

Oklahoma Interscholastic Team Rules

Please read the following rules and ensure your rider and you, as a parent or guardian, can follow these team rules. Violations of these rules may result in suspension or dismissal at the sole discretion of the Team's Club Commissioner.

Team Rules

- **Safety First!**
 - Always wear a helmet (buckled), long sleeve jersey/shirt, and pants while riding the track. Flat soled shoes, like Vans, are recommended.
- **Respect and Sportsmanship**
 - Show respect to coaches, teammates, opponents, and officials at all times.
 - Celebrate victories with humility and accept defeats with grace.
- **Attendance and Punctuality**
 - Attend all scheduled practices and races unless excused by a coach.
 - Arrive on time and be ready to start at the designated start time. If you are unable to make it by a start time, coordinate your arrival time with a coach.
 - Pick up riders by the designated end time of a practice, race or other sanctioned team event.
- **Effort and Attitude**
 - Give your personal best in every practice and competition.
 - Maintain a positive attitude and encourage your teammates
- **Communication**
 - Inform coaches in advance if you are unable to attend a practice or competition.
 - Communicate any concerns or issues with coaches respectfully.
- **Teamwork**
 - Support and help your teammates both on and off the track.
 - Participate in team meetings, activities, and help when needed.

- **Track Etiquette for Riders and Parent**

- Take responsibility for your actions and behaviors.
- Care for the track and track equipment.
- Follow all rules and regulations set by USA BMX and the USA BMX sanctioned track.
- Clean up after yourself at practices and races.
- If you are not riding and are at the track, you may not be on the track for any reason. Non-riders should stay behind the fence and in the bleachers or other designated spectator area unless you have been designated to be on the track by team Coaches or Track Officials. This includes staying out of the rider pit, the starting hill area, or the starting gate.
- Leave coaching to the coaches. You may provide feedback to your own rider but please do not provide coaching to any other rider or parent.

- **Health and Fitness**

- Maintain a healthy lifestyle, including proper nutrition and rest.
- Follow any fitness and training plans provided by the coaches.

- **Learning and Improvement**

- Be open to feedback and willing to learn new skills.
- Set personal goals and work towards continuous improvement.

- **Team Commitment**

- Roster Riders may only be a member of one BMX team while riding for your team. The exception to this rule is a recognized team Coach or Jr Coach.
- Your team provides riders on the roster the following benefits: free practice time on the track, team sponsor discounts, bus rides to enrolled students, scholarships, and more benefits not listed. We expect exclusivity in exchange for these benefits.

- **Social Media Policy**

- Athletes and parents should use social media responsibly and respectfully, especially when posting about your team or commenting on a your teams social media posts.
- Do not post negative or derogatory comments about teammates, coaches, opponents, tracks, or track officials. If you are concerned, please take it directly to the coaching staff to handle.
- Avoid sharing confidential or sensitive team information
- Represent the team positively and uphold the values of sportsmanship and respect.

- **Sanctioning**

- Your School Teams is sanctioned by the Oklahoma Interscholastic BMX League. We follow the rules of the Interscholastic League
- Our Team races as members of USA BMX. Each rider must have an active USA BMX membership.
- All members should have the Team's home track listed as their home track.

- **Uniform Requirement**

- All riders must wear the Team approved jersey at any USA BMX race with the last three digits of their USA BMX membership number. A rider that earns a State plate, Gold Cup plate, ROC plate, NAG plate, or NAT plate may display the associated number on a special Team jersey ordered through the team.
- All riders must display a Team approved number plate with their district number. A rider that earns a State plate, Gold Cup plate, ROC plate, NAG plate, or NAT plate may display the associated number on a special Team plate ordered through the team's partner.
- All riders should wear their team's jersey to school each Thursday - as allowed by the dress code at school. If every Thursday is not allowed, please wear on free dress day.

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- **Race Requirements**

- Each rider must race in at least two local races per month.
- Each team member must only display their Team as their Sponsor. School Name/Mascot should be displayed.
- Riders are required to race in the Oklahoma state series. This race series will determine the school state champion. Riders must race in at least 3 of the qualifying races plus the State Championship.
- State Championship – Typically at Hardesty National BMX Stadium This race is required.

- **Community Service**

- The team gets many privileges at our home track. We will announce opportunities to provide community service at the track or at track partners. We would like each rider family to participate in those opportunities.

- **Have Fun, Work Hard, & Be Kind!**