

## Rules English:

### Unicycling regulations

In unicycling, the synchronicity and posture of all the athletes of a team are the most important. A team consists of 4 or 6 athletes.

To practice this sport unicycles of different sizes are used – suitable for the body height of the athlete. You can ride with a street unicycle as well as with a special indoor unicycle, whose tires have little profile, are very thin and with approx. 10-12 bar pumped up. With the unicycle you can move forwards as well as backwards.

Unicycling is practised in gymnasiums on a rectangular competition area (11x14 m). In the middle, there are an 8m-circle, a 4m-circle and a 0,5m-circle.

There are many different figures that the team can show on their unicycles. These figures are described in detail in a sort of catalogue, the so-called “UEC Unicycling Regulations”. The point value of every figure depends on its difficulty. In competitions, the athletes show a riding performance, consisting of maximum 25 figures. All figures have to be shown to the commissaires panel in maximum 5 minutes. The point values of the separate figures are added to a total score. The riding performance can be shown to music.

The commissaires panel consists of 4-6 commissaires and a Chief Commissaire. They evaluate the shown figures regarding the right sequence and the correct execution. For every mistake, for example unsteadiness or illegal contact with the floor, certain points are devalued from the total score. The final result is compared to the other competitors of the respective discipline and agegroup, so that a winner can be determined.

Disciplines:

- Unicycling Team 4
- Unicycling Team 6

Age-groups:

- Elite over 18 years
- Juniors, female/ male U19
- Pupils female/male U15, U13 and U11 (on the German Championships and as well in some states of Germany the age-groups U11 and U13 don't exist. Athletes of this age then have to participate in the age-group of U15)

Every discipline has got its own list of figures. Details are described and regulated in the unicycling regulations of the UEC.

Complete Set of Rules: [https://static.rad-net.de/html/verwaltung/reglements/uci-reglement-einrad\\_uecdtversion\\_2020v03-g.pdf](https://static.rad-net.de/html/verwaltung/reglements/uci-reglement-einrad_uecdtversion_2020v03-g.pdf)

