THE CARTOON BOOK OF

BMX



AERIAL / JUDGED / ACTION

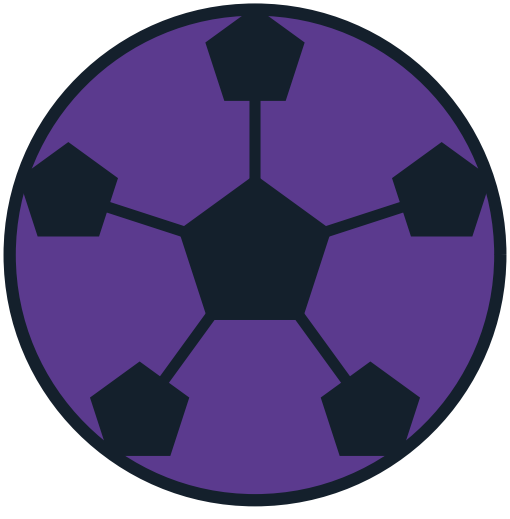
SPORT ON EARTH

Sport on Earth Books · The Extreme & urban Family

Original illustrations · No characters were copied in the making of this book

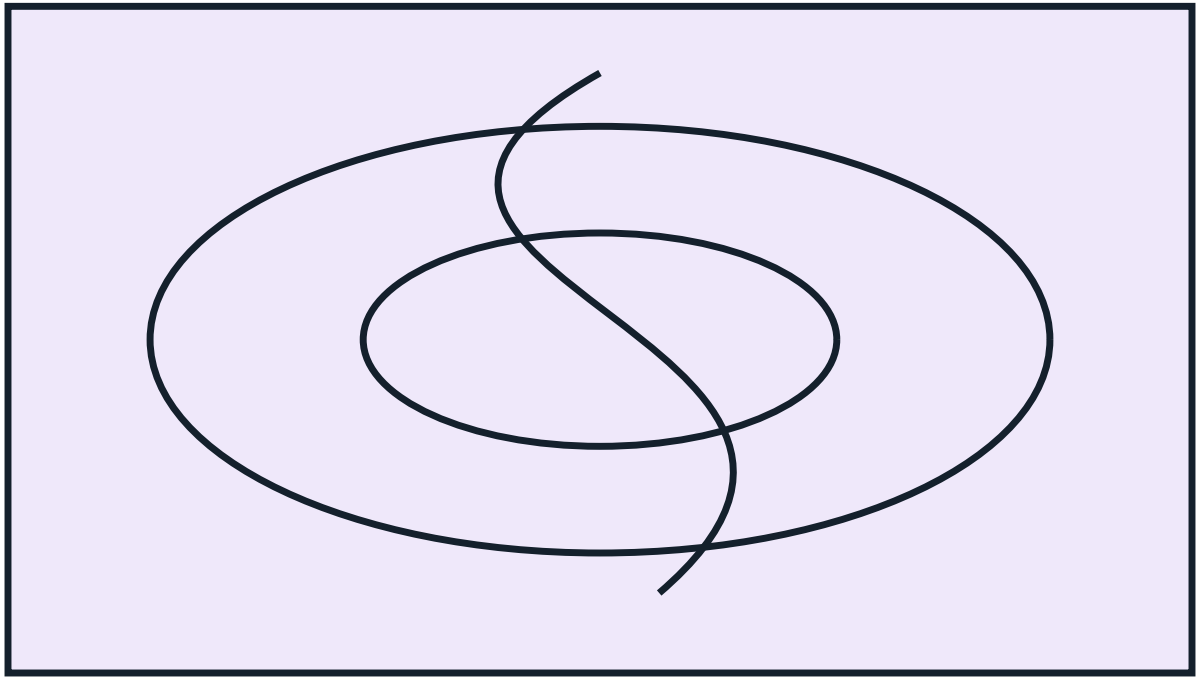
Meet BMX!

Racing and freestyle on small bikes.



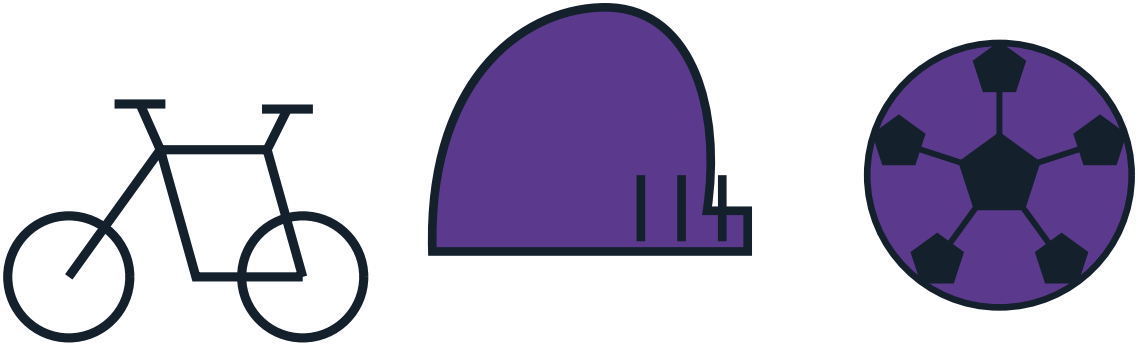
Where It Is Played

A Park course of ramps with big transitions and large obstacles, or a flat Flatland area; Park runs last one minute.



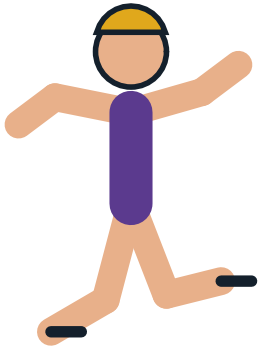
The Gear

A BMX freestyle bicycle built for tricks; helmet and pads strongly recommended (helmet not mandated in Flatland).



How It Starts

Learn basic BMX handling and first tricks at a skatepark, get a licence through your national cycling federation, and enter local Park or Flatland contests.



How to Play

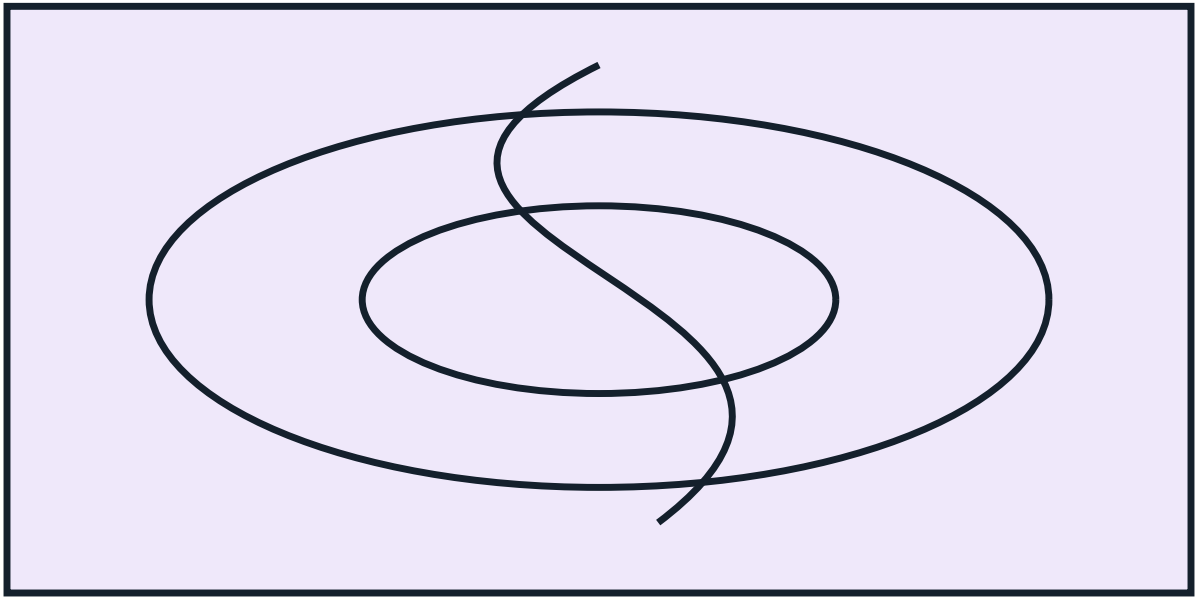
- Format: BMX Freestyle competitions are judged events, not races — riders are scored on a routine of manoeuvres known as tricks.
- The two Freestyle specialities are Park, ridden on ramps and large obstacles, and Flatland, ridden on flat ground.
- In Park competition each rider completes two one-minute runs, and both runs count towards the final score.
- Judges award points for difficulty, originality, style and execution of the tricks performed across the whole course.

More of the Game

- A Park competition is composed of Qualification, Semi-final and Final phases, ridden in heats of 4-6 riders.
- Elite categories are Men Elite and Women Elite, aged 15 and over, determined by year of birth.
- If a bicycle or component breaks during a run the rider may continue, stop, or replace the bicycle, but no time-out or extra time is given.
- Helmets are recommended but not required in Flatland competition under article 6bis.4.010; riders must wear their issued visual identification or may be refused their start.

The Shape of a Match

Riders perform timed trick runs in a Park course or on Flatland; judges score difficulty, originality, style and execution, and the highest total wins.



More of the Extreme & urban Family

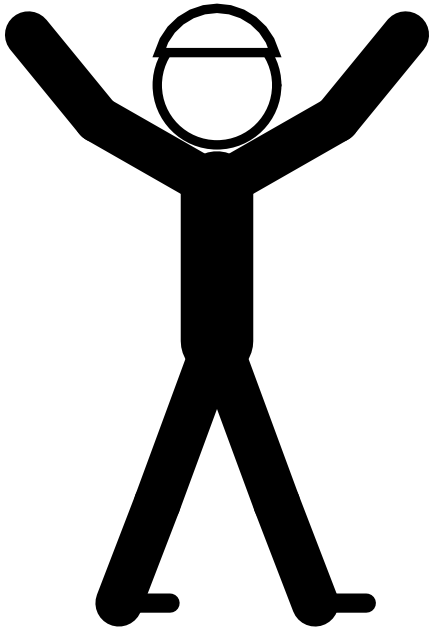
- Skateboarding — Street and park skating, an Olympic sport and X Games staple.
- Sport Climbing — Boulder, lead and speed climbing, an Olympic sport.
- Parkour and Freerunning — Move through obstacles with vaults and jumps.
- Chase Tag — Pro format of the playground game.
- Ultimate Frisbee — Seven-a-side disc game, pro in North America.
- Tricking — Martial-arts kicks combined with flips.

A Note on the Rules

BMX is governed by the UCI across racing (gate starts, moto formats, the SX hill) and freestyle (park judging criteria added for Tokyo 2020) — formats administered per discipline, with freestyle's judging framework young and cycle-revised. No single dated landmark law change is carried for BMX.

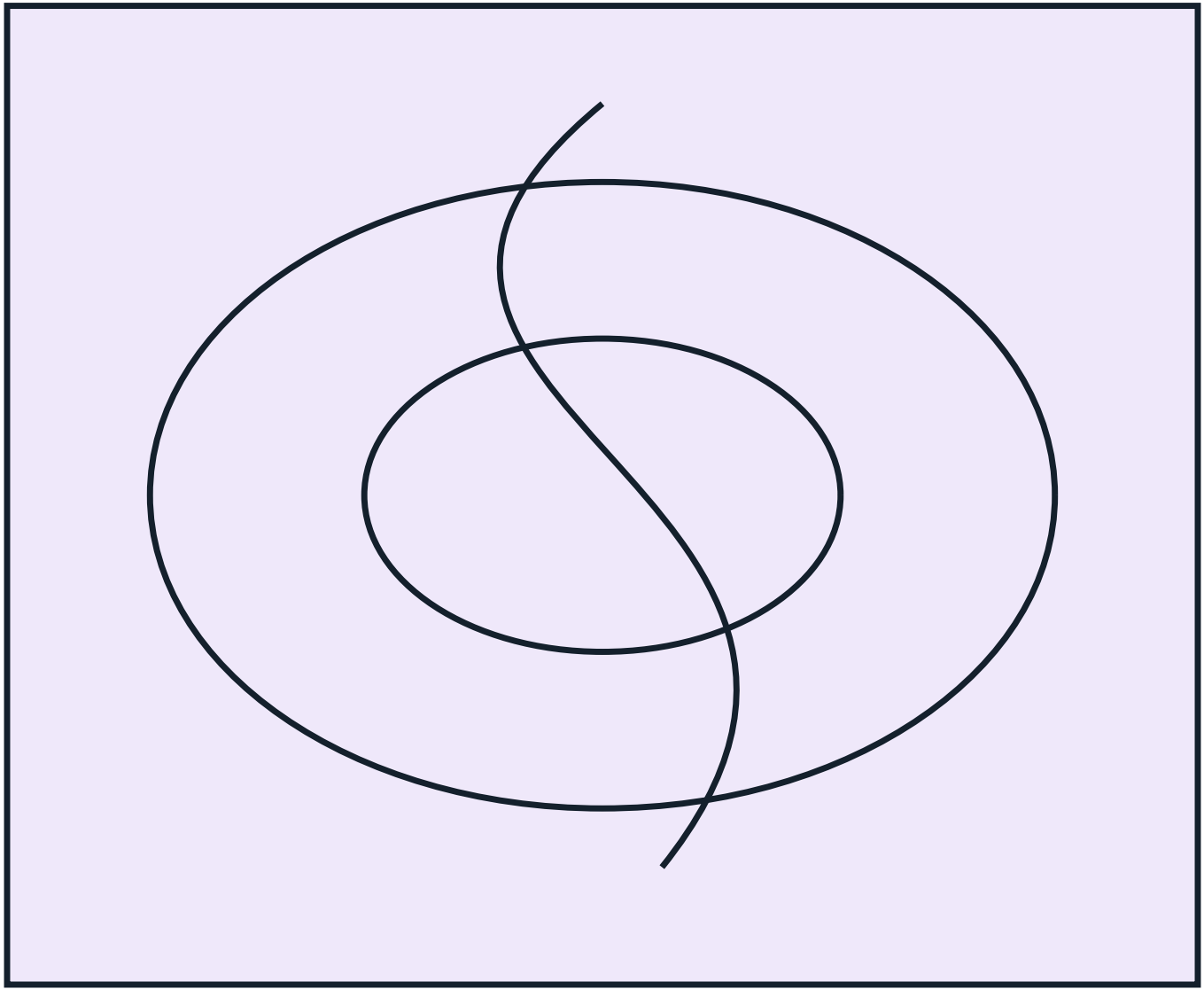


Colour the Action

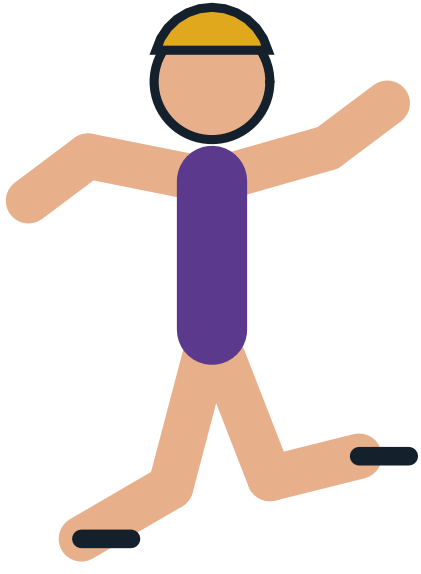


Psst — this page is a colouring page!

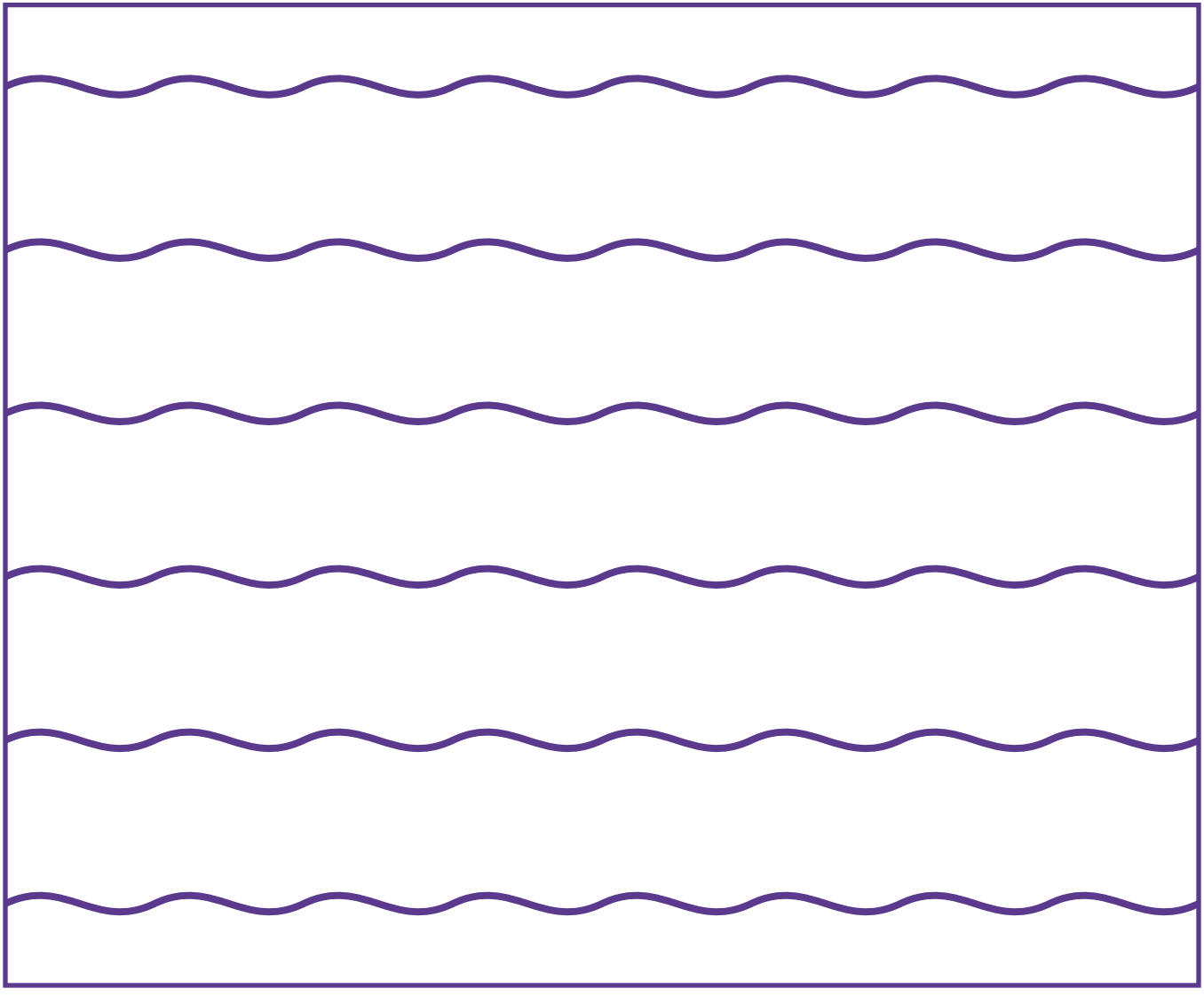
The Sport Today



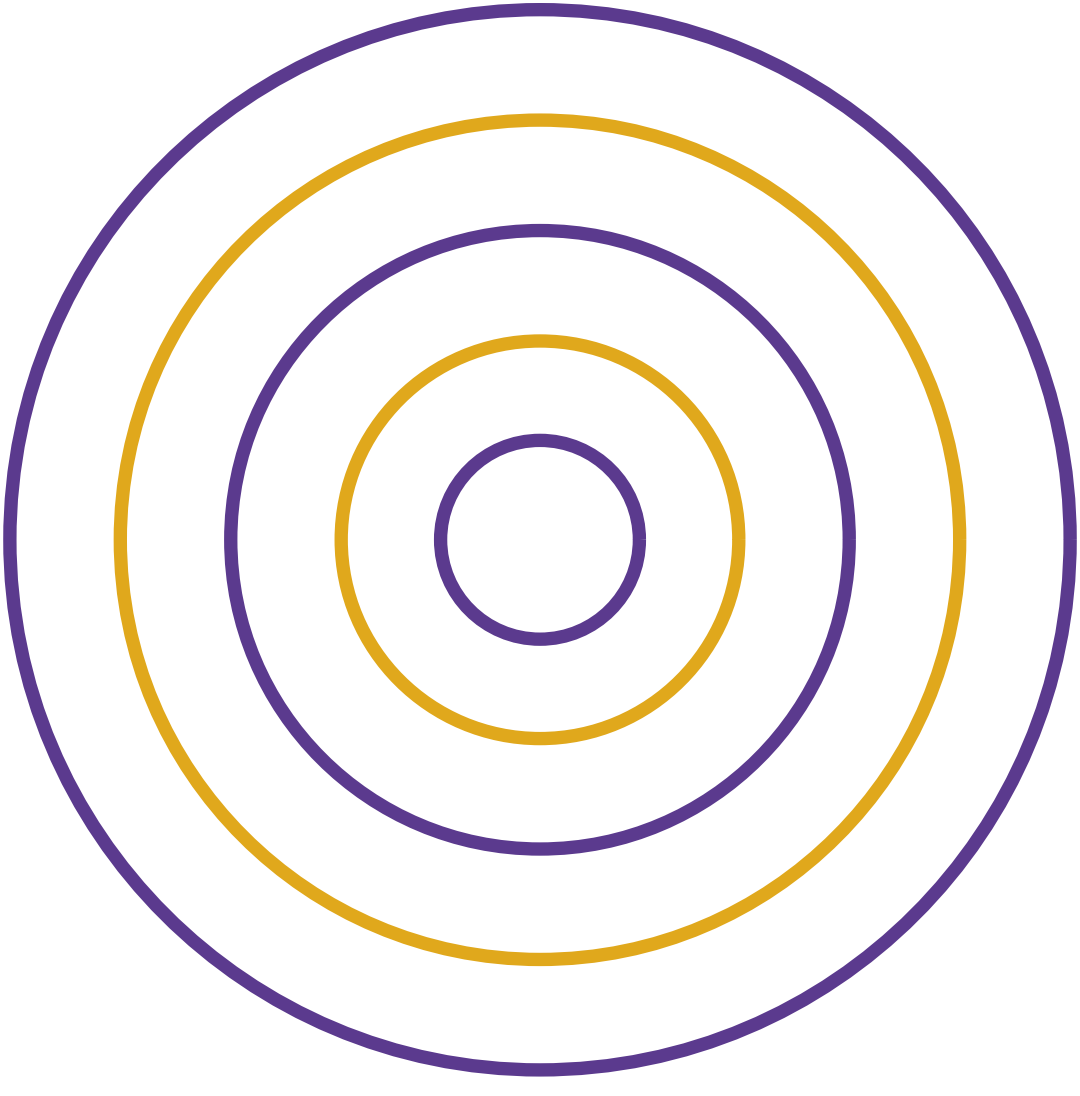
At School and College



Play It Near You



Through the Year

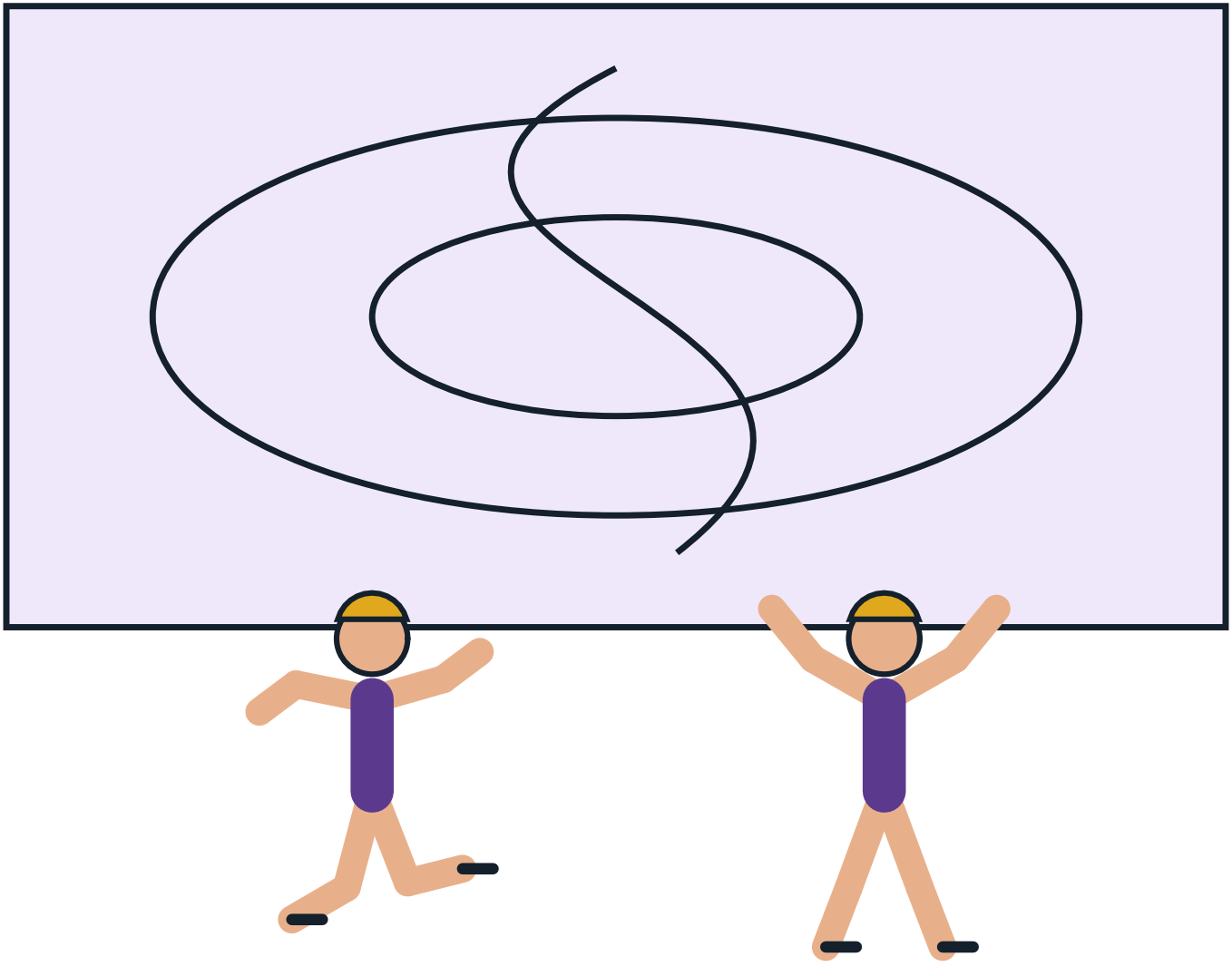


The Extreme & urban Family

Every sport belongs to a family of games that share its shapes and skills. Here are some of this book's closest relatives — each with a cartoon book and a colouring book of its own.

- Skateboarding — Street and park skating, an Olympic sport and X Games staple.
- Sport Climbing — Boulder, lead and speed climbing, an Olympic sport.
- Parkour and Freerunning — Move through obstacles with vaults and jumps.
- Chase Tag — Pro format of the playground game.
- Ultimate Frisbee — Seven-a-side disc game, pro in North America.

Game Day!



The Sport on Earth Mark

Every sport on Sport on Earth carries its own original mark, drawn for the site. Here is this sport's.



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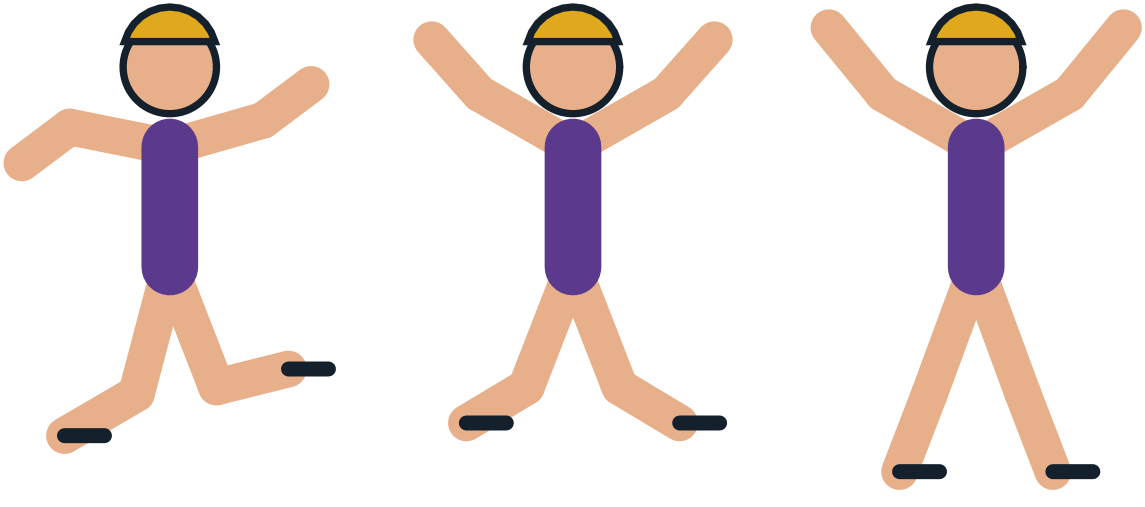
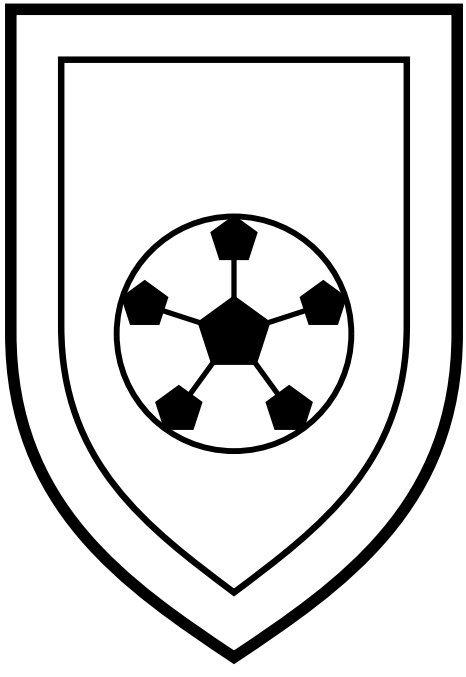
Moves of the Game

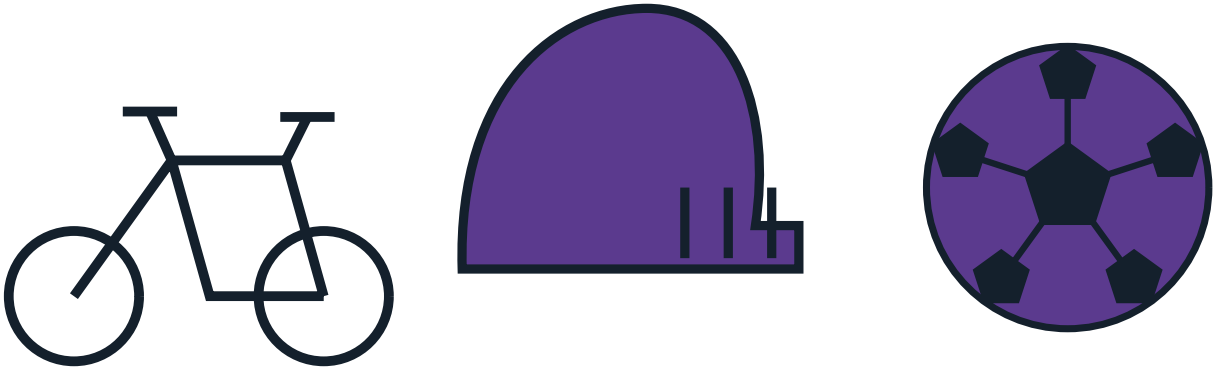


Design a Badge

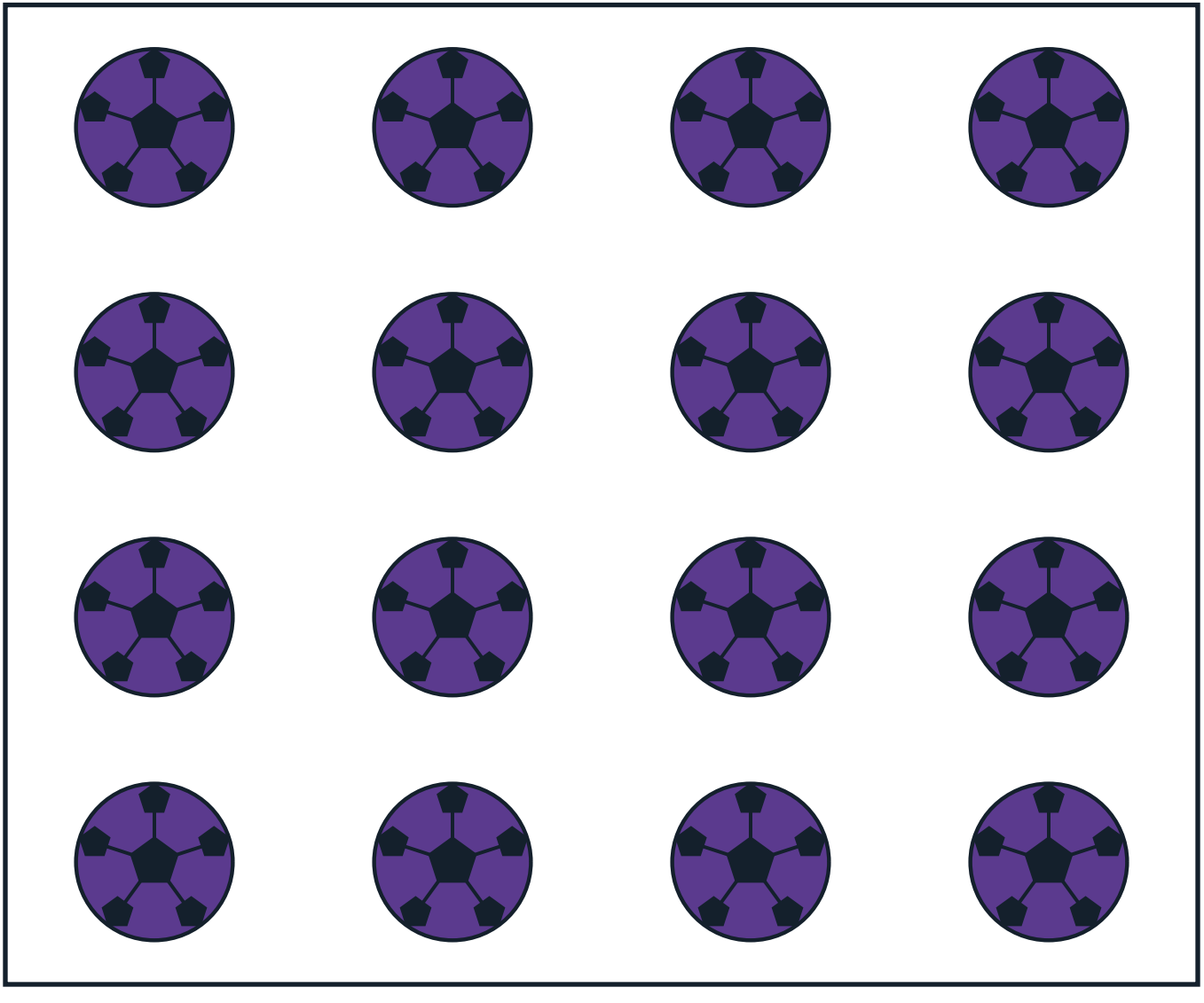


Draw and colour a badge for your own team.

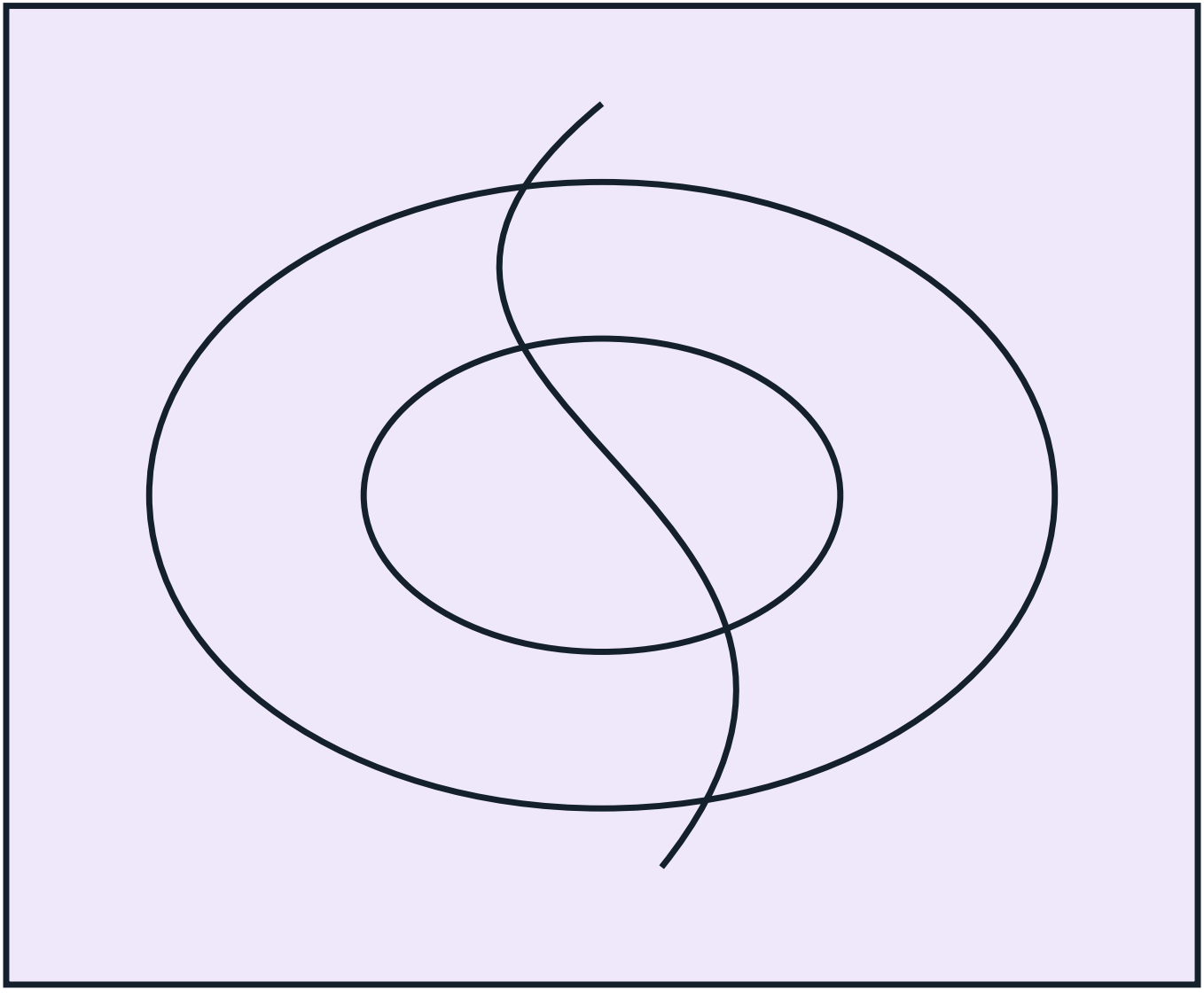
The Gear Parade



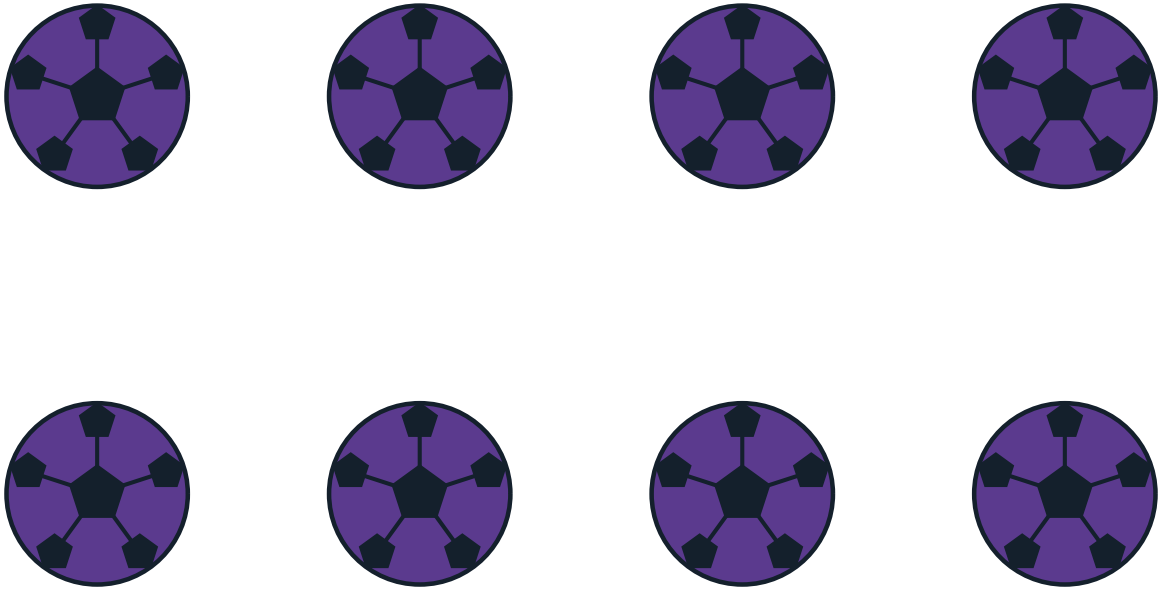
Pattern Play



The Arena From Above



Count the Balls!



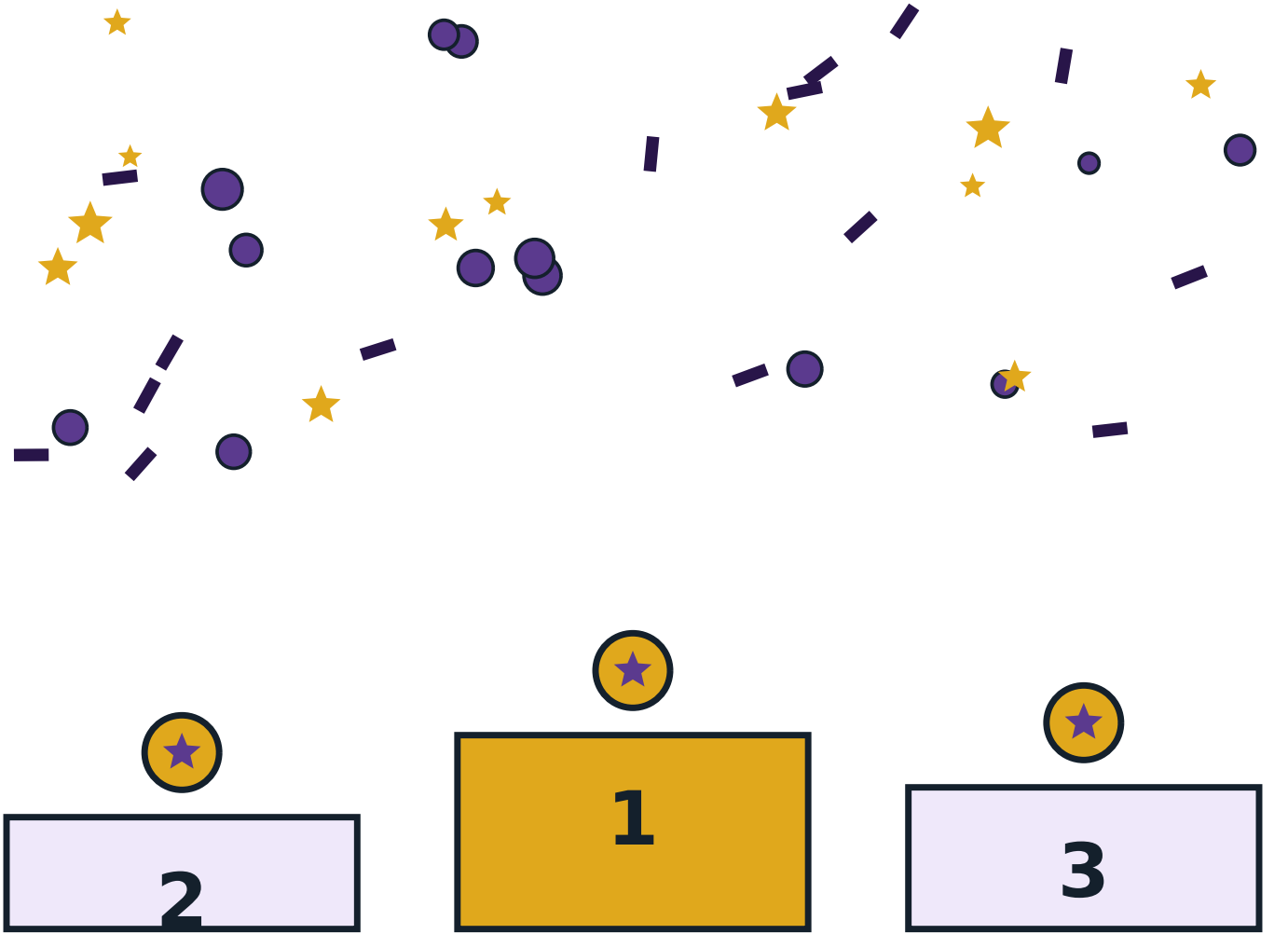
How many can you count? Write the number here: _____

My Favourite Part of BMX

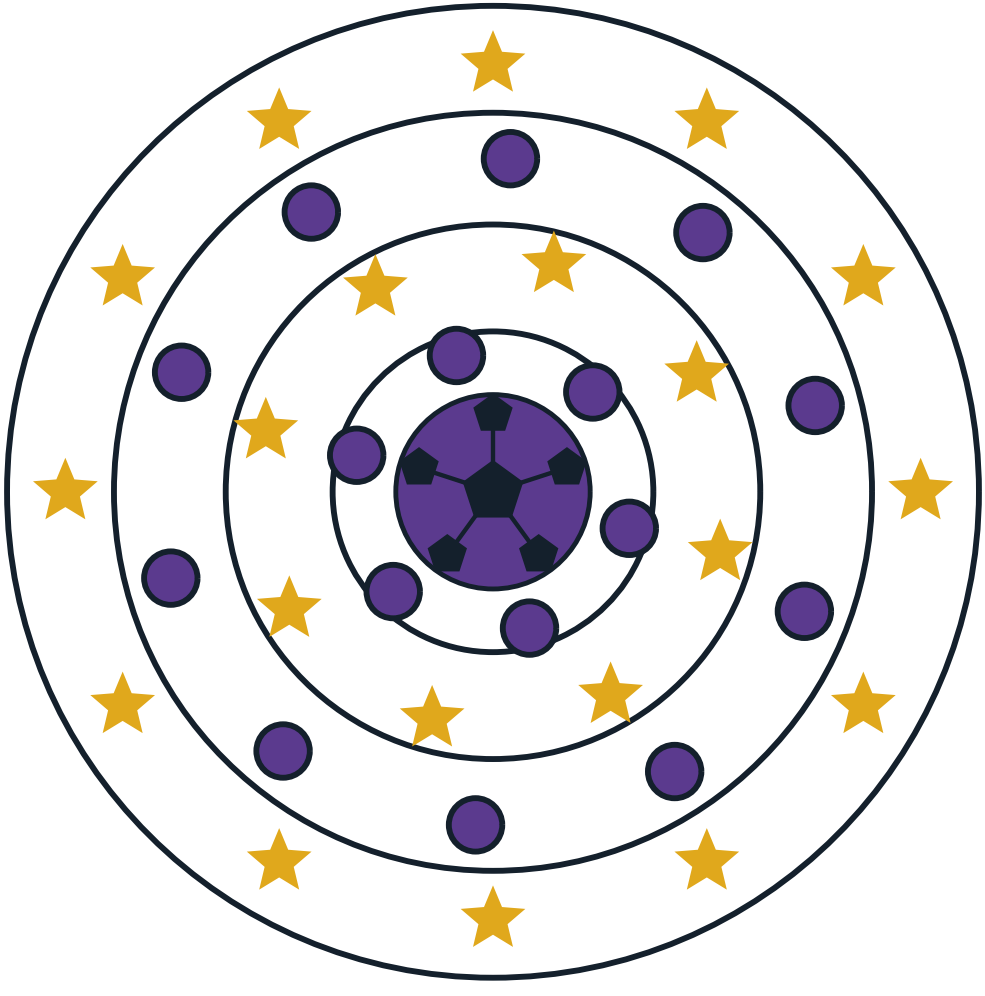
Gear Close-Up



Champions!



The Mandala of the Game



About This Book

Governing body: Union Cycliste Internationale (UCI). Laws edition the site's rules file follows: UCI Cycling Regulations Part VIbis — BMX Freestyle Competitions, version 01.01.2025. Everything in this book comes from Sport on Earth's own verified sport files — the same words you can read on the sport's page at Sport on Earth. The illustrations are original artwork drawn by computer for this book series. They are not pictures of real players, real teams or anybody else's characters.

More Books in the Family

- The Cartoon Book of Skateboarding
- The Cartoon Book of Sport Climbing
- The Cartoon Book of Parkour and Freerunning
- The Cartoon Book of Chase Tag
- The Cartoon Book of Ultimate Frisbee
- The Cartoon Book of Tricking
- The Skateboarding Colouring Book
- The Sport Climbing Colouring Book

My Notes

BMX

The Cartoon Book of BMX — a Sport on Earth Book.

Text from Sport on Earth's verified sport files. Illustrations: original programmatic artwork created for this series, including the site's own sport mark. No copyrighted characters, team logos or player likenesses appear in this book.

Collect the whole shelf: a cartoon book and a colouring book for every one of the 442 sports and games on Sport on Earth.

