



UCI Pump Track Guide Instructions

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Purpose of this Guide

The UCI Pump Track Guide is a short document which defines the field of play for the sport of Pump Track. It is meant to accompany and explain the UCI regulations.

For regional, national and international events, this document is meant to provide a set of guidelines in order to advise national federations as they move to integrate the sport.

This guide does not contain specific dimensions for various types tracks. This is because such tracks are not built to any particular standard. Rather, the size, spacing, heights and curves used depends on the design of each individual Pump Track, which is decided based upon the available space and users of the track – beginner, intermediate or pro riders. It is recommended to appoint a company or someone experienced in riding and building pump tracks.

Definition

Pump Tracks are continuous circuits with successive waves and berms. They serve a wide user group from adults to children and are mainly ridden with bikes, and also with any sports equipment with wheels and rollers.

Pulling and pushing (pumping) movements are used to pick up speed. Pump Tracks are particularly well suited for sports and recreation facilities, urban parks, BMX racing and mountain bike destinations, or at events.

Possible construction materials for Pump Tracks include asphalt, concrete, dirt, wood or fiberglass, with asphalt established as the best option. As a public sports facility, the Pump Track does not require permanent supervision.

UCI Regulations

The UCI Pump Track Regulations provide some basic parameters concerning the layout and construction of the field of play for the pump track discipline.

The relevant regulations are copied here for convenience; however, it is important to note that the version of the regulations presently in force on the UCI Website always takes precedence in case of any divergence.

4.6.001

A pump track is a track that consists of rollers and steep turns in various sizes and shapes. The rollers and turns are used to generate speed by pumping the bike, not by pedaling. A pump track is built in a way that promotes technical skills. Speed on a pump track is generated by pumping the bike – not by pedaling and not by gravity. Large flat sections that promote pedaling are to be avoided.

4.6.005

A pump track can be defined by either a start and a finish, or by a closed circuit design. It is recommended that a pump track has a compact, hard surface that withstands weather and erosion.

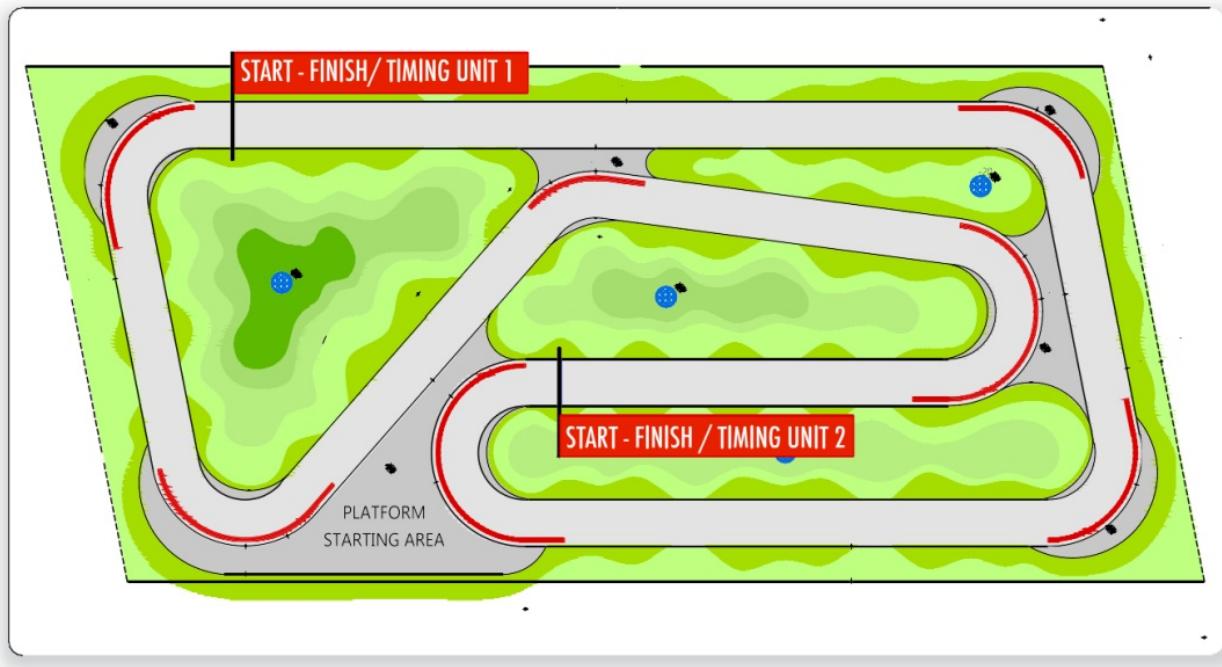
Generally, the pump track should be on a flat ground or on a moderate slope. It should include a mixture of rollers and banked turns. The design is free and can include uphills and downhills, as long as “pumping” is more efficient than pedalling. Pedalling shall not be an advantage.

More information on the competition format, equipment, categories can be found in the UCI Regulation Part VI – Mountain Bike.

Basic form of a Pump Track

Pump Tracks can be built already from areas of 200m2 which would be just an oval of 10x20m. Many of them are around 1000m2. If there is an area of over 1500m2 available, it should be considered to build two or several different tracks: a normal Pump Track, a kids track, a jump track, etc.

Example of a head-to-head pursuit track:



Example of a head-to-head dual track:



Why an asphalt Pump Track is recommended?

The UCI recommends construction with asphalt pavement due to its various great advantages:

- Durability
- Cleanliness
- All-weather suitability
- Low rolling resistance
- Highest traction

In addition, asphalt allows the greatest variety of line choices within the track due to the high traction, which keeps it exciting for all users for a long time. Asphalt Pump Tracks are loved by mountain bikers, BMX riders, skaters, inline skaters and scooter riders worldwide. The asphalt surface can also be painted as desired. Grip is to be considered when painting the asphalt.

There is usually no maintenance needed on an asphalt pump track other than mowing the lawn.

Requirements for international racing

While racing is possible on almost any Pump Track, we recommend a minimum size of 800m². For international racing we require:

- 2m minimum track width
- 130cm minimum turn height
- variable rollers heights from 30cm to minimum 80cm (experienced track designers and builders needed)
- variable roller distances from 3m to 10m (experienced track designers and builders needed)
- winning time on one lap should be at least 15 seconds. If the lap time is shorter, the race should be held on 2 laps
- the speed of the riders must be maintained by the “pumping” of the rider, and not by gravity, meaning not by a vertical drop within the track
- it is recommended to have some space around the track to set up an event (e.g. staging area for riders, place for spectators, riders area, F+B area, etc.)

Safety first

Pump Tracks are used by a wide group of users for both training and fun. The track design therefore must provide fun, challenges and safety for all of them. Although falls cannot be avoided, intelligent track design, such as roll-out zones next to the track, the avoidance of high drop heights, good user guidance and good clarity can reduce the number of crashes and lower their consequences.

Homologation and Approval

For the moment, no specific homologation or approval is needed from the UCI in case an already constructed field of play is used for local or national events, for National Championships or Class 3 events registered on the UCI Mountain Bike International Calendar. Such fields of play must comply with the UCI Regulations in order for these events to be held. The National Federation hosting the competition is responsible for monitoring such compliance. UCI approval of the track is needed for the UCI World Championships.

Documents / Resources

 <p>PUMP TRACK GUIDE VERSION 2.0 APRIL 2023 UCI</p>	<p>UCI Pump Track Guide [pdf] Instructions Pump Track Guide, Track Guide</p>
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[Manuals+](#)