

BMX Freestyle Events (2)

Men's

Women's

How Olympic BMX Freestyle Works

In BMX Freestyle, riders complete two 60-second runs through the course while trying to execute tricks in order to score as many points as possible.

A group of judges scores the run on a scale of 0-100 based on criteria such as the difficulty and creativity of the tricks performed, execution, risk factor, and style.

While there are many disciplines in BMX freestyle, the one being contested in the 2024 Games is BMX Park.

A total of 24 riders will compete, split evenly in the men's and women's competitions. In the qualification round, 12 riders will be split into two heats. Each rider will complete two runs and the average score of those two runs will be the overall score for the qualification round. The top 9 riders will advance to the final. In the final round, each rider will also complete two runs but only their *best* score will be used in the final rankings. So, the rider with the best score in the final round wins the gold medal.

BMX Freestyle Schedule

Events in ET, medal events in **bold**

Date	Time	Event
Tue, July 30	7:25 AM	Women's Qualification
Tue, July 30	9:11 AM	Men's Qualification
Wed, July 31	7:10 AM	Women's Final
Wed, July 31	8:44 AM	Men's Final

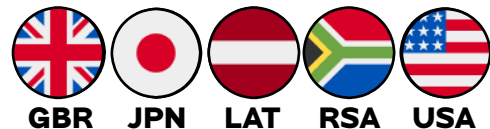


Photo via Paris 2024



Participating Nations

Men



Women



Meet Team USA

Hannah Roberts claimed silver in the Olympic debut of BMX Freestyle in the Tokyo games and she'll be a frontrunner for gold yet again in 2024. If her performance in a qualifying event is a sign of things to come, that can only be a good thing considering her first place finish in Budapest.