

# International Unicycling Federation



## 2008 Competition Rulebook

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

**This version has been modified to *only* include Standard Skill**

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# 1 GENERAL RULES AND DEFINITIONS

## 1.7 Publishing Results

Results of national and international championships must be published including details such as time, distance, total score and score per judge. For each event, the names and represented nationality of competitors as well as the names and nationality of all officials shall be published. In the artistic events names of the entire judging-panel may be replaced by J1, J2, J3, etc. if desired by any of judge members.

## 1.13 Artistic Riding Areas

Traditionally a gymnasium is used. Artistic competitions can also be held in an auditorium, if the stage is large enough. If this is done, a gym must also be available for practice, and possibly for group competition. Gymnasiums used for competition should have enough room to set up two Individual and Pairs performing areas side by side. There must also be enough room for judges and spectators. Seating must be provided for spectators, and a practice area must be provided for riders. Ideally, this practice area would be in a separate gym. The practice area cannot be outdoors. In the event of rain, riders would have no place to warm up and exchange skills. If necessary, the practice area can be behind a curtain in the competition gym, or behind the spectator seating. Neither of these solutions is as desirable, due to the distraction that is unavoidably caused by riders using these areas.

The gym or riding surface must be marked with the boundaries of all riding areas for individual and pairs events. In some facilities black tires, metal pedals, untaped wooden hockey sticks, etc. might not be allowed. The host must make sure the participants are informed of this in advance. All performing and practice areas must be in well-lit places that are protected from the weather.

It is very important that a good quality public address system be available for announcements, and to play competition music. Two CD players must be provided (one as a backup or test machine). These must be compatible with recordable CDs (CD-R). Duplicate players should also be provided for all other music formats specified by the host.

## 1.19 Artistic

Any performance music must be provided on CD, or only those other media types supported by the event host. See also section 3.20.

## 1.21 Knowing The Rules

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.

## 1.23 Definitions

**EXPERT:** A competition category open to all riders regardless of age. There are male and female Expert groups for individual and pairs artistic events.

**FIGURE:** (noun) 1. A unicycle feat or skill, such as walking the wheel or riding backward, used to describe skills in the Standard Skill event. 2. A riding pattern, such as a circle or figure 8.

**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.

**UNICYCLING SKILL:** (noun) Also known as 'figure.' Any skills (feats of balance) performed on a vehicle with one support point in contact with the riding surface, this being a wheel, the movement of which is controlled by the rider, thus maintaining balance. All mounts are also 'unicycling skills.' See also section 4.1.1.

**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.

## 3 ARTISTIC EVENTS: OVERVIEW AND SHARED RULES

### 3.1 Types Of Artistic Events

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There are four types of artistic events: **Standard Skill, Freestyle, Flatland and Street**. In Standard Skill, riders demonstrate pure skill and mastery on a standard unicycle, by performing up to 18 skills they have pre-selected. Standard Skill judging is based on the point value of the skills and quality of their execution, not the ‘show.’ In Freestyle, riders perform to music, with costumes, props and any kinds of unicycles. Riders are judged not only on skill, but also on how well they entertain and put on a show. There are Individual, Pair, and Group Freestyle events. In Flatland, riders perform with no judging of music and costume, with a higher emphasis on originality and creativity. Street is sort of a cross between Freestyle and Flatland, with the addition of an array of Trials-type obstacles to ride on. Riders are judged on the skill and creativity of moves and combinations they do, using both the flat ground and the obstacles.

### 3.2 Age Groups For Artistic

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**Note:** Age groups for racing and age groups for artistic events are chosen separately, based upon the rider’s skills and needs. The minimum allowable age groups are listed for each event. Convention hosts are free to add more age groups. Age group is determined by the rider’s age on the first day of the convention. Junior Expert is open to all riders 0-14. Expert is open to riders of any age, including 0-14. Riders must state the age group in which they are entering for each artistic event in which they participate.

**Example:** Riders who enter Individual Freestyle as Experts can enter Pairs in their age group if they wish. Riders are divided male/female in Standard Skill and Individual Freestyle, but not in Pairs or Group.

### 3.8 Individual Standard Skill Overview

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**MINIMUM AGE GROUPS:** 0-14, 15-UP. Best overall scores determine which competitors reach the Expert ranks.

**TIME LIMIT:** Three minutes (all ages).

**UNICYCLE:** One standard unicycle only (see definition). No brakes or handlebars. There are no limitations on wheel or crank arm size.

**MUSIC:** Music is not judged. Background music will be provided during all routines, or competitors may provide their own. Competitors may also, at their request, have no music played. See also section 3.20.

**COSTUME AND PROPS:** Clothing has no influence on the score. Riders are encouraged to dress in the uniform of their national teams or clubs, or in clothing that represents their teams, groups or countries. No props.

**JUDGING METHOD:** Riders are judged only on the quality of execution of the skills they have chosen to perform. Each figure has a predetermined point value. Judges deduct points for mistakes, such as dismounts, poor form, performing figures out of order, etc.

**SKILLS TO BE PERFORMED:** Only skills found in the IUF Standard Skills List may be used. The proper methods for performing these skills are found in the ‘Descriptions’ section of this list. If illustrations of figures disagree with their descriptions, the descriptions apply.

## GENERAL RULES

These rules apply to all artistic events, unless otherwise noted.

### 3.10 Deadline For Signing Up

All artistic events have a deadline for participation, which must be specified in the registration form. If not specified in the registration form, the deadline is one month before the official convention start date. A maximum of ten Individuals, ten Pairs routines, and two groups will be allowed to be added after this time to account for difficulties in travel planning or other valid reasons that are communicated about in advance. These will be added in the order of their request to the Chief Judge and Convention Director via email or fax. Participants who attempt to sign up less than 36 hours prior to the beginning of the specified competition will not be allowed to enter.

Changing Pairs partners is allowed up to 36 hours prior to the actual competition as long as the category does not change. Adding or subtracting the members of a group routine is allowed up to 36 hours prior to the start of that competition.

### 3.12 Order Of Performance

Performance order for Jr. Expert and Expert in Pairs/Individual/Group freestyle are defined by an open drawing without a computer. The drawing/selection should be done publicly and transparently, at a time that is pre-announced, so people can witness it. The method to determine performance order for age groups is completely up to the Artistic Director.

#### 3.12.1 Riders Must Be Ready

Riders who are not ready at their scheduled performance time may or may not be allowed to perform after the last competitor in their age group. The Chief Judge will remember to consider language barriers, and that riders may be engaged in convention work to slow them down. Except for Standard Skill, a rider may not perform before a different set of judges than those that judged the rest of their age group.

### 3.14 Start Of Performance

#### 3.14.2 Standard Skill

The judging begins when the timer blows a one second whistle signifying the beginning of the three minute routine or when a predetermined piece of music begins; the stopwatch will begin timing immediately following the one second acoustic signal or music. The rider must begin within the boundaries either on or off the unicycle. If the rider chooses to go out of bounds for a .5 deduction, he/she must do so after the one second acoustic signal or the start of the music. The end of each minute will be indicated by acoustic signals. This may be made optional as described in section 3.15.2. A final one second acoustic signal will signify the completion of the three minute allotment.

### 3.15 Rider's No-Signal Option

#### 3.15.2 Standard Skill

If a rider provides their own music and wants acoustic signals, they must indicate this when they sign up with the Rider Liaison. If a rider does not provide their own music, acoustic signals will automatically be used unless the rider requests "No acoustic signals" when signing up with the Rider Liaison. If no acoustic signals, there will not be a 'Start' signal or the 1-minute and 2-minute signals. In all situations, the Timer will still keep the time, and if the rider exceeds the time limit, the Timer will make the 'double acoustic signal' to indicate the rider has run overtime.

### 3.16 Interruption Of Judging

An interruption of judging can result from material damage, injury or sudden illness of a competitor, or interference with a competitor by a person or object. If this happens, the Chief Judge determines the amount of time left and whether any damage may be the fault of the competitor. Re-admittance into competition must happen within the regulatory competition time. If a routine is continued and the competitor was not at fault for the interruption, all devaluations coming forth from the interruption will be withdrawn.

## 3.17 End Of Performance

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The performance ends at a signal from the rider, such as a bow or “Thank you,” or at the end of the time limit.

### 3.17.2 Standard Skill

In Standard Skill, if the rider is in mid-figure, only the part of that figure that was executed before the time ended will be counted (see section 5.9.3). If the figure was less than 50% complete, a 100% devaluation will be given. If between 50% and 100% was completed, a 50% devaluation will be given. Any figures that have not been performed receive 100% devaluations.

## 3.20 Music

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In Freestyle events, music is included in the judging and competitors should use it. In Flatland, music is recommended but is not judged. In Standard Skill music is not judged. But background music will be provided during all Standard Skill routines, or competitors may provide their own. Competitors may also, at their request, have no music played. It is recommended to have one or more backup copies of all music in case of loss or damage. For recordable disks, competitors are also recommended to test their music on multiple players to make sure it will work at competition time.

### 3.20.1 Media Types

The host is required to have the capability of playing recordable CDs. Other media types may also be supported, at the host's discretion. The Artistic Director is responsible for announcing what media types will be supported, and making sure the necessary equipment is provided.

### 3.20.2 Music Preparation

Competitors must provide their music in a type that is supported, and has been announced by the Artistic Director. All music must be clearly labeled with the competitor name(s), age group, and event type (such as Pairs). Whenever possible, competition music should be the first track on the CD, mini-disk, or other optical media. The DJ (music operator) is not responsible for errors if competition music is on a different track. If other than 1, track number should be included in labeling. For cassettes or other tapes, if available, labeling must also indicate which side the music is on. Competition music should be at the beginning of the tape, and the tape should be wound to a point within 1-3 seconds of the start of the music. The DJ is not responsible for tapes that are not ready to be played.

### 3.20.3 Music Volume

Volume level is controlled by the DJ, at instructions from the Chief Judge. The base volume for Freestyle, Street Comp and Flatland music should be loud enough to sound clear, and be heard by all. For Standard Skill, volume level should not be loud enough to interfere with judge communication, but otherwise similar to the level for Freestyle, Street Comp and Flatland. Some competitors' music may start with especially loud or quiet sections, and the DJ should be advised of these so volume levels do not get compensated in the wrong direction. Some competitors may request that their music be played at lower levels. These requests can be made directly to the DJ. Requests for higher volumes must be approved by the Chief Judge, who has the option of passing this responsibility to the DJ.

### 3.20.4 Special Music Instructions

Some competitors may have special music instructions, such as stopping or starting the music at a visual cue, changing volume level during the performance, etc. The DJ is not responsible for errors carrying out these instructions. For best results, the competitor should supply a person to coach the DJ during the performance, so there are no mistakes. If the DJ receives instructions that sound unusual, the Chief Judge should be consulted for approval.

## 3.25 World Champions

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Standard Skill, Individual Freestyle, Pairs Freestyle, Group Freestyle, Street Comp, Flatland: Winners in the Expert category of each event are the **World Champions**. In the individual events, separate titles are awarded for male and female (excluding Street Comp and Flatland if only one competition group is offered). Winners in the Jr. Expert category are the **Junior World Champions**.

## 5 STANDARD SKILL

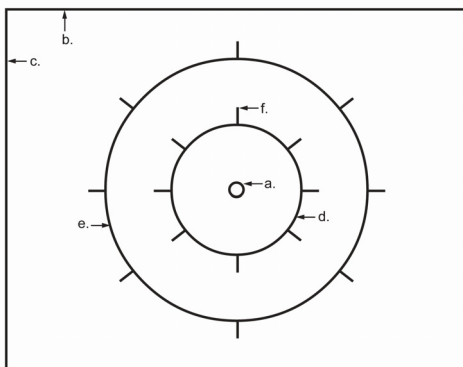
These are the guidelines by which Standard Skill competition is to be executed. At times, however, situations may occur in which the regulations cannot be followed exactly. This applies to minor details; not to principal rules. For instance, if the size of the available accommodation would cause the size of the riding area to be slightly smaller than required, that can be approved by a majority vote of the judging panel. Whatever differences from the rules are approved must be made known to all participants before competition. Any situation that may occur for which the rules do not provide a solution, shall be solved by the Chief Judge or by a majority vote in a meeting chaired by the Chief Judge, at which all judges active in the concerned event must be present.

### 5.1 Floor, Markings And Figure Shapes

See diagram. The riding surface must allow flawless riding. The riding area must be sufficiently illuminated. An IUF representative will inspect the area to make sure it conforms to the requirements, and declare it rideable. The surface of the riding floor must be clean, level, smooth and shall not be slippery. Competition can be held on a floor that has not been declared rideable by the panel, but the results of such competition may not be officially recognized by the IUF, after investigation by the IUF rules committee.

#### 5.1.1 Riding Area Boundaries

For international competitions, the outer boundaries must be 11 x 14 meters. For other competitions, if space does not permit, the size may be smaller but will be no less than 9 x 12 meters. All lines must be at least 3cm wide and clearly marked, including the outer boundaries.

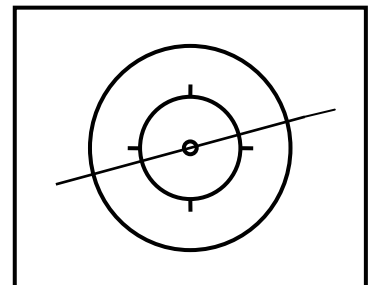


- a. Center circle (50cm diameter)
- b. Long edge of riding area (faces judges)
- c. Short edge of riding area
- d. Inner circle (4m diameter) for circle figures
- e. Outer circle (8m diameter) for line and fig. eight's
- f. Quarter circle marks (length approx. 50cm) on the 4m and 8m circles and at diagonal. Diagonals marked by going from corner to corner of the riding boundary (approximately 38.2 degrees).

#### 5.1.2 Line Figure.

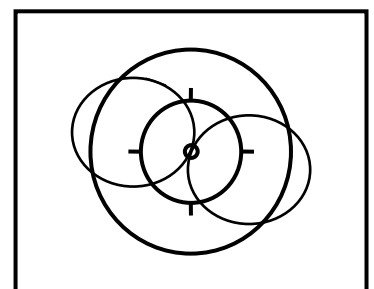
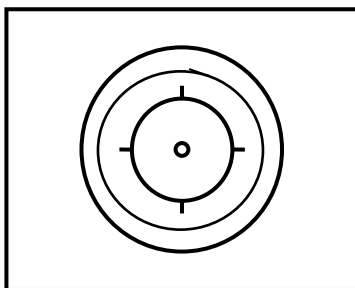
Lines, circles and figure 8's may be ridden in any direction. Line figures start outside

the large (8m) circle, cross the center circle, and continue outside the large circle. The rider must be in position for the figure before the hub crosses over the outside edge of the line. For seat drag figures where the seat is forward of the riding direction, the rider must be in position before the seat crosses the outside edge of the line. The line should be straight. Circles and figure 8's can be started at any point, as long as the rider completes the figure by crossing over the starting point.



#### 5.1.3 Circle Figure

Circle figures are ridden in the area between the 4m and 8m circle lines. If the rider crosses the 4m line while performing the figure, the circle must be re-started from the point where the rider re-crosses to the outside of the 4m circle. Crossing the 8m line does not invalidate the figure. Circle figures should be as round as possible.



#### 5.1.4 Figure Eight

The two circles making up the 8 should be the same size, and the orientation of the 8 can be in any direction. The rider must pass outside the 8m circle on each end of the 8, and cross the center circle at the middle. The two halves of the figure 8 must be circular, with diameters of at least 4m.

### 5.2 Mounts, Transitions, Axis, Single And Counted Short Skills

These are all collectively called "non-riding skills". May be performed anywhere in the riding area unless stated differently in the description.

## 5.3 Body Form

Unless otherwise noted, each figure must be performed with riders sitting up straight with their arms stretched and horizontal. Hands must be flat with palms down and fingers together. Arms do not have to be straight out to the sides. As long as arms are outstretched and horizontal, they may point in any direction.

## 5.4 Dismounts

All dismounts must be controlled, including the dismount at the end of the routine. A controlled (intentional) dismount is where the rider comes to a stop and steps off the unicycle. Dismounts executed otherwise will be considered unintentional. A dismount occurs any time a rider touches the floor, except in skills where the rider is required to touch the floor, or when a foot on a pedal touches the floor. The rules demand that the rider dismounts in a sportsmanlike manner at the end of the routine. Failure to do so will result in a wave for insecure exit.

## 5.5 Assisting Riders

At international events it is forbidden for a rider to get verbal assistance or helping gestures from a person outside the riding area, since this is interference with the rider by an outside person. At international events it is forbidden for a rider to use any props (including people) during the 3-minute routine. Any competitor caught getting assistance (verbal or non-verbal) or using props may be disqualified from the competition. Also, a rider may not look at the list of skills while performing the routine. This includes skills written on the competitor's hand, a piece of paper or elsewhere. Each occurrence of a competitor looking at a skills list will result in a wave.

## 5.6 Standard Skill Judging Sheet

### 5.6.1 Introduction

Before competing in Standard Skill, each rider must fill out and turn in a judging sheet listing his or her routine. This list includes the number, name, and point value of each figure to be performed in the routine, in the order in which they will be ridden.

### 5.6.2 Skills To Be Used

The maximum number of figures allowed is 18. Of those 18 figures, no more than 12 may be other than a riding skill. Skills with numbers 101 and higher are limited to a maximum of 12. If a rider only chooses 12 skills for the whole routine, it is allowed for all of these to be non-riding skills.

**Note:** Each figure number may appear only once on the judging sheet. This means that, for example, if a rider uses figure 15 b, he or she may not use 15 a, c, d, e, f, g, or h.

### 5.6.3 Skill Order

The 18 figures must be performed in the exact same order as they appear on the judging sheet. Figures left out according to their order on the judging sheet will be devaluated 100%. This devaluation remains, even if the figure is performed later in the routine. **Example:** The skills on a judging sheet are: wheel walk, one-foot, idle, riding backwards. The rider does the wheel walk, skips the one-foot and idle, then performs the riding backwards, followed by the one-foot and the idle. The technical judge will mark both the 1-ft and idle with a 100% devaluation.

### 5.6.4 Filling Out Judging Sheet

The completed judging sheet must be sent in before the deadline date set by competition organizers. When filling out the sheet, each figure name must be written out exactly as it appears on the Standard Skills List, with no further abbreviations. Figure numbers, letters, and point values must be included, and the total Difficulty score (total points for all figures in the routine) must be filled in. The judges have to check the judging sheets and, if possible in contact with the competitor, correct any mistakes. Any disadvantage resulting from filling out a judging sheet incorrectly will be at the competitor's expense, and will not be valid grounds for protest. Judging sheets, once checked and approved for competition, cannot be changed.

### 5.6.5 Competitor And Judging Forms

If available to the organizers, a computer database should be used to generate forms for both the competitor and the judges, and then be used to calculate the scores. Either the Writing Judge Form or the traditional Standard Skill Form is required for judging. The other forms are suggested to help both the competitors and judges.

Suggested forms are:

- **Competitor Form:** Skill Order, Figure number and letter, Description, Score, and Skill Definition.
- **Standard Skill Form:** Skill Order, Figure number and letter, Description, Score, and areas to mark 50/100% technical devaluations and the ~ / + 0 execution devaluations. An area at the bottom should be included to write in the names of the three judges. An area at the bottom should also be included to help in manual scoring of the routines.
- **Writing Judge Form:** Skill Order, Figure number and letter, Description, Score, and areas to mark 50/100% technical devaluations and the ~ / + 0 execution devaluations. An area at the bottom should be included to write in the names of the three judges.
- **Difficulty Judge Form:** Skill Order, Figure number and letter, Description, Score, Skill Definition, and area to mark 50/100% technical devaluations. The addition of the Skill Definition can help the judge if there is clarification needed for the correct execution of the skill.

- **Execution Judge Form:** Skill Order, Figure number and letter, Description, Score, and area to mark the ~ / + 0 execution devaluations.

All three judging forms should have grey shading to indicate the relative speed of the skills. No shading would indicate a slower skill (typically all riding skills), a light grey indicates skills that are quicker than the riding skills (most of the counted short skills), and a dark grey indicates skills that are very quick. This will help the judges estimate how quickly they must watch for new skills.

## STANDARD SKILL JUDGING

### 5.7 Judging Panel

There will be 1 Chief Judge, 2 Difficulty Judges, 2 Execution Judges, 2 Writing Judges, and 1 Timer. The judging panel will be divided into two judging units, each consisting of one Difficulty, one Execution, and one Writing Judge. The judges will be appointed to the functions Writer, Execution, and Difficulty, respectively in order of their experience. At Unicons, all judges for the Expert groups must have previous Unicon judging experience.

### 5.8 Operation Of The Judges

While the Difficulty and Execution Judges watch the routine, the Writing Judge reads the names of the figures from the list. The Difficulty Judge indicates if a skill was fully completed, or the reduction percentage if it was not. The Execution Judge indicates the execution mistakes using symbols, as described below. The Writer writes down the verbal remarks of both judges on the judging sheet. For this reason, the Writer is seated between the other two judges. The position of the judging table must be so that all judges have a clear view of the entire riding area. There must be enough space between the two judging units to ensure their working independently of each other.

### 5.9 Difficulty Devaluations

#### 5.9.1 Skill Verification

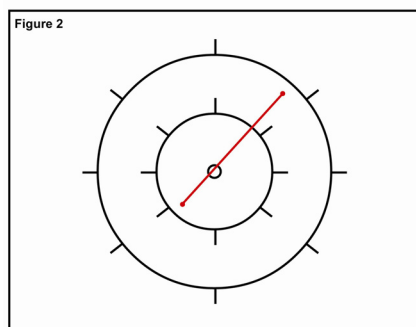
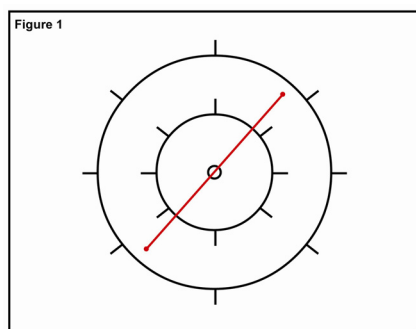
Every figure on the judging sheet must be executed according to its description in the Standard Skills List. If a performed figure does not correspond with the entry on the judging sheet, 100% is devaluated.

#### 5.9.2 Technical Mistakes

If a technical mistake occurs during the execution of a skill, 50% is devaluated. Technical mistakes include but are not limited to the following:

- Part of body other than one hand touching seat in seat out skills
- Hand holding seat touching body in seat out skills
- Free foot touching rotating part of unicycle in one foot skills
- Legs not extended and / or toe not pointed for skills where the leg is quickly extended (including, but not limited to: wheel grab, crank idle kick, hop on wheel kick)

#### 5.9.3 Skill Completion



Every figure on the judging sheet must be performed as entered, from start to finish, without the rider touching the floor, except where required to by the figure description. This applies to all skills: riding skills (figures in lines, circles and 8's), transitions, axis skills, single and counted short skills, and mounts.

**Riding Skills, Repetitive Axis Skills, and Counted Short Skills:** If a figure is broken off in the first half of its required execution, or performed for less than half of the required execution, 100% is devaluated. If a figure is broken off in the second half of the required execution, or performed for less than the required execution, 50% is devaluated.

**Riding Skills:** If a rider is not in position for a line figure before crossing the 8-meter circle, but is in position when crossing both 4-meter circle lines, 50% is devaluated (see figure 1). If the rider is in position but only crosses one edge of the 4-meter circle, 100% is devaluated (see figure 2).

**Transitions and mounts:** Must finish in the end position (one revolution, 2½ hops, or 2½ idles) or 100% is devaluated. If the end position for a mount is not defined, must perform one revolution, OR 2½ hops, OR 2½ idles before stepping off the unicycle.

**Axis skills, single short skills:** Unless otherwise defined in the skill description, the ending position is the same as the starting position. Must finish in the end position (one revolution, 2½ hops, or 2½ idles) or 100% is devaluated. If the start and end position for a single short skill is not defined, must perform one revolution, 2½ hops, OR 2½ idles before stepping off the unicycle.

### 5.9.4 Start Of Figures

All figures start when the rider gets into the position required for that figure.

### 5.9.5 Figure Order

Figures left out according to their order on the judging sheet are devaluated 100%. This devaluation remains, even if the figure is performed afterward.

### 5.9.6 Figure Patterns

Riding figures that are not attempted to be ridden as described in Section 5.1 should receive 100% devaluation. **For example:** The line figure is described as "...start outside the large (8m) circle, cross the center circle, and continue outside the large circle". If the rider does not attempt to cross the center circle and performs the line circle completely outside the 4m circle, then 100% is devaluated.

## 5.10 Execution Devaluations

### 5.10.1 Wave (~) = -0.5 Point

A wave is scored once per skill for each of the following execution mistakes listed below. More than one wave can be applied to each skill, but if a rider makes the same mistake twice during one skill, they should only receive one wave. **Example:** During wheel walking, a rider may have jerky body movements and fingers not together at the beginning – two waves should be applied. If the rider then smoothly wheel walks for a while and then has jerky body movements again, a third wave should not be applied.

- insecure entrance or exit
- cramped, insecure execution
- jerky body movements
- not sitting up straight
- fingers not together
- free leg not stretched, toes not pointed
- waving arms
- jerky pedal movement
- line not straight
- circle not round
- crossing the 4 m circle when performing a skill in a circle
- failure to cross center circle in line or figure 8
- circles of figure 8 not the same size
- pedal, or foot on pedal touching floor
- wandering spin or pirouette
- circle size exceeds 1 meter diameter in a spin
- going outside riding area boundary
- looking at the standard skills order
- arms not stretched
- arms not horizontal
- palms not down
- arms touching the body during seat out skills

### 5.10.2 Line (/) = - 1 Point

A line is scored every time loss of control occurs. Loss of control includes

- loss of proper body form
- breaking off and restarting a skill
- loss of proper body form before or after transitions

### 5.10.3 Cross (+) = - 2 Points

A cross is scored each time an unintentional dismount occurs with the competitor landing on his or her feet *without* the unicycle being dropped.

### 5.10.4 Circle (0) = - 3 Points

A circle is scored each time an unintentional dismount occurs with a part of the rider other than his or her feet touching the floor (hand, knee, rear, etc.) or with the unicycle being dropped. Seat drag skills only have this score applied if a part of the rider other than the feet touch the floor.

### 5.10.5 Applying Lines, Circles, Crosses

Lines, circles and crosses are scored every time they occur during and between all skills, whether entered on the score sheet or not. Only the highest applicable devaluation symbol shall be imposed per execution mistake. Most waves are not scored if they occur between skills listed on the judging sheet. Waves can only be scored between skills if they are unrelated to body form.

**Example:** A competitor will not get a wave if the competitor's arms are not in proper form between skills listed on the judging sheet, but a competitor will get a wave for exceeding the riding area boundary.

## 5.11 Totaling Scores

After the routine is finished, the percentages and symbols from the judges are converted into numbers. These numbers are subtracted from the rider's starting score. Then, the scores of the two judging units are added together and divided by two to get the finishing score of a competitor. The winner in the Standard Skill event is the competitor with the highest score. If more than one competitor have the same score, placing is decided by the highest Execution score. If those scores are also the same, the competitors receive tie scores.

## 6 STANDARD SKILLS LIST

### 6.1 General Remarks About Standard Skill Riding

Only figures listed in the following skills list can be used for the assembly of Standard Skill routines.

#### 6.1.1 Riding Position

Unless stated differently in a figure description, it is to be executed with the rider seated and with both feet on the pedals.

#### 6.1.2 Body Form

The rider must show proper body form and shall not change this form during the execution of the entire figure. Proper body form must also be shown for the figure before and after transitions, even if not listed on the judging sheet. The body form may be relaxed when not performing figures, except for figures before and after transitions.

#### 6.1.3 Riding Direction

Unless stated differently, all riding figures are to be performed riding forward, this being the direction in which the rider faces.

#### 6.1.4 Pattern

Unless stated differently in a figure description, it is to be executed in a line. Exceptions are mounts, stationary skills and transitions, axis skills, single and counted short skills, which can be executed at any spot in the riding area.

#### 6.1.5 Transitions, Axis Skills, And Single Short Skills

Unless stated differently in the description of a transition, it starts and ends with the rider seated with both feet on the pedals. Before and after transitions, axis skills and single short skills entered on the score sheet as figures, at least one revolution of the wheel must be ridden in the start and end positions. If the start or end position of a transition or single short skill is a counted short skill, that skill must be executed at least 50% as described, whether or not it is listed on the judging sheet

**Example 1:** For the transition "Riding to Seat in Front", the rider must ride at least one full revolution of the wheel with the seat in front.

**Example 2:** For the single short skill, 180° uni spin to idling 1ft, the rider must idle one foot 2 ½ cycles.

**Example 3:** For the axis skill, "bwd riding turn 90", the rider must ride backward 1 revolution.

#### 6.1.6 Counted Short Skills

Unless stated differently in the description of the counted short skill, the rider may begin and end with one or both feet on the floor.

#### 6.1.7 Mounts

Unless stated differently in the description of a mount, it is to end with the rider seated with both feet on the pedals. After all mounts listed on the judging sheet as figures, at least one full revolution of the wheel must be ridden in the end position. For mounts ending in counted short skills, the skill must be executed at least 50% as described, whether or not it is listed on the judging sheet.

**Example:** For the Side Mount, the rider must ride at least one full revolution of the wheel in the riding position after mounting.

#### 6.1.8 Seat Out Figures

Unless stated differently in seat out figures, the rider shall have no contact with the seat other than one hand holding the seat. The hand holding the seat as well as the corresponding arm shall be extended away from the rider's body and shall not touch any part of the rider's body.

#### 6.1.9 One Foot Figures

Unless stated differently in one foot figures, the free foot is to be placed on the frame so that there is no contact between the free foot and any rotating part of the unicycle.

#### 6.1.10 Wheel Walk Figures

Unless stated differently in wheel walk figures, the feet are to push only the tire, and shall have no contact with the pedals or crank arms.

#### 6.1.11 Coasting

Unless stated differently in coasting figures, the feet are to have no contact with any rotating part of the unicycle (pedals, crank arms, or tire).

#### 6.1.12 Transitions, Single Short Skills, Mounts Involving Seat Out Skills

Unless stated differently in the description of the figure, those beginning or ending in seat out skills are allowed to have one or both hands touching the seat, and the seat touching the body for the final or first hop, idle, or revolution. This includes, but is not limited to: unispins to seat out skills, transitions into and out of seat in front or back, leg around skills, side ride to seat in front, transitions out of seat drag in front or back, hopping wheel to pedals.

**6.1.13 Transitions To/From Stand Up Wheel Walk**

In all transition skills from/to stand up wheel walk position, a second foot may briefly touch the wheel during the transition, but only one foot pushes the wheel forward. Unless clearly stated in the description, the rider must perform stand up wheel walk forward.

**6.1.14 Spins And Pirouettes**

The rider must make a minimum of three full rotations for spins and pirouettes. Spins must be ridden around a fixed point and must not exceed a 1 meter diameter. If rider rotates more than required minimum number, the last required rotations are judged for spins. Pirouettes must be executed on 1 spot and the pedals may not move backward or forward during the pirouette. If rider rotates more than required minimum number, the first required rotations are judged for pirouettes.

**6.1.15 Leg Around Skills**

All variations may begin or end with feet on the cranks or pedals and begin or end either riding, idling, or hopping unless otherwise specified.

**6.1.16 Idling Figures**

In idling figures, a minimum of 5 consecutive cycles (back and forth motions) must be executed.

**6.1.17 Twisting Figures**

In twisting figures, a minimum of 5 consecutive cycles (side to side motions) must be executed.

**6.1.18 Stillstands**

The minimum time for stillstands is 3 seconds.

**6.1.19 Hopping Figures**

In hopping figures, a minimum of 5 consecutive hops must be executed.

## 6.2 Standard Skill Scores and Descriptions

The following descriptions are meant to explain the correct way to execute the skills. Any illustrations are intended to clarify the descriptions. If illustrations and descriptions disagree, the descriptions always apply.

### ABBREVIATIONS USED IN THIS LIST:

fwd	=	forward	ext	=	extended
bwd	=	backward	frh	=	freehanded
c	=	circle	1ft	=	one foot
8	=	figure eight	ww	=	wheel walk

### 6.2.1 Riding Skills

<b>1</b>	<b>a</b>	<b>riding</b>	Riding (sitting on seat, facing forward).	1.0
	b	riding - c	Riding in a circle (sitting on seat, facing forward).	1.3
	c	riding - 8	Riding in a figure eight sitting on seat, facing forward).	1.5
<b>2</b>	<b>a</b>	<b>riding holding seatpost, 1 hand</b>	Riding while leaning forward and with one hand holding the seatpost under the seat.	1.3
	b	riding holding seatpost, 1 hand - c	Riding in a circle while leaning forward and with one hand holding the seatpost under the seat.	1.6
	c	riding holding seatpost, 1 hand - 8	Riding in a figure 8 while leaning forward and with one hand holding the seatpost under the seat.	1.9
	d	riding holding seatpost, 2 hands	Riding while leaning forward and with both hands holding the seatpost under the seat.	1.4
	e	riding holding seatpost, 2 hands - c	Riding in a circle while leaning forward and with both hands holding the seatpost under the seat.	1.8
	f	riding holding seatpost, 2 hands - 8	Riding in a figure 8 while leaning forward and with both hands holding the seatpost under the seat.	2.0
<b>3</b>	<b>a</b>	<b>riding bwd</b>	Riding backward.	2.5
	b	riding bwd - c	Riding in a circle backward.	3.1
	c	riding bwd - 8	Riding backward in a figure eight.	3.6
<b>4</b>	<b>a</b>	<b>seat in front, seat against body</b>	Riding with seat held in front of the rider. The seat or hand holding the seat may rest against the rider.	2.0
	b	seat in front	Riding with seat held in front of the rider.	2.3
	c	seat in front - c	Riding in a circle with seat held in front of the rider.	2.9
	d	seat in front - 8	Riding in a figure eight with seat held in front of the rider.	3.3
	e	seat in front frh, seat against body	Riding with seat held out in front of the rider. Neither hand touches the seat and the seat post is held between the rider's legs. The seat may rest against the rider.	3.3
	f	seat in front frh	Riding with seat held in front of the rider. Neither hand touches the seat and the seat post is held between the rider's legs.	3.7
	g	seat in front frh - c	Riding in a circle with seat held in front of the rider. Neither hand touches the seat and the seat post is held between the rider's legs.	4.3
	h	seat in front frh - 8	Riding in a figure eight with seat held in front of the rider. Neither hand touches the seat and the seat post is held between the rider's legs.	4.8
<b>5</b>	<b>a</b>	<b>seat in front bwd, seat against body</b>	Riding backward with seat held out in front of the rider. The seat or hand holding the seat may rest against the rider.	3.4
	b	seat in front bwd	Riding backward with seat held out in front of the rider.	3.6
	c	seat in front bwd - c	Riding backward in a circle with seat held out in front of the rider.	4.1
	d	seat in front bwd - 8	Riding backward in a figure eight with seat held out in front of	4.7

		the rider.	
	e	seat in front bwd frh, seat against body	Riding backward with seat held out in front of the rider. Neither hand touches the seat and the seat post is held between the rider's legs. The seat may rest against the rider. 4.0
	f	seat in front bwd frh	Riding backward with seat held out in front of the rider. Neither hand touches the seat and the seat post is held between the rider's legs. 4.5
	g	seat in front bwd frh - c	Riding backward in a circle with seat held out in front of the rider. Neither hand touches the seat and the seat post is held between the rider's legs. 5.2
<b>6</b>	<b>a</b>	<b>seat in back, seat against body</b>	Riding with the seat held out behind the rider. The seat or the hand holding the seat may rest against the rider. 2.2
	b	seat in back	Riding with the seat held out behind the rider. 2.5
	c	seat in back - c	Riding in a circle with the seat held out behind the rider. 3.1
	d	seat in back - 8	Riding in a figure eight with the seat held out behind the rider. 3.6
<b>7</b>	<b>a</b>	<b>seat in back bwd, seat against body</b>	Riding backward with the seat held out behind the rider. The seat or the hand holding the seat may rest against the rider. 3.5
	b	seat in back bwd	Riding backward with the seat held out behind the rider. 3.9
	c	seat in back bwd - c	Riding backward in a circle with the seat held out behind the rider. 4.5
	d	seat in back bwd - 8	Riding backward in a figure eight with the seat held out behind the rider. 5.1
<b>8</b>	<b>a</b>	<b>seat on side, seat against body</b>	Riding with the seat held out to the side of the rider. The seat or the hand holding the seat may rest against the rider. 3.4
	b	seat on side, seat against body - c	Riding in a circle with the seat held out to the side of the rider. The seat or the hand holding the seat may rest against the rider. 3.2
	c	seat on side	Riding with the seat held out to the side of the rider. 4.1
	d	seat on side - c	Riding in a circle with the seat held out to the side of the rider. 3.9
<b>9</b>	<b>a</b>	<b>seat on side bwd, seat against body</b>	Riding backward with the seat held out to the side of the rider. The seat or the hand holding the seat may rest against the rider. 4.3
	b	seat on side bwd	Riding backward with the seat held out to the side of the rider. 4.6
	c	seat on side bwd - c	Riding backward in a circle with the seat held out to the side of the rider. 4.4
<b>10</b>	<b>a</b>	<b>stomach on seat, 1 hand on seat</b>	Riding with the abdomen on the seat. One hand holds onto the seat. 2.1
	b	stomach on seat	Riding with the abdomen on the seat, frh. 2.3
	c	stomach on seat - c	Riding in a circle with the abdomen on the seat, frh. 2.9
	d	stomach on seat - 8	Riding in a figure eight with the abdomen on the seat, frh. 3.3
<b>11</b>	<b>a</b>	<b>stomach on seat bwd</b>	Riding backward with the abdomen on the seat, hands free. 3.8
	b	stomach on seat bwd - c	Riding backward in a circle with the abdomen on the seat, hands free. 4.4
	c	stomach on seat bwd - 8	Riding backward in a figure eight with the abdomen on the seat, hands free. 4.9
<b>12</b>	<b>a</b>	<b>chin on seat, 1 hand on seat</b>	Riding with no part of the body other than the chin touching the back of the seat. One hand may touch the seat. 3.5
	b	chin on seat	Riding with no part of the body other than the chin touching the back of the seat, freehanded. 4.0
	c	chin on seat - c	Riding in a circle with no part of the body other than the chin touching the back of the seat, freehanded. 4.6

	d	chin on seat - 8	Riding in a figure eight with no part of the body other than the chin touching the back of the seat, freehanded.	5.2
<b>13</b>	<b>a</b>	<b>chin on seat bwd, 1 hand on seat</b>	Riding backward with no part of the body other than the chin touching the back of the seat, freehanded. One hand may touch the seat.	4.2
	b	chin on seat bwd	Riding backward with no part of the body other than the chin touching the back of the seat, freehanded.	4.9
	c	chin on seat bwd - c	Riding backward in a circle with no part of the body other than the chin touching the back of the seat, freehanded.	5.6
	d	chin on seat bwd - 8	Riding backward in a figure eight with no part of the body other than the chin touching the back of the seat, freehanded.	6.4
<b>14</b>	<b>a</b>	<b>drag seat in front</b>	Riding with the seat dragging on the floor, in front of the wheel.	4.1
	b	drag seat in front - c	Riding in a circle with the seat dragging on the floor, in front of the wheel.	4.7
	c	drag seat in front - 8	Riding in a figure eight with the seat dragging on the floor, in front of the wheel.	5.3
<b>15</b>	<b>a</b>	<b>drag seat in front bwd</b>	Riding backwards with the seat dragging on the floor, in front of the wheel.	5.3
	b	drag seat in front bwd - c	Riding backwards in a circle with the seat dragging on the floor, in front of the wheel.	6.1
	c	drag seat in front bwd - 8	Riding backwards in a figure eight with the seat dragging on the floor, in front of the wheel.	6.9
<b>16</b>	<b>a</b>	<b>drag seat in back</b>	Riding with the seat dragging on the floor, behind the wheel.	4.3
	b	drag seat in back - c	Riding in a circle with the seat dragging on the floor, behind the wheel.	4.9
	c	drag seat in back - 8	Riding in a figure eight with the seat dragging on the floor, behind the wheel.	5.6
<b>17</b>	<b>a</b>	<b>drag seat in back bwd</b>	Riding backward with the seat dragging on the floor, behind the wheel.	6.0
	b	drag seat in back bwd - c	Riding backward in a circle with the seat dragging on the floor, behind the wheel.	6.9
	c	drag seat in back bwd - 8	Riding backward in a figure 8 with the seat dragging on the floor, behind the wheel.	7.8
<b>18</b>	<b>a</b>	<b>riding sideways, seat against body</b>	Riding with the feet parallel to the wheel axle and the body turned 90 degrees to the riding direction with the seat in front holding with one or two hands. The seat or the hands holding the seat may touch the body.	5.6
	b	riding sideways	Riding with the feet parallel to the wheel axle and the body turned 90 degrees to the riding direction with the seat in front holding with one or two hands.	5.7
	c	riding sideways 1ft ext, seat against body	Riding with one foot parallel to the wheel axle and the body turned 90 degrees to the riding direction with the seat in front holding with one or two hands. The seat or the hands holding the seat may touch the body. The free leg is extended.	6.0
	d	riding sideways seat drag	Riding seat drag in front (forward of the direction of travel) with the feet parallel to the wheel axle and the body turned 90 degrees to the riding direction.	6.3
<b>19</b>	<b>a</b>	<b>one foot</b>	Riding with one foot on pedal.	3.0
	b	one foot - c	Riding in a circle with one foot on pedal.	3.5
	c	one foot - 8	Riding in a figure eight with one foot on pedal.	3.9
	d	one foot ext	Riding with one foot on pedal. The free leg is extended.	3.2
	e	one foot ext - c	Riding in a circle with one foot on pedal. The free leg is	3.7

		extended.	
	f	one foot ext - 8	Riding in a figure eight with one foot on pedal. The free leg is extended. 4.2
	g	one foot crossed	Riding with one foot on pedal. The free leg is crossed over the pedaling leg. 3.4
	h	one foot crossed - c	Riding in a circle with one foot on pedal. The free leg is crossed over the pedaling leg. 3.9
	i	one foot crossed - 8	Riding in a figure eight with one foot on pedal. The free leg is crossed over the pedaling leg. 4.4
<b>20</b>	<b>a</b>	<b>one foot bwd</b>	Riding backward with one foot on pedal. 4.0
	b	one foot bwd - c	Riding backward in a circle with one foot on pedal. 4.6
	c	one foot bwd - 8	Riding backward in a figure eight with one foot on pedal. 5.2
	d	one foot ext bwd	Riding backward with one foot on pedal. The free leg is extended. 4.4
	e	one foot ext bwd - c	Riding backward in a circle with one foot on pedal. The free leg is extended. 5.1
	f	one foot ext bwd - 8	Riding backward in a figure eight with one foot on pedal. The free leg is extended. 5.7
<b>21</b>	<b>a</b>	<b>one foot seat in front against body</b>	Riding with the seat held out in front of the rider with ONE hand, one foot on pedal. The seat or hand holding the seat may rest against the rider. 3.8
	b	one foot seat in front	Riding with the seat held out in front of the rider with ONE hand, one foot on pedal. 4.5
	c	one foot seat in front - c	Riding in a circle with the seat held out in front of the rider with ONE hand, one foot on pedal. 5.2
	d	one foot seat in front - 8	Riding in a figure eight with the seat held out in front of the rider with ONE hand, one foot on pedal. 5.9
	e	one foot ext, seat in front against body	Riding with the seat held out in front of the rider, one foot on pedal. The seat or hand holding the seat may rest against the rider. The free leg is extended. 4.1
	f	one foot ext, seat in front against body - c	Riding in a circle with the seat held out in front of the rider, one foot on pedal. The seat or hand holding the seat may rest against the rider. The free leg is extended. 4.7
<b>22</b>	<b>a</b>	<b>one foot seat in front against body bwd</b>	Riding backward with the seat held out in front of the rider, one foot on pedal. The seat or hand holding the seat may rest against the rider. 4.7
	b	one foot seat in front bwd	Riding backward with the seat held out in front of the rider, one foot on pedal. 5.4
	c	one foot seat in front bwd - c	Riding backward in a circle with the seat held out in front of the rider, one foot on pedal. 6.2
	d	one foot ext, seat in front against body bwd	Riding backward with the seat held out in front of the rider, one foot on pedal. The seat or hand holding the seat may rest against the rider. The free leg is extended. 5.9
	e	one foot ext, seat in front against body bwd - c	Riding backward in a circle with the seat held out in front of the rider, one foot on pedal. The seat or hand holding the seat may rest against the rider. The free leg is extended. 6.8
<b>23</b>	<b>a</b>	<b>seat on side, 1ft, seat against body</b>	Riding with the seat held out to the side of the rider, one foot on pedal. The seat or the hand holding the seat may rest against the rider. 4.0
	b	seat on side, 1ft	Riding with the seat held out to the side of the rider, one foot on pedal. 5.0
	c	seat on side, 1ft - c	Riding in a circle with the seat held out to the side of the rider, one foot on pedal. 4.8

	d	seat on side, 1ft - 8	Riding in a figure eight with the seat held out to the side of the rider, one foot on pedal.	6.5
<b>24</b>	<b>a</b>	<b>seat on side, 1ft bwd, seat against body</b>	Riding backward with the seat held out to the side of the rider, one foot on pedal. The seat or the hand holding the seat may rest against the rider.	5.0
	b	seat on side, 1ft bwd	Riding backward with the seat held out to the side of the rider, one foot on pedal.	5.4
	c	seat on side, 1ft bwd - c	Riding backward in a circle with the seat held out to the side of the rider, one foot on pedal.	5.1
<b>25</b>	<b>a</b>	<b>side saddle, hand touching seat</b>	Riding 1ft while sitting partially on seat with the free leg resting on the seat or on the same side as the pedaling foot. One hand may touch the seat.	3.5
	b	side saddle, hand touching seat - c	Riding 1 foot in a circle while sitting partially on seat with the free leg resting on the seat or on the same side as the pedaling foot. One hand may touch the seat.	4.0
	c	side saddle frh	Riding 1ft while sitting partially on seat with the free leg resting on the seat or on the same side as the pedaling foot.	3.7
	d	side saddle frh - c	Riding 1 foot in a circle while sitting partially on seat with the free leg resting on the seat or on the same side as the pedaling foot.	4.3
	e	side saddle frh - 8	Riding 1 foot in a figure eight while sitting partially on seat with the free leg resting on the seat or on the same side as the pedaling foot.	4.8
<b>26</b>	<b>a</b>	<b>cross over</b>	Riding one footed, with the pedaling foot on the non-corresponding pedal. Non pedaling foot can be extended, or on the fork.	4.4
	b	cross over - c	Riding one footed in a circle, with the pedaling foot on the non-corresponding pedal. Non pedaling foot can be extended, or on the fork.	4.2
	c	cross over - 8	Riding one footed in a figure eight, with the pedaling foot on the non-corresponding pedal. Non pedaling foot can be extended, or on the fork.	5.7
<b>27</b>	<b>a</b>	<b>cross over bwd</b>	Riding backward one footed, with the pedaling foot on the non-corresponding pedal. Non pedaling foot can be extended, or on the fork.	5.4
	b	cross over bwd - c	Riding backward one footed in a circle, with the pedaling foot on the non-corresponding pedal. Non pedaling foot can be extended, or on the fork.	5.1
	c	cross over bwd - 8	Riding backward one footed in a figure 8, with the pedaling foot on the non-corresponding pedal. Non pedaling foot can be extended, or on the fork.	7.0
<b>28</b>	<b>a</b>	<b>side ride</b>	Riding 1ft, next to the unicycle, with foot on the non-corresponding pedal, holding on to the seat with both hands. The seat or the hands holding the seat may rest against the rider.	5.9
	b	side ride - c	Riding 1 foot in a circle, next to the unicycle, with foot on the non-corresponding pedal, holding on to the seat with both hands. The seat or the hands holding the seat may rest against the rider.	5.6
	c	side ride - 8	Riding 1ft in a figure eight, next to the unicycle, with foot on the non-corresponding pedal, holding on to the seat with both hands. The seat or the hands holding the seat may rest against the rider.	7.7
	d	side ride, 1 hand	Riding 1ft, next to the unicycle, with foot on the non-corresponding pedal, holding on to the seat with one hand. The seat or the hand holding the seat may rest against the rider.	6.2

	e	side ride, 1 hand - c	Riding 1ft in a circle, next to the unicycle, with foot on the non-corresponding pedal, holding on to the seat with one hand. The seat or the hand holding the seat may rest against the rider.	5.9
	f	side ride, 1 hand - 8	Riding 1ft in a figure eight, next to the unicycle, with foot on the non-corresponding pedal, holding on to the seat with one hand. The seat or the hand holding the seat may rest against the rider.	8.1
<b>29</b>	<b>a</b>	<b>side ride bwd</b>	Riding 1ft bwd, next to the unicycle, with foot on the non-corresponding pedal, holding on to the seat with both hands. The seat or the hands holding the seat may rest against the rider.	6.6
	b	side ride bwd - c	Riding 1ft bwd in a circle, next to the unicycle, with foot on the non-corresponding pedal, holding on to the seat with both hands. The seat or the hands holding the seat may rest against the rider.	6.3
	c	side ride bwd - 8	Riding 1ft bwd in a figure 8, next to the unicycle, with foot on the non-corresponding pedal, holding on to the seat with both hands. The seat or the hands holding the seat may rest against the rider.	8.6
	d	side ride bwd, 1 hand	Riding 1ft bwd, next to the unicycle, with foot on the non-corresponding pedal, holding on to the seat with one hand. The seat or the hand holding the seat may rest against the rider.	6.8
	e	side ride bwd, 1 hand - c	Riding 1ft bwd in a circle, next to the unicycle, with foot on the non-corresponding pedal, holding on to the seat with one hand. The seat or the hand holding the seat may rest against the rider.	6.5
	f	side ride bwd, 1 hand - 8	Riding 1ft bwd in a figure 8, next to the unicycle, with foot on the non-corresponding pedal, holding on to the seat with one hand. The seat or the hand holding the seat may rest against the rider.	8.8
<b>30</b>	<b>a</b>	<b>wheel walk</b>	Propelling the wheel with the feet placed on the wheel in front of the frame.	3.3
	b	wheel walk - c	Propelling the wheel in a circle with the feet placed on the wheel in front of the frame.	3.8
	c	wheel walk - 8	Propelling the wheel in a figure eight with the feet placed on the wheel in front of the frame.	4.3
<b>31</b>	<b>a</b>	<b>wheel walk bwd</b>	Riding backward by propelling the wheel with the feet placed on the wheel in front of the frame.	4.4
	b	wheel walk bwd - c	Riding backward in a circle by propelling the wheel with the feet placed on the wheel in front of the frame.	5.1
<b>32</b>	<b>a</b>	<b>ww frame between feet</b>	Riding forward by propelling the wheel with one foot placed on the wheel in front of the frame and the other foot placed on the wheel behind the frame.	4.1
	b	ww frame between feet - c	Riding forward in a circle by propelling the wheel with one foot placed on the wheel in front of the frame and the other foot placed on the wheel behind the frame.	4.7
<b>33</b>	<b>a</b>	<b>ww frame between feet bwd</b>	Riding backward by propelling the wheel with one foot placed on the wheel in front of the frame and the other foot placed on the wheel behind the frame.	4.6
	b	ww frame between feet bwd - c	Riding backward in a circle by propelling the wheel with one foot placed on the wheel in front of the frame and the other foot placed on the wheel behind the frame.	5.3
<b>34</b>	<b>a</b>	<b>ww bwd, feet behind frame</b>	Riding backward by propelling the wheel with the feet placed on the wheel behind the frame.	5.0
	b	ww bwd, feet behind frame -	Riding backward in a circle by propelling the wheel with the	5.8

	c		feet placed on the wheel behind the frame.	
<b>35</b>	<b>a</b>	<b>spoke walk bwd, feet behind frame</b>	Riding backward by propelling the wheel with the feet placed on both sides of the wheel, behind the frame. Feet may contact spokes, rim, or tire.	5.3
	b	spoke walk bwd, feet behind frame - c	Riding backward in a circle by propelling the wheel with the feet placed on both sides of the wheel, behind the frame. Feet may contact spokes, rim, or tire.	6.1
<b>36</b>	<b>a</b>	<b>ww 1ft</b>	Walking the wheel using only one foot on the wheel, in front of the frame.	3.5
	b	ww 1ft - c	Walking the wheel in a circle using only one foot on the wheel, in front of the frame.	4.3
	c	ww 1ft - 8	Walking the wheel in a figure eight using only one foot on the wheel, in front of the frame.	4.8
	d	ww 1ft ext	Walking the wheel using only one foot on the wheel, in front of the frame. The free leg is extended.	4.0
	e	ww 1ft ext - c	Walking the wheel in a circle using only one foot on the wheel, in front of the frame. The free leg is extended.	4.6
	f	ww 1ft ext - 8	Walking the wheel in a figure eight using only one foot on the wheel, in front of the frame. The free leg is extended.	5.2
	g	ww 1ft crossed	Walking the wheel using only one foot on the wheel, in front of the frame. The free leg is crossed over the leg and above the knee that is walking the wheel.	4.6
	h	ww 1ft crossed - c	Walking the wheel in a circle using only one foot on the wheel, in front of the frame. The free leg is crossed over the leg and above the knee that is walking the wheel.	5.3
<b>37</b>	<b>a</b>	<b>ww bwd 1ft</b>	Walking the wheel backwards with one foot on the wheel, in front of the frame.	5.4
	b	ww bwd 1ft - c	Walking the wheel backwards in a circle with one foot on the wheel, in front of the frame.	6.2
	c	ww bwd 1ft ext	Walking the wheel backwards with one foot on the wheel, in front of the frame. The free leg is extended.	6.0
	d	ww bwd 1ft ext - c	Walking the wheel backwards in a circle with one foot on the wheel, in front of the frame. The free leg is extended.	6.9
<b>38</b>	<b>a</b>	<b>koosh koosh</b>	Walking the wheel backward with one foot on the wheel behind the frame. The other foot rests on the frame with the toe being used as a brake to maintain balance.	3.9
	b	koosh koosh - c	Walking the wheel backward in a circle with one foot on the wheel behind the frame. The other foot rests on the frame with the toe being used as a brake to maintain balance.	4.5
	c	ww bwd 1ft behind frame	Walking the wheel backward with one foot on the wheel behind the frame.	5.2
	d	ww bwd 1ft behind frame - c	Walking the wheel backward in a circle with one foot on the wheel behind the frame.	6.0
<b>39</b>	<b>a</b>	<b>hand ww</b>	Riding by propelling the unicycle with the hands on the wheel and with the feet resting on the frame.	4.7
	b	hand ww - c	Riding in a circle by propelling the unicycle with the hands on the wheel and with the feet resting on the frame.	5.4
	c	hand ww feet out	Riding by propelling the unicycle with the hands on the wheel. The legs are extended.	5.8
	d	hand ww feet out - c	Riding in a circle by propelling the unicycle with the hands on the wheel. The legs are extended.	6.7
<b>40</b>	<b>a</b>	<b>1 hand ww</b>	Hand wheel walk with one hand on the wheel.	5.4
	b	1 hand ww - c	Hand wheel walk in a circle with one hand on the wheel.	6.2

	c	1 hand ww feet out	Hand wheel walk with one hand on the wheel. The legs are extended.	6.5
	d	1 hand ww feet out - c	Hand wheel walk in a circle with one hand on the wheel. The legs are extended.	7.5
<b>41</b>	<b>a</b>	<b>hand ww, stomach on seat</b>	Hand wheel walk with the abdomen on the seat and the legs extended.	4.3
	b	hand ww, stomach on seat - c	Hand wheel walk in a circle with the abdomen on the seat and the legs extended.	4.9
<b>42</b>	<b>a</b>	<b>1 hand ww, stomach on seat</b>	One hand wheel walk with the abdomen on the seat and the legs extended.	5.1
	b	1 hand ww, stomach on seat - c	One hand wheel walk in a circle with the abdomen on the seat and the legs extended.	5.9
<b>43</b>	<b>a</b>	<b>ww seat in front</b>	Riding forward with the seat touching the body and held in front with one or two hands, the rider propels the unicycle by pushing the wheel in front of the frame with the feet.	6.3
	b	ww seat in front - c	Riding forward in a circle with the seat touching the body and held in front with one or two hands, the rider propels the unicycle by pushing the wheel in front of the frame with the feet.	7.2
	c	ww seat in front, 1ft	Riding forward with the seat touching the body and held in front with one or two hands, the rider propels the unicycle by pushing the wheel in front of the frame with one foot with the leg of the standing foot behind the middle of the seat.	5.4
	d	ww seat in front, 1ft ext	Riding forward with the seat touching the body and held in front with one or two hands, the rider propels the unicycle by pushing the wheel in front of the frame with one foot. The free leg is extended.	6.2 □
<b>44</b>	<b>a</b>	<b>ww seat in front bwd, feet behind frame</b>	Riding backward with the seat held out in front with one or two hands, the rider propels the unicycle by pushing the wheel behind the frame with the feet. The seat or hand(s) holding the seat may rest against the rider.	6.5
	b	ww seat in front bwd, feet behind frame - c	Riding backward in a circle with the seat held out in front with one or two hands, the rider propels the unicycle by pushing the wheel behind the frame with the feet. The seat or hand(s) holding the seat may rest against the rider.	7.5
	c	ww seat in front bwd, 1ft, foot behind frame	Riding backward with the seat held out in front with one or two hands, the rider propels the unicycle by pushing the wheel behind the frame with one foot. The seat or hand(s) holding the seat may rest against the rider.	6.5
	d	ww seat in front bwd, 1ft ext, foot behind frame	Riding backward with the seat held out in front with one or two hands, the rider propels the unicycle by pushing the wheel behind the frame with one foot. The seat or hand(s) holding the seat may rest against the rider. The free leg is extended.	6.7
<b>45</b>	<b>a</b>	<b>ww seat in back</b>	Riding forward with the seat touching the body and held in back with one or two hands, the rider propels the unicycle by pushing the wheel in front the frame with the feet.	6.4
	b	ww seat in back - c	Riding forward in a circle with the seat touching the body and held in back with one or two hands, the rider propels the unicycle by pushing the wheel in front the frame with the feet.	7.4
	c	ww seat in back, 1ft ext	Riding forward with the seat touching the body and held in back with one or two hands, the rider propels the unicycle by pushing the wheel in front the frame with the foot. The free leg is extended.	6.5
<b>46</b>	<b>a</b>	<b>seat on side, ww, hand touching seat</b>	Riding by walking the wheel with the feet on the wheel in front of the frame and on the same side of the seat. The rider is sitting partially on the seat. One hand may touch the seat.	5.6
	b	seat on side, ww	Riding by walking the wheel with the feet on the wheel in front of the frame and on the same side of the seat. The rider is	5.8

		sitting partially on the seat.	
	c	seat on side, ww - c	Riding in a circle by walking the wheel with the feet on the wheel in front of the frame and on the same side of the seat. The rider is sitting partially on the seat. 6.7
	d	seat on side, ww 1ft, hand touching seat	Riding by walking the wheel with one foot on the wheel in front of the frame and on the same side of the seat. The rider is sitting partially on the seat. One hand may touch the seat; the free leg is touching the frame. 5.3
	e	seat on side, ww 1ft	Riding by walking the wheel with one foot on the wheel in front of the frame and on the same side of the seat. The rider is sitting partially on the seat. The free leg is touching the frame. 5.6
	f	seat on side, ww 1ft - c	Riding in a circle by walking the wheel with one foot on the wheel in front of the frame and on the same side of the seat. The rider is sitting partially on the seat. The free leg is touching the frame. 6.4
	g	seat on side, stand up ww 1ft, hand touching seat	Standing on the frame with the seat held out to the side with one hand, walking the wheel with one foot on the wheel in front of the frame and on the same side of the seat. The seat and/or frame may touch the body of the rider. 5.2
	h	seat on side, stand up ww 1ft	Standing on the frame with the seat on the side, walking the wheel with one foot on the wheel in front of the frame and on the same side of the seat. The seat and/or frame may touch the body of the rider. 5.6
	i	seat on side, stand up ww 1ft - c	Standing on the frame with the seat on the side, walking the wheel in a circle with one foot on the wheel in front of the frame and on the same side of the seat. The seat and/or frame may touch the body of the rider. 6.4
<b>47</b>	<b>a</b>	<b>seat on side, koosh koosh</b>	Riding backward by walking the wheel with one foot on the wheel behind the frame and the other foot rests on the frame with the toe being used as a brake to maintain balance. Both legs are on one side of the seat and one hand is holding the seat. The seat touches the legs. The rider is sitting partially on the seat. 5.5
	b	seat on side, koosh koosh - c	Riding backward in a circle by walking the wheel with one foot on the wheel behind the frame and the other foot rests on the frame with the toe being used as a brake to maintain balance. Both legs are on one side of the seat and one hand is holding the seat. The seat touches the legs. The rider is sitting partially on the seat. 6.3
	c	seat on side, stand up koosh koosh	Standing on the frame and walking the wheel backward with one foot on the wheel behind the frame and the other foot rests on the frame with the toe being used as a brake to maintain balance. Both legs are on one side of the seat and one hand is holding the seat. The seat touches the legs. 5.6
	d	seat on side, stand up koosh koosh -c	Standing on the frame and walking the wheel backward in a circle with one foot on the wheel behind the frame and the other foot rests on the frame with the toe being used as a brake to maintain balance. Both legs are on one side of the seat and one hand is holding the seat. The seat touches the legs. 6.4
<b>48</b>	<b>a</b>	<b>sideways ww</b>	Riding sideways, standing on the wheel with one foot in front of the frame and the other behind the frame, holding on to the seat with both hands. 5.4
	b	sideways ww - c	Riding sideways in a circle, standing on the wheel with one foot in front of the frame and the other behind the frame, holding on to the seat with both hands. 6.2
<b>49</b>	<b>a</b>	<b>sideways ww, 1ft</b>	Riding sideways, standing on the wheel with one foot in front of the frame and the free leg extended, holding on to the seat with both hands. 5.6

	b	sideways ww, 1ft - c	Riding sideways in a circle, standing on the wheel with one foot in front of the frame and the free leg extended, holding on to the seat with both hands.	6.4
	c	sideways ww, 1ft on seat	Riding sideways, standing on the wheel with one foot in front of the frame and the free leg is placed on the seat, holding on to the seat with both hands.	5.8
<b>50</b>	<b>a</b>	<b>sideways ww, sitting on seat, 1 hand</b>	Walking the wheel sideways with one foot in front of the frame and the other behind the frame, sitting sideways on the seat with one hand holding the seat.	6.1
	b	sideways ww, sitting on seat, frh	Walking the wheel sideways with one foot in front of the frame and the other behind the frame, sitting sideways on the seat with no hands touching the seat.	6.3
	c	sideways ww, sitting on seat, frh - c	Walking the wheel sideways in a circle with one foot in front of the frame and the other behind the frame, sitting sideways on the seat with no hands touching the seat.	7.2
	d	sideways ww, sitting on seat, frh, 1ft	Walking the wheel sideways with one foot in front of the frame and the other on the frame, sitting sideways on the seat with no hands touching the seat.	6.5
	e	sideways ww, sitting on seat, frh, 1ft ext	Walking the wheel sideways with one foot in front of the frame and the other leg extended, sitting sideways on the seat with no hands touching the seat.	6.7
<b>51</b>	<b>a</b>	<b>stand up ww 1ft</b>	Standing on the frame walking the wheel using only one foot on the wheel, in front of the frame.	4.2
	b	stand up ww 1ft - c	Standing on the frame walking the wheel in a circle using only one foot on the wheel, in front of the frame.	4.8
<b>52</b>	<b>a</b>	<b>stand up koosh koosh</b>	Standing on the frame, walking the wheel backward with one foot on the wheel behind the frame, the other foot rests on the frame with the toe being used as a brake to maintain balance.	4.8
	b	stand up koosh koosh - c	Standing on the frame, walking the wheel backward in a circle with one foot on the wheel behind the frame, the other foot rests on the frame with the toe being used as a brake to maintain balance.	5.5
	c	stand up ww bwd 1ft	Standing on the frame, walking the wheel backward with one foot on the wheel in front of the frame.	6.0
	d	stand up ww bwd 1ft -c	Standing on the frame, walking the wheel backward in a circle with one foot on the wheel in front of the frame.	6.9
<b>53</b>	<b>a</b>	<b>gliding</b>	Riding with one foot on the wheel and the other foot resting on the frame, maintaining balance only by the braking action of the foot on the wheel. The braking foot is not touching the frame.	3.9
	b	gliding - c	Riding with one foot in a circle on the wheel and the other foot resting on the frame, maintaining balance only by the braking action of the foot on the wheel. The braking foot is not touching the frame.	4.7
	c	gliding, foot on frame	Riding by maintaining balance only by the braking action of one or both feet on the wheel. The heel(s) of the braking foot (or feet) is on the frame.	3.9
	d	gliding, foot on frame - c	Riding in a circle by maintaining balance only by the braking action of one or both feet on the wheel. The heel(s) of the braking foot (or feet) is on the frame.	4.7
	e	gliding, leg ext	Riding with one foot on the wheel and the other foot is extended, maintaining balance only by the braking action of the foot on the wheel. The braking foot is not touching the frame.	4.2
	f	gliding, leg ext - c	Riding in a circle with one foot on the wheel and the other foot is extended, maintaining balance only by the braking action of the foot on the wheel. The braking foot is not touching the	5.0

		frame.	
<b>54</b>	<b>a</b>	<b>gliding bwd foot behind frame</b>	Riding backward with one foot on the wheel behind the frame and the other foot resting on the frame, maintaining balance only by the braking action of the foot on the wheel. 5.2
	b	gliding bwd foot behind frame - c	Riding backward in a circle with one foot on the wheel behind the frame and the other foot resting on the frame, maintaining balance only by the braking action of the foot on the wheel. 6.2
	c	gliding bwd foot on frame	Riding backward with both feet on the frame, maintaining balance only by the braking action of one toe on the wheel. 5.1
	d	gliding bwd foot on frame -c	Riding backward in a circle with both feet on the frame, maintaining balance only by the braking action of one toe on the wheel. 6.1
	e	gliding bwd foot on frame, leg ext	Riding backward maintaining balance only by the braking action of one toe on the wheel. The heel of the braking foot is on the frame with the free leg extended. 5.7
	f	gliding bwd foot on frame, leg ext -c	Riding backward in a circle maintaining balance only by the braking action of one toe on the wheel. The heel of the braking foot is on the frame with the free leg extended. 6.8
<b>55</b>	<b>a</b>	<b>coasting, leg ext</b>	Riding with one foot resting on the frame and the free foot extended. 5.3
	b	coasting, leg ext - c	Riding in a circle with one foot resting on the frame and the free foot extended. 6.1
	c	coasting, leg ext - 8	Riding in a figure eight with one foot resting on the frame and the free foot extended. 6.9
	d	coasting, feet in	Riding with both feet resting on the frame. 5.3
	e	coasting, feet in - c	Riding in a circle with both feet resting on the frame. 6.1
	f	coasting, feet in - 8	Riding in a figure eight with both feet resting on the frame. 6.9
<b>56</b>	<b>a</b>	<b>coasting bwd, leg ext</b>	Riding backward with one foot resting on the frame and the free foot extended. 6.2
	b	coasting bwd, leg ext - c	Riding backward in a circle with one foot resting on the frame and the free foot extended. 7.1
	c	coasting bwd, leg ext - 8	Riding backward in a figure eight with one foot resting on the frame and the free foot extended. 8.1
	d	coasting bwd, feet in	Riding backward with both feet resting on the frame. 6.0
	e	coasting bwd, feet in - c	Riding backward in a circle with both feet resting on the frame. 7.0
	f	coasting bwd, feet in - 8	Riding backward in a figure eight with both feet resting on the frame. 7.8
<b>57</b>	<b>a</b>	<b>stand up glide</b>	Gliding while standing on the frame with one foot on the wheel, in front of the frame, maintaining balance only by the braking action of the foot on the wheel. 5.4
	b	stand up glide - c	Gliding while standing on the frame with one foot on the wheel in a circle, in front of the frame, maintaining balance only by the braking action of the foot on the wheel. 6.5
	c	stand up glide, foot on frame	Gliding while standing on the frame with one or both feet on the wheel, in front of the frame, maintaining balance only by the braking action of the foot or feet on the wheel. 5.4
	d	stand up glide, foot on frame - c	Gliding in a circle while standing on the frame with one or both feet on the wheel, in front of the frame, maintaining balance only by the braking action of the foot or feet on the wheel. 6.5
	e	stand up glide 1ft ext, 1 hand on seat	Gliding while standing on the frame with one foot on the wheel, in front of the frame, maintaining balance only by the braking action of the foot on the wheel. One hand is on the saddle and the free leg is extended. 6.3
	f	stand up glide 1ft ext	Gliding while standing on the frame with one foot on the 6.6

		wheel, in front of the frame, maintaining balance only by the braking action of the foot on the wheel. The free leg is extended.	
	g	stand up glide 1ft ext -c	Gliding in a circle while standing on the frame with one foot on the wheel, in front of the frame, maintaining balance only by the braking action of the foot on the wheel. The free leg is extended. 7.9
<b>58</b>	<b>a</b>	<b>stand up glide bwd</b>	Gliding backward while standing on the frame, maintaining balance only by the braking action of the foot on the wheel. The braking foot is not touching the frame. 6.7
	b	stand up glide bwd - c	Gliding backward in a circle while standing on the frame, maintaining balance only by the braking action of the foot on the wheel. The braking foot is not touching the frame. 8.0
	c	stand up glide bwd, foot on frame	Gliding backward while standing on the frame, maintaining balance only by the braking action of the foot on the wheel. One or both feet are braking and the heel(s) of the braking foot (or feet) is on the frame. 6.7
	d	stand up glide bwd, foot on frame - c	Gliding backward in a circle while standing on the frame, maintaining balance only by the braking action of the foot on the wheel. One or both feet are braking and the heel(s) of the braking foot (or feet) is on the frame. 8.0
	e	stand up glide bwd 1ft ext, 1 hand	Gliding backward while standing on the frame, maintaining balance only by the braking action of the foot on the wheel. The heel of the braking foot is on the frame. The free leg is extended. One hand on the saddle. 7.1
	f	stand up glide bwd 1ft ext	Gliding backward while standing on the frame, maintaining balance only by the braking action of the foot on the wheel. The heel of the braking foot is on the frame. The free leg is extended. 7.4
	g	stand up glide bwd 1ft ext - c	Gliding backward in a circle while standing on the frame, maintaining balance only by the braking action of the foot on the wheel. The heel of the braking foot is on the frame. The free leg is extended. 8.9
<b>59</b>	<b>a</b>	<b>stand up coast</b>	Coasting while standing upright with both feet on the frame. 7.0
	b	stand up coast - c	Coasting in a circle while standing upright with both feet on the frame. 8.4
	c	stand up coast - 8	Coasting in a figure eight while standing upright with both feet on the frame. 9.5

### 6.2.2 Transitions

<b>101</b>	<b>a</b>	<b>riding to seat in front</b>	From riding, pulling out the seat to seat in front. 1.3
	b	riding to stomach on seat	From riding, pulling out the seat to stomach on seat 1.5
<b>102</b>	<b>a</b>	<b>seat in front to riding</b>	From seat in front, getting back on the seat into riding. 1.5
	b	stomach on seat to riding	From stomach on seat, getting back on the seat into riding. 1.6
<b>103</b>	<b>a</b>	<b>riding to seat in back</b>	From riding, pulling out the seat to seat in back. 1.6
<b>104</b>	<b>a</b>	<b>seat in back to riding</b>	From seat in back, getting back on the seat into riding. 1.7
<b>105</b>	<b>a</b>	<b>ww to pedals</b>	From walking the wheel with two feet to riding. One foot is allowed to push twice before leaving the wheel and being placed on the pedal. 2.8
	b	ww to riding 1ft	From walking the wheel to riding with one foot on the pedal. 3.1
	c	gliding to pedals	Gliding to riding. 3.3
	d	gliding to riding 1ft	Gliding to riding with one foot on the pedal. 3.5
	e	ww 1ft to pedals	From walking the wheel with one foot to riding. 3.0
<b>106</b>	<b>a</b>	<b>pick up seat in front</b>	From seat drag in front, picking up the frame and bringing it 4.0

		upright into seat in front. The frame is picked up with a hand.		
	b	pick up seat in front with toe	From seat drag in front, picking up the frame and bringing it upright into seat in front. The frame is picked up with the toe by back pedaling slightly.	4.5
	c	pick up seat in front free foot	From seat drag in front, picking up the frame and bringing it upright into seat in front. The frame is picked up by lifting a foot off the pedals and placing it under the frame.	4.2
<b>107</b>	<b>a</b>	<b>pick up seat in back</b>	From seat drag in back, picking up the frame and bringing it upright into seat in back or seat on side. The frame is picked up with a hand.	4.0
	b	pick up seat in back with heel	From seat drag in back, picking up the frame and bringing it upright into seat in back or seat on side. The frame is picked up with the heel.	4.0
	c	pick up seat in back free foot	From seat drag in back, picking up the frame and bringing it upright into seat in back or seat on side. The frame is picked up by lifting a foot off the pedal and placing it under the frame.	4.8
<b>108</b>	<b>a</b>	<b>seat in front to side ride</b>	From seat in front jumping into side ride.	5.0
<b>109</b>	<b>a</b>	<b>side ride to seat in front</b>	From side ride, jumping into seat in front.	5.2
<b>110</b>	<b>a</b>	<b>side ride to hop on wheel</b>	From side ride, jumping into hopping on wheel.	4.7
	b	side ride to sideways ww	From side ride, jumping into sideways wheel walk.	5.3
<b>111</b>	<b>a</b>	<b>idling to stand up ww</b>	From idling, jumping up into stand up wheel walk, removing both feet from the pedals simultaneously, and then landing both feet on the frame simultaneously.	3.7
	b	idling to stand up ww frh	From idling, jumping up into stand up wheel walk, removing both feet from the pedals simultaneously, and then landing both feet on the frame simultaneously. Freehanded.	3.9
	c	hopping to stand up ww	From hopping, jumping up into stand up wheel walk, removing both feet from the pedals simultaneously, and then landing both feet on the frame simultaneously.	3.9
	d	hopping to stand up ww frh	From hopping, jumping up into stand up wheel walk, removing both feet from the pedals simultaneously, and then landing both feet on the frame simultaneously. Freehanded.	4.1
	e	stillstand to stand up ww	From stillstand, jumping up into stand up wheel walk, removing both feet from the pedals simultaneously, and then landing both feet on the frame simultaneously.	4.3
	f	stillstand to stand up ww frh	From stillstand, jumping up into stand up wheel walk, removing both feet from the pedals simultaneously, and then landing both feet on the frame simultaneously. Freehanded.	4.5
	g	riding to stand up ww	From riding, jumping up into stand up wheel walk, removing both feet from the pedals simultaneously, and then landing both feet on the frame simultaneously.	4.0
	h	riding to stand up ww frh	From riding, jumping up into stand up wheel walk, removing both feet from the pedals simultaneously, and then landing both feet on the frame simultaneously. Freehanded.	4.2
	i	riding bwd to stand up koosh koosh	From riding backward, jumping up into stand up koosh koosh, removing both feet from the pedals simultaneously, and then landing both feet on the frame simultaneously.	4.2
	j	riding bwd to stand up koosh koosh frh	From riding backward, jumping up into stand up koosh koosh, removing both feet from the pedals simultaneously, and then landing both feet on the frame simultaneously. Freehanded.	4.4
<b>112</b>	<b>a</b>	<b>1ft to stand up glide</b>	From riding with one foot on pedal into stand up gliding or stand up gliding, foot on frame.	4.0
	b	1ft to stand up glide frh	From riding with one foot on pedal into stand up gliding or stand up gliding, foot on frame. Freehanded.	4.1
	c	gliding to stand up glide	From gliding into stand up gliding or stand up gliding, foot on	3.8

		frame.	
	d	gliding to stand up glide frh	From gliding into stand up gliding or stand up gliding, foot on frame. Freehanded. 3.9
	e	riding to stand up glide	From riding, jumping up and removing both feet from the pedals simultaneously into stand up gliding or stand up gliding, foot on frame. 4.2
	f	riding to stand up glide frh	From riding, jumping up and removing both feet from the pedals simultaneously into stand up gliding or stand up gliding, foot on frame. Freehanded. 4.3
<b>113</b>	<b>a</b>	<b>1ft bwd to stand up glide bwd</b>	From riding backward with one foot on pedal, into stand up gliding bwd or stand up gliding bwd, foot on frame. 5.1
	b	1ft bwd to stand up glide bwd frh	From riding backward with one foot on pedal, into stand up gliding bwd or stand up gliding bwd, foot on frame. Freehanded. 5.3
	c	gliding bwd to stand up glide bwd	From gliding backward into stand up gliding bwd or stand up gliding bwd, foot on frame. 4.9
	d	gliding bwd to stand up glide bwd frh	From gliding backward into stand up gliding bwd or stand up gliding bwd, foot on frame. Freehanded. 5.1
	e	riding bwd to stand up glide bwd	From riding backward, jumping up and removing both feet from the pedals simultaneously into stand up gliding bwd or stand up gliding bwd, foot on frame. 5.3
	f	riding bwd to stand up glide bwd frh	From riding backward, jumping up and removing both feet from the pedals simultaneously into stand up gliding bwd or stand up gliding bwd, foot on frame. Freehanded. 5.5
<b>114</b>	<b>a</b>	<b>stand up ww to hop on wheel frh</b>	From stand up ww, change position of the feet on the frame into stand up hopping on wheel freehanded. Freehanded. 3.6
	b	hop on wheel frh to stand up ww	From hop on wheel freehanded, change position of the feet on the frame into stand up ww. Freehanded. 3.6
<b>115</b>	<b>a</b>	<b>ww to crossover</b>	From walking the wheel to crossover. 3.7
	b	ww 1ft to crossover	From walking the wheel one foot to crossover. 3.8
	c	gliding to crossover	From gliding to crossover. 4.2
<b>116</b>	<b>a</b>	<b>crossover to ww</b>	From crossover to walking the wheel. 3.7
	b	crossover to ww 1ft	From crossover to walking the wheel one foot. 3.8

### 6.2.3 Axis Skills

<b>151</b>	<b>a</b>	<b>riding turn 90</b>	Riding, rotating 90 degrees around a vertical axis and continuing riding. 1.3
	b	riding turn 180	Riding, rotating 180 degrees around a vertical axis and continuing riding. 1.7
	c	riding turn 360	Riding, rotating 360 degrees around a vertical axis and continuing riding in the same direction. 2.2
<b>152</b>	<b>a</b>	<b>bwd riding turn 90</b>	Riding backward, rotating 90 degrees around a vertical axis and continuing riding backward. 2.3
	b	bwd riding turn 180	Riding backward, rotating 180 degrees around a vertical axis and continuing riding backward. 2.7
	c	bwd riding turn 360	Riding backward, rotating 360 degrees around a vertical axis and continuing riding backward in the same direction. 3.5
<b>153</b>	<b>a</b>	<b>stand up full turn, arms in</b>	Stand up gliding, rotating 360 degrees around a vertical axis. Arms are pulled in towards the body during the turn. 4.6
	b	stand up full turn	Stand up gliding, rotating 360 degrees around a vertical axis. 4.8
	c	stand up 1.5 turns, arms in	Stand up gliding, rotating 540 degrees (1.5x) around a vertical axis. Arms are pulled in towards the body during the turn. 4.9

	d	stand up 1.5 turns	Stand up gliding, rotating 540 degrees (1.5x) around a vertical axis.	5.1
	e	stand up 2 turns, arms in	Stand up gliding, rotating 720 degrees (2x) around a vertical axis. Arms are pulled in towards the body during the turn.	5.3
	f	stand up 2 turns	Stand up gliding, rotating 720 degrees (2x) around a vertical axis.	5.5
	g	stand up 2.5 turns, arms in	Stand up gliding, rotating 900 degrees (2.5x) around a vertical axis. Arms are pulled in towards the body during the turn.	5.8
	h	stand up 2.5 turns	Stand up gliding, rotating 900 degrees (2.5x) around a vertical axis.	6.0
	i	stand up 3 turns, arms in	Stand up gliding, rotating 1080 degrees (3x) around a vertical axis. Arms are pulled in towards the body during the turn.	6.3
	j	stand up 3 turns	Stand up gliding, rotating 1080 degrees (3x) around a vertical axis.	6.5
<b>154</b>	<b>a</b>	<b>back turn</b>	Riding, rotating 180 degrees around a vertical axis and continuing riding backward in the same direction.	2.6
	b	back turn seat in front, touching body	Riding with the seat in front, rotating 180 degrees around a vertical axis and continuing riding backward in the same direction. The seat or hand holding the seat may rest against the rider.	3.0
	c	back turn seat in front	Riding with the seat in front, rotating 180 degrees around a vertical axis and continuing riding backward in the same direction.	3.2
	d	back turn seat in back, touching body	Riding with the seat in back, rotating 180 degrees around a vertical axis and continuing riding backward in the same direction. The seat or hand holding the seat may rest against the rider.	3.3
	e	back turn seat in back	Riding with the seat in back, rotating 180 degrees around a vertical axis and continuing riding backward in the same direction.	3.8
	f	back turn, 1ft	Riding with one foot on the pedal, rotating 180 degrees around a vertical axis and continuing riding backward in the same direction.	3.5
<b>155</b>	<b>a</b>	<b>front turn</b>	Riding backwards, rotating 180 degrees around a vertical axis and continuing riding forward in the same direction.	3.0
	b	front turn seat in front, touching body	Riding backward with the seat in front, rotating 180 degrees around a vertical axis and continuing riding forward in the same direction. The seat or hand holding the seat may rest against the rider.	3.2
	c	front turn seat in front	Riding backward with the seat in front, rotating 180 degrees around a vertical axis and continuing riding forward in the same direction.	3.4
	d	front turn seat in back, touching body	Riding backward with the seat in back, rotating 180 degrees around a vertical axis and continuing riding forward in the same direction. The seat or hand holding the seat may rest against the rider.	3.4
	e	front turn seat in back	Riding backward with the seat in back, rotating 180 degrees around a vertical axis and continuing riding forward in the same direction.	3.9
	f	front turn, 1ft	Riding backward with one foot on the pedal, rotating 180 degrees around a vertical axis and continuing riding forward in the same direction.	3.7
<b>156</b>	<b>a</b>	<b>stand up back turn, arms in</b>	Standing on the frame and gliding, rotating 180 degrees around a vertical axis and continuing gliding backward in the same direction. Arms are pulled in towards the body during the turn.	5.2

	b	stand up back turn	Standing on the frame and gliding, rotating 180 degrees around a vertical axis and continuing gliding backward in the same direction.	5.4
<b>157</b>	<b>a</b>	<b>stand up front turn, arms in</b>	Standing on the frame and gliding backward, rotating 180 degrees around a vertical axis and continuing gliding in the same direction. Arms are pulled in towards the body during the turn.	5.3
	b	stand up front turn	Standing on the frame and gliding backward, rotating 180 degrees around a vertical axis and continuing gliding in the same direction. Arms are pulled in towards the body during the turn.	5.5
<b>158</b>	<b>a</b>	<b>spin</b>	Riding in a small circle with the upper body rotating around a vertical axis.	3.1
	b	spin 1ft	Riding in a small circle with the upper body rotating around a vertical axis. Riding with one foot on pedal.	3.5
	c	spin 1ft ext	Riding in a small circle with the upper body rotating around a vertical axis. Riding with one foot on pedal. The free foot is extended.	3.7
<b>159</b>	<b>a</b>	<b>backward spin</b>	Riding backward in a small circle so that the upper body is rotating around a vertical axis.	4.0
	b	backward spin 1ft	Riding backward in a small circle so that the upper body is rotating around a vertical axis. Riding with one foot on pedal.	4.3
	c	backward spin 1ft ext	Riding backward in a small circle so that the upper body is rotating around a vertical axis. Riding with one foot on pedal. The free foot is extended.	4.7
<b>160</b>	<b>a</b>	<b>toe point spin</b>	Riding with one foot on pedal, rotating around a vertical axis of the other foot on one spot. The spot may not move in any direction during the rotation once placed. One hand may hold the seat.	3.6
	b	toe point spin frh	Riding with one foot on pedal, rotating around a vertical axis of the other foot on one spot. The spot may not move in any direction during the rotation once placed. Without hands on the seat.	3.7
	c	1ft spin, hand holding foot	Riding with one foot on pedal, rotating around a vertical axis of the other foot on one spot. The center foot is held with one hand with the knee bent. Freehanded.	3.7
<b>161</b>	<b>a</b>	<b>toe point bwd spin</b>	Riding backward with one foot on pedal, rotating around a vertical axis of the other foot on one spot. The spot may not move in any direction during the rotation once placed. One hand may hold the seat.	4.3
	b	toe point bwd spin frh	Riding backward with one foot on pedal, rotating around a vertical axis of the other foot on one spot. The spot may not move in any direction during the rotation once placed. Without hands on the seat.	4.5
	c	1ft spin bwd, hand holding foot	Riding backward with one foot on pedal, rotating around a vertical axis of the other foot on one spot. The center foot is held with one hand with the knee bent. Freehanded.	5.0
<b>162</b>	<b>a</b>	<b>cross over toe point spin</b>	Riding in a small circle one footed with the upper body rotating around a vertical axis and with the pedaling foot on the non-corresponding pedal. Non pedaling foot is extended and must touch the floor and may not move in any direction during the rotation once placed.	4.0
	b	cross over spin	Riding in a small circle one footed with the upper body rotating around a vertical axis and with the pedaling foot on the non-corresponding pedal. Non pedaling foot is extended.	3.9
<b>163</b>	<b>a</b>	<b>cross over spin bwd</b>	Riding backward in a small circle one footed with the upper body rotating around a vertical axis and with the pedaling foot on the non-corresponding pedal. Non pedaling foot is	4.4

			extended.	
<b>164</b>	<b>a</b>	<b>spin seat in front, seat against body</b>	Riding in a small circle with the seat held out in front of the rider so that the upper body is rotating around a vertical axis. The seat or the hand holding the seat may rest against the rider.	3.5
	<b>b</b>	spin seat in front	Riding in a small circle with the seat held out in front of the rider so that the upper body is rotating around a vertical axis.	3.7
<b>165</b>	<b>a</b>	<b>spin seat in back, seat against body</b>	Riding in a small circle with the seat held out behind the rider so that the upper body is rotating around a vertical axis. The seat or the hand holding the seat may rest against the rider.	3.6
	<b>b</b>	spin seat in back	Riding in a small circle with the seat held out behind the rider so that the upper body is rotating around a vertical axis.	3.9
<b>166</b>	<b>a</b>	<b>spin seat on side, seat touching body</b>	Riding in a small circle so that the upper body is spinning around a vertical axis with the seat held out to the side of the rider. The seat or hand holding the seat may rest against the rider.	3.4
	<b>b</b>	spin seat on side	Riding in a small circle so that the upper body is spinning around a vertical axis with the seat held out to the side of the rider.	3.8
<b>167</b>	<b>a</b>	<b>pirouette, arms in</b>	Spinning around a vertical axis, on momentum gained from forward movement. Arms may be pulled into the body during the pirouette and do not have to be stretched and horizontal.	3.9
	<b>b</b>	pirouette	Spinning around a vertical axis, on momentum gained from forward movement.	4.7
<b>168</b>	<b>a</b>	<b>backward pirouette, arms in</b>	Spinning around a vertical axis on momentum gained from backward movement. Arms may be pulled into the body during the pirouette and do not have to be stretched and horizontal.	5.2
	<b>b</b>	backward pirouette	Spinning around a vertical axis on momentum gained from backward movement.	5.5
<b>169</b>	<b>a</b>	<b>pirouette seat in front, against bdy, arm in</b>	Spinning around a vertical axis with the seat held out in front of the rider. The seat or the hand holding the seat may rest against the rider. Arm may be pulled into the body during the pirouette and do not have to be stretched and horizontal.	4.0
	<b>b</b>	pirouette seat in front, seat against body	Spinning around a vertical axis with the seat held out in front of the rider. The seat or the hand holding the seat may rest against the rider.	4.7
	<b>c</b>	pirouette seat in front, arm in	Spinning around a vertical axis with the seat held out in front of the rider. Arm may be pulled into the body during the pirouette and do not have to be stretched and horizontal.	4.2
	<b>d</b>	pirouette seat in front	Spinning around a vertical axis with the seat held out in front of the rider.	4.9
<b>170</b>	<b>a</b>	<b>pirouette seat in back, against bdy, arm in</b>	Spinning around a vertical axis with the seat held out behind the rider. The seat or the hand holding the seat may rest against the rider. Arm may be pulled into the body during the pirouette and do not have to be stretched and horizontal.	4.1
	<b>b</b>	pirouette seat in back, seat against body	Spinning around a vertical axis with the seat held out behind the rider. The seat or the hand holding the seat may rest against the rider.	4.8
	<b>c</b>	pirouette seat in back, arm in	Spinning around a vertical axis with the seat held out behind the rider. Arm may be pulled into the body during the pirouette and do not have to be stretched and horizontal.	4.3
	<b>d</b>	pirouette seat in back	Spinning around a vertical axis with the seat held out behind the rider.	5.0

**6.2.4 Single Short Skills**

<b>201</b>	<b>a hop-twist 90</b>	Bouncing with the unicycle and turning around a vertical axis over 90 degrees in one jump.	2.3
	b hop-twist 180	Bouncing with the unicycle and turning around a vertical axis over 180 degrees in one jump.	2.8
	c hop-twist 360	Bouncing with the unicycle and turning around a vertical axis over 360 degrees in one jump.	4.1
	d hop-twist frh 90	Bouncing with the unicycle and turning around a vertical axis over 90 degrees in one jump with hands free.	2.5
	e hop-twist frh 180	Bouncing with the unicycle and turning around a vertical axis over 180 degrees in one jump with hands free.	3.0
	f hop-twist frh 360	Bouncing with the unicycle and turning around a vertical axis over 360 degrees in one jump with hands free.	4.5
<b>202</b>	<b>a riding hoptwist 90</b>	Riding forward and jumping around a vertical axis over 90 degrees in one jump and continue riding.	2.5
	b riding hoptwist 180	Riding forward and jumping around a vertical axis over 180 degrees in one jump and continue riding backward.	3.0
	c riding hoptwist 360	Riding forward and jumping around a vertical axis over 360 degrees in one jump and continue riding.	4.1
	d riding hoptwist frh 90	Riding forward and jumping around a vertical axis over 90 degrees in one jump and continue riding with hands free.	2.6
	e riding hoptwist frh 180	Riding forward and jumping around a vertical axis over 180 degrees in one jump and continue riding backward with hands free.	3.5
	f riding hoptwist frh 360	Riding forward and jumping around a vertical axis over 360 degrees in one jump and continue riding with hands free.	4.6
<b>203</b>	<b>a hoptwist on wheel 90</b>	Hopping on wheel and turning around a vertical axis over 90 degrees in one jump.	3.1
	b hoptwist on wheel 180	Hopping on wheel and turning around a vertical axis over 180 degrees in one jump.	3.6
	c hoptwist on wheel frh 90	Stand up hopping on wheel freehanded, and turning around a vertical axis over 90 degrees in one jump.	3.7
	d hoptwist on wheel frh 180	Stand up hopping on wheel freehanded, and turning around a vertical axis over 180 degrees in one jump.	3.9
<b>204</b>	<b>a hop over</b>	Hop with the unicycle over the center 50 cm circle. One or both hands may touch the seat. With the unicycle facing the direction of travel.	2.7
	b sideways hop over	Hop with the unicycle over the center 50 cm circle. One or both hands may touch the seat. With the unicycle perpendicular to the direction of travel.	2.6
	c hop over, seat in front	Hop with the unicycle over the center 50 cm circle. One or both hands may touch the seat. With the unicycle facing the direction of travel. The seat is held in front of the rider.	3.1
	d sideways hop over, seat in front, against body	Hop with the unicycle over the center 50 cm circle. One or both hands may touch the seat and seat or the hand holding the seat may rest against the rider. With the unicycle perpendicular to the direction of travel.	3.0
	e sideways hop over, seat in front	Hop with the unicycle over the center 50 cm circle. One or both hands may touch the seat. With the unicycle perpendicular to the direction of travel. The seat is held in front of the rider.	3.3
	f sideways hop over, hop on wheel	While hopping on wheel, hop with the unicycle over the center 50 cm circle. One or both hands may touch the seat and seat or the hand holding the seat may rest against the rider.	3.3
	g sideways hop over, stand	While hopping on wheel freehanded, hop with the unicycle	3.8

		up hop on wheel frh	over the center 50 cm circle.	
<b>205</b>	<b>a</b>	<b>wheel grab</b>	While riding, hopping, or idling, lean over and grab the tire in front of the frame with one or both hands.	1.3
	<b>b</b>	wheel grab, 1ft ext	While riding, hopping, or idling, lean over and grab the tire in front of the frame with one or both hands. Extend one foot off the pedals away from the unicycle before letting go of the tire.	2.2
	<b>c</b>	wheel grab, 2ft ext	While riding, hopping, or idling, lean over and grab the tire in front of the frame with one or both hands. Extend both feet off the pedals away from the unicycle before letting go of the tire.	3.5
	<b>d</b>	wheel grab seat in front	While hopping seat in front, lean over and grab the tire in front of the frame with one or both hands. The seat or hand holding the seat may rest against the rider.	3.1
	<b>e</b>	wheel grab seat in front, 1ft ext	While hopping seat in front, lean over and grab the tire in front of the frame with one or both hands. Extend one foot off the pedals away from the unicycle before letting go of the tire. The seat or hand holding the seat may rest against the rider.	3.4
	<b>f</b>	wheel grab seat in front, 2ft ext	While hopping seat in front, lean over and grab the tire in front of the frame with one or both hands. Extend both feet off the pedals away from the unicycle before letting go of the tire. The seat or hand holding the seat may rest against the rider.	4.0
	<b>g</b>	wheel grab seat in front, 2ft ext to back	While hopping seat in front, lean over and grab the tire in front of the frame with one or both hands. Extend both feet off the pedals away from the unicycle before letting go of the tire. The seat or hand holding the seat may rest against the rider. Both feet are extended straight back with the legs touching each other and their angle is between parallel to the ground (completely horizontal) and 45 degrees from horizontal.	4.8
<b>206</b>	<b>a</b>	<b>bounce seat, riding</b>	From riding with the seat in front, bouncing the seat on the floor once and catching it back. One or both hands may be used and the hands or seat may rest against the body. The unicycle is briefly released during the bounce.	3.2
	<b>b</b>	bounce seat, idling	From idling with the seat in front, bouncing the seat on the floor once and catching it back. One or both hands may be used and the hands or seat may rest against the body. The unicycle is briefly released during the bounce.	3.4
	<b>c</b>	bounce seat, hopping	From hopping with the seat in front, bouncing the seat on the floor once and catching it back. One or both hands may be used and the hands or seat may rest against the body. The unicycle is briefly released during the bounce.	3.0
	<b>d</b>	bounce seat in back, riding	From riding with the seat in back, bouncing the seat on the floor once and catching it back. One or both hands may be used and the hands or seat may rest against the body. The unicycle is briefly released during the bounce.	3.7
	<b>e</b>	bounce seat in back, idling	From idling with the seat in back, bouncing the seat on the floor once and catching it back. One or both hands may be used and the hands or seat may rest against the body. The unicycle is briefly released during the bounce.	4.0
	<b>f</b>	bounce seat in back, hopping	From hopping with the seat in back, bouncing the seat on the floor once and catching it back. One or both hands may be used and the hands or seat may rest against the body. The unicycle is briefly released during the bounce.	3.7
<b>207</b>	<b>a</b>	<b>touch seat on floor</b>	Bending down while riding, idling, or hopping seat in front, and touching the floor with the seat while holding it out in front of the rider with one hand.	3.1
	<b>b</b>	touch seat 2 times on floor	Bending down while riding, idling, or hopping seat in front, and touching the floor with the seat while holding it out in front of the rider with one hand. The seat touches the floor two times before returning to riding, idling, or hopping seat in front.	3.3
	<b>c</b>	touch seat 3 times on floor	Bending down while riding, idling, or hopping seat in front, and	3.4

		touching the floor with the seat while holding it out in front of the rider with one hand. The seat touches the floor three times before returning to riding, idling, or hopping seat in front.	
<b>208</b>	<b>a touch the floor</b>	Bending down and touching the floor with one hand while seated or standing on the pedals in the seated position.	2.5
	<b>b touch the floor with both hands</b>	Bending down and touching the floor with one hand while seated or standing on the pedals in the seated position. Both hands simultaneously touch the floor.	3.5
<b>209</b>	<b>a touch the floor, seat in front</b>	Bending down and touching the floor with one hand, while holding the seat out in front with the other hand.	3.0
<b>210</b>	<b>a seat drop</b>	From hopping seat in front holding the seat with one or both hands and the seat resting against the body, drop the seat forward until it rests against the forward foot. The angle of the frame must be between almost touching the ground and 45 degrees. To return the seat to the hands, lean back and flip the frame back upright with the forward foot or reach and grab with one hand.	3.3
	<b>b seat drop, twist 90</b>	From hopping seat in front holding the seat with one or both hands and the seat resting against the body, drop the seat forward until it rests against the forward foot. The angle of the frame must be between almost touching the ground and 45 degrees. Twist 90 degrees, then return the seat to the hands by leaning back and flip the frame back upright with the forward foot or reach and grab with one hand...	3.5
<b>211</b>	<b>a crank idle kick, seat against body</b>	Crank idle and kick the foot that was on the pedal away from the unicycle, from 45° to 90° relative to the starting angle. The seat or the hand holding the seat may rest against the rider.	3.3
	<b>b crank idle kick</b>	Crank idle and kick the foot that was on the pedal away from the unicycle, from 45° to 90° relative to the starting angle.	3.5
	<b>c crank idle kick, seat against body, high</b>	Crank idle and kick the foot that was on the pedal away from the unicycle, more than 90° relative to the starting angle. The seat or the hand holding the seat may rest against the rider.	3.9
	<b>d crank idle kick, high</b>	Crank idle and kick the foot that was on the pedal away from the unicycle, more than 90° relative to the starting angle.	4.3
<b>212</b>	<b>a hop on wheel kick</b>	Hopping on wheel, kick one leg off the wheel. Return to hopping on wheel.	3.2
	<b>b hop on wheel kick, 2 feet</b>	Hopping on wheel, kick both legs off the wheel. Return to hopping on wheel.	3.6
<b>213</b>	<b>a pedals to hop on wheel</b>	From seat in front riding or hopping, jumping on the wheel into hopping on wheel.	2.9
	<b>b pedals to hop on wheel, riding</b>	From riding or idling, feet are placed sequentially on the wheel with one foot in front of the frame and one behind the frame into hopping on wheel.	3.4
	<b>c ww to hop on wheel</b>	From wheel walking, feet are placed sequentially on the wheel with one foot in front of the frame and one behind the frame into hopping on wheel.	3.8
	<b>d pedals to stand up hop on wheel, frh</b>	From riding, placing one foot on the wheel in front of the frame and the other foot on the wheel behind the frame, and standing up into stand up hopping on wheel freehanded.	3.5
	<b>e pedals 270 to hop on wheel</b>	From seat in front riding or hopping, jumping on the wheel into hopping on wheel. The unicycle is rotated 270 around a vertical axis before the feet are placed on the tire.	4.0
	<b>f pedals 450 to hop on wheel</b>	From seat in front riding or hopping, jumping on the wheel into hopping on wheel. The unicycle is rotated 450 degrees around a vertical axis before the feet are placed on the tire.	5.3
	<b>g pedals to sideways ww</b>	From seat in front riding or hopping, jumping on the wheel into sideways wheel walk.	3.4

	h	pedals 270 to sideways ww	From seat in front riding or hopping, jumping on the wheel into sideways wheel walk. the unicycle is rotated 270 degrees around a vertical axis before the feet are placed on the tire.	4.7
	i	pedals 450 to sideways ww	From seat in front riding or hopping, jumping on the wheel into sideways wheel walk. the unicycle is rotated 450 degrees around a vertical axis before the feet are placed on the tire.	6.0
<b>214</b>	<b>a</b>	<b>hop on wheel to pedals</b>	From hopping on wheel, jumping down to seat in front (with the seat touching the body) or riding.	3.4
	b	hop on wheel to pedals, step down	From hopping on wheel, the feet are placed on the pedals one after the other and riding or idling.	3.4
	c	hop on wheel to ww	From hopping on wheel, into wheel walking.	3.3
	d	stand up hop on wheel frh to pedals	From stand up hopping on wheel freehanded, jumping down to riding.	4.0
	e	hop on wheel 270 to pedals	From hopping on wheel, jumping down to seat in front touching the body) or riding. The unicycle is rotated 270 degrees around a vertical axis before the feet are placed on the pedals.	4.2
	f	hop on wheel 450 to pedals	From hopping on wheel, jumping down to seat in front touching the body) or riding. The unicycle is rotated 450 degrees around a vertical axis before the feet are placed on the pedals.	5.8
	g	sideways ww to pedals	From sideways wheel walk, without hopping, jumping or stepping down to seat in front touching the body) or riding.	3.9
	h	sideways ww 270 to pedals	From sideways wheel walk, without hopping, jumping or stepping down to seat in front or riding. The unicycle is rotated 270 degrees around a vertical axis before the feet are placed back on the pedals.	6.0
<b>215</b>	<b>a</b>	<b>180 unispin</b>	Jumping up off the uni from hopping seat in front, touching body and rotating the uni or the body 180 degrees around a vertical axis and landing back on it by sitting on the seat with the feet on the pedals or cranks. The body is allowed to rotate up to 90°; contact with the wheel is NOT allowed.	3.6
	b	360 unispin	Jumping up off the uni from hopping seat in front, touching body and rotating the uni or the body 360 degrees around a vertical axis and landing back on it by sitting on the seat with the feet on the pedals or cranks. The body is allowed to rotate up to 90°; contact with the wheel is NOT allowed.	4.6
	c	540 unispin	Jumping up off the uni from hopping seat in front, touching body and rotating the uni or the body 540 degrees around a vertical axis and landing back on it by sitting on the seat with the feet on the pedals or cranks. The body is allowed to rotate up to 90°; contact with the wheel is NOT allowed.	5.7
	d	720 unispin	Jumping up off the uni from hopping seat in front, touching body and rotating the uni or the body 720 degrees around a vertical axis and landing back on it by sitting on the seat with the feet on the pedals or cranks. The body is allowed to rotate up to 90°; contact with the wheel is NOT allowed.	6.8
	e	180 unispin to seat in front	Jumping up off the uni, rotating the uni or the body 180 degrees around a vertical axis and landing back on it with the seat held in front. The body is allowed to rotate up to 90°; contact with the wheel is NOT allowed. The seat may touch the rider and one or both hands may touch the seat.	3.6
	f	360 unispin to seat in front	Jumping up off the uni, rotating the uni or the body 360 degrees around a vertical axis and landing back on it with the seat held in front. The body is allowed to rotate up to 90°; contact with the wheel is NOT allowed. The seat may touch the rider and one or both hands may touch the seat.	4.6
	g	540 unispin to seat in front	Jumping up off the uni, rotating the uni or the body 540 degrees around a vertical axis and landing back on it with the	5.7

		seat held in front. The body is allowed to rotate up to 90°; contact with the wheel is NOT allowed. The seat may touch the rider and one or both hands may touch the seat.		
	h	180 unispin to idling 1ft	Jumping up off the uni from hopping seat in front, touching body and rotating the uni or the body 180 degrees around a vertical axis and landing back on it by sitting on the seat and into idling one foot. The body is allowed to rotate up to 90°; contact with the wheel is NOT allowed.	4.0
	i	360 unispin to idling 1ft	Jumping up off the uni from hopping seat in front, touching body and rotating the uni or the body 360 degrees around a vertical axis and landing back on it by sitting on the seat and into idling one foot. The body is allowed to rotate up to 90°; contact with the wheel is NOT allowed.	5.0
	j	540 unispin to idling 1ft	Jumping up off the uni from hopping seat in front, touching body and rotating the uni or the body 540 degrees around a vertical axis and landing back on it by sitting on the seat and into idling one foot. The body is allowed to rotate up to 90°; contact with the wheel is NOT allowed.	6.2
	k	180 unispin to idling 1ft seat in front	Jumping up off the uni, rotating the uni or the body 180 degrees around a vertical axis and landing back on it with the seat held in front and idling one foot. The body is allowed to rotate up to 90°; contact with the wheel is NOT allowed. The seat may touch the rider and one or both hands may touch the seat.	4.7
	l	360 unispin to idling 1ft seat in front	Jumping up off the uni, rotating the uni or the body 360 degrees around a vertical axis and landing back on it with the seat held in front and idling one foot. The body is allowed to rotate up to 90°; contact with the wheel is NOT allowed. The seat may touch the rider and one or both hands may touch the seat.	5.7
	m	riding 180° unispin	From riding seat in front, jumping up off the uni and rotating the uni 180° around a vertical axis and landing back on it by sitting on the seat with the feet on the pedals or cranks or into riding seat in front. The body is allowed to rotate up to 90°; contact with the wheel is NOT allowed. The seat may touch the rider and one or both hands may touch the seat.	3.9
	n	riding 360° unispin	From riding seat in front, jumping up off the uni and rotating the uni 360° around a vertical axis and landing back on it by sitting on the seat with the feet on the pedals or cranks or into riding seat in front. The body is allowed to rotate up to 90°; contact with the wheel is NOT allowed. The seat may touch the rider and one or both hands may touch the seat.	4.9
<b>216</b>	<b>a</b>	<b>180 unispin to ww</b>	Jumping up off the uni, rotating it 180 degrees around a vertical axis and landing back on it in the wheel walk position.	4.3
	<b>b</b>	<b>360 unispin to ww</b>	Jumping up off the uni, rotating it 360 degrees around a vertical axis and landing back on it in the wheel walk position	5.3
	<b>c</b>	<b>180 unispin to ww 1ft</b>	Jumping up off the uni, rotating it 180 degrees around a vertical axis and landing back on it in the wheel walk one foot position.	4.5
	<b>d</b>	<b>360 unispin to ww 1ft</b>	Jumping up off the uni, rotating it 360 degrees around a vertical axis and landing back on it in the wheel walk one foot position.	5.5
<b>217</b>	<b>a</b>	<b>180 unispin to stand up hop on wheel frh</b>	Jumping up off the uni, rotating it 180 degrees around a vertical axis, and landing back on it into hopping on wheel freehanded. When landing on the wheel, the hands must not touch the seat after the first hop.	4.5
	<b>b</b>	<b>360 unispin to stand up hop on wheel frh</b>	Jumping up off the uni, rotating it 360 degrees around a vertical axis, and landing back on it into hopping on wheel freehanded. When landing on the wheel, the hands must not touch the seat after the first hop.	5.5

<b>218</b>	<b>a</b>	<b>180 unispin on wheel</b>	From hopping on wheel, jumping up off the unicycle, rotating it 180 degrees around a vertical axis, and landing back on it into hopping on wheel.	3.8
	<b>b</b>	360 unispin on wheel	From hopping on wheel, jumping up off the unicycle, rotating it 360 degrees around a vertical axis, and landing back on it into hopping on wheel.	4.8
<b>219</b>	<b>a</b>	<b>crankflip, feet on pedals</b>	From riding with one or both hands holding the seat, jump up and rotate the wheel without the feet leaving the pedals so it will do a complete rotation before landing. The wheel may rotate forwards or backwards.	3.8
	<b>b</b>	crankflip	From riding with one or both hands holding the seat, jump up and after leaving the ground, push the front pedal or back pedal so the wheel will do a complete rotation, remove both feet from the pedals, before finally landing with feet on the pedals in the same relative position as they started. The wheel may rotate forwards or backwards.	5.1
	<b>c</b>	double crankflip	From riding with one or both hands holding the seat, jump up and after leaving the ground, push the front pedal or back pedal so the wheel will do two complete rotations, remove both feet from the pedals, before finally landing with feet on the pedals in the same relative position as they started. The wheel may rotate forwards or backwards.	5.6
	<b>d</b>	triple crankflip	From riding with one or both hands holding the seat, jump up and after leaving the ground, push the front pedal or back pedal so the wheel will do three complete rotations, remove both feet from the pedals, before finally landing with feet on the pedals in the same relative position as they started. The wheel may rotate forwards or backwards.	6.1
	<b>e</b>	crankflip, seat in front	From riding seat in front with one or both hands holding the seat, jump up and after leaving the ground, push the front pedal or back pedal so the wheel will do a complete rotation, remove both feet from the pedals, before finally landing with feet on the pedals in the same relative position as they started. The wheel may rotate forwards or backwards. The seat or the hand holding the seat may rest against the rider.	5.2
	<b>f</b>	double crankflip, seat in front	From riding seat in front with one or both hands holding the seat, jump up and after leaving the ground, push the front pedal or back pedal so the wheel will do two complete rotations, remove both feet from the pedals, before finally landing with feet on the pedals in the same relative position as they started. The wheel may rotate forwards or backwards. The seat or the hand holding the seat may rest against the rider.	5.7
	<b>g</b>	triple crankflip, seat in front	From riding seat in front with one or both hands holding the seat, jump up and after leaving the ground, push the front pedal or back pedal so the wheel will do three complete rotations, remove both feet from the pedals, before finally landing with feet on the pedals in the same relative position as they started. The wheel may rotate forwards or backwards. The seat or the hand holding the seat may rest against the rider.	6.2
<b>220</b>	<b>a</b>	<b>crankflip 180 unispin</b>	From riding or hopping seat in front, jump up and then in mid-air push the front pedal so the wheel will do a complete rotation, simultaneously rotating the unicycle 180 degrees, and landing with feet on the pedals. The rider lands either sitting on the seat or seat in front. If the seat is in front, one or both hands may touch the seat and the seat may rest against the body.	5.5
	<b>b</b>	crankflip 360 unispin	From riding or hopping seat in front, jump up and then in mid-air push the front pedal so the wheel will do a complete rotation, simultaneously rotating the unicycle 360 degrees, and landing with feet on the pedals. The rider lands either	6.5

		sitting on the seat or seat in front. If the seat is in front, one or both hands may touch the seat and the seat may rest against the body.		
	c	crankflip 540 unispin	From riding or hopping seat in front, jump up and then in mid-air push the front pedal so the wheel will do a complete rotation, simultaneously rotating the unicycle 540 degrees, and landing with feet on the pedals. The rider lands either sitting on the seat or seat in front. If the seat is in front, one or both hands may touch the seat and the seat may rest against the body.	7.5
	d	double crankflip 180 unispin	From riding or hopping seat in front, jump up and then in mid-air push the front pedal so the wheel will do two complete rotations, simultaneously rotating the unicycle 180 degrees, and landing with feet on the pedals. The rider lands either sitting on the seat or seat in front. If the seat is in front, one or both hands may touch the seat and the seat may rest against the body.	5.9
	e	double crankflip 360 unispin	From riding or hopping seat in front, jump up and then in mid-air push the front pedal so the wheel will do two complete rotations, simultaneously rotating the unicycle 360 degrees, and landing with feet on the pedals. The rider lands either sitting on the seat or seat in front. If the seat is in front, one or both hands may touch the seat and the seat may rest against the body.	6.9
	f	double crankflip 540 unispin	From riding or hopping seat in front, jump up and then in mid-air push the front pedal so the wheel will do two complete rotations, simultaneously rotating the unicycle 540 degrees, and landing with feet on the pedals. The rider lands either sitting on the seat or seat in front. If the seat is in front, one or both hands may touch the seat and the seat may rest against the body.	7.9
221	a	<b>crank flip, standing on frame</b>	From hopping seat in front with the seat touching the body and holding with one or both hands, jump up and land with one foot resting on the wheel and the other on the crown of the frame. Push the wheel so it rotates backwards a full revolution before landing back on the pedals into hopping seat in front, touching the body.	4.4
222	a	<b>leg around, riding to riding</b>	From riding, swinging one leg first around the back of the seat then around the front of the seat to riding.	3.3
	b	leg around twice, riding to riding	From riding, swinging one leg first around the back of the seat then around the front of the seat to riding. The leg goes once around the back of the seat and the front of the seat a second time before the foot is placed back on the pedal.	4.4
	c	leg around, riding to seat on side, 1 hand	From riding, swinging one leg over the front of the seat into idling seat on side, touching body. Only one hand is used.	3.4
	d	leg around, riding to seat on side	From riding, swinging one leg over the front of the seat into idling seat on side, touching body. Two hands may be used.	3.0
	e	leg around, riding to crank idle, 1 hand	From riding, swinging one leg over the front of the seat into crank idle, seat against body. Only one hand is used.	3.6
	f	leg around, riding to crank idle	From riding, swinging one leg over the front of the seat into crank idle, seat against body. Two hands may be used.	3.2
	g	leg around, riding to crank idle, rev	From riding, swinging one leg around the back of the seat into crank idle, seat against body. One or two hands may be used.	3.3
	h	leg around, riding to seat in back	From riding, swinging one leg around the back of the seat, then the leg and body around to the front of the seat into seat in back. One or two hands may be used.	3.6
223	a	<b>leg around, seat on side to riding</b>	From seat on side, swinging one leg around the front of the seat to riding. One or two hands may be used.	2.5
	b	leg around, seat on side to	From seat on side, swinging one leg around the front of the	2.6

	crank idle	wheel into crank idle. One or two hands may be used.	
	c leg around, seat on side to seat in front	From seat on side, swinging one leg around the front of the seat into seat in front. One or two hands may be used.	3.2
	d leg around, seat on side to seat in front, rev	From seat on side, swinging one leg around the back of the seat into seat in front. One or two hands may be used.	3.2
	e leg around, seat on side to side hopping	From seat on side, the leg goes around the front of the wheel and jumps into side hopping. One or two hands may be used.	3.4
<b>224</b>	<b>a leg around, crank idle to riding, 1 hand</b>	From crank idle, swinging one leg around the front of the seat to idling. One hand is on the seat.	2.6
	b leg around, crank idle to riding, frh	From crank idle, swinging one leg around the front of the seat to idling. Freehanded.	3.1
	c leg around, crank idle to 1ft idle	From crank idle, swinging one leg around the front of the seat to idling one foot. One or two hands may be used.	3.1
	d leg around, crank idle to seat on side	From crank idle, swinging one leg around the front of the wheel to seat on side idling, touching body. One or two hands may be used.	2.6
	e leg around, crank idle to seat in front	From crank idle, the leg goes around the front of the seat into seat in front idling. One or two hands may be used.	3.4
	f leg around, crank idle to crank idle	From crank idle, the leg goes around the front of the seat, then around the back of the seat into crank idling. One or two hands may be used.	3.8
	g crank idle to side hopping	From crank idle, jumping into side hopping or side hopping, foot touching tire. One or two hands may be used.	3.8
	h crank idle to hop on wheel	From crank idle, into hopping on wheel by stepping onto the wheel. One or two hands may be used.	3.9
	i crank idle to hop on wheel, jump	From crank idle, into hopping on wheel by hopping onto the wheel. One or two hands may be used.	4.1
<b>225</b>	<b>a leg around, seat in front to riding</b>	From seat in front with the seat touching the body, swinging one leg first around the back of the seat then around the front of the seat to riding. One or two hands may be used.	2.7
	b leg around twice, seat in front to riding	From seat in front, swinging one leg around the seat to seat in back or riding. The leg goes once around the seat before the foot is placed back on the pedal. The leg goes one additional time around the seat before the foot is placed back on the pedal. One or two hands may be used.	3.9
	c leg around, seat in front to seat in front	From seat in front with the seat touching the body, swinging one leg first around the back of the seat then around the front of the seat into seat in front. One or two hands may be used.	3.4
	d leg around, seat in front to seat on side	From seat in front with the seat touching the body, swinging one leg first around the back of the seat then pulling the seat to one side of the body as the second foot is placed on the pedal into idling seat on side, touching body. One or two hands may be used.	3.0
	e leg around, seat in front to crank idle	From seat in front with the seat touching the body, swinging one leg first around the back of the seat then pulling the seat to one side of the body as the second foot is placed on the crank arm into crank idle, seat against body. One or two hands may be used.	3.2
	f leg around, seat in front to seat in back	From seat in front with the seat touching the body, swinging one leg first around the back of the seat then the leg and body around to the front of the seat into seat in back. One or two hands may be used.	3.4
<b>226</b>	<b>a leg around, seat in back to riding</b>	From seat in back, swinging one leg first around the front of the seat then the back of the seat to riding. One or two hands may be used.	3.7
	b leg around twice, seat in	From seat in back, swinging one leg first around the front of the seat then the back of the seat to riding. The leg goes once	4.4

		back to riding	around the seat before the foot is placed back on the pedal. One or two hands may be used.	
<b>227</b>	<b>a</b>	<b>step around</b>	From seat in front the rider steps around the uni, without the uni bouncing or turning, such that the feet switch pedals. The rider ends facing the opposite way, sitting on the seat.	3.9
	<b>b</b>	jump around	From seat in front hopping the rider jumps up and twists their body 180° before landing back on the pedals.	4.9
	<b>c</b>	inverse	From seat on side the rider swings one leg in back and then steps around the uni, without the uni bouncing or turning, such that the feet switch pedals. The rider ends facing the opposite way, sitting on the seat.	4.8
<b>228</b>	<b>a</b>	<b>180 unispin, 180 hoptwist</b>	Hopping with the unicycle seat in front (the seat may touch the body), turning around a vertical axis over 180 degrees in one jump, and simultaneously jumping up off the uni, rotating the unicycle relative to the rider's body 180° around a vertical axis and landing back on the pedals or cranks with the seat in front. The hoptwist and the unispin are in the same direction, so relative to the ground the unicycle travels 360°	5.1
	<b>b</b>	360 unispin, 180 hoptwist	Hopping with the unicycle seat in front (the seat may touch the body), turning around a vertical axis over 180 degrees in one jump, and simultaneously jumping up off the uni, rotating the unicycle relative to the rider's body 360° around a vertical axis and landing back on the pedals or cranks with the seat in front. The hoptwist and the unispin are in the same direction, so relative to the ground the unicycle travels 540°	5.4
	<b>c</b>	540 unispin, 180 hoptwist	Hopping with the unicycle seat in front (the seat may touch the body), turning around a vertical axis over 180 degrees in one jump, and simultaneously jumping up off the uni, rotating the unicycle relative to the rider's body 540° around a vertical axis and landing back on the pedals or cranks with the seat in front. The hoptwist and the unispin are in the same direction, so relative to the ground the unicycle travels 720°	5.8
	<b>d</b>	360 unispin, 180 hoptwist, opposite	Hopping with the unicycle seat in front (the seat may touch the body), turning around a vertical axis over 180 degrees in one jump, and simultaneously jumping up off the uni, rotating the unicycle relative to the rider's body 360° around a vertical axis and landing back on the pedals or cranks with the seat in front. The hoptwist and the unispin are the opposite direction, so relative to the ground the unicycle travels 180°	5.8
	<b>e</b>	540 unispin, 180 hoptwist, opposite	Hopping with the unicycle seat in front (the seat may touch the body), turning around a vertical axis over 180 degrees in one jump, and simultaneously jumping up off the uni, rotating the unicycle relative to the rider's body 540° around a vertical axis and landing back on the pedals or cranks with the seat in front. The hoptwist and the unispin are the opposite direction, so relative to the ground the unicycle travels 360°	6.3
<b>229</b>	<b>a</b>	<b>180 sidespin</b>	From riding or hopping seat in front with one or two hands on the seat and the seat touching the body, the rider jumps and spins the unicycle 180 degrees similar to a 180 unispin. During the unispin, one leg wraps all the way around the unicycle in the same direction that the unicycle is spinning (first behind the seat, then in front of the seat), and then both feet land back on to the pedals. The hand spinning the seat is originally in front of the body, but when landing back on the unicycle, the hand is in back of the body.	5.4
	<b>b</b>	360 sidespin	From riding or hopping seat in front with one or two hands on the seat and the seat touching the body, the rider jumps and spins the unicycle 360 degrees similar to a 360 unispin. During the unispin, one leg wraps all the way around the unicycle in the same direction that the unicycle is spinning (first behind the seat, then in front of the seat), and then both feet land back on to the pedals. The hand spinning the seat is originally in front of the body, but when landing back on the	5.8

		unicycle, the hand is in back of the body.	
c	540 sidespin	From riding or hopping seat in front with one or two hands on the seat and the seat touching the body, the rider jumps and spins the unicycle 540 degrees similar to a 540 unispin. During the unispin, one leg wraps all the way around the unicycle in the same direction that the unicycle is spinning (first behind the seat, then in front of the seat), and then both feet land back on to the pedals. The hand spinning the seat is originally in front of the body, but when landing back on the unicycle, the hand is in back of the body.	6.3

### 6.2.5 Counted Short Skills

<b>251</b>	<b>a</b>	<b>idling</b>	Staying in place by moving the wheel forward and backward centered at a vertical crank position.	1.8
	<b>b</b>	idling 1ft	Staying in place by moving the wheel forward and backward centered at a vertical crank position. Idling with one foot on pedal.	2.1
	<b>c</b>	idling 1ft ext	Staying in place by moving the wheel forward and backward centered at a vertical crank position. Idling with one foot on pedal and free foot extended.	2.3
	<b>d</b>	idling 1ft crossed	Staying in place by moving the wheel forward and backward centered at a vertical crank position. Idling with one foot on pedal and free leg crossed over the pedaling leg.	2.3
<b>252</b>	<b>a</b>	<b>idling seat in front, seat against body</b>	Staying in place by moving the wheel forward and backward centered at a vertical crank position with the seat held in front of the rider. The seat or hand holding the seat may rest against the rider.	2.5
	<b>b</b>	idling seat in front	Staying in place by moving the wheel forward and backward centered at a vertical crank position with the seat held in front of the rider.	2.8
	<b>c</b>	idling 1ft seat in front, seat against body	Staying in place by moving the wheel forward and backward centered at a vertical crank position with the seat held in front of the rider. The seat or hand holding the seat may rest against the rider. Idling with one foot on pedal.	2.9
	<b>d</b>	idling 1ft seat in front	Staying in place by moving the wheel forward and backward centered at a vertical crank position with the seat held in front of the rider. Idling with one foot on pedal.	3.3
	<b>e</b>	idling 1ft seat in front ext, seat against body	Staying in place by moving the wheel forward and backward centered at a vertical crank position with the seat held in front of the rider. The seat or hand holding the seat may rest against the rider. Idling with one foot on pedal and free foot extended	3.2
	<b>f</b>	idling seat in back, seat against body	Staying in place by moving the wheel forward and backward centered at a vertical crank position with the seat held in back of the rider. The seat or hand holding the seat may rest against the rider.	3.1
	<b>g</b>	idling seat in back	Staying in place by moving the wheel forward and backward centered at a vertical crank position with the seat held in back of the rider.	3.4
<b>253</b>	<b>a</b>	<b>idling seat on side, seat touching body</b>	Idling with the seat held out to the side of the rider. The seat may touch the rider's body.	2.7
	<b>b</b>	idling seat on side frh, touching body	Idling with the seat on the side of the rider. The seat may touch the rider's body but neither hand may touch the seat.	2.9
	<b>c</b>	idling seat on side	Idling with the seat held out to the side of the rider. The rider shall have no contact with the seat other than one hand holding the seat.	3.0
	<b>d</b>	idling 1ft seat on side,	Idling with one foot on the pedal and with the seat held out to	3.1

		touching body	the side of the rider. The seat may touch the rider's body.	
	e	idling 1ft seat on side	Idling with one foot on the pedal and with the seat held out to the side of the rider. The rider shall have no contact with the seat other than one hand holding the seat.	3.5
	f	idling 1ft ext seat on side, touching body	Idling with one foot on the pedal and with the seat held out to the side of the rider. The seat may touch the rider's body. The free leg is extended.	3.6
	g	idling 1ft ext seat on side	Idling with one foot on the pedal and with the seat held out to the side of the rider. The rider shall have no contact with the seat other than one hand holding the seat. The free leg is extended.	4.2
	h	side idle	Idling with the seat out to the side of the rider. idling with one foot on the non-corresponding pedal with the seat on side, holding the seat with both hands. The seat or the hands holding the seat may rest against the rider.	4.0
	i	side idle, 1 hand	Idling with the seat out to the side of the rider. Idling with one foot on the non-corresponding pedal with the seat on side, holding the seat with one hand. The seat or the hand holding the seat may rest against the rider.	4.1
<b>254</b>	<b>a</b>	<b>crank idle, seat against body</b>	Staying in place, on one side of the unicycle, by moving the wheel forward and backward centered at a vertical crank position. One foot is on the pedal while the other foot is resting on top of the crank arm on the same side. The seat or one hand holding the seat may rest against the rider.	2.9
	b	crank idle freehand, seat against body	Staying in place, on one side of the unicycle, by moving the wheel forward and backward centered at a vertical crank position. One foot is on the pedal while the other foot is resting on top of the crank arm on the same side. The seat may rest against the rider but neither hand may touch the seat.	3.1
	c	crank idle	Staying in place, on one side of the unicycle, by moving the wheel forward and backward centered at a vertical crank position. One foot is on the pedal while the other foot is resting on top of the crank arm on the same side. The rider shall have no contact with the seat other than one hand holding the seat.	3.2
<b>255</b>	<b>a</b>	<b>wheel idle</b>	Staying in place by moving the wheel forward and backward with the feet on the wheel. One foot is in front of the frame and one is in back of the frame.	3.7
	b	wheel idle, 1ft	Staying in place by moving the wheel forward and backward with one foot on the wheel.	3.6
	c	wheel idle, 1ft ext	Staying in place by moving the wheel forward and backward with one foot on the wheel. The free leg is extended.	3.8
<b>256</b>	<b>a</b>	<b>twisting</b>	Staying in place twisting the unicycle left and right around a vertical axis.	2.6
<b>257</b>	<b>a</b>	<b>stillstand</b>	Staying in place with no wheel movement.	3.6
<b>258</b>	<b>a</b>	<b>hopping</b>	Bouncing with the unicycle with one hand holding on to the seat.	1.8
	b	hopping freehand	Bouncing with the unicycle with both hands are free.	2.0
<b>259</b>	<b>a</b>	<b>hopping seat in front, seat against body</b>	Hopping with the unicycle with the seat held in front of the rider. The seat or the hand holding the seat may rest against the rider.	2.5
	b	hopping seat in front	Hopping with the unicycle with the seat held in front of the rider.	2.8
	c	hopping seat in back, seat against body	Hopping with the unicycle with the seat held in front of the rider. The seat or the hand holding the seat may rest against the rider. The seat is held in back of the rider.	3.1
	d	hopping seat in back	Hopping with the unicycle with the seat held in front of the rider. The seat is held in back of the rider.	3.4

<b>260</b>	<b>a</b>	<b>hop on wheel</b>	Hopping, standing on wheel with one foot in front of and the other behind frame, holding on to the seat with both hands.	2.6
	<b>b</b>	hop on wheel, sitting	Hopping, sitting on the seat with one or both feet on the wheel. One hand may be holding the seat.	3.2
	<b>c</b>	hop on wheel, sitting, freehand	Hopping, sitting on the seat with one or both feet on the wheel. Freehanded.	3.4
	<b>d</b>	stand up hop on wheel, 1 hand	Hopping, standing on wheel with one foot in front of and the other behind the frame, and the seat between the legs. One hand holding on to the seat.	3.1
	<b>e</b>	stand up hop on wheel, freehanded	Hopping, standing on wheel with one foot in front of and the other behind the frame, and the seat between the legs. Not holding on to the seat.	3.6
<b>261</b>	<b>a</b>	<b>hoptwisting</b>	Staying in place bouncing the unicycle left then right around a vertical axis. A minimum of 5 consecutive cycles (left and right bounces) must be executed. Neither hand may touch the seat.	2.6
<b>262</b>	<b>a</b>	<b>side hopping</b>	Hopping 1ft, next to the unicycle, with foot on the non-corresponding pedal holding on to the seat with either one or both hands. The free foot is extended.	2.9
	<b>b</b>	side hopping, foot touching tire	Hopping 1ft, next to the unicycle, with foot on the non-corresponding pedal holding on to the seat with either one or both hands. The free foot is touching the tire for balance.	2.8

### 6.2.6 Mounts

<b>301</b>	<b>a</b>	<b>mount, 1 hand</b>	Mounting the uni from standing behind it, by placing one foot on the rear pedal and going up and over the wheel or rotating the wheel backward to obtain balance. One hand is touching the seat.	1.2
	<b>b</b>	mount	Mounting the uni from standing behind it, by placing one foot on the rear pedal and going up and over the wheel or rotating the wheel backward to obtain balance.	1.3
	<b>c</b>	mount to idle	Mounting the uni from standing behind it, by placing one foot on the rear pedal and going up and over the wheel or rotating the wheel backward to obtain balance, mounting to idling without riding.	1.5
	<b>d</b>	mount to 1ft idle	Mounting the uni from standing behind it, by placing one foot on the rear pedal and going up and over the wheel or rotating the wheel backward to obtain balance, mounting into idling with only one foot on pedal.	2.0
	<b>e</b>	mount to 1ft ext idle	Mounting the uni from standing behind it, by placing one foot on the rear pedal and going up and over the wheel or rotating the wheel backward to obtain balance, mounting into idling with only one foot on pedal the free leg is extended.	2.5
<b>302</b>	<b>a</b>	<b>rolling mount</b>	Mounting the uni while pushing the uni forward, by placing one foot on the rear pedal and going up and over the wheel, without the wheel pausing, stopping or going backwards and continue riding forward.	1.8
	<b>b</b>	rolling mount to 1ft	Mounting the uni while pushing the uni forward, by placing one foot on the rear pedal and going up and over the wheel, without the wheel pausing, stopping or going backwards and continue riding forward, mounting directly into one foot riding.	2.5
	<b>c</b>	rolling mount to 1ft ext	Mounting the uni while pushing the uni forward, by placing one foot on the rear pedal and going up and over the wheel, without the wheel pausing, stopping or going backwards and continue riding forward, mounting directly into one foot extended riding.	2.7
	<b>d</b>	rolling mount to gliding	Mounting the uni while pushing the uni forward, by placing one foot on the rear pedal and going up and over the wheel, without the wheel pausing, stopping or going backwards and	3.7

		continue riding forward, mounting directly into gliding without touching either of the pedals.	
	e	rolling mount to coasting	4.5
		Mounting the uni while pushing the uni forward, by placing one foot on the rear pedal and going up and over the wheel, without the wheel pausing, stopping or going backwards and continue riding forward, mounting directly into coasting without touching either of the pedals.	
<b>303</b>	<b>a</b>	<b>back mount</b>	1.9
		Mounting the uni from standing in front of it, by placing one foot on the front pedal and going up and over the wheel or rotating the wheel forward to obtain balance.	
	b	back mount to idle	2.1
		Mounting the uni from standing in front of it, by placing one foot on the front pedal and going up and over the wheel or rotating the wheel forward to obtain balance, mounting to idling without riding.	
	c	back mount to 1ft idle	2.6
		Mounting the uni from standing in front of it, by placing one foot on the front pedal and going up and over the wheel or rotating the wheel forward to obtain balance, mounting into idling with only one foot on pedal.	
	d	back mount to 1ft ext idle	3.1
		Mounting the uni from standing in front of it, by placing one foot on the front pedal and going up and over the wheel or rotating the wheel forward to obtain balance, mounting into idling with only one foot on pedal the free leg is extended.	
	e	back mount to ww	2.7
		Mounting the uni from standing in front of it, by placing one foot on the front pedal, then putting the second foot onto the wheel, and going immediately into wheel walk.	
	f	back mount to ww 1ft	3.2
		Mounting the uni from standing in front of it, by placing one foot on the front pedal, then putting the second foot onto the wheel, and going immediately into wheel walk one foot.	
	g	back mount to ww 1ft ext	3.5
		Mounting the uni from standing in front of it, by placing one foot on the front pedal, then putting the second foot onto the wheel, and going immediately into wheel walk one foot extended.	
	h	back mount to stand up ww	4.0
		Mounting the uni from standing in front of it, by placing one foot on the front pedal, then putting the second foot onto the wheel, and going immediately into stand up wheel walk.	
<b>304</b>	<b>a</b>	<b>mount to stomach on seat, 1 hand on seat</b>	1.5
		Mounting the uni from standing behind it, placing one foot on the rear pedal and the abdomen on the seat, and going up and over the wheel or rotating the wheel backward to obtain balance. One hand holds onto the seat.	
	b	mount to stomach on seat	2.0
		Mounting the uni from standing behind it, placing one foot on the rear pedal and the abdomen on the seat, and going up and over the wheel or rotating the wheel backward to obtain balance.	
	c	mount to seat in front, touching body	2.0
		Mounting the uni from standing behind it, placing one foot on the rear pedal, holding the seat in front of the rider, and going up and over the wheel or rotating the wheel backward to obtain balance. The seat or hand holding the seat may rest against the rider.	
	d	mount to seat in front	2.4
		Mounting the uni from standing behind it, placing one foot on the rear pedal, holding the seat in front of the rider, and going up and over the wheel or rotating the wheel backward to obtain balance.	
<b>305</b>	<b>a</b>	<b>side mount</b>	1.8
		Mounting the uni from standing next to it, by placing corresponding foot on pedal closest to rider, swinging the other leg around in front of the seat, getting seated and placing second foot on pedal.	
	b	side mount leg around	3.4
		Mounting the uni from standing next to it, by placing corresponding foot on pedal closest to rider, swinging the other leg around in front of the seat, getting seated and placing second foot on pedal. The leg goes once around the	

		seat before the second foot is placed on the pedal.	
	c	side mount leg around twice	4.9
	d	side mount from on wheel	2.5
	e	side mount from on wheel leg around	4.1
<b>306</b>	<b>a</b>	<b>side mount reverse</b>	1.8
	b	side mount reverse leg around	3.4
	c	side mount reverse leg around twice	4.9
	d	side mount reverse from on wheel	2.5
	e	side mount reverse from on wheel leg around	4.1
<b>307</b>	<b>a</b>	<b>jump mount</b>	2.2

	b	free jump mount	Mounting the uni from standing behind it, by jumping on it, landing on both pedals simultaneously. The rider lets go of the uni before his or her feet leave the floor. The unicycle frame is upright (perpendicular to the floor) before the mount.	2.7
	c	jump mount to seat in front	Mounting the uni from standing behind it, by jumping on it, landing on both pedals simultaneously. The rider lands with the seat in front, not touching body. The unicycle frame is upright (perpendicular to the floor) before the mount.	2.5
	d	jump mount to seat in back	Mounting the uni from standing behind it, by jumping on it, landing on both pedals simultaneously. The rider lands with seat in back not touching body. The unicycle frame is upright (perpendicular to the floor) before the mount.	2.7
	e	jump mount to ww	Mounting the uni from standing behind it, by jumping over the seat, landing in wheel walk position. The unicycle frame is upright (perpendicular to the floor) before the mount.	2.9
	f	jump mount from on wheel	Mounting the uni from standing behind it, by jumping on it, landing on both pedals simultaneously. The unicycle is lying on its side. Rider stands on the side of the tire with neither foot touching the floor, then jumps up, pulls saddle into position, and lands on saddle and pedals.	2.9
	g	180 unispin jump mount	Mounting the uni from standing behind it, by jumping on it, landing on both pedals simultaneously. The uni or rider gets spun 180 degrees around a vertical axis after the rider leaves the floor but before the rider lands on it. The unicycle frame is upright (perpendicular to the floor) before the mount.	2.8
	h	360 unispin jump mount	Mounting the uni from standing behind it, by jumping on it, landing on both pedals simultaneously. The uni or rider gets spun 360 degrees around a vertical axis after the rider leaves the floor but before the rider lands on it. The unicycle frame is upright (perpendicular to the floor) before the mount.	3.0
	i	turn around jump mount	Mounting the uni from standing behind it, by jumping on it, landing on both pedals simultaneously. The rider turns around 180 degrees before landing on the unicycle. The unicycle frame is upright (perpendicular to the floor) before the mount.	3.0
	j	jump mount to stand up ww	Mounting the uni from standing behind it, by jumping on it, landing in stand up wheel walk position. The unicycle frame is upright (perpendicular to the floor) before the mount.	3.8
	k	free jump mount to seat drag in front	Mounting the uni from standing behind it, letting go of the seat before leaving the floor, and jumping on it, landing on both pedals simultaneously. The rider lands in seat drag in front position.	4.2
	l	jump mount to seat drag in front	Mounting the uni with the unicycle on the floor in seat drag in front position and the wheel is held upright with the legs before jumping and landing on both pedals simultaneously. The rider lands in seat drag in front position.	4.6
	m	jump mount to seat drag in back, holding wheel	Mounting the uni with the unicycle on the floor in seat drag in back position and the wheel is held upright with the legs before jumping and landing on both pedals simultaneously. The rider lands in seat drag in back position.	4.1
	n	jump mount to seat drag in back, feet holding seat	Mounting the uni with the unicycle on the floor in seat drag in back position and is held upright with the feet touching the seat before jumping and landing on both pedals simultaneously. The rider lands in seat drag in back position.	4.8
<b>308</b>	<b>a</b>	<b>side jump mount</b>	Mounting the uni from standing next to it, by jumping on it with on leg going around the front of the seat and landing on both pedals simultaneously.	2.5
	<b>b</b>	<b>free side jump mount</b>	Mounting the uni from standing next to it, by jumping on it with on leg going around the front of the seat and landing on both pedals simultaneously. The rider lets go of the uni before his or her feet leave the floor.	3.0

	c	side jump mount to seat on side	Mounting the uni from standing next to it, by jumping on it with on leg going around the front of the seat and landing on both pedals simultaneously. Into riding seat on side, seat touching body.	3.1
	d	side jump mount to ww	Mounting the uni from standing next to it, by jumping on it with on leg going around the front of the seat and landing on it. The feet are placed on the wheel, without touching the pedals, and the rider goes immediately into wheel walk.	3.8
	e	side jump mount to ww 1ft	Mounting the uni from standing next to it, by jumping on it with on leg going around the front of the seat and landing on it. The foot is placed on the wheel, without touching the pedals, and the rider goes immediately into wheel walk one foot.	3.9
	f	side jump mount to ww 1ft ext	Mounting the uni from standing next to it, by jumping on it with on leg going around the front of the seat and landing on it. The foot is placed on the wheel, without touching the pedals, and the rider goes immediately into wheel walk one foot with the free leg extended.	4.1
	g	180 unispin side jump mount	Mounting the uni from standing next to it, by jumping on it with on leg going around the front of the seat and landing on both pedals simultaneously. The uni gets spun 180 degrees around a vertical axis after the rider leaves the floor but before the rider lands on it.	3.8
	h	360 unispin side jump mount	Mounting the uni from standing next to it, by jumping on it with on leg going around the front of the seat and landing on both pedals simultaneously. The uni gets spun 360 degrees around a vertical axis after the rider leaves the floor but before the rider lands on it.	5.2
	i	rolling side jump mount to gliding	Mounting the uni by pushing the uni forward, jump on it without touching the pedals and go immediately into gliding.	4.3
<b>309</b>	<b>a</b>	<b>spin mount 360</b>	Mounting the unicycle and without pausing or idling, spinning 360 degrees around a vertical axis.	2.4
	b	spin mount 720	Mounting the unicycle and without pausing or idling, spinning 720 degrees around a vertical axis.	3.4
<b>310</b>	<b>a</b>	<b>kick up mount, 1 hand on seat</b>	Mounting the uni from standing over it (the unicycle lying on the floor) by placing corresponding foot on pedal, kicking the seat up into place with the other foot without either hand touching the seat and placing the second foot on the pedal. One hand may touch the seat	2.8
	b	kick up	Mounting the uni from standing over it (the unicycle lying on the floor) by placing corresponding foot on pedal, kicking the seat up into place with the other foot without either hand touching the seat and placing the second foot on the pedal.	3.2
	c	kick up to ww	Mounting the uni from standing over it (the unicycle lying on the floor) by placing corresponding foot on pedal, kicking the seat up into place with the other foot without either hand touching the seat and placing the second foot on the pedal. The second foot is placed on the wheel instead of on the pedal and the rider goes immediately into wheel walk.	3.4
	d	kick up mount to ww 1ft	Mounting the uni from standing over it (the unicycle lying on the floor) by placing corresponding foot on pedal, kicking the seat up into place with the other foot without either hand touching the seat and placing the second foot on the pedal. The second foot is placed on the wheel instead of on the pedal and the rider goes immediately into wheel walk one foot.	3.6
	e	kick up mount to ww 1ft ext	Mounting the uni from standing over it (the unicycle lying on the floor) by placing corresponding foot on pedal, kicking the seat up into place with the other foot without either hand touching the seat and placing the second foot on the pedal. The second foot is placed on the wheel instead of on the pedal and the rider goes immediately into wheel walk one foot	3.8

			with the free leg extended.	
<b>311</b>	<b>a</b>	<b>pick up</b>	Mounting the unicycle from standing behind it (wheel upright with seat on the floor) by jumping onto the pedals, picking up the seat and getting seated.	3.2
<b>312</b>	<b>a</b>	<b>swing up mount</b>	Mounting the unicycle from standing behind it (wheel upright; seat on floor in seat drag in front position) by placing corresponding foot on the pedal, swinging the frame upright with the second foot. The seat is grabbed with a hand, into seat in front idling or hopping with the seat touching the body.	3.2
	<b>b</b>	swing up mount, frh	Mounting the unicycle from standing beside it (wheel upright; seat on floor in seat drag in back position) by placing corresponding foot on the pedal, lifting the frame upright with the second foot on the same side of the unicycle. The second leg swings around the back of the seat before getting seated and placing the second foot on the pedal, without touching the seat with the hand.	4.0
<b>313</b>	<b>a</b>	<b>push up mount</b>	Mounting the unicycle starting with rider laying face down on the floor. The uni is in the riding position but with only the seat and wheel touching the floor. The rider pushes up using only the hands, the feet can only touch the pedals, into the riding position.	3.8