

# International Unicycling Federation



## 2008 Competition Rulebook

February, 2008 — Prepared by the IUF Skill Levels and Rules Committee

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**This version has been modified to include only Racing Rules**

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# 1 GENERAL RULES AND DEFINITIONS

This Rulebook is intended to govern all unicycling competition sanctioned by the International Unicycling Federation, and can be used as a guideline for other competitions. There are three main sections: General Rules, Racing Rules, and Artistic Rules. Any charts and forms that implement these rules may be published separately

## 1.1 These Are Official IUF Rules

All IUF Unicons (International Unicycling Conventions) must abide exclusively by these rules. Further rules may be added to cover specific situations, but they may not override the IUF rules without prior approval by the IUF Board of Directors. All additional rules must be published well in advance of international competition, and preferably included on the registration form.

National or local unicycling bodies may have their own rules, and use IUF rules in full or in part. In national or local competitions, the rules of those organizations will apply.

## 1.2 Host's Option - Unicon

Unicon should include at least one event from each of the following event groups. Hosts are free to add events, age groups or variations that do not appear here, as long as there is no conflict with the existing rules. When in doubt contact the IUF Rules Committee.

- Racing—track races, specialty races, Marathon, 10km. See section 2.
- Team Games—Unicycle Hockey, Unicycle Basketball. See sections 8 and 9.
- Field events—Slow Race, Long Jump, High Jump, IUF Obstacle Course. See sections 2.18.
- Non-competition events—workshops, fun games, sightseeing rides, MUni rides.
- Artistic events—Freestyle, Standard Skill, Flatland, Street . See section 3.
- MUni—cross country, orienteering, Uphill, Downhill, Trials. See section 2.19 and 10.

### 1.2.1 Combining Age Groups

The convention host has the option of combining age groups. This means that published age groups are not guaranteed. This can be done on a per-event basis. Racing is considered one event and all standard races should have the same division of ages. The host must publicize and detail the age group combining method they have chosen, if any, as far in advance of the convention as possible. When combined, riders aged 18 and under would move up to the next older group. Riders over 18 would move down to the next younger group. If several age groups consecutively are collapsed, it might lead to riders of vastly different ages competing against each other. This problem should be taken into consideration.

**Example of an age group collapsing strategy:** For age groups with less than five riders, the host will combine those riders into the next nearest age group.

### 1.2.2 Awards

The type, number, and quality of awards are the choice of the convention host. Because awards are paid for out of the convention budget, the host may determine the amount and level of those awards. Generally we have trophies for "top" events, medals for "sub-top" events, and ribbons or certificates for lower events or places. The IUF has most frequently awarded 1-3 place in most events, but this too is up to the convention host.

## 1.3 Notification, Disclosure, and Communication

Convention dates and other information must be announced or published at the earliest possible date. The best way to control the publication of convention information is with a convention Web site, with regular updates to contain all the latest information. For Unicon and other large events, registration forms should be made available no less than eight months before the convention start date. A list of all planned competition events, including all rules and details pertinent to quality training, should be published at the same time with any unavailable data to be added as soon as it is known. Wherever possible, hosts should provide maps, directions and other information to help make peoples' convention as enjoyable as possible.

### 1.3.1 Special Rules

If hosts have any competition events that are new, or that have variable rules, they must disclose the rules that will be planned. This may include dismount rules and timing details for MUni races, obstacle information for Street Comp or age divisions for any/all events. There are two reasons to do this when registrations go out: To facilitate training for the competitors; and to give everyone, hosts and competitors, plenty of time to think about the rules that have been planned. This always works better than deciding rules during the event.

### 1.3.2 Course Details

Details of all racing events held outside of the track, or other events with variable details, must be publicly described as soon as they are known. This includes course lengths, elevation and elevation changes, steepness, level of terrain difficulty, amount of turns, riding surfaces for road races, etc. Maps should be provided if possible. It is understood that some courses may not be determined until weeks or days before the convention, but local riders should not be at an advantage by having course knowledge that is not available to international riders to train for the events. Knowing race details can also affect decisions on what unicycles people will bring to the convention. These are major decisions for competitors and the correct information must be available.

### **1.3.3 Communication**

In international events especially, good communication makes the difference between a memorable event, and frustration for many. Hosts must cultivate good lines of communication to attendees, both before the convention starts and once people have arrived. Team mailboxes, contact persons, centralized phone numbers or an organized method must be used to keep people aware of schedule changes, venue changes, last-minute details, etc.

### **1.3.4 Disclaimers, Cancellations**

The host reserves the right to make changes, if necessary, to ensure the success of a convention or competition. Sometimes these changes must be made at the last minute, such as in switching outdoor events for indoor in the event of rain. Sometimes activities must be cancelled due to events beyond the host's control, such as weather or power outages. When changes or cancellations are made, notification must be posted, communicated and/or distributed as early as possible.

## **1.4 Publishing Rules**

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If competition events or games not found in the IUF Rulebook are planned, written rules must be provided. These rules, if not pre-existing, should be published at the time of announcement of those events. This generally means at or before the posting of registration forms. For competitors to properly train, and be on an equal footing with local riders, all must be aware of the rules to be used.

## **RACING FACILITIES**

### **1.10 Track**

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A track must be made available for conducting the track races. The track must be marked in meters, and should be prepared in advance with start and finish lines for the various racing events that are unique to unicycle racing (such as 50, 30, 10 and 5 meter lines). A person who is familiar with all the local track markings must be available. In addition to the track, a smooth area of sufficient size must be set aside to run the official Obstacle Course (and Slow Races, if held). A public address system must be provided to announce upcoming events and race winners. Bullhorns are usually not adequate for the track environment.

### **1.11 Weather**

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If the track is outdoors, plans must be made to deal with inclement weather. Using an indoor track can eliminate this problem. The track must be available for both days, in case of inclement weather.

### **1.15 Materials & Equipment**

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The Host must supply all necessary materials and equipment to run the competitions, including stopwatches, starting posts and cones for the Obstacle Course. Don't forget the more obvious things, such as paper and writing materials, judging tables, basketballs, hockey sticks, etc.

### **1.16 Training Officials**

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As the rules state, competitions cannot be started until all key track and artistic officials have been trained and understand their tasks. For Racing, the Referee is in charge of making sure this happens. For Artistic events, the Chief Judge is in charge. The host must make sure there are plenty of copies of the rulebook for officials to study on the spot. Testing can consist of a simple verbal quiz, or anything the Referee or Chief judge deem appropriate. For certain artistic events, a minimum level of judging experience is required. See section 3.23.

## **RESPONSIBILITIES OF INDIVIDUAL PARTICIPANTS**

### **1.17 Nations Represented**

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For events where the number of participants is limited by country, there may be some question of what country a rider, pair or group may represent. Riders must represent the country in which they hold citizenship, or in which they are a legal resident. For example, if a rider is attending school in a different country, and is in that country legally, the rider can represent that country, *or* the rider's home country.

If necessary, citizenship or residence may be established with a passport, driver's license, or legal ID for the country the rider wishes to represent. Riders on extended vacation, exchange students, and other temporary residents of other countries are not eligible to represent those countries, except in multi-rider events (see below).

For Pairs Freestyle or other two-person events, the pair can represent any country that either rider is eligible to represent.

For Group Freestyle, sports teams or other multi-rider events, the group must represent the country that the greatest number of the group's riders are eligible to represent. If there is a tie in this number, the group can represent either of the tied countries.

## 1.18 Racing

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Riders must use unicycles that conform to the definitions and dimensions for racing unicycles. Riders must have kneepads, gloves and shoes that meet the definitions below, and helmets for certain events.

## 1.20 Personal Responsibility

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All minors must be supervised by a parent, guardian or other designated person. All attendees should remember that they are guests of the convention hosts, and *ambassadors* of our sport to all new riders, visitors from far away, and to people in the hosting town. Remember that the Host is *renting* the convention facilities, and attendees are expected to treat them well. Each rider is responsible for the actions of his or her family and non-riding teammates. Riders may lose placement in races, risk disqualification from events, or be ejected from the convention if they do not work to minimize disruptions from these people.

## 1.21 Knowing The Rules

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Lack of understanding of rules will be at the disadvantage of riders, not officials or the IUF. The IUF is also not responsible for any errors that may occur in the translation of rules and information into languages other than those in which they were originally written.

## 1.22 Your Privilege

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Entry in the competition is your privilege, not your right. You are a guest at the Host's event. You may be in an unfamiliar country, with different customs that are considered the norm. The Host and convention officials determine whether certain events, age groups, or policies will be used. As an attendee, you are obligated to obey all rules and decisions of convention officials and hosts.

## 1.23 Definitions

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**FINALIST, FINALS:** In racing, the fastest riders from all age groups are selected for the Finals in each of the major racing events, to determine the world champions in those events. Riders who have made it into these races are called finalists. Finalist should not to be confused with Expert, as Expert is an elective category and Finalist is not.

**FOOTWEAR FOR RACING:** Shoes with full uppers are required. This means the shoe must cover the entire top of the foot. Sandals or thongs are not acceptable. Shoelaces must not dangle where they can catch in crank arms.

**GLOVES:** (For racing) Any glove with thick material covering the palms (Leather is acceptable, thin nylon is not). Gloves may be fingerless, such as bicycling gloves, provided the palm of the hand is completely covered. Wrist guards, such as those used with in-line skates, are an acceptable alternative to gloves.

**HELMET:** Helmets are mandatory for unlimited races, Fast Backward, anything downhill, all MUni and Trials events, High Jump, Long Jump, and certain other non-traditional races. They are also recommended for all races. Helmets must be of bicycle quality (or stronger), and should meet the prevalent safety standards for bicycle (or unicycle) helmets, such as ASTM, SNELL, CPSC, or whatever prevails in the host country. Helmets for sports other than cycling or skating are not permitted, unless the Referee makes exceptions.

**IUF:** International Unicycling Federation. The IUF sponsors and oversees international competitions such as Unicon, creates rules for international competition, and promotes and provides information on unicycling in general.

**KNEEPADS:** (For racing) Any commercially made, thick version is acceptable, such as those used for basketball and volleyball, or any with hard plastic caps. Kneepads must cover the entire knee and stay on during racing. Long pants, ace bandages, patches on knees, and Band-Aids are not acceptable.

**MUni:** Mountain unicycling, or mountain unicycle. The previous term for this was UMX.

**STANDARD UNICYCLE:** Has only one wheel. Is driven by crank arms directly attached to the wheel's axle/hub, with no gearing or additional drive system. Pedals and cranks rotate to power the wheel. Is balanced and controlled by the rider only, with no additional devices to support it. For purposes of this definition, brakes and extended handles/handlebars are permitted. For some events, standard unicycles have additional restrictions such as maximum wheel size or minimum crank arm length. For most other events there are no size limitations.

**ULTIMATE WHEEL:** A special unicycle consisting of only a wheel and pedals, with no frame or seat.

**UMX:** Unicycle Motocross. This term has for the most part been replaced by MUni.

**UNINTENTIONAL DISMOUNT:** In most cases, any part of a rider unintentionally touching the ground. For example, a fingertip on the floor while spinning is not unintentional. A pedal and foot touching the ground in a sharp turn is not a dismount as long as the foot stays on the pedal while the pedal is on the ground. Dismounts during most races disqualify the rider.

**Unicon:** Unicycling Convention. This word usually refers to the IUF World Unicycling Championships conventions.

**WHEEL WALKING:** Propelling the unicycle by pushing the top of the tire with the feet. Feet touch wheel only, not pedals or crank arms. A non-pushing foot may rest on the fork.

## 2 RULES FOR UNICYCLE RACING

### 2.1 Racing Categories

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#### 2.1.1 Male/Female

Racing competition is held in two separate divisions: Male and Female. No heat of any race shall be composed of both male and female riders without the approval of the Racing Referee.

#### 2.1.2 Age Groups

The following age groups are the minimum allowable by the IUF: 0-10 (20"), 0-13, 14-18, 19-29, 30-UP. Age group is determined by the rider's age on the first day of the convention. Riders enter all races with their age group. Top riders from age group heats may qualify for the finals, or final heats, to race with the other fastest riders for that event. These races, and the riders in them, are no longer called Expert. That name is reserved for elective events, which riders choose to enter rather than qualifying. No race heat shall be composed of riders from more than one age group without approval of the Referee.

Races described in sections 2.17 are usually divided by age group. The events described in sections 2.18 to 2.19 are intended for participation by a smaller percentage of the competitors and are held in only a few, or a single age group, which would be called Expert, but would be open to all riders (still divided male/female).

#### 2.1.3 Additional Age Groups

Convention hosts are free to add more age groups, and often do. A Masters Class can be offered, for instance, open to all riders 40 and up, and a Seniors Class for 50 or 55 and up. A very full range of age groups might look like 0-6 (16"), 0-8 (20"), 9-10 (20"), 0-12, 13-14, 15-16, 17-18, 19-29, 30-39, 40-49, 50-59, 60-UP.

#### 2.1.4 Wheel Sizes

Except where noted otherwise, all wheel sizes are maximum 24". Additional groups for young riders with 16" or 20" wheels can be added. These age groups should allow for riders of those ages to also ride 24" wheels with older riders, hence the 0-13 (24") group. All riders in age groups between 0 and 10 will race a 10m Wheel Walk, and 10m Ultimate Wheel, if used (instead of 30m). For these age groups there may also be different distances for certain other races, such as MUni and road races.

##### 2.1.4.1 700c Racing

A special introductory racing category for larger wheels. Riders may enter these races in addition to their regular track racing participation. The introductory races will be 100m and 1500m. Hosts may add additional 700c races.

- Tire diameter must be larger than 618mm (24") but no larger than 75cm.
- No restrictions on crank length.
- Aside from this, 700c unicycles must comply with all other requirements for racing unicycles.
- Age groups for 700c events will be determined by the convention host, based on the number and age of participants.

#### 2.1.5 Selecting Racing Age Group

All riders will compete in their age groups. After all age groups have completed each race, a 'Final' heat will be held. The riders posting the fastest times in the age group heats will compete in the final, to determine the world champions for that race. They can be called 'Finalists.' The number of finalists will depend on the number of usable lanes on the track. In the Obstacle Course, Slow Forward, Slow Backward, and certain other non-traditional races, final heats will not be held. **Note:** Age groups for artistic competition are to be considered separate from racing age groups.

#### 2.1.6 Age Group Heats

In the Obstacle Course, Slow Forward, Slow Backward, and some non-traditional races, finalist status will be awarded on the basis of finishing times in age group heats. The riders posting the best times in each of the above events are the World Champions for those events.

#### 2.1.7 Final Heats

Finalists in the 100m, 400m, 800m, 50m One Foot and 30m Wheel Walk will be determined by the results of age group competition. There may be as many Finalists in an event as there are good lanes on the track for final heats. After all age group competition is complete for each event, the Finalists are determined by the best finishing times regardless of age group. After this, the Finalist heat will be run. The best times in these heats determine the World Champions for those events.

#### 2.1.8 Final Heat Results

If a rider disqualifies or gets a worse time in the final heat of a race, the rider's initial qualifying race time will still stand for his or her age category heat. The male and female winners of the final heats will be considered the World Champions for those events, even if a different rider posted a better time in his or her qualifying heat. Speed records can be set in any heat.

## 2.2 Unicycles For Racing

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Only standard unicycles may be used. There are different restrictions for track, road and offroad unicycles. Riders may use different unicycles for different racing events, as long as all comply with the rules for events in which they are entered.

### 2.2.1 Wheel Size

This is the maximum allowable tire diameter. Smaller sizes may be used. Some manufactured tires are marked with sizes larger than they actually are, but may be within the allowable size limit and vice versa.

- For 24" wheels, the outside diameter of the tire may not be larger than 618mm.
- For 20" wheels, the outside diameter of the tire may not be larger than 518mm.
- For 16" wheels, the outside diameter of the tire may not be larger than 418mm.

If a tire is in question, or has no size marked by its manufacturer, its outside diameter must be accurately measured.

### 2.2.2 Crank Arm Length

This is the minimum allowable length, measured from the center of the wheel axle to the center of the pedal axle. Longer sizes may be used.

- For 24" wheels, crank arms may be no shorter than 125mm .
- For 20" wheels, crank arms may be no shorter than 100mm.
- For 16" wheels, crank arms may be no shorter than 89mm.

## 2.3 Dress

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Riders must wear shoes, kneepads and gloves (definitions in section 1.23). In some events, a helmet is required. The Referee has final say on whether a rider's safety equipment is sufficient. Helmets and elbow pads are also good considerations for safe unicycle racing. The Starter will remove from the starting line-up any riders not properly equipped to race, including riders with dangerously loose shoelaces.

## 2.4 Starting

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Riders start mounted, holding onto a starting post or other support. Unicycle riders need to be leaning forward before the starting gun fires, so the Starter will give a four-count start. Example: "One, two, three, BANG!" This allows riders to predict the timing of the gun, for a fair start. There should be about 3/4 second between each number in the count, with the same amount of time between "One" and "Two" as there is between "Three" and BANG! Starters should practice this before the races begin. Timing of the count is very important for an accurate start. This count can be in the local language, or a language agreed upon before competition starts.

As an alternative a Startbeep apparatus can be used. In that case we have a six-count start. Example: "beep - beep -beep - beep - beep - buup!" The interbeep timing is one second. The first 5 beeps have all the same frequency. The final tone (buup) has a slightly higher frequency, so that the racer can easily distinguish this tone from the rest.

Riders start with the fronts of their tires (forward most part of wheel) behind the edge of the starting line that is farthest from the finish line. Rolling starts are not permitted in any race. However, riders may start from behind the starting line if they wish, provided all other starting rules are followed. Riders may lean before the gun fires, but their wheels may not move forward at any time. Rolling back is allowed, but nothing forward. Riders may place starting posts in the location most comfortable for them, as long as it doesn't interfere with other riders.

### 2.4.1 Riders Must Be Ready

Riders must be ready when called for their races. Riders not at the start line when their race begins may lose their chance to participate. The Starter will decide when to stop waiting, remembering to consider language barriers, and the fact that some riders may be slow because they are helping run the convention.

## 2.5 False Starts

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These occur if a rider crosses the line before the gun is fired, or if one or more riders are forced to dismount due to interference from another rider or other source. If the same rider causes two false starts in one event, the rider is disqualified for that event. The Starter will fire the starting gun again to recall riders after a false start.

## 2.6 Finishes

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These are determined by the *front* of the tire crossing over the edge of the finish line that is nearest to the starting line. Riders are timed by their wheels, not by outstretched bodies. Riders must cross the line mounted and in control of the unicycle. "Control" is defined by the rearmost part of the wheel crossing completely over the finish line with the rider having:

- (a) Both feet on the pedals in normal races; or
- (b) One foot on a pedal in one foot races; or
- (c) At least one foot on the wheel in wheel walk races.

In races where dismounting is allowed (800m, Relay, MUni, road races, etc.), in the event of a dismount at the finish line the rider must back up, remount and ride across the finish line again. In races where dismounting is not allowed, the rider is disqualified.

### 2.6.1 Judging Finish Line Dismounts

One or more officials are required at the finish line to judge dismounts in all races where dismounting is allowed. These officials must be appointed by the racing referee so they fully understand their crucial job. The finish line judges are the voice of authority on whether riders must remount and cross the finish line again. Any riders affected must be clearly and immediately signaled to return to a spot before the finish line, remount without overlapping the finish line, then ride across it again. The path for backing up may involve going around any finish line timing or optical equipment to prevent data problems for other riders in the race.

### 2.6.2 Timing Penalty For Finish Line Dismounts

In electronically timed races, it's possible that no time will be recorded for the rider's successful finish. Instead of recording an actual finish time, the rider's time will be recorded as .01 second faster than the next rider to cross the line after their remount and crossing. If the rider in question is the last one on the track, the time recorded should be their actual time crossing the finish line after their remount.

After the rider has successfully finished the race and there is no correct time for that rider, the rider's finishing time will be calculated based on the time of the next rider to cross the finish line after the rider in question properly finished. The rider will receive a time penalty which will make his or her time .01 second faster than the rider who came after their successful finish.

## 2.7 Lane Use

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In most races, a rider must stay in his or her own lane. A rider who goes outside his or her lane must immediately return to it. Riders are not usually disqualified for this unless it causes interference with other riders. No physical contact between riders is allowed during racing. 200m and 400m races are started with a stagger start. The 800m race may be started in one of two ways  
**WATERFALL START:** This is a curved starting line that places all riders an equal distance from the first turn. If a waterfall start is used, non-lane rules apply (see below).

**STAGGER START:** Riders are started in separate lanes, at separate locations. They must stay in their lanes for a specified distance before they may 'cut in' to the inside lanes. Lane rules apply only up to this point.

### 2.7.1 Non-Lane Races

This applies to 800m, MUni, road races, and other events without lanes. No physical contact between riders is allowed. Riders must maintain a minimum of one (24") wheel diameter (618mm as judged by eye) between each other when passing, and at all other times. This is measured from wheel to wheel, so that one rider passing another may come quite close, as long as their wheels remain at least 618mm apart.

## 2.8 Lane Assignments

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At some conventions, lanes are preassigned at time of registration. At other conventions, riders decide among themselves. If riders disagree, the Clerk makes lane assignments. In races where more than one heat is necessary per age group, every effort must be made to see that the fastest riders compete in the same heat. If the track has undesirable lanes due to potholes or other problems, this should be considered when lanes are assigned. A very bad or dangerous lane might not be used at all. The Referee can override the Clerk's choice of lane assignments. The general rule is that riders decide for themselves.

## 2.9 Mixing Age Groups In Heats

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There will be no mixing of age groups, or sexes, in heats except with permission from the Racing Referee.

## 2.10 Passing

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In track races, an overtaking rider must pass on the outside, unless there is enough room to safely pass on the inside. Riders passing on the inside are responsible for any fouls that may take place as a result. The passing rider's wheel must remain at least one wheel diameter (618mm) from the slower rider's wheel at all times. The slower rider must maintain a reasonably straight course, and not interfere with the faster rider.

## 2.11 Dismounting

A dismount is any time a rider's foot or other body part touches the ground and the unicycle must be remounted. Except for the 800m, Relay, MUni, and some other non-traditional or off-track events, if a rider dismounts, he or she is disqualified. In races where riders are allowed to remount and continue, riders must immediately remount at the point where the unicycle comes to rest, without running. If a dismount puts the rider past the finish line, the rider must back up and ride across the line again. If a rider is forced to dismount due to the actions of another rider, or outside interference, the Referee decides if he or she can enter that race again in another heat. In non-lane races, if a rider is forced to dismount due to a fall by the rider immediately in front, it is considered part of the race and both riders must remount and continue. The Referee can override this rule if intentional interference is observed.

## 2.12 Assisting Racers

In races where riders are allowed to remount, the riders must mount the unicycle completely unassisted. Spectators or helpers may help the rider to his or her feet and/or retrieve the dropped unicycle, but the rider (and the unicycle) may not have any physical contact with any outside object or person, including a starting block under the wheel, when mounting.

## 2.13 Illegal Riding

This includes intentionally interfering in any way with another rider, deliberately crossing in front of another rider to prevent him or her from moving on, deliberately blocking another rider from passing, or distracting another rider with the intention of causing a dismount. A rider who is forced to dismount due to interference by another rider may file a protest immediately at the end of the race. Riders who intentionally interfere with other riders may receive from the Referee a warning, a loss of placement (given the next lower finishing place), disqualification from that race/event, or suspension from all races.

## 2.14 Protests

The official protest form must be available to riders at all times. All protests against racing results must be submitted in writing on the proper form after a race, until 15 minutes after the results are posted. The form must be filled in completely. This time may be extended for riders who have to be in other races during that time period. All protests will be handled within 30 minutes from the time they are received. Mistakes in paperwork, inaccuracies in placing, and interference from other riders or other sources are all grounds for protests. All Referee decisions are final, and cannot be protested.

## 2.15 Minimum Racing Events

The following races: 100, 400, 800, One Foot, Wheel Walk, and Obstacle Course, are to be part of every Unicon. Convention hosts are free to add more racing events.

## 2.16 World Racing Champions

The best finishers combined from the 6 racing events listed above will win this title. Points are assigned for placement in each of the above races, based upon best times in the final heats or finishing age group times in the Obstacle Course. 1<sup>st</sup> place gets 8, 2<sup>nd</sup> place 5, 3<sup>rd</sup> place 3, 4<sup>th</sup> place 2, and 5<sup>th</sup> place 1. Highest total points score is the World Champion; one each for male and female. If there is a tie, the rider with the most first places wins. If this still results in a tie, the title goes to the better finisher in the 100m race. Points are not earned in age group heats.

## 2.17 Traditional Specialty Races

These races should be part of every Unicon:

### 2.17.1 One Foot

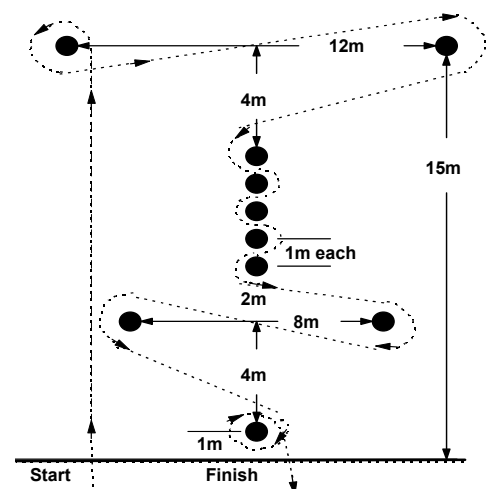
Riders pedal with both feet for the first 5 meters, but must be pedaling with only one foot after crossing the 5m line. The non-pedaling foot may be braced against the unicycle fork, or extended.

### 2.17.2 Wheel Walk

Riders start mounted, with their feet on the tire, and propel the unicycle only by pushing the tire with their feet. No contact with pedals or crank arms is allowed. No crank arm restrictions.

### 2.17.3 Obstacle Course

At right is the official Obstacle Course, in which you must ride around 10 cones in the correct pattern. The direction of the turns should be marked by arrows on the ground for riders who do not know the course. The rider starts at a four count by the Starter. No flying starts. Cones may be hit, but not knocked over. The course must be followed correctly, including the direction of turns. The last cone must be completely circled before the rider's time is taken at the finish line. Riders who go the wrong way around a cone can go back and make the turn the correct way with the clock still running. The cones used are plastic traffic cones. For official competition, cones must be between 45 and 60cm tall, with bases no more than 30cm square. The course must be set up accurately. The proper positions of the cones should be marked on the ground for a cone to be replaced quickly after it has been knocked over. Riders get two attempts.



## 2.18 Other Specialty Race Events

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The events described in this section are intended for participation by a smaller percentage of the competitors and are held in only a few, or a single age group, which would be called Expert, but would be open to all riders (still divided male/female).

### 2.18.1 50m Fast Backward

Riders must face and pedal backward. The Starter lines up the rear of the tire above the start line. Helmets are mandatory. Timing is stopped when the rear of the tire crosses the finish line.

### 2.18.2 10m Slow Race

The object is to ride in a continuously forward motion as slowly as possible without stopping, going backward, hopping, or twisting more than 45 degrees to either side. Two different board sizes are used: Age 0-10: 10m x 30cm. Age 11-UP: 10m x 15cm. The Slow Race is measured using the bottom of the unicycle wheel. Riders start with the bottom of the wheel on the starting line. On command by the Starter, the rider must immediately start forward motion and let go of starting posts. The timer stops the watch when the bottom of the tire touches either the finish line, or the ground after the line on boards which end at the finish line. Riders can be disqualified for very slight stops or backward motions, twisting more than 45° to the side, riding off the sides of the board, dismounting, or not wearing safety equipment. Riders get two attempts. There is no crank arm limit and no wheel size restriction for this event.

### 2.18.3 10m Slow Backward

This is the same as the slow forward race EXCEPT: 0-10 ride on 60cm board, 11-Up ride on 30cm board. There is no crank arm limit and no wheel size restriction for this event.

### 2.18.4 10m Slow Giraffe Race

This is the same as slow forward, but on giraffes. Helping hands can be used as starting posts. No limits on size or gear ratio, but unicycles must have their pedal axle *above* the wheel axle, with a chain, belt, or other form of drive system.

### 2.18.5 Relay

Usually 100m x 4. The same rules as for track races apply. Mixed male/female teams may be used. Riders may remount if necessary, and must pick up the baton if it is dropped. Usually there are no age groups. If the baton is not handed over within the marked areas, the team will be disqualified.

### 2.18.6 700c Racing

Races of any length and type can also be conducted in a 700c wheel category.

- Maximum wheel diameter: 75cm.
- If these races are intended to exclude 24" wheels, sizes must be greater than 618mm.
- No restrictions on crank length.
- Beyond these, 700c unicycles must comply with all other requirements for racing unicycles.
- The host may choose age groups.

### 2.18.7 Ultimate Wheel

An ultimate wheel is a unicycle with no frame or seat. The traditional distance is 10m for 0-10 riders, and 30m for 11-UP riders. Maximum wheel size is 618mm (24") for all ages, with 125mm minimum crank arm length or 250mm between pedal holes. The host may allow other limitations, or none, if these details are announced well in advance.

### 2.18.8 Juggling Unicycle Race

The traditional distance is 50m. Riders use the 5m line from the One-Foot Race, and must be juggling when they cross this line. Three or more non-bouncing objects must be used. If an object is dropped (hits the ground) or the juggling pattern is otherwise stopped, the rider is disqualified. Two balls stopping in one hand during a 3 ball cascade is defined as stopping. Riders who start by juggling four or more objects may drop one, as long as their pattern continues, unbroken, into three. The juggling pattern must be 'in control' when the rider crosses the finish line. 'Control' is determined by the Referee.

## 2.18.9 High Jump

This event is similar to the track and field version, with the rider jumping over a bar, without knocking it down, and landing without a dismount. The bar must be held loosely in the jumping apparatus so it can fall or break away if the rider does not complete the desired height. There are three parts to a successful jump:

1. Riders must mount before the start line, to show they are on the unicycle and in control. The attempt starts when the rider crosses the start line. The rider may break off from a jumping attempt before leaving the ground, but must then start again from behind the start line.
2. Riders must jump over the bar, without knocking the bar off the apparatus. The bar can be hit as long as it does not fall. If the bar falls before the rider crosses the finish line, it counts as an unsuccessful attempt.
3. After landing, the rider must stay in control of the unicycle for a minimum of three meters without dismounting, touching a hand to the ground or any other object, or knocking down the bar or any of the high jump apparatus.

Riders get two attempts at each height. The rider starts at a low height and after each successful attempt; the height increases at set intervals until the rider fails to be successful on both attempts. When the rider fails both attempts, the maximum height that was completed is recorded.

### 2.18.9.1 Unicycles

Standard unicycles must be used (see definition). No restriction on wheel or crank size. For best results, metal pedals should be allowed for their strength and better grip. This may make it impossible to hold this event on a sensitive track surface. NOTE: In addition to the required safety gear for racing, helmets are required.

### 2.18.9.2 Setup

The riding area consists of a start line, behind which riders must start their attempt, a jumping apparatus 3 meters away, and a finish line 3 meters beyond the jumping apparatus. The two lines and apparatus must all be parallel. Riders must ride or hop across the finish line for the attempt to count. Successfully crossing the finish line is judged the same as in racing (see Section 2.6).

## 2.18.10 Long Jump

This event is similar to the track and field version, where the rider jumps as far as possible from a start line, to a landing without a dismount. The rider must then continue riding across a finish line to show control. Riders jump from a line marked on the ground, and one or more observers mark their point of landing. Riders must ride at least 3 meters before jumping, and may ride any additional distance to gather speed. Riders may jump with the wheel going forward or sideways. After landing, the rider must stay in control of the unicycle for the remainder of a five-meter distance from the start line without dismounting, or touching a hand to the ground or any other object. If the tire touches the jump line before takeoff, it counts as a foul. Riders may break off in a run up to the line, but if they jump, the attempt counts, including fouls. If riders break off, they must start again from before the Start line. Riders get two attempts. The farthest non-fouling, successful jump is recorded.

### 2.18.10.1 Unicycles

Same as for High Jump. **Note:** In addition to the required safety gear for racing, helmets are required.

### 2.18.10.2 Setup

The riding area consists of a start line, behind which riders must start their attempt, a jump line, and a finish line approximately 3 meters beyond the riders' landing point. Riders must ride or hop across the finish line for the attempt to count. Successfully crossing the finish line is judged the same as in racing (see Section 2.6). A minimum of 10 meters must be allowed before the start line for riders to accelerate.

### 2.18.10.3 Basic Judging

Long Jump judges must be trained, and practice before judging actual competitors. The basic method is to use two judges; one on each side of the rider's path. A single judge is acceptable for smaller competitions. A third judge is recommended for watching the takeoff line. Judges must watch for the exact landing point of the tire. Measurement is taken from the rearmost point of the tire's initial contact with the ground. If the two judges disagree on the landing point, measurement is made from the one closest to the start line.

### 2.18.10.4 Strict Judging

For large competitions, close competitions or for setting new records, a more objective measuring system can be used. This involves takeoff and landing markers to confirm the rider has cleared the measured distance. The markers should be similar in shape to a meter stick, and be at least one meter in width (across the runway), no more than 1 centimeter in height (above the runway), and no less than 3 centimeters in depth (front to back). All other rules remain the same, but the rider must clear both markers without touching them for the event to count. Jump distance is measured between the outer edges of the two markers.

### 2.18.10.5 Strict Finals

If basic judging is used in a large competition, a final round can be held using the strict method to make a clear determination of the winners. The riders posting the top five distances in the preliminary round move on to the final, and do incremental jumps of the two markers until they make two unsuccessful attempts at the same distance. The distance of their longest previous jump is recorded and the furthest of those is the winner.

### **2.18.11 10km Road Race**

This is a race over 10km. It is usually held on roads or bike paths. All riders race together and are separated by age group later. Water stations should be provided at least every 5 km.

### **2.18.12 Coasting Events**

An event to see who can coast the farthest distance. Riders' coasting distances are measured from a 'starting line' with a 5 meter minimum, which will be marked by a 'qualifying line.' If the rider does not cross the qualifying line it will count as a failed attempt. The farthest distance from the line wins. The distance is measured to the rearmost part of the rider that touches the ground when dismounting, or to the rear of the tire where the rider stops coasting. Remounting is not allowed. Riders must not touch any part of their tires, wheels or pedals while coasting. Riders get two attempts. If a rider crosses the coasting line (front of the tire) not in coasting position, he or she is disqualified in that attempt. The riding surface should be as smooth and clean as possible, and it may be straight or curved. Ample time must be allowed for all competitors to make some practice runs on the course before the official start. The type of event(s) to be used should be announced well in advance of the competition. Crank arm rules do not apply in any coasting or gliding events.

#### **2.18.12.1 Road Coasting**

This event is best held on a roadway with a very slight downward slope. Riders are allowed an unlimited distance to speed up and start coasting before the starting line.

#### **2.18.12.2 Track Coasting**

30 meter starting distance. This event is held only on a track, or a very level, smooth surface. Wind must be at a minimum for records to be set and broken. This event can be compared with other races at different tracks worldwide.

#### **2.18.12.3 Downhill Coasting**

This is a speed coasting event, with the same rules as section 2.18.12.2 "Downhill Glide," except riders must be coasting instead of gliding. Dismounts before the finish line disqualify the rider in that attempt. The slope must be very gradual for this event to be safe, and helmets are mandatory.

### **2.18.13 Gliding Events**

Gliding is like coasting, but with one or both feet dragging on top of the tire to provide balance from the braking action. These events are similar to the coasting events above, with riders gliding for time or distance from a given point. The rules are the same as for the coasting events (above) with the addition that the riding surface must be dry. Coasting is allowed.

#### **2.18.13.1 Slope Glide Or Track Glide**

A slope glide can be done on a small hill. Riders start on the hill, gliding down to level ground and continuing as far as they can before stopping. This event can have a limited starting distance, or no starting distance at all, with riders gliding from a dead stop. If it is a Track Glide, it is held on a track with the same rules as Track Coasting (see section 2.18.12.2).

#### **2.18.13.2 Downhill Glide**

A downhill race for speed. Riders start from a standstill, or speed up to the 'starting line.' Riders are timed over a measured distance to the finish line. Dismounts before the finish line disqualify the rider in that attempt. Helmets are mandatory.

### **2.18.14 Medley**

This is a race involving riding several different ways of riding.

**Example:** Forward 25m, seat in front 25m, one foot 25m, hopping 10m, with 5m transition areas. Rules are set by convention host. Remounting is allowed.

### **2.18.15 Unlimited Track Events (100m Open)**

An unlimited race is one in which there are no unicycle size restrictions. Any size wheels, any length crank arms, giraffes or any types of unicycles (see definition) are allowed. All other track racing rules apply. Helmets are mandatory.

### **2.18.16 Unlimited Road Race**

The 100 mile speed records listed in the Guinness Book of World Records are the results of Unlimited Road Races. The race distance should be no less than 5 km. Helmets are mandatory. For longer distances, water stations should be provided every 5 km. This race can be held in conjunction with a 10km or other road race.

### **2.18.17 Marathon**

The Marathon is a race over a distance of 42.195km. It is usually held on roads or bike paths. All riders race and are separated by age group later. Water stations should be provided at least every 5 km. Helmets are mandatory.

### **2.18.18 Other Racing Events**

Can be invented or added by hosts. Unicycle conventions in the past have had events such as 'Fun' Obstacle Courses, Giraffe Races, Walk (the wheel)-a-thon, Rock-a-thon, Ride-a-thon, Bounce-a-thon, juggling Obstacle Course, Ramp Jump, Water Balloon Toss (on unicycles), Giraffe Mounting Contest, and many more.

## **2.19 Mountain Unicycling (MUni)**

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For purposes of these rules, MUni refers to off-road races over any type of terrain, usually with unrestricted unicycles. Races can vary from a single heat race with all riders starting together, to a time-trial type of arrangement with riders going singly, at intervals. Mountains are not required. Terrain can be anything from dirt to paved areas, hills, ditches, curbs, rocks, sand, mud, or grass. Courses must be clearly marked. Unless otherwise noted, non-lane passing rules apply (see Section 2.7.1). Unless otherwise noted, there are no restrictions on wheel size, crank arm length, brakes or gearing.

### **2.19.1 Required Dress**

For all MUni events, riders must wear shoes, kneepads, gloves/wristguards and helmets (definitions, Section 1.23). The IUF allows no exceptions to this for MUni events. Additional equipment such as shin, elbow or ankle protection are optional.

### **2.19.2 Dismounts And Dismounted Riders**

Dismounts are allowed in all MUni races unless otherwise noted. In mass-start events, dismounted riders must yield to mounted riders behind them as quickly as possible after a dismount, and until re-mounted. Riders may not impede the progress of mounted riders when trying to mount. If necessary they must move to a different location so mounted riders can pass. If riders choose not to ride difficult sections of the course, they must not pass any mounted riders while walking or running through them. In time trial-type events, see below for variations based on the other event details. Violations of these non-riding rules may result in disqualification or a time penalty, to be determined and announced before the race start. Riders must also ride completely across the finish line, as described in Section 2.6.

### **2.19.3 Uphill Race**

An Uphill MUni race challenges riders' ability to climb. Courses may be short and steep or longer, endurance-related challenges. Generally it is a timed event, but on an extremely difficult course, riders can be measured as to how far they ride before dismounting. The race can be offered as a no-dismounts challenge, which either measures who gets the farthest, or disqualifies anyone who doesn't complete the distance without a dismount. Multiple tries can be allowed, or the race can be a simple timed event.

#### **2.19.3.1 Dismounted Riders, Uphill**

If the Uphill race is run as a time trial, riders are intended to ride the entire distance. In the event of a dismount, the rider must remount the unicycle:

- a) At the point where the dismount occurred if the unicycle falls back down the course toward the start.
- b) Where the unicycle and/or rider come to a stop after dismounting. Excessive running/walking/stumbling after a dismount may be grounds for a penalty at the discretion of race of the Referee.
- c) Riders may also choose to back up (toward the start line) from one of those spots to remount, if they prefer the terrain there.

### **2.19.4 Downhill Race**

A Downhill MUni race is a test of speed and ability to handle terrain. Courses must be primarily downhill but may include flat or uphill sections. Suggested course length of at least 2.5km depending on available terrain, trails and schedule time. Mass starts are not recommended for fast or narrow courses.

#### **2.19.4.1 Dismounted Riders, Downhill**

In Downhill races, riders are not allowed to run and the unicycle must be pushed and touching the ground at all times (lifted over extreme terrain or obstacles). Walking over the terrain can be done only a maximum of 10 meters at any time unless otherwise noted. Walking is defined as having at least one foot on the ground at all times.

### **2.19.5 Cross Country (XC)**

A Cross Country race should be at least 5km or longer, depending on available terrain, trails and schedule time. It is basically any MUni race that is not specifically focused on downhill or uphill. The course can contain any amount of uphill or downhill riding and is to be about fitness, and ability to ride fast on rough terrain.

#### **2.19.5.1 Dismounted Riders, XC**

If the event is held as a time trial, dismounted rider restrictions must be announced before the start of the race. Depending on course length and difficulty, dismounted riders may be required to walk, or walk only limited distance, or have no restrictions at all.