

04-06
JULY



brussels
**URBAN
SESSIONS**



BRUSSELS URBAN SESSIONS **2025**
**COMPETITION
GUIDE**

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1. GENERAL INFORMATION

1.1 THE COMPETITION

The BMX Freestyle Park competitions will be part of Brussels Urban Sessions, taking place July, 4th – 6th, 2025 at the Park du Cinquantenaire, Belgium. After successful editions in 2022, 2023 and 2024, the event will host another top international BMX Freestyle competition. 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, parkour, breaking, skateboarding, climbing will also be part of this large festival welcoming up to 40.000 spectators.

BMX Freestyle categories:

BMX Freestyle Park – Elite – Men

BMX Freestyle Park – Elite – Women

BMX Freestyle Park – Amateur – Men

BMX Freestyle Park – Amateur – Women

BMX Freestyle Park – Junior (age 7 – 14) – Men

BMX Freestyle Park – Junior (age 7 – 14) – Women

1.2 COMPETITION SCHEDULE

Tuesday, July 1st, 2024

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

Wednesday, July 2nd, 2025

PRACTICE

Thursday, July 3rd, 2025

PRACTICE

Friday, July 4th, 2024

QUALIFICATIONS

Saturday, July 5th, 2025

SEMI-FINALS + BEST TRICK

Sunday, July 6th, 2025

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.

1.3 RIDERS REGISTRATION

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

Registration Fee:

BMX Freestyle Park – Elite – Men & Women	30,00€
BMX Freestyle Park – Amateur – Men & Women	15,00€
BMX Freestyle Park – Junior (age 7 – 14) – Men & Women	15,00€

For minors, parental permission is required and must be submitted prior to the event. We will provide the form via email after your registration. Without parental permission, online registration will not be taken into account.

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.

REGISTRATION TIMELINE

Opening on April 1st, 2025
Closing on / DEADLINE - June 19th, 2025 - 12PM CET
Or upon maximum capacity per category

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 July 3th & 4th. Opening hours and location to be announced.

1.4 COMPETITION FORMAT

The competition format will be the following:

QUALIFICATIONS	SEMI FINAL	FINAL
Open to riders according to the UCI registration conditions	Top 24 riders after Qualifications In reverse order after Qualifications	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.

1.5 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 - Judges to be announced.



1.6 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 €

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.

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

2. VENUE INFORMATION

Brussels Urban Sessions will take place in a new venue, the Cinquantenaire! An iconic landmark venue in the heart of Brussels.

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

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

2.1 VENUE ADDRESS

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



2.2 OPENING HOURS

DATES	OPENING HOURS
Tuesday July 1 th	Timing for Park Preview to be announced
Wednesday July 2 th	9.00 AM – 10.00 PM
Thursday July 3 th	9.00 AM – 10.00 PM
Friday July 4 th	9.00 AM – 10.00 PM
Saturday July 5 th	9.00 AM – 10.00 PM
Sunday July 6 th	9.00 AM – 08.00 PM

2.3 TENTATIVE SCHEDULE

WEDNESDAY 2ND JULY

11H30 - 16H30
16H30 - 18H00

Elite - Men - Practice
Elite - Women - Practice

THURSDAY 3RD JULY

11H30 - 13H00
13H00 - 18H00

Elite - Women - Practice
Elite - Men - Practice

Friday 4TH JULY

10H00 - 11H00
11H00 - 12H30
12H30 - 14H00
14H00 - 16H00
16H00 - 19H00

Elite - Women - Practice
Junior - Men - Practice
Amateur - Men - Practice
Elite - Men - Qualification - Warm up
Elite - Men - Qualification

Saturday 5TH JULY

09H15 - 10H00
10H00 - 11H00
11H00 - 11H45
11H45 - 12H45
12H45 - 13H45
13H45 - 14H30
14H30 - 15H30
15H30 - 17H00
17H00 - 19H00
19H00 - 20H30

Junior - Men - Qualification - Warm up
Junior - Men - Qualification
Amateur - Men - Qualification - Warm up
Amateur - Men - Qualification
Run and Wheels Sessions
Elite - Women - Qualification - Warm up
Elite - Women - Qualification
Elite - Men - Semi Final - Warm up
Elite - Men Semi Final
Junior & Amateur - Women - Practice

Sunday 6TH JULY

09H15 - 10H00
10H00 - 11H00
11H00 - 11H30
11H30 - 12H15
12H15 - 12H45
12H45 - 13H30
13H30 - 14H15
14H15 - 15H15
15H15 - 16H00
16H00 - 17H00

Junior & Amateur - Women - Final - Warm up
Junior & Amateur - Women - Final
Junior - Men - Final - Warm up
Junior - Men - Final
Amateur - Men - Final - Warm up
Amateur - Men - Final
Elite - Women - Final - Warm up
Elite - Women - Final
Elite - Men - Final - Warm up
Elite - Men - Final

3. PRACTICAL INFORMATION

3.1 THE COUNTRY / CITY

BELGIUM

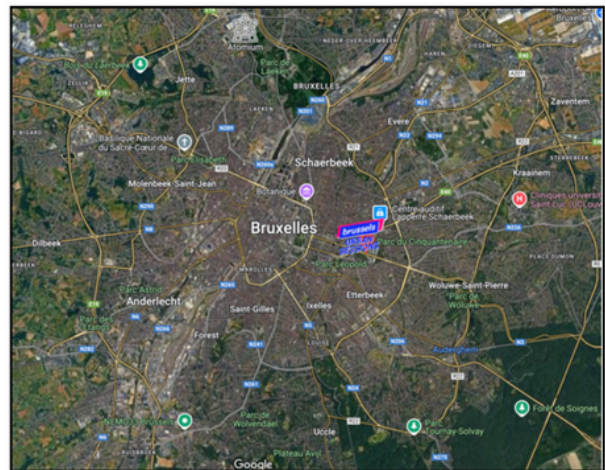
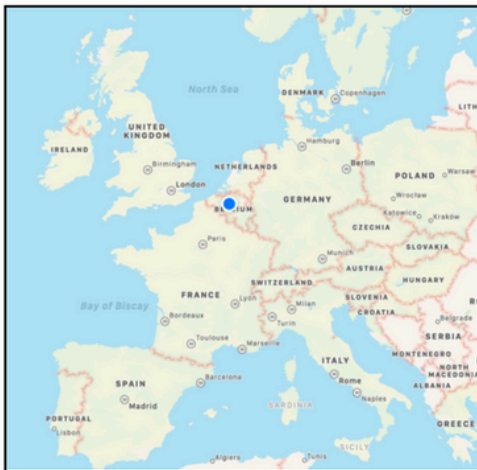
- Continent: Europe
- Time Zone: CEST (UTC+1)
- Capital: Brussels
- Population: >11 million inhabitants
- Official languages: French, Dutch, German
- Money: Euros / EUR / €

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** – 288km (Speed train: 1h20 – Road: 3h)
- **Amsterdam** – 246km (Speed train: 1h50 – Road: 2h30)
- **London** – 392km (Speed train: 2h05 – Road: 4h30)
- **Köln** – (Speed train: 1h50 – Road: 2h15)



3.2 WEATHER

Average temperature in June

High temperature: 24°C – 75°F

Low temperature: 15°C – 60°F

3.3 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

Location: 60km from event venue

Access: Station with bus shuttle services to Brussels city center

Low-cost airlines usually land at Brussels South Charleroi Airport

TRAINS

Bruxelles-Central – Main train station in the center of Brussels

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 from « Grand-Place »

30 minutes from City Center (Manneken Pis, Gallerie Saint-Hubert, Kings’ Palace, ...)

3.4 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 65€/PERS in twin room

6 nights Package - Breakfast included
check in : Tuesday July 1st
check out : Monday July 7th

Single occupancy - 105€+ city tax (4,24€)
Twin / Double occupancy - 130€ + city tax (4,24€)

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

GUESTS ROOM BLOCK

Discounted rates until June 5, 2025

Please note that room prices may vary depending on the dates.
Single/Twin/Double room – €140 to €185 per night + city tax (€4.24).

You can book your room directly via the following link :
<https://www.thonhotels.com/event/brussels-urban-sessions/>

Terms and conditions:

Discounted rates are available until June 5, 2025. After this deadline and outside the mentioned event dates, the rates are subject to availability.

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

The City tax of 4.24 EUR Per room, per night is not included in the room rate.

Please be aware that the number of rooms is limited. 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](https://www.instagram.com/hashtag/urbansessions)

[#urbansessionsbxl](https://www.instagram.com/hashtag/urbansessionsbxl)

5. CONTACT INFORMATION

Organizing Committee of Brussels Urban Sessions

Event Director: Matthieu Gheysen

BMX Freestyle Management: Andy Zeiss & Achim Kujawski

Contact details

Sports Management Team: sport@urbansessions.be

Communication Team: communication@urbansessions.be

General: hello@urbansessions.be



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SESSIONS

CINQUANTENAIRE
04 – 06
JULY

