

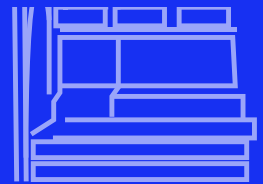
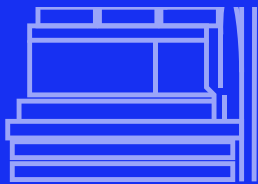
brussels
URBAN
SESSIONS



COMPETITION

GUIDE 2026

11-13 SEPTEMBER



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1 GENERAL INFORMATION

THE COMPETITION

The BMX Freestyle Park competitions will be part of Brussels Urban Sessions, taking place **September 11th – 13th, 2026** at the **Park du Cinquanteaire**, Belgium. After 4 successful editions, the event will host another top international BMX Freestyle competition - UCI HC Category.

Brussels Urban Sessions will offer top international standards in order to host the riders in the best possible conditions. Other urban sports such as basketball 3x3, climbing, skateboarding, parkour will also be part of this large festival expecting up to 35.000+ spectators.

BMX Freestyle categories:

BMX Freestyle Park	Elite Men
BMX Freestyle Park	Elite Women
BMX Freestyle Park	Expert Men
BMX Freestyle Park	Expert Women
BMX Freestyle Park	Junior Men (age 7–14)
BMX Freestyle Park	Junior Women (age 7–14)

ELITE COMPETITION SCHEDULE

Other categories – To be announced

TUESDAY SEPTEMBER 8TH, 2026

PARK PREVIEW - Venue will be open for riders to have a look at the BMX Park
Exact timing tbc

WEDNESDAY SEPTEMBER 9TH, 2026

Practice Day 1

THURSDAY SEPTEMBER 10TH, 2026

Practice Day 2

FRIDAY SEPTEMBER 11TH, 2026

Women's Qualifications + Best Trick
Men's Qualifications + Best Trick

SATURDAY SEPTEMBER 12TH, 2026

Women's Semi-Finals
Men's Semi-Finals

SUNDAY SEPTEMBER 13TH, 2026

Women's Finals
Men's Finals

A detailed schedule for the Practice and the Competition will be available closer to the event. The final schedule may vary depending on the final number of participants in each category. The schedule is tentative and could also change due to the weather conditions.



RIDERS REGISTRATION

Online registration will be available on the event website www.urbansessions.be

Registration Fee:

BMX Freestyle Park	Elite	Men&Women	35€
BMX Freestyle Park	Expert	Men&Women	20€
BMX Freestyle Park	Junior (age 7–14)	Men&Women	20€

The registration fee will have to be paid to confirm participation.
Limited places are available and participation will be confirmed on a first come first serve basis.

Minors

For minors, **parental authorization** is required and must be submitted prior to the event. We will provide the form via email after your registration. Parental authorization must be completed, signed and given upon on site registration for the rider to be able to participate. Online registration only will not be taken into account. Minors **MUST** provide parental authorization in order to compete.

REGISTRATION TIMELINE

Opening on April 1st, 2026
Closing on/Deadline on August 21st, 2026 at 12PM CET

Or upon maximum capacity per category

IMPORTANT

There is a **limited number of competitors per category**. Please register as soon as possible to secure a spot in the competition. Riders will receive an email confirming their participation upon registration or information if they are on the waiting list.

Riders need to confirm their attendance at the registration desk on site on September 10th & 11th. Opening hours and location to be announced.

Riders Accreditation

Each rider gets:

1x rider bracelet

1x extra bracelet for a coach with access to the riders'zone

2x extra bracelets for friends & family - free access to the event



COMPETITION FORMAT

The competition format will be the following:

QUALIFICATIONS Open to riders according to the UCI registration conditions	SEMI FINAL Top 24 riders after Qualifications In reverse order after Qualifications	FINAL Top 12 riders after Semi-finals In reverse order after Semi-finals
FORMAT Heats of 6 athletes 2 runs each 60 seconds per run Average of both runs	FORMAT Heats of 6 athletes 2 runs each 60 seconds per run Best run	FORMAT Heats of 6 athletes 2 runs each 60 seconds per run Best run

If 31 athletes or less registered, the Semi Final will not take place and the Top 12 riders from Qualification will advance to the Final.

In case of cancellation of a competition phase, the previous competition phase with full results will stand as the final result.

The competition will be held in accordance with the current UCI Rule Book that is in force at the time of the event.

JUDGING

The performance of each rider is judged on overall impression, including but not limited to the following criterias :

- Difficulty / Risk
- Height (amplitude of the tricks performed)
- Flow / Style
- Originality (tricks & lines) and versatility
- Consistency
- Progression
- Variety of Tricks
- Control of the tricks / landings
- Execution
- Use of the course
- Completion of a run

The competition is judged by experienced UCI judges:

■ Head Judge	Markus Wilke	Germany	
■ Judge 2	Dave Cleworth	Great Britain	
■ Judge 3	Christi Hughes	Great Britain	
■ Judge 4	Igor Vukadinović	Croatia	

PRIZE MONEY (ELITE CATEGORY ONLY)

RANKING	PRIZE MONEY MEN ELITE	PRIZE MONEY WOMEN ELITE
1	4.500€	4.500€
2	3.000€	3.000€
3	2.000€	2.000€
4	1.000€	1.000€
5	900€	900€
6	800€	800€
7	700€	700€
8	600€	600€
9	500€	500€
10	400€	400€
11	300€	300€
12	300€	300€

Best Trick – 1.750€

1st place - 1.000€ / 2nd place - 500€ / 3rd Place - 250 €

Prize money will be paid via Bank Transfer. The athletes are responsible for having their bank details on hand in order to have no delays on the prize money payments. Bank details will be required upon registration in order to facilitate payment procedure.

UCI RANKING

Based on the UCI BMX Freestyle Ranking Points Table for an "HC Competition", Top15 riders earn points towards their overall ranking.

EVENT RANKING	1	2	3	4	5	6	7	8
UCI POINTS	350 points	305 points	270 points	245 points	220 points	195 points	170 points	150 points
EVENT RANKING	9	10	11	12	13	14	15	
UCI POINTS	130 points	110 points	90 points	80 points	70 points	60 points	50 points	

2 VENUE INFORMATION

Brussels Urban Sessions will take place once again at Cinquantenaire Park! An iconic landmark venue in the heart of Brussels.

This venue hosts major public events such as National Day celebrations, Concerts, Sports Events, etc.

Located a stone's throw away from the European Quarter, the city center and the official hotel of the event, the Thon Hotel EU.

VENUE ADDRESS

Parc du Cinquantenaire – Jubelpark
Parc du Cinquantenaire, 1A
1000 Brussels, Belgium



OPENING HOURS

DATES	OPENING HOURS
Tuesday September 8th, 2026	Timing for Park Preview to be announced 09:00am-10:00pm 09:00am-10:00pm 09:00am-10:00pm 09:00am-10:00pm 09:00am-10:00pm
Wednesday September 9th, 2026	
Thursday September 10th, 2026	
Friday September 11th, 2026	
Saturday September 12th, 2026	
Sunday September 13th, 2026	

TENTATIVE SCHEDULE

WEDNESDAY, SEPT. 9TH 2026

09:00 – 12:00 ————— Elite Women - PRACTICE
12:00 – 19:30 ————— Elite Men - PRACTICE

THURSDAY, SEPT. 10TH 2026

09:00 – 16:30 ————— Elite Men - PRACTICE
16:30 – 19:30 ————— Elite Women - PRACTICE

FRIDAY, SEPT. 11TH 2026

09:00 – 10:00 ————— Junior - PRACTICE
10:00 – 11:30 ————— Expert - PRACTICE
11:30 – 12:00 ————— Elite Men - QUALIFICATION WARM-UP GROUP 1
■ 12:00 – 12:50 ————— Elite Men - QUALIFICATION GROUP 1
12:50 – 13:20 ————— Elite Men - QUALIFICATION WARM-UP GROUP 2
■ 13:20 – 14:10 ————— Elite Men - QUALIFICATION GROUP 2
14:10 – 14:40 ————— Elite Men - QUALIFICATION WARM-UP GROUP 3
■ 14:40 – 15:30 ————— Elite Men - QUALIFICATION GROUP 3
15:30 – 16:00 ————— Elite Men - QUALIFICATION WARM-UP GROUP 4
■ 16:00 – 16:50 ————— Elite Men - QUALIFICATION GROUP 4
16:50 – 17:20 ————— Elite Men - QUALIFICATION WARM-UP GROUP 5
■ 17:20 – 18:10 ————— Elite Men - QUALIFICATION GROUP 5
18:30 – 19:00 ————— BEST TRICK - WARM-UP
■ 19:00 – 19:45 ————— BEST TRICK - COMPETITION

SATURDAY, SEPT. 12TH 2026

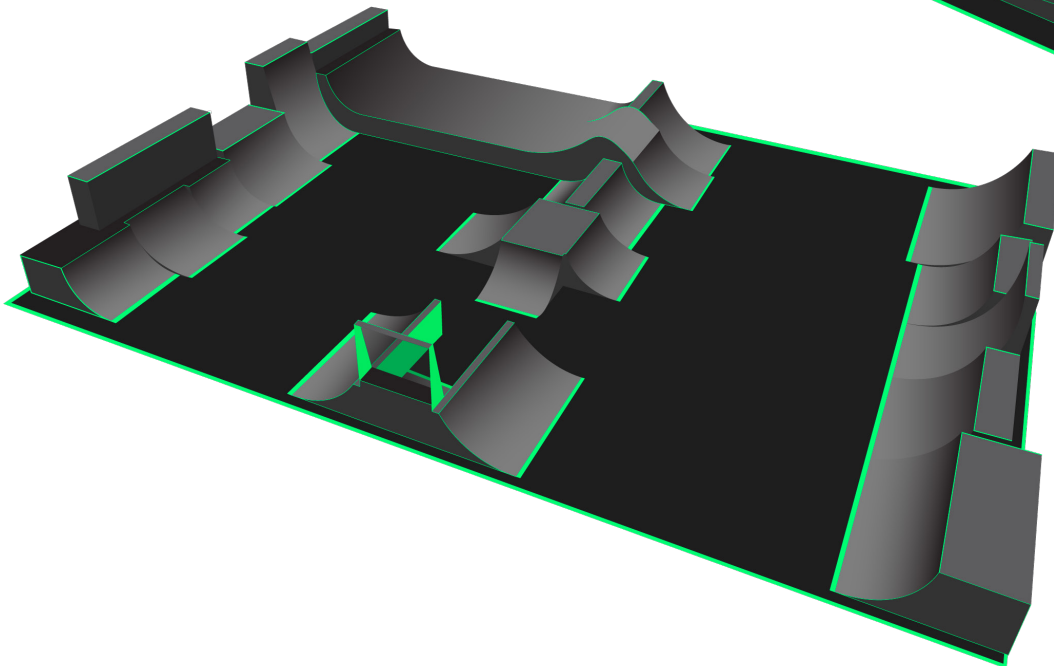
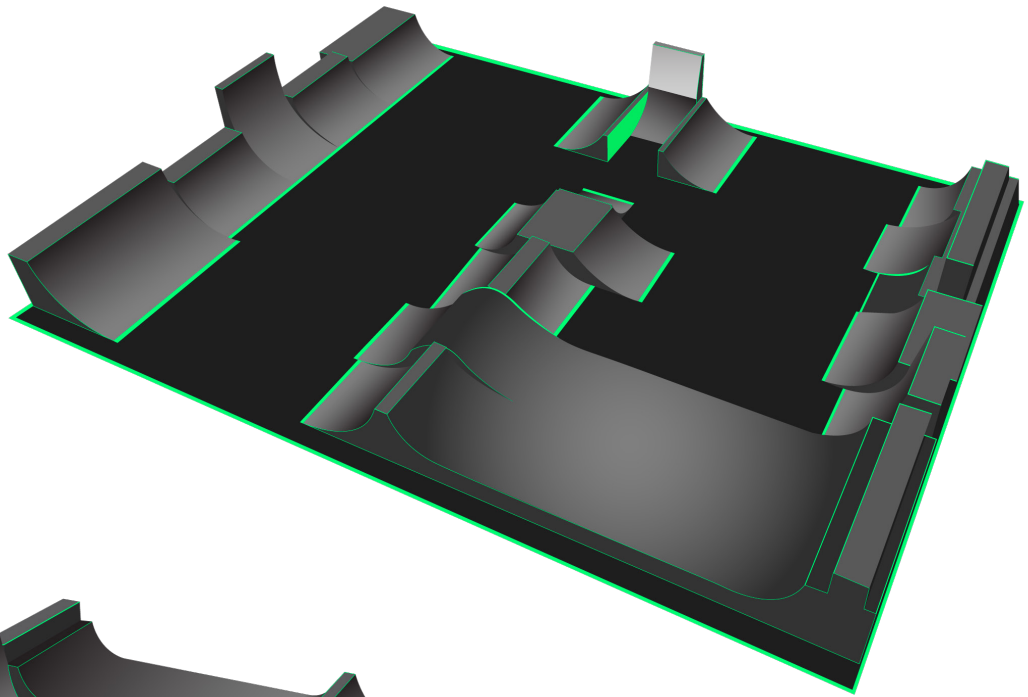
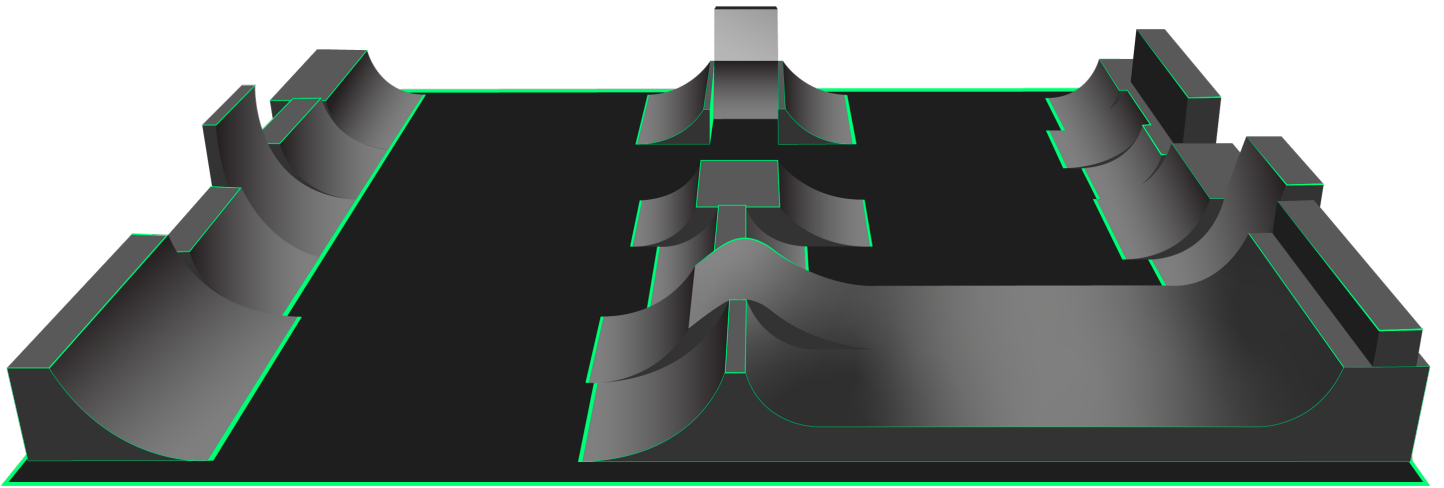
09:00 – 09:45 ————— Junior - QUALIFICATION WARM-UP
■ 09:45 – 11:00 ————— Junior - QUALIFICATION
11:00 – 11:45 ————— RUN & WHEELS
11:45 – 12:45 ————— Expert Men - QUALIFICATION WARM-UP
■ 12:45 – 14:15 ————— Expert Men - QUALIFICATION
14:25 – 15:25 ————— Elite Women - QUALIFICATION WARM-UP GROUPS 1 & 2
■ 15:30 – 16:30 ————— Elite Women - QUALIFICATION GROUP 1
16:30 – 17:30 ————— Elite Women - QUALIFICATION GROUP 2
17:45 – 18:45 ————— Elite Men - SEMI FINALS WARM-UP GROUP 1 & 2
■ 18:50 – 19:50 ————— Elite Men - SEMI FINALS GROUP 1
■ 19:50 – 20:50 ————— Elite Men - SEMI FINALS GROUP 2

SUNDAY, SEPT. 13TH 2026

09:30 – 10:00 ————— Junior - WARM-UP
■ 10:00 – 11:00 ————— Junior - FINALS
11:00 – 12:15 ————— Elite Women - FINALS WARM-UP
■ 12:15 – 13:45 ————— Elite Women - FINALS
14:00 – 15:00 ————— Elite Men - FINALS WARM-UP
■ 15:00 – 16:30 ————— Elite Men - FINALS
16:40 – 17:15 ————— Expert Men - FINALS WARM-UP
■ 17:15 – 18:15 ————— Expert Men - FINALS



BMX FREESTYLE PARK COURSE | FIELD OF PLAY



3 PRACTICAL INFORMATION

THE COUNTRY & CITY

Belgium

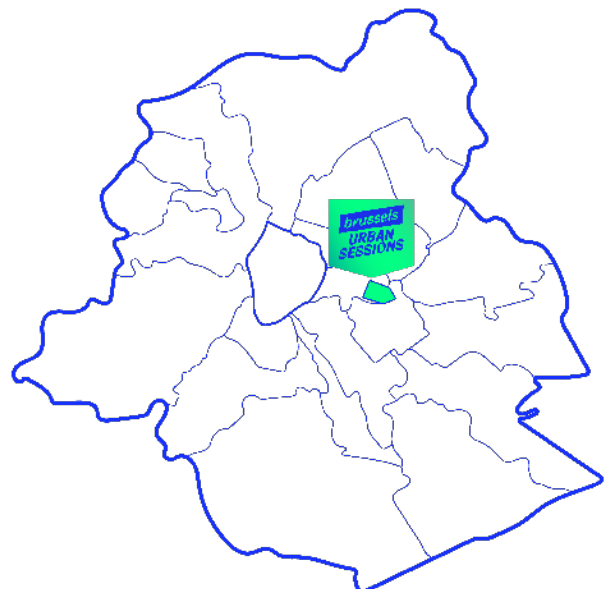
■ Continent	_____	Europe
■ Time Zone	_____	CEST (UTC+1)
■ Capital	_____	Brussels
■ Population	_____	>11 million inhabitants
■ Official Language	_____	French, Dutch, German
■ Money	_____	Euros / EUR / €

Brussels

- Capital of Belgium
- Main city located in the heart of Belgium
- Capital of Europe - Home of the EU Commission

Location

■ Easy access to all main cities in Belgium (road or public transport)			
■ Central location in Europe			
■ Paris	_____	Speed train 1h20	_____ Road 3h
■ Amsterdam	_____	Speed train 1h50	_____ Road 2h30
■ London	_____	Speed train 2h05	_____ Road 4h30
■ Köln	_____	Speed train 1h50	_____ Road 2h15



WEATHER

Average temperature in September

High temperature: 19°C – 66°F
Low temperature: 11°C – 52°F

TRANSPORTS



AIRPORTS

Brussels National Airport

Location ————— 10km from event venue
Very easy access ————— Train and Bus stations
(direct connection with stations close to the event)

Brussels South Charleroi

LOW-COST AIRLINES USUALLY LAND AT BRUSSELS SOUTH CHARLEROI AIRPORT

Location ————— 60km from event venue
Access ————— Station with bus shuttle services to
Brussels city center



TRAINS

Bruxelles Central ————— Main train station in the center of Bruxelles
Bruxelles Midi ————— Train station for international destinations
Bruxelles Luxembourg
Bruxelles Schuman



METRO

Line 1 — “Stockel - Gare de l’Ouest” ————— Stops: Merode or Schuman
Line 5 — “Erasme - Herrmann-Debroux” ————— Stops: Merode or Schuman



BUS

Lines 27, 61, 80 ————— “Merode”
Line 36 ————— “Froissart”



TRAM

Line 81 ————— “Merode”



BY FOOT

30 minutes ————— “Grand Place”
30 minutes ————— City Center (Manneken Pis, Gallerie Saint-Hubert, Kings’ Palace, ...)

HOTELS

Partner hotel : Thon Hotel EU

Address:

Thon Hotel EU
Rue de la Loi, 75
1000 Brussels
Belgium

The Thon EU Hotel is conveniently situated:

- 10-minute bike ride away from the event venue.
- 15 minutes by public transportation.
- 10 minutes by car.



The Thon EU Hotel offers special rates for participants of Brussels Urban Sessions. Here are the rates for single, twin and double rooms.

Riders Package Offer **Best Deal**

ONLY 10 ROOMS - First come first serve - as low as 70€/PERS in twin room

6 nights Package - Breakfast included

Check in ————— Tuesday September 8th
Check out ————— Monday September 14th

Single occupation	—————	115€ + city tax (5,60€)	—————	per night
Twin / Double occupation	—————	140€ + city tax (5,60€)	—————	per night

Please contact the Organising Committee (sport@urbansessions.be) to confirm participation and verify if the offer for these 10 rooms is still available.

All the above EU rates include breakfast, service and VAT, as well as free access to the fitness and sauna.

The City tax of 5.60 EUR Per room, per night is not included in the room rate.

Please be aware that a **limited number of rooms are available**. To confirm your reservation, a full prepayment is required upon reservation

4 COMMUNICATION

OFFICIAL WEBSITE

Event website www.urbansessions.be
UCI website www.uci.org

OFFICIAL SOCIAL MEDIA

Instagram [@urbansessions.official](https://www.instagram.com/urbansessions.official)
Facebook [@urbansessions.official](https://www.facebook.com/urbansessions.official)
TikTok [@urbansessions.official](https://www.tiktok.com/@urbansessions.official)
Youtube [@urbansessions.official](https://www.youtube.com/@urbansessions.official)

OFFICIAL HASHTAGS

#urbansessions
#urbansessionsbxl

5 CONTACT INFORMATION

ORGANIZING COMMITTEE OF BRUSSELS URBAN SESSIONS

Event Director matthieu.gheysen@urbansessions.be Matthieu Gheysen
BMX Freestyle Management andy.zeiss@urbansessions.be Andy Zeiss

ORGANIZING COMMITTEE OF BRUSSELS URBAN SESSIONS

Sports Management Team sport@urbansessions.be
Communication Team communication@urbansessions.be
General hello@urbansessions.be