

# Skill Level System

# B

## U10 and Beginner

### Level 1

- Mount unicycle unassisted
- Ride forward for 20 meters
- Ride forward inside a 5 meter circle

### Level 2

- Mount
- Dismount gracefully with unicycle in front
- Ride a figure eight with circle diameters smaller than 5 meters
- Ride backwards for 20 meters
- Idling (both feet) 20 times

### Level 3

- Mount (both feet)
- Side Mount Leg around
- Ride backwards inside a 8 meter circle
- Ride a figure eight with circle diameters smaller than 3 meters
- 1ft Idling (both feet) 20 times

### Level 4

- Jump Mount
- Ride 1ft forward 20 meters
- Slalom (10 cones at 90cm intervals)
- Spin inside a 2 meter circle, 10 times
- 10 meters Wheel Walk

### Level 5

- Kick Up Mount
- Ride 1ft forward 20 meters (both feet)
- Spin inside a 1.5m circle, 10 times
- 1ft Wheel Walk 10 meters (both feet)
- 5 meters Gliding

## Ü10 und Seniors

### Level 1

- Rolling Mount
- Ride in a figure eight with 3 meters circle
- Ride backwards in a figure eight with 3 meters circle
- 1ft Wheel Walk 10m
- 1ft Wheel Walk figure eight with 5 meters circle

### Level 2

- Kick Up Mount
- Wheel Walk figure eight with 5 meters circle
- Seat in front 10 meters
- Seat in front backward 10 meters
- Seat in back 10 meters

### Level 3

- Back Mount to Wheel Walk
- 1ft backward 10 meters
- Seat in back backwards 10 meters
- Drag Seat in front 10 meters
- Drag Seat in back 10 meters

### Level 4

- Jump Mount to Wheel Walk
- Pickup Seat in front
- 10 meters Gliding
- Stand up Gliding 10 meters
- Spin 20 times (right and left)

### Level 5

- Jump Mount to 1ft Wheel Walk
- 1ft Wheel Walk backward 10 meters
- Pickup Seat in back
- Back Spin 10 times
- Spin 1ft ext. 10 times (both feet)

### Level 6

- Jump Mount to Einbein Wheel Walk
- 10 meters Stand up Wheel Walk
- 10 meters Stand up Kosh-Kosh
- 10 meters backward Gliding
- High Speed Spin (60 revolutions / Minute)

#### Level 7

- Rolling Mount to Gliding
- 10m Coasting (both feet on frame)
- 10x Hopping on Wheel
- 90° Hoptwist (freehanded)
- 90° Unispin

#### Level 8

- Free Side Jump Mount
- 10 meters Wheel Walk backward
- 5 meters Stand up Gliding backward
- 10 meters Coasting leg ext.
- 180° Hoptwist (freehanded)

#### Level 9

- Jumpt Mount to Stand up Wheel Walk
- 10 meters Side Ride
- 10 meteres Sideways Wheel Walk
- 180° Unispin
- Pirouette (3 revolutions)

#### Level 10

- 10 meters Drag Seat in front backward
- High Speed Spin (120 revolutions / Minute)
- 360° Unispin
- 20 Seconds Still Stand