no. 1, 2 and 3 all classes except the cruisers.

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

**During practice on Sunday morning, rows 1 and 2 are reserved for the rider 5 up to and included 10 years old!**

### ENTRANCE TICKETS MAX:

- 13 years and over: Saturday € 8,00, Sunday: € 10,00, passe-partout: € 15,00.
- 5-12 years : Saturday € 5,00, Sunday: € 8,00, passe-partout: € 10,00.

### CONTACT INFORMATION:

Organiser Ahnatal	Rad Sport Club Weimar-Ahnatal <b>Carsten Rövenstrunk</b> Parkstraße 18, D-34246 Vellmar Tel.: +49-173-5408447 Email: <a href="mailto:bmx@hessen-radsport.de">bmx@hessen-radsport.de</a> Website: <a href="http://www.rsc-weimar-ahnatal.eu/bmx.html">www.rsc-weimar-ahnatal.eu/bmx.html</a>
Organiser Ranst	BMX RANST VZW <b>Karin Rombouts</b> Bistweg 17, B-2520 Ranst Tel : +32 – 473.188.579 Email : <a href="mailto:3nations@bmxranst.be">3nations@bmxranst.be</a> Website : <a href="http://www.3nationscup.bmxranst.be">www.3nationscup.bmxranst.be</a>
Organiser Assen	Fc Unitas / Assen <b>Bea Ambergen</b> Email: <a href="mailto:secretaris@fc-unitas.nl">secretaris@fc-unitas.nl</a> Website: <a href="http://www.fcunitas.nl">www.fcunitas.nl</a>
Dutch Federation	<b>Yvonne Plaisant</b> Email: <a href="mailto:bmx@knwu.nl">bmx@knwu.nl</a> Tel.: +31-6-17707458
German Federation	<b>Falk Putzke.</b> Tel: +49-69-96780043, <a href="mailto:falk.putzke@bdr-online.org">falk.putzke@bdr-online.org</a> <b>Florian Ludewig,</b> Tel.: +49-172-2140933, <a href="mailto:florian.ludewig@gmx.de">florian.ludewig@gmx.de</a>
Belgian Federation	<b>Michel Vermeiren,</b> Tel.: +32-476-438672, <a href="mailto:michel.vermeiren@belgiancycling.be">michel.vermeiren@belgiancycling.be</a>