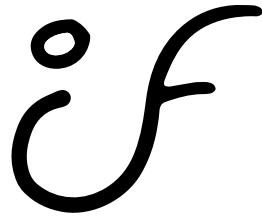


IUF Standard Skills List



International Unicycling Federation

Prepared by the IUF Rulebook Committee.

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6f List of Standard Skills

6f.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.

6f.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.

6f.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.

6f.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.

6f.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.

6f.1.5 Transitions, 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, 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 $2\frac{1}{2}$ cycles.

6f.1.6 Axis Skills

Unless stated differently in the description, it starts and ends with the rider seated with both feet on the pedals. Before axis skills entered on the score sheet as figures, at least one revolution of the wheel must be ridden in the start position. After axis skills, at least one revolution of the wheel must be ridden. The ending position is not required to be the same as the starting position.

6f.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.

6f.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.

6f.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.

6f.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.

6f.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).

6f.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.

6f.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.

6f.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.

6f.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.

6f.1.16 Idling Figures

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

6f.1.17 Twisting Figures

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

6f.1.18 Stillstands

The minimum time for stillstands is 3 seconds.

6f.1.19 Hopping Figures

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

6f.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	c	=	circle
ext	=	extended	1ft	=	one foot
bwd	=	backward	8	=	figure eight
frh	=	freehand	ww	=	wheel walk

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6f.2.1 Riding Skills

1	a	riding	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
2	a	riding holding seatpost, 1 hand	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
3	a	riding bwd	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
4	a	seat in front, seat against body	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

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	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
5	a	seat in front bwd, seat against body	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 the rider.	4.7
	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
6	a	seat in back, seat against body	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

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7	a	seat in back bwd, seat against body	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
8	a	seat on side, seat against body	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
9	a	seat on side bwd, seat against body	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
10	a	stomach on seat, 1 hand on seat	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
11	a	stomach on seat bwd	Riding backward with the abdomen on the seat, hands free.	3.8

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	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
12	a	chin on seat, 1 hand on seat	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
13	a	chin on seat bwd, 1 hand on seat	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
14	a	drag seat in front	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
15	a	drag seat in front bwd	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

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	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
16	a	drag seat in back	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
17	a	drag seat in back bwd	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
18	a	riding sideways, seat against body	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
19	a	one foot	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

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	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 extended.	3.7
	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
20	a	one foot bwd	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
21	a	one foot seat in front against body	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

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	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
22	a	one foot 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.	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
23	a	seat on side, 1ft, seat against body	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
24	a	seat on side, 1ft bwd, seat against body	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

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	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
25	a	side saddle, hand touching seat	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
26	a	cross over	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
27	a	cross over bwd	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

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28	a	side ride	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
29	a	side ride bwd	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

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	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
30	a	wheel walk	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
31	a	wheel walk bwd	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
32	a	ww frame between feet	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

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33	a	ww frame between feet bwd	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
34	a	ww bwd, feet behind frame	Riding backward by propelling the wheel with the feet placed on the wheel behind the frame.	5.0
	b	ww bwd, feet behind frame - c	Riding backward in a circle by propelling the wheel with the feet placed on the wheel behind the frame.	5.8
35	a	spoke walk bwd, feet be- hind frame	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 be- hind 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
36	a	ww 1ft	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

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	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
37	a	ww bwd 1ft	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
38	a	koosh koosh	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
39	a	hand ww	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

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	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
40	a	1 hand ww	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
41	a	hand ww, stomach on seat	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
42	a	1 hand ww, stomach on seat	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
43	a	ww seat in front	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

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44	a	ww seat in front bwd, feet 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 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
45	a	ww seat in back	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
46	a	seat on side, ww, hand touching seat	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

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	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 sitting partially on the seat.	5.8
	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

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47	a	seat on side, koosh koosh	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
48	a	sideways ww	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
49	a	sideways ww, 1ft	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

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	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
50	a	sideways ww, sitting on seat, 1 hand	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
51	a	stand up ww 1ft	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
52	a	stand up koosh koosh	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

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	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
53	a	gliding	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 frame.	5.0

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54	a	gliding bwd foot behind frame	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
55	a	coasting, leg ext	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
56	a	coasting bwd, leg ext	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

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	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
57	a	stand up glide	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 wheel, in front of the frame, maintaining balance only by the braking action of the foot on the wheel. The free leg is extended.	6.6
	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

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58	a	stand up glide bwd	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
59	a	stand up coast	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

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6f.2.2 Transitions

101	a	riding to seat in front	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
102	a	seat in front to riding	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
103	a	riding to seat in back	From riding, pulling out the seat to seat in back.	1.6
104	a	seat in back to riding	From seat in back, getting back on the seat into riding.	1.7
105	a	ww to pedals	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
106	a	pick up seat in front	From seat drag in front, picking up the frame and bringing it upright into seat in front. The frame is picked up with a hand.	4.0
	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
107	a	pick up seat in back	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

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	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
108	a	seat in front to side ride	From seat in front jumping into side ride.	5.0
109	a	side ride to seat in front	From side ride, jumping into seat in front.	5.2
110	a	side ride to hop on wheel	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
111	a	idling to stand up ww	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

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	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
112	a	1ft to stand up glide	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 frame.	3.8
	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
113	a	1ft bwd to stand up glide bwd	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

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	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
114	a	stand up ww to hop on wheel frh	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
115	a	ww to crossover	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
116	a	crossover to ww	From crossover to walking the wheel.	3.7
	b	crossover to ww 1ft	From crossover to walking the wheel one foot.	3.8

6f.2.3 Axis Skills

151	a	riding turn 90	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
152	a	bwd riding turn 90	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
153	a	stand up full turn, arms in	Stand up gliding, rotating 360 degrees around a vertical axis and continuing stand up gliding or stand up ww. 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 and continuing stand up gliding or stand up ww.	4.8
	c	stand up 1.5 turns, arms in	Stand up gliding, rotating 540 degrees (1.5x) around a vertical axis and continuing stand up gliding or stand up ww. 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 and continuing stand up gliding or stand up ww.	5.1
	e	stand up 2 turns, arms in	Stand up gliding, rotating 720 degrees (2x) around a vertical axis and continuing stand up gliding or stand up ww. 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 and continuing stand up gliding or stand up ww.	5.5

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	g	stand up 2.5 turns, arms in	Stand up gliding, rotating 900 degrees (2.5x) around a vertical axis and continuing stand up gliding or stand up ww. 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 and continuing stand up gliding or stand up ww.	6.0
	i	stand up 3 turns, arms in	Stand up gliding, rotating 1080 degrees (3x) around a vertical axis and continuing stand up gliding or stand up ww. 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 and continuing stand up gliding or stand up ww.	6.5
154	a	back turn	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
155	a	front turn	Riding backwards, rotating 180 degrees around a vertical axis and continuing riding forward in the same direction.	3.0

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	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
156	a	stand up back turn, arms in	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
157	a	stand up front turn, arms in	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
158	a	spin	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

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	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
159	a	backward spin	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
160	a	toe point spin	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
161	a	toe point bwd spin	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

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162	a	cross over toe point 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 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
163	a	cross over spin bwd	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 extended.	4.4
164	a	spin seat in front, seat against body	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	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
165	a	spin seat in back, seat against body	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	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
166	a	spin seat on side, seat touching body	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	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
167	a	pirouette, arms in	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

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	b	pirouette	Spinning around a vertical axis, on momentum gained from forward movement.	4.7
168	a	backward pirouette, arms in	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	backward pirouette	Spinning around a vertical axis on momentum gained from backward movement.	5.5
169	a	pirouette seat in front, against bdy, arm in	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	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
	c	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
	d	pirouette seat in front	Spinning around a vertical axis with the seat held out in front of the rider.	4.9
170	a	pirouette seat in back, against bdy, arm in	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	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
	c	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
	d	pirouette seat in back	Spinning around a vertical axis with the seat held out behind the rider.	5.0

6f.2.4 Single Short Skills

201	a	hop-twist 90	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
202	a	riding hoptwist 90	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
203	a	hoptwist on wheel 90	Hopping on wheel and turning around a vertical axis over 90 degrees in one jump.	3.1

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	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
204	a	hop over	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 up hop on wheel frh	While hopping on wheel freehanded, hop with the unicycle over the center 50 cm circle.	3.8
205	a	wheel grab	While riding, hopping, or idling, lean over and grab the tire in front of the frame with one or both hands.	1.3

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	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
	c	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
	d	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
	e	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
	f	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
	g	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
206	a	bounce seat, riding	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

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	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
	c	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
	d	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
	e	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
	f	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
207	a	touch seat 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.	3.1
	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
	c	touch seat 3 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 three times before returning to riding, idling, or hopping seat in front.	3.4

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208	a	touch the floor	Bending down and touching the floor with one hand while seated or standing on the pedals in the seated position.	2.5
	b	touch the floor with both hands	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
209	a	touch the floor, seat in front	Bending down and touching the floor with one hand, while holding the seat out in front with the other hand.	3.0
210	a	seat drop	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	seat drop, twist 90	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
211	a	crank idle kick, seat against body	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	crank idle kick	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
	c	crank idle kick, seat against body, high	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

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	d	crank idle kick, high	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
212	a	hop on wheel kick	Hopping on wheel, kick one leg off the wheel. Return to hopping on wheel.	3.2
	b	hop on wheel kick, 2 feet	Hopping on wheel, kick both legs off the wheel. Return to hopping on wheel.	3.6
213	a	pedals to hop on wheel	From seat in front riding or hopping, jumping on the wheel into hopping on wheel.	2.9
	b	pedals to hop on wheel, riding	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
	c	ww to hop on wheel	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
	d	pedals to stand up hop on wheel, frh	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
	e	pedals 270 to hop on wheel	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
	f	pedals 450 to hop on wheel	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
	g	pedals to sideways ww	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

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214	a	hop on wheel to pedals	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
215	a	180 unispin	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

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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 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.	5.7
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

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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

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216	a	180 unispin to ww	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	360 unispin to ww	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
	c	180 unispin to ww 1ft	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
	d	360 unispin to ww 1ft	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
217	a	180 unispin to stand up hop on wheel frh	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	360 unispin to stand up hop on wheel frh	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
218	a	180 unispin on wheel	From hopping on wheel, jumping up off the uni-cycle, rotating it 180 degrees around a vertical axis, and landing back on it into hopping on wheel.	3.8
	b	360 unispin on wheel	From hopping on wheel, jumping up off the uni-cycle, rotating it 360 degrees around a vertical axis, and landing back on it into hopping on wheel.	4.8
219	a	crankflip, feet on pedals	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

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	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
	c	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
	d	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
	e	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
	f	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

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	g	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
220	a	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 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	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 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.	6.5
	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

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	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	crank flip, standing on frame	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	leg around, riding to riding	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

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	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	leg around, seat on side to riding	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 crank idle	From seat on side, swinging one leg around the front of the wheel into crank idle. One or two hands may be used.	2.6
	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
224	a	leg around, crank idle to riding, 1 hand	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

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	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
225	a	leg around, seat in front to riding	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

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	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
226	a	leg around, seat in back to riding	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 back to riding	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 around the seat before the foot is placed back on the pedal. One or two hands may be used.	4.4
227	a	Step around	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	jump around	From seat in front hopping the rider jumps up and twists their body 180° before landing back on the pedals.	4.9
	c	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
228	a	180 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 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

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	b	360 unispin, hoptwist	180	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
	c	540 unispin, hoptwist	180	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
	d	360 unispin, hoptwist, opposite	180	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
	e	540 unispin, hoptwist, opposite	180	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

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229	a	180 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 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	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 unicycle, the hand is in back of the body.	5.8
	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

6f.2.5 Counted Short Skills

251	a	idling	Staying in place by moving the wheel forward and backward centered at a vertical crank position.	1.8
	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
	c	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
	d	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
252	a	idling 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.	2.5
	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
	c	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
	d	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
	e	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

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	f	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
	g	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
253	a	idling seat on side, seat touching body	Idling with the seat held out to the side of the rider. The seat may touch the rider's body.	2.7
	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
	c	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
	d	idling 1ft 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.	3.1
	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

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	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
254	a	crank idle, 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 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
255	a	wheel idle	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
256	a	twisting	Staying in place twisting the unicycle left and right around a vertical axis.	2.6
257	a	stillstand	Staying in place with no wheel movement.	3.6
258	a	hopping	Bouncing with the unicycle with one hand holding on to the seat.	1.8

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	b	hopping freehand	Bouncing with the unicycle with both hands are free.	2.0
259	a	hopping seat in front, 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.	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
260	a	hop on wheel	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	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
	c	hop on wheel, sitting, freehand	Hopping, sitting on the seat with one or both feet on the wheel. Freehanded.	3.4
	d	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
	e	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
261	a	hoptwisting	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
262	a	side hopping	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

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	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
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6f.2.6 Mounts

301	a	mount, 1 hand	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	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
	c	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
	d	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
	e	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
302	a	rolling mount	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	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

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	c	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
	d	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 continue riding forward, mounting directly into gliding without touching either of the pedals.	3.7
	e	rolling mount to coasting	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.	4.5
303	a	back mount	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.	1.9
	b	back mount to idle	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.	2.1
	c	back mount to 1ft idle	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.	2.6
	d	back mount to 1ft ext idle	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.	3.1

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	e	back mount to ww	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.	2.7
	f	back mount to ww 1ft	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.	3.2
	g	back mount to ww 1ft ext	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.	3.5
	h	back mount to stand up ww	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.	4.0
304	a	mount to stomach on seat, 1 hand on seat	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.	1.5
	b	mount to stomach on seat	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.	2.0
	c	mount to seat in front, touching body	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.	2.0
	d	mount to seat in front	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.	2.4

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305	a	side mount	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.	1.8
	b	side mount leg around	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.	3.4
	c	side mount leg around twice	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 twice around the seat before the second foot is placed on the pedal.	4.9
	d	side mount from on wheel	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. The rider mounts the unicycle by laying the unicycle down on its side with one pedal touching the floor, one hand holding the seat and placing corresponding foot on pedal closest to rider and the other foot on the edge of the tire, neither foot may touch the floor, and mounts into the side mount.	2.5

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	e	side mount from on wheel leg around	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 twice around the seat before the second foot is placed on the pedal. The rider mounts the unicycle by laying the unicycle down on its side with one pedal touching the floor, one hand holding the seat and placing corresponding foot on pedal closest to rider and the other foot on the edge of the tire, neither foot may touch the floor, and mounts into the side mount.	4.1
306	a	side mount reverse	Mounting the uni from standing next to it, by placing corresponding foot on pedal closest to rider, swinging the other leg around behind the seat, getting seated and placing second foot on pedal.	1.8
	b	side mount reverse leg around	Mounting the uni from standing next to it, by placing corresponding foot on pedal closest to rider, swinging the other leg around behind 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.	3.4
	c	side mount reverse leg around twice	Mounting the uni from standing next to it, by placing corresponding foot on pedal closest to rider, swinging the other leg around behind the seat, getting seated and placing second foot on pedal. The leg goes twice around the seat before the second foot is placed on the pedal.	4.9
	d	side mount reverse from on wheel	Mounting the uni from standing next to it, by placing corresponding foot on pedal closest to rider, swinging the other leg around behind 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. The rider mounts the unicycle by laying the unicycle down on its side with one pedal touching the floor, one hand holding the seat and placing corresponding foot on pedal closest to rider and the other foot on the edge of the tire, neither foot may touch the floor, and mounts into the side mount.	2.5

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	e	side mount reverse from on wheel leg around	Mounting the uni from standing next to it, by placing corresponding foot on pedal closest to rider, swinging the other leg around behind the seat, getting seated and placing second foot on pedal. The leg goes twice around the seat before the second foot is placed on the pedal. The rider mounts the unicycle by laying the unicycle down on its side with one pedal touching the floor, one hand holding the seat and placing corresponding foot on pedal closest to rider and the other foot on the edge of the tire, neither foot may touch the floor, and mounts into the side mount.	4.1
307	a	jump mount	Mounting the uni from standing behind it, by jumping on it, landing on both pedals simultaneously. The unicycle frame is upright (perpendicular to the floor) before the mount.	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

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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

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	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
308	a	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.	2.5
	b	free 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 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

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	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
309	a	spin mount 360	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
310	a	kick up mount, 1 hand on seat	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

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	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 with the free leg extended.	3.8
311	a	pick up	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
312	a	swing up mount	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	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

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313	a	push up mount	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
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