



P R E S E N T S



3-Nations
BMX-Cup

Regulations
Ahnatal
2022
3NC

06. - 08. May



Photo: Remco Huvermann



Rad-Sport-Club
Weimar-Ahnatal e.V.





Rad-Sport-Club Weimar-Ahnatal e.V.



2022

50 years Ahnatal

10 YEARS BMX-RACING In AHNATAL 8th 3-Nations BMX-Cup Ahnatal

We would like to say thank you to all sponsors and supporters
for the years of trust in our voluntary work.



WACKER
NEUSON



DEAR GUESTS, WELCOME TO AHNATAL!

We are very proud and excited, to welcome all athletes, teams, officials and spectators to our international "3-Nations BMX-Cup 2022" Race in Ahnatal, in the middle of Germany!

The "3-Nations BMX-Cup" is one of the biggest BMX-Racing Series in Europe and it will held for the 8th time in Ahnatal!

The 3-Nations Cup is therefore attractive for Junior- and Elite riders. Some top Teams and riders have already confirmed their attendance at the 3-Nations cup events in 2022. We look forward to welcoming them and watching some exciting racing from some of the world's best riders alongside the exciting racing offered by the younger age classes.

A LITTLE HISTORY OF AHNATAL:

The municipality of Ahnatal was created within the framework of municipal reform in Hessen on 1st August 1972 by the merger of the villages of Weimar and Heckershausen. Since that time Ahnatal experienced a steady upswing. Ahnatal is today an interesting and popular, through a variety of clubs, associations and public institutions distinct residential community in the direct surroundings of the city of Kassel, at the edge of the nature park Hawk forest between Dörnberg and Stahlberg. Ahnatal far has a millennial history. You can even assume that people here have already lived in the 4th century before Christ's birth. Finds from this period are testimony.

We hope to meet you all here in Ahnatal, you are welcome!



Stephan Hänes
Mayor of Ahnatal



Klaus Kinne
President
RSC-Weimar-Ahnatal



Carsten Rösenstrunk
BMX-Racing
RSC-Weimar-Ahnatal

GENERAL RULES:

The UCI regulations, in particular Title 6, Racing regulations BMX in the last published edition, are applicable to the 3-Nations-Cup. Sessions for the 3 Nations Cup is compulsory for all classes with exception of the w

FRONT- AND SIDEPLATES:

Riders who received a 3-Nationscup numberplate at an event in 2021 bring this numberplate and sideplate with them!

The front- and side-plates are provided by the organizing committee of the 3 Nations Cup in 2022. The use of these front- and side-plates during races and training women/men Elite who will use their own plates or International Elite Number. 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:

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.

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 2022:

In 2022, the races will be held on the following days and locations:

Ahnatal: 07. – 08. May 2022

Zolder: 03. – 04. September 2022

Assen: 10. – 11. September 2022

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 closes about two and half weeks before the start of the first race of the 3 Nations Cup published). It is not possible to enter after this date. 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: 21.04.2022 / 23.59 hours
Deadline for Zolder: 18.08.2022 / 23.59 hours
Deadline for Assen: 25.08.2022 / 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 bands. Number Plates and Side Plates only for new riders, who have not participated a 3-Nations Cup in 2021 or for riders who lost them. 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. All riders who did not deregister themselves at least 2 hours before the race will start, shall receive a fine of EUR 30,00 by their federation. 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:

Challenge: During the first weekend of the 3 Nations Cup, the first moto will be seeded at random. The other races of the first moto will be seeded based on the last race. Championship classes: the races the first moto will be seeded based on the UCI ranking. 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 2022 UCI C1 schedule:

Ranking	Elite men	Elite women	U23 men	U23 women	Junior men	Junior women
1st	800 €	800 €	350 €	350 €	80 €	80 €
2nd	400 €	400 €	175 €	175 €	70 €	70 €
3rd	200 €	200 €	85 €	85 €	60 €	60 €
4th	175 €	175 €	75 €	75 €	50 €	50 €
5th	150 €	150 €	65 €	65 €	40 €	40 €
6th	125 €	125 €	55 €	55 €	30 €	30 €
7th	100 €	100 €	40 €	40 €	20 €	20 €
8th	75 €	75 €	35 €	35 €	10 €	10 €
Summary	2.025 €	2.025 €	880 €	880 €	360 €	360 €

PRIZES FOR COMPETITION AFTER 3 OR 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 at chef d'équipe
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
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 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	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
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 at chef d'équipe
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
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:

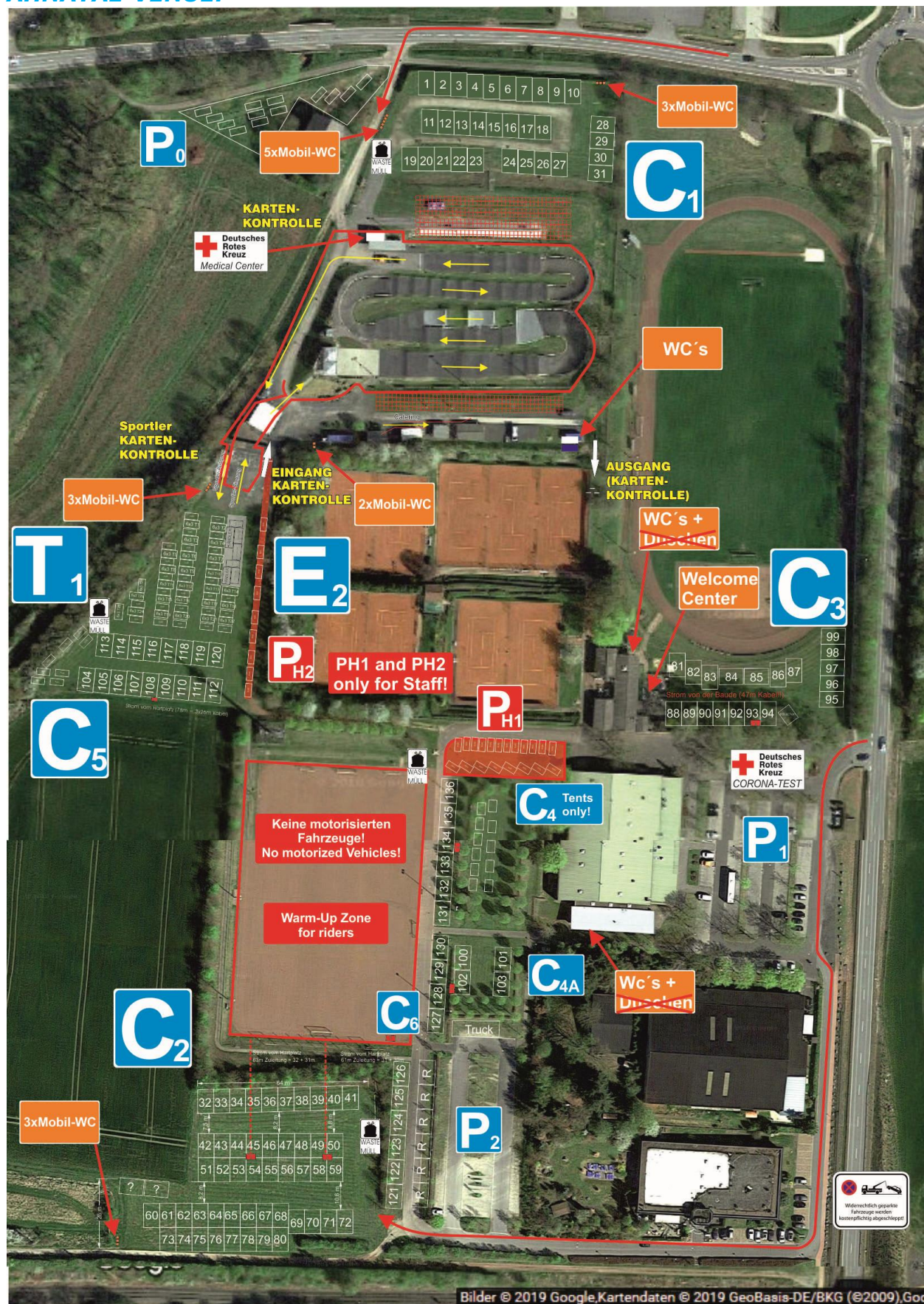
- 13 years and over: Saturday € 8,00, Sunday: € 10,00, passe-partout: € 15,00.
- 5-12 years : Saturday € 5,00, Sunday: € 8,00, passe-partout: € 10,00.

For Ahnatal-Tickets please use the following link: <https://www.eventim-light.com/de/a/60b0f7f3629b3840c9650bb4/e/620a3eab02b70c42fbafcea0/>

CONTACT INFORMATION:

Organiser Ahnatal	Rad Sport Club Weimar-Ahnatal Carsten Rövenstrunk Parkstraße 18, D-34246 Vellmar Tel.: +49-173-5408447 Email: bmx@hessen-radsport.de Website: www.rsc-weimar-ahnatal.eu/bmx
Organiser Zolder	Circuit Zolder Jari Snyers Tel.: +32-11858897 Email: jari.snyers@circuit-zolder.be Website: www.bmxzolder.be Bankaccount: VZW Terlamen, BE30 7351 4705 4311
Organiser Assen	Fc Unitas / Assen Bea Ambergen Email: secretaris@fc-unitas.nl Website: www.fcunitas.nl Bankaccount: NL56 RABO 0347206085
Dutch Federation	Yvonne Plaisant Email: bmx@knwu.nl Tel.: +31-6-17707458
German Federation	Falk Putzke. Tel: +49-69-96780043, falk.putzke@bdr-online.org Florian Ludewig, Tel.: +49-172-2140933, florian.ludewig@gmx.de
Belgian Federation	Michel Vermeiren, Tel.: +32-476-438672, michel.vermeiren@belgiancycling.be

AHNATAL-VENUE:



CAMPING RESERVATION BMX-ARENA AHNATAL:

Camping Reservation is open from March 28th with this link: [CAMPING](#)

(60,- € for Camper / 25,- € for Tent)

On arrival, please report to the Welcome Center first to take the documents!

Due to the Corona-Pandemic it's limited space!

TEAM-AREA RESERVATION BMX-ARENA AHNATAL:

Team-Area Reservation is open from March 28th with this link: [TEAMAREA](#)

Team-Area is available for

- UEC registered Teams
- Trade Teams
- National Teams

Team Area is free for National Teams! All other Teams have to pay 50,- € for the entire weekend. (Tent 6x3m) Parking in connection to Team Paddock is available, max. 1 car / team! Each Team is getting 1 Team-Manager Pass!

On arrival, please report to the Welcome Center first to take the documents!

Due to the Corona-Pandemic it's limited space!

CAMPING NEAR THE TRACK:

A little Camping site is near the track, named "Campingplatz Bühl".

With a car you can be in 6min. at the track, with a bike it's about 15min.

Adress: <http://www.campingplatz-buehl.de/>

Campingverein Bühl e.V.

Am Bühl 24

34292 Ahnatal

Phone: 0049(0)5609-9216

CAMPING IN ZIERENBERG (11km, 15min. by car):

Adress: http://campingplatz-zierenberg.de/Campingplatz_Zierenberg.htm

Campingplatz und Gasthaus "Zur Warme"

Im Nordbruch 2

34289 Zierenberg

Phone: 0049(0)5606-3966

Mobile: 0049(0)172-6456601

Mail: kirchberg-peter@t-online.de

CAMPING IN KASSEL (13km, 30min. by car):



Adress: <http://www.campingplatz-kassel.de/>

Campingplatz Kassel

Giesenallee 9

34121 Kassel

Phone: 0049(0)561-707707

Mail: info@campingplatz-kassel.de

LIST OF PRIVATE ROOMS IN AHNATAL:

<https://www.ahnatal.de/kultur-freizeit-sport/unterkuenfte>

CHEAP GUEST ROOMS IN KASSEL:

Gästehaus Beckerwelt

Felicitas Birgit Becker

Weidestr. 9A (Office)

34127 Kassel

Phone: 0049(0)172-6938667

E-Mail: zimmerfrei@beckerwelt.de

Twitter: @beckerwelt

Google: Beckerwelt-De

Facebook: @beckerwelt

<http://beckerwelt.de/gaestezimmer/>

HOTELS:



Adress: <http://www.waldhotel-schaeferberg.de>

Waldhotel Schäferberg (6km from track)

Wilhelmsthaler Straße 14

34314 Espenau / Kassel **KEYWORD: BMX!**

Mail: info@schaeferberg.de



Adress: <http://www.lastrada.de/startseite/>

Hotel la Strada (14km from track)

Raiffeisenstraße 10

34121 Kassel

Mail: info@lastrada.de



Adress: <http://www.amsonnenhang.net>

Hotel Sonnenhang (3,5km from track)

Aspenstraße 6 - Sonnenhang 4

34128 Kassel

Mail: info@amsonnenhang.net



Adress: <http://www.papen-aenne.de>

Hotel und Gasthaus Papen Änne (3,6km from Track)

Wolfhager Straße 425

34128 Kassel

Mail: hotel@papen-aenne.de



Adress: <http://www.schlosshotel-wilhelmsthal.de>

Schlosshotel Wilhelmsthal (3,3km from Track)

Wilhelmsthal 3

34379 Calden

Mail: info@schlosshotel-wilhelmsthal.de



Adress: <http://www.hotel-schweizerhof-kassel.de>

Hotel Schweizer Hof (8km from Track)

Wilhelmshöher Allee 288

34131 Kassel

Mail: info@hotel-schweizerhof-kassel.de



Adress: <http://www.city-hotel-kassel.de>

City Hotel Kassel (11km from Track)

Wilhelmshöher Allee 38 - 42

34119 Kassel

Mail: kontakt@city-hotel-kassel



Landesschulamt und Lehrkräfteakademie: Lehrerbildung und Personalentwicklung

Adress: www.lsa.hessen.de

Landesschulamt und Lehrkräfteakademie 12km from Track)

Rothwestener Str. 2-14

34233 Fuldata

Mail: ayten.costa@lsa.hessen.de



Adress: <http://www.hotel-schoenewald.de>

Hotel Haus Schönewald (12km from Track)

Wilhelmstr.17

34233 Fuldata

Mail: hotel-schoenewald@t-online.de

HOTELS KASSEL COMPLETE LIST:

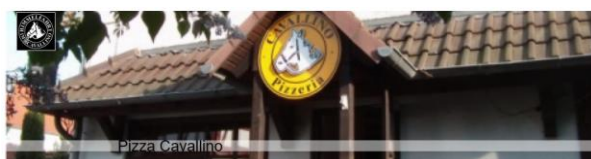
Please find below our link to all Hotels in Kassel and around:

<http://www.hotel.de/de/kassel/hotels-36197/>

RESTAURANTS IN AHNATAL:



Rinklin Weidegarten
Heckershäuserstraße 28a
34292 Ahnatal – Weimar
Phone: 0049-5609-803588
Mail: info@rinklin-weidegarten.de



Pizzeria Cavallino
Hauptstraße 12
34292 Ahnatal – Heckershausen
Phone: 0049-5609-808240



Remmler's Cafe und Gasthaus
Im Kreuzfeld 2
34292 Ahnatal - Weimar
Phone: 0049-5609-6766
Mail: info@remmlers.com

Pizzeria Palermo
Oberstraße 2
34292 Ahnatal – Weimar
Phone: 0049-5609-804080

Pizzeria Bistro Subito
Am Kammerberg 46c
34292 Ahnatal – Kammerberg
Phone: 0049-5609-804567