

# LONG ISLAND MOTOCROSS

## RULES + REGULATIONS

- All rules apply to all on premises.
- All Participants must be a member in order to participate.
- Check in at office upon entering premises.
- All minors under 18 years of age must be accompanied by parent at initial sign-up. Proper forms must be notarized before under-age riders can come with other adults. No exceptions.
- Participants ride at their own risk. We do not supply any medical. If you do not have medical insurance, we suggest you do not ride. You assume all risks.
- All Participants must wear protective gear, which includes: Helmet, goggles, long sleeve shirt, gloves, pants, and boots supportive of ankle. Highly recommend wearing aneck brace, elbow and knee pads, braces, chest protector, and riding boots.
- All participants must know "Traffic Light System" and Race Flag system (Below)
- Fridays before race day, track will close by 7pm. There is no non-competitive practice on race days. Peewee track is closed to all on race day.
- Spring and Summer Season: We will run a 5-day schedule until the end of November or beginning of December.
- Winter Season: Open weekends only, weather permitting. If weather is questionable, call before coming for updates & changes!

## SESSIONS + TRAFFIC LIGHT SYSTEM

Non-Competitive Riding Days are in timed sessions. Sessions change every 15 to 20 minutes depending on number of riders. We follow a "traffic light system":

- Beginner/Novice (non-jumping) - Yellow Light
- Amateur/Expert (jumping) - Red Light
- Mini Riders - Green Light

## RACE FLAG SYSTEM

All participants must know race flag system!

- Green - Start of Race (Sometimes not used)
- White - One lap to go until race is finished.
- Yellow - Ride with caution. There is no passing or jumping on a yellow flag.
- Black - Disqualification
- White with Red Cross - Emergency personnel are on course, so exercise with caution
- Red - Stopping of race for Emergency (Race will be started over)
- Black and White Checkered - End of Race

## CONTACT INFORMATION

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