

# PART VIII INDOOR CYCLING

## INTERNATIONAL REGULATIONS OF ARTISTIC CYCLING

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## ABBREVIATIONS / TERMS

Abbreviations and terms used in the regulations, in alphabetical order.

1 leg.....	= with one leg
50 cm.....	= 50 centimetres
8.....	= eight
bw.....	= backwards
cm.....	= centimetres
count. 8.....	= counter eight
frh.....	= free handed
h/b.....	= handlebar
mm.....	= millimetres
P.....	= passage
Reg.....	= regular
reg.....	= regular
rev.....	= reverse
sdw.....	= sidwards
spin.....	= spinings
s.r.....	= single rings
str.....	= stretch

## Chapter GENERAL SUBJECTS

1. Disciplines of competitions
  - a) Single artistic cycling
  - b) Pair artistic cycling
2. Performance categories
  - a) The "Union Cyclist International (UCI) / International Indoor Cycling Commission (CIS)" lays down the performance-categories for international championships and competitions.
  - b) For national championships and competitions the regulations laid down by the respective national federation are valid.
3. Organization of competitions
 

Competitions can be organized by the UCI/CIS, the national federations and their subordinate organs. For publications/invitations the UCI/CIS or national federation regulations are valid.
4. Records
 

World- or continental records can be achieved at:  
 World championships, continental championships, national championships and contests between countries.  
 National records will be acknowledged according to the rules of the respective national federation.
5. Sports wear
 

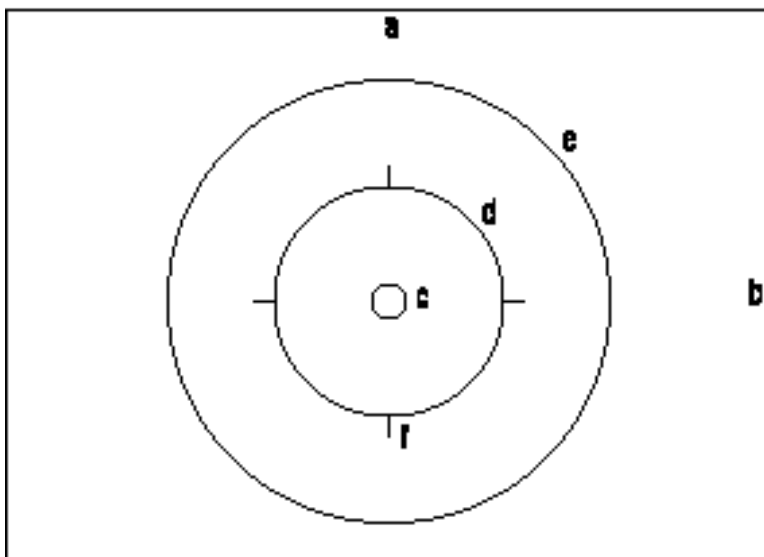
At artistic cycling competitions the sportswear must cover breast and belly.  
 In team-sports, the team must wear identical clothes.
6. Bicycles
 

The construction of the bicycles must correspond to the following guidelines and measures.

Crank:	Length from centre bottom bracket bearing to centre pedal-axle 130 - 170 mm.
Handlebar:	The ends of the handlebar must be rounded off or closed by grips. The use of handlebar-tape instead of grips is allowed.
Saddle:	The saddle must be a manufactured article. Length maximal 300 mm, width maximal 220 mm, maximal bend (without weight) 60 mm.
Wheels:	Front and rear wheel must have the same diameter. From the height of frame of 46 cm the wheels must have a diameter of at least 24 inches, from 50 cm height of frame the wheels diameter must be at least 25 inches.
Transmission:	The front sprocket may not have less teeth than the rear sprocket.
Foothold:	In single- and pair artistic cycling the axles of both wheels may have footholds on both sides, each with a length of maximal 50 mm.

Any other aids are forbidden.

## 7. Riding area



- |                            |                       |
|----------------------------|-----------------------|
| a) length.....             | = 12.0 to 14.0 metres |
| b) width.....              | = 9.0 to 11.0 metres  |
| c) inner circle.....       | = 0.5 metres diameter |
| d) middle circle.....      | = 4.0 metres diameter |
| e) outer circle.....       | = 8.0 metres diameter |
| f) stripes quartering..... | = 0.5 metres          |

At international competitions and championships the riding-area must have the maximum dimensions.

In the centre of the riding-area, three circles with the according diameters have to be marked.

Any markings have to have the width of 3.0 to 5.0 centimetres. They may be applied by adhesive tape or paint or can be inserted in the floor. The markings must be well visible for all of the judges.

Any measures are taken at the outside of the markings.

The matchfield-railings and the goals used for cycle ball must be placed at least 0.5 metres outside the marking riding-area at artistic cycling championships.

The minimum distance of the riding-area from walls, columns or non-movable objects must be at international championships 2.0 metres, other competitions 0.5 metres.

The composition of the riding-area must make a correct performance possible. The judges have to check and to approve the measures and the condition of the riding-area.

## 8. Age-groups

Artistic cycling competitions are being advertised for:

- a) Women/men .....over 18 years
- b) Juniors, female/male.....up to 18 years
- c) Pupils, female/male, group A.....up to 14 years
- d) Pupils, female/male, group B .....up to 12 years
- e) Pupils, female/male, group C.....up to 10 years

In the year of finishing the age of 10, 12, 14 or 18 years, pupils and juniors are allowed to compete in the same age-group until the end of the calendar year.

It is possible to compete in the next higher age-group. Pupils of group B or C are also allowed to compete two age-groups higher.

It is not allowed, during one contest (competition or championship), to compete in two different age-groups in the same discipline.

## 9. Length of performance

- a) Age-groups women/men: time limit in all disciplines..... = 6 minutes
- b) Age-groups juniors female/male: time limit in all disciplines..... = 6 minutes
- c) Age-groups pupils female/male: time limit in all disciplines ..... = 5 minutes

The riding-time must be taken electronically or mechanically. An alternative time-keeping must be carried out.

Each single minute and the end of the performance-time will be indicated or announced.

## 10. Maximum amount of figures

- a) Age-groups women/men and juniors female/male:

Single artistic cycling ..... = 28 figures

Pair artistic cycling ..... = 22 figures

- b) Age-groups pupils female/male:

Single artistic cycling ..... = 22 figures

Pair artistic cycling ..... = 18 figures

In pair artistic cycling the amount of figures will have to be performed as follows:

- a) First 11, 12 or 13 figures on two bicycles, then 11, 10 or 9 figures on one bicycle.

- b) First 9, 10 or 11 figures on two bicycles, then 9, 8 or 7 figures on one bicycle.

In all disciplines and age-groups the maximum amount of exercises/figures may not be exceeded.

In pair artistic cycling neither on one or two bicycles.

# II

## Chapter TYPES OF CLASSIFICATION / EVALUATION SHEET

### 1. Programme-classification

The classification of the programme is determined by the level of difficulty and performance.

The difficulty-points result from the addition of point-values of each exercise.

The basic-points are 200 points for all programmes.

The total points of a programme result from the addition of difficulty- and basic-points.

Only the exercises corresponding to the table of exercises may be used to set up a programme and only one figure out of each group of exercises will be classified.

In regard of the choices of exercises and their sequence, the riders are not tied to any instruction.

### 2. Filling in of evaluation sheet

It is to be taken care that only one exercise out of each group of figures a, b, c etc. may be listed on the evaluation sheet, therefore each number may only appear once.

The number of the figure, the context of exercise and the point values have to be filled in on the evaluation sheet exactly as in the table of exercises. The point values will have to be added up and the total of points registered.

The top part of the evaluation sheet has to be filled in completely.

### 3. Checking of evaluation sheet

The jury is obliged to check and sign each evaluation sheet (including the sheets that have been filled in by computer) ahead of the contest.

Faults in the evaluation sheet must be corrected, if possible together with the participant or his coach. In any case, disadvantages resulting of such faults are being laid on the participants or the teams charge.

It is not allowed to alter evaluation sheets by anybody after checking and approving.

### 4. Performance

a) The correct way of riding and performing each exercise is described in the preliminary notes and in the explanations and illustrations of the figures. The context has priority if text and illustrations differ.

b) The programme performed must follow the sequence of figures on the evaluation sheet.

c) During the performance of the programme riders are not allowed to leave their bicycle. The only exception is in pair artistic cycling when the participants change from two bicycles to one.

### 5. Evaluation sheet to be handed out

After finishing a discipline the evaluation sheets are being handed over to the corresponding delegate (in international competitions) or the coach, trainer or participant (in national competitions).

The moment of the handing out is to be announced over the speakers. The exact time of it has to be written down.

### 6. Evaluation sheet sample

In all contests/championships it is only allowed to use the evaluation sheet shown on the following page.

## EVALUATION-SHEET

## EVALUATION-SHEET ► for Artistic-Cycling-Competitions

Licence-No	Competitor	Age- (group)	Perf. record: in:	Pts. or	Starting number
			Federation:		
			Club:		
			Day/place:		
			Organizer:		
			Discipline:		

Fig. No.	Form No.	Name of the figures	Value	Difficulty % / pts	Performance Age
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					

Evaluation-sheet examined by:  Signature: _____  Announcer: _____ Writer: _____ Chairman: _____	Difficulty points: _____ Basic points: 200.00 Total points: _____ - Total subtraction difficulty/performance: _____ Result: _____ + Result judging-group 3: _____ + Result judging-group 3: _____ Final result: _____	Subtraction difficulty = _____ X: _____ x 0.2 = _____ Y: _____ x 0.5 = _____ Z: _____ x 1.0 = _____ D: _____ x 2.0 = _____ Subtr. performance = _____ Total subtraction = _____ - 2 or 3 = _____ Points
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## Chapter JURY / PROGRESS OF COMPETITION

### 1. Appointment of judges

The judges for international championships will be appointed by the authorized international federations. For all other competitions the national federations or the adequate divisions will be responsible for the judges.

All of the judges being engaged at competitions or championships must be in possession of an adequate licence, corresponding to the respective category.

At international competitions at least one of the judges must be in possession of the international licence.

### 2. Combination of the judges

#### a) International Championships:

1 chairman judge;

3 announcing judges;

3 writing judges;

1 judge (with national licence) as timekeeper.

The single judging group consists of an announcer and a writing judge. They must speak the same language.

#### b) Other competitions:

1 chairman judge;

2 - 3 announcing judges;

2 - 3 writing judges;

1 timekeeper (does not have to be in possession of a licence).

The single judging group consists of an announcer and a writing judge.

### 3. Placement of the judges

The judges must be placed at the long side of the riding area in order to guarantee their independence from one another.

The timekeeper must be seated next to the chairman.

### 4. Accompaniment by music

Any riding programmes may be shown decently accompanied by music. If a rider wants to perform to a particular piece of music, she/he her/himself has to provide the tape.

### 5. Commands of performance / exercises

a) Commands during the performance of pair artistic cycling may only be given decently.

b) During all disciplines announcing the exercises is not allowed, not even from indifferent persons.

Any offences against this rule have to be prevented by the chairman. By decision of the judges the competitor/s can be taken out of the competition.



## 6. Function of the judges

- a) The chairman hands the judges the evaluation sheet and gives a signal (by sound or sign) for the start. He watches the performance closely in order to be able to decide in case of interruption or extraordinary occurrences.
- b) According to the evaluation sheet the writing judges will read the sequence of the exercises to the announcing judges. They will follow the progress of the performance in regard of difficulty and correct performance. After each exercise the announcing judges inform the writing judges of correct execution or devaluation, who will then fill it in the according space on the evaluation sheet. All of the judges are fully responsible of the evaluation and are obliged to sign the evaluation sheet.
- c) The timekeeper has to announce the single minutes with one, and the end of the performance-time with two acoustic signals.  
At competitions with more than one riding-area the various timekeepers will announce the completed minutes by voice, the end of the time limit with the call: "time over".
- d) When the performance of a programme is finished, the chairman verifies the evaluation sheet of each judging group. Under his chairmanship eventually found obvious judging mistakes have to be corrected by means of majority decision (before the next rider is authorized to start).

## 7. Interruption of evaluation

A performance and its evaluation can be interrupted after a defect of bicycle, injury or illness of rider or any other influence (shown by lifting an arm). In such a case the chairman has to determine the time. He will decide whether a defect can be laid on the rider's charge. In this case, the repair time is part of the regular riding-time.

It is up to the chairman to decide whether or not a programme can be continued. In case of an injury or illness a doctor should be asked for advice if this seems necessary.

If the rider continues his performance and the interruption was not his fault, given devaluation's must be revoked by decision of the judges.

## 8. Responsibility of the judges

Any evaluation has to happen under personal responsibility without influence from anybody else and has to be founded only on the valid regulations.

All judges are obliged to absolute neutrality between the competitors.

Once an evaluation is published by the total jury, it will have to be protected by each single judge.

## 9. Evaluation of results

The total devaluation is being calculated from the devaluation of difficulty and the devaluation of performance. The total devaluation subtracted from total points is the result.

The final result is being calculated by the single results, divided by the number of judging groups and is to be rounded to two digits after the point.

If two or more participants should end up with the same final result, the better performance will decide about the placement. In case even this should be the same, the participants are to be placed equally.

The chairman will have to check the calculation and sign the evaluation sheet. He is responsible for the publication of the official result.

## 10. Final results / score sheet

The particular final result is to be announced after each start.

At all of the competitions the organizer has to publish a score sheet at the end of each discipline.

## 11. Protests

a) It is not permitted to file a protest against the evaluation (decision of facts). In may only be protested against calculation errors or mistakes not connected with the judging.

b) Protests are only possible within a period of 20 minutes after the beginning of the distribution of the evaluation sheets. Protests must be filed in writing to the chairman by the participant or team captain.

c) A result/final result may only be changed within the time limit through a majority decision of the jury. All of the judges have to be at the availability of the chairman until the end of the time limit.

d) In order to file a protest at international championships the regulations of the international federations are valid, at national contests the regulations of the respective national federation.

## IV

## Chapter EXECUTION OF JUDGING

These regulation are the basis for the execution of judging in regard of difficulty and performance.

## § A Judgement of difficulty

## 1. Decisive for judgement of difficulty are

- a) the classification system / evaluation sheet
- b) the preliminary notes of the list of exercises
- c) the explanation of exercises
- d) the explanation of figures
- e) the following regulations of the judgement of difficulty

## 2. Start of performing-time and evaluation

The programme commences for each single discipline from the basic position by verbal indication, for example: "start" (to be looked up in the preliminary notes of exercises). If no verbal indication is given the chairman will decide on the start of the performing-time.

Deviations from this have to be devaluated:

- a) for squats and turning jumps .....100%;
- b) for all other exercises .....50%.

## 3. Way of performance

All exercises/figures listed on the evaluation sheet have to be shown according to the explanations named in number A)1.

Deviations have to be devaluated at .....100%

4. **Start of an exercise**  
Each exercise starts with its prescribed position and if necessary with prescribed grip connection.
5. **Stretch**  
Stretch means the whole performance of an exercise from its beginning to its end as it is laid out in the preliminary notes of exercises or in the explanation to the exercises.  
Any exercises entered in the evaluation sheet must be entirely shown over the stretch and in the given kind of performance.
  - a) If the exercise is shown less than half the stretch - devaluation of ..... 100%;
  - b) If the exercise is shown less than 9/10 of the stretch - devaluation of ..... 50%;
  - c) If the exercise is shown less than the total stretch - devaluation of ..... 10%.
6. **Sequence**  
If the sequence of exercises is not performed according to the programme, the skipped exercises are to be devaluated at ..... 100%.  
This devaluation remains in effect despite a subsequent performance during the programme.
7. **Passages**  
Passages in pair artistic cycling (on two bicycles) which are not performed synchronously are to be devaluated ..... 50%.
8. **Single rings in pair artistic cycling**  
Single rings may not be performed a round the partner, else devaluation ..... 50%.
9. **End of performance**  
All of the exercises of a programme have to be performed within the time limit. After expiration of the time limit the remaining stretch will have to be deducted from the exercises in the evaluation sheet.
10. **End of evaluation**  
The evaluation ends with the end of the time limit or when the last figure of the submitted programme is performed. The participant has to descend from his bicycle in a correct and sporty way on the riding-area.

## § B

### Judgement of performance

1. The following regulations, the preliminary notes and the explanations of exercises with the explanations of figures are valid for the judgement of performance.
2. In the judgement of performance all mistakes listed in the following mistake-groups and happening during the performance have to be devaluated.
3. The following mistakes must be devaluated with the respective mistake-signs even if happening ahead of the first exercise or between figures:

- a) Unsteadiness (devaluation per participant).
- b) Crossing the marked riding-area (devaluation per participant possible only once).
- c) Any touching of the floor, standing or falling (devaluation per participant every time it arises).
- d) Holding on to objects or person not belonging to the participant or team (devaluation every time it arises).

#### Mistake-group 1a and 1b

Mistakes of the mistake-group 1a and 1b are to be devaluated as they happen (slight or grave mistakes, short or permanently, arising once or more)

with the

devaluation-value 0.2 mistake-sign x (X)

or with the

devaluation-value 0.5 mistake-sign ~ (wave).

#### Mistake-group 1c and 1d

Mistakes of the mistake-group 1c and 1d are to be devaluated with the

devaluation-value 0.5 mistake-sign ~ (wave).

#### Mistake-group 1a

Devaluation per mistake, per participant and exercise only once:

- a) Hands and/or arms not stretched;
- b) Feet and/or legs not stretched;
- c) Rowing or rotating movements of arms;
- d) Incorrect posture of the upper part of the body;
- e) Unsteadiness;
- f) Wandering during 50 cm spinings.

#### Mistake-group 1b

Devaluation per mistake and exercise only once:

- a) Non-synchronous performance of exercises
- b) Jerky pedalling;
- c) Noticeably different sizes of an 8;
- d) Noticeable displacement of the two circles of an 8;
- e) Bad direction;
- f) Unequal distances.

#### Mistake-group 1c

Devaluation per mistake only once:

- a) Crossing the marked riding-area;
- b) Crossing the middle circle during a round;
- c) Single- or not crossing at all the inner circle during an 8.

### Mistake-group 1d

Devaluation per participant only once:

- a) Incorrect descending from the bicycle (even after the time limit).

### Mistake-group 2

Devaluation-value 1.0 mistake-sign I (line).

Devaluation of mistakes per participant and kind of mistake, as they arise:

- a) If a participant touches the handlebar, frame or partner during a free-hand figure with one or two hands and lets go again;
- b) If during a raiser figure or passage a rider lowers the front wheel and raises it again;
- c) Touching the floor or resting a foot on the floor only a moment (maximum 1 second);
- d) At turning jumps and squats, leaning on/pushing off/resting on handlebar, frame or saddle with either leg/s or foot/feet;
- e) Catching the frame after finishing a turning jump before seizing the pedals;
- f) Leaning on the partner.

### Mistake-group 3

Devaluation 2.0, mistake-sign O (circle).

Devaluation of mistakes per participant and kind of mistake, as they arise:

- a) Falling or standing on the floor;
- b) Holding on to objects or persons not belonging to the team;
- c) Persons entering the riding-area in order to hand over the bicycle/s during the change from two to one bicycle at pair artistic cycling;
- d) Parking or leaving the bicycle/s within the riding-area during change from two to one bicycle at pair artistic cycling.

### Notes to mistakes-groups 1 and 2

If mistakes described in mistake-groups 1 and 2 are directly causing mistakes of mistake-group 3, only the devaluation of mistake-group 3 may be done.

## LIST OF EXERCISES SINGLE AND PAIR ARTISTIC CYCLING

## PRELIMINARY NOTES

The following passages are valid for both disciplines, if not explained otherwise - only single or pair artistic cycling - in the headlines.

## General guidelines to riding programmes

- a) All of the exercises must be shown on the riding-area.
- b) If written in the context of exercise "8, count. 8 or counter circle", these exercises have to be performed as figures explained in the according paragraph of the preliminary notes and the chapter explanation of figures.
- c) If "mill" is written in the context of exercise, the exercises will have to be performed in the centre of the riding-area.
- d) These exercises may be shown anywhere on the riding-area:  
turning the handlebar, fronthandlebar turns, exercises with the bicycle put down, stillstands, turns, squats, jumps, spinnings, turns on the spot, single rings out of forehead-line and passages.
- e) All of the exercises not listed under b) to d) have to be performed as a "circle" (explained in the according paragraph of the preliminary notes and the chapter explanation of figures).
- f) If "frh." is written in the context of exercise, neither the handlebar, nor the bicycle/s may be touched. In pair artistic cycling the partner may only be touched in exercises with grip-connection.
- g) If "frh." is not stated in the context of exercise it is up to the participant in which way she/he performs the figure.
- h) In all of the exercises the competitor has to maintain a correct manner of execution in the sense of sportsmanlike artistic cycling which may not be altered during the performance. Exceptions are only these exercises where a change of position is necessary due to the figure.

## Riding direction

All of the exercises are to be performed in a "forward" direction if they are not marked "backwards". Exceptions are stillstands, exercises with the bicycle put down, turns on the spot and passages.

At all exercises with both wheels on the floor, at turns, squats and jumps the "forward" motion is determined by the movement of the rolling bicycle. At all raiser figures the direction of the competitors face is decisive for the "forward" position.

## Grip-connection (only in pair artistic cycling)

When in the explanations of exercises "single" is not prescribed for a figure on two bicycles or in a paragraph of the preliminary remarks just a "touch of hands" is being asked for, the figure must be shown totally or partly in grip-connection:

hand-in-hand grip, double-upper-arm grip, double-shoulder grip.

## Start of programme

The programme has to be started with the call "start" in the following position:

- a) Single artistic cycling: Regular seat riding forward, both hands on the handlebar-grips, both feet on the pedals.

b) Pair artistic cycling: regular seat riding forward, one hand on handlebar-grip, other hand in grip-connection with the partner, both feet on pedals.

### Simultaneous execution of exercises (only in pair artistic cycling)

All of the exercises on two bicycles must be performed simultaneously.

### Exercises with both on the floor

During all of these exercises both wheels (front and rear wheel) have to be on the floor.

### Raiser exercises

All of the raiser exercises have to be performed only on the rear wheel.

### Circle

Only the distance ridden outside the middle-circle is valid for the evaluation. The distance ridden inside this circular area is to be repeated outside.

### Counter-circle (only in pair artistic cycling)

Alongside of the riding-area each competitor performs a circle of at least 4 metres in diameter in contrary to the partner.

### Eight

The two circles of a full eight have to show a diameter of at least 4 metres each, across the inner-circle.

### Counter-eight (only in pair artistic cycling)

Two simultaneously performed eights, each circle of at least 4 metres in diameter in contrary to the partner.

### Bendstands

At all bendstands head, body leg and foot show a straight line.

### Saddle-handlebar-; Handlebar- and saddlestands

These exercises will have to be performed in an upright position with outstretched arms to the sides.

### Stillstands

The minimum period of time for the performance of stillstands is 3 seconds.

### Turns (only in single artistic cycling)

During the performance of a turn, the foot being placed on the pedal may not be removed.

### Squats and jumps (only in single artistic cycling)

All of these exercises have to be performed without bracing, pushing off and leaning onto the handlebar, frame or saddle with legs or feet.

### Forehead-line (only in pair artistic cycling)

The respective figure is shown while the competitors are side by side in the same direction with grip-connection.

### Mill (only in pair artistic cycling)

Connected through hand-in-hand grip with their left (or right) hands, the partners show the respective figure in a ring (small circle) if "mill s.r." or "mill spin." is not written in the context of exercises. They move in opposite directions.

### Single rings (only in pair artistic cycling)

Single rings is the term for small circles. Their diameter is not prescribed but both partners have to perform it in the same size.

### Single rings or counter eight in saddle-handlebar-, handlebar- or saddle-stands (only in pair artistic cycling)

Before and after single rings or counter eight the partners will have to touch hands, thus indicating the beginning and the end of the exercise.

### Counter-circle with handlebarstand-turn (only in pair artistic cycling)

Before and after the counter-circle the partners will have to touch hands, thus indicating the beginning and the end of the exercise.

During the counter-circle the partners will simultaneously have to make a front wheel turn and continue driving at least 2 metres in the handlebarstand before touching hands.

### Single rings out of forehead-line (only in pair artistic cycling)

After detaching from grip-connection each partner simultaneously performs a single ring in the respective kind of exercise and returns to forehead-line.

### Single rings out of mill (only in pair artistic cycling)

After detaching from grip-connection each partner simultaneously performs a single ring in the respective kind of exercise, driving out of the middle circle, then gripping back to mill.

### Spinnings

Spinnings have to be performed on an area with a maximum diameter of 50 cm, according to the kind of raiser in the context of exercise. The spinnings start being judged when the diameter has been achieved. At least 3 complete continuous spinnings have to be performed.

### Spinnings out of mill (only in pair artistic cycling)

After detaching from grip-connection in the respective kind of raiser each partner performs 3 complete continuous spinnings with a maximum diameter of 50 cm. The spinnings start being judged when the diameter has been achieved. Gripping back to mill. Detaching and re-gripping has to be done while riding.



### Turn on the spot (only in pair artistic cycling)

After detaching from grip-connection, in the respective kind of raiser each partner turns on the spot without pedalling. According to the explanations of exercises a half, full or double turn has to be performed. When the turns and gripping back is completed, the partners must continue riding in raiser position for at least 2 metres. Detaching and re-gripping has to be done while standing.

The programme may contain 4 turns on the spot maximum.

### Passages

It is up to the competitor how to perform a passage according to the following conditions:

Touching the ground or any other assistance is not allowed, during a passage no other figures may be shown.

If the final position is a raiser, the following figure must be shown in the same kind of raiser.

Beginning and end of a passage is the stated position in the according context of exercises.

Passages in pair artistic cycling must be performed in grip-connection.

### Change from two bicycles to one bicycle (only in pair artistic cycling)

When changing from two to one bicycle both partners have to dismount correctly and start their performance on one bicycle without assistance.

### Stands and shoulderseats on one bicycle (only in pair artistic cycling)

All of the pin-, saddle handlebar-, saddle, and shoulderstands as soon as shoulderseats must be performed with arms stretched to the sides (except ring-grip), without support from the partner and in an upright position.

During the exercise "saddle handlebarstand / saddle handlebarstand" stretching of arms to the sides is not necessary and hereby touching the partner is permitted.

During the exercise "saddle handlebarstand / saddlestand" stretching of arms to the sides is not necessary for "saddle handlebarstand".

During the exercise "raiser reg. seat / stand on pins" stretching of arms to the sides is not necessary for "stand on pins".

## TABLE OF EXERCISES SINGLE ARTISTIC CYCLING

Number	Figure	Value
<b>Exercises with both wheels on floor</b>		
1001	a Reg. seat	0.2
	b Reg. seat frh.	0.8
	c Reg. seat frh. 8	1.2
1002	a Reg. seat bw.	2.2
	b Reg. seat bw. 8	2.8
	c Reg. seat bw. handlebar spinning	4.0
1003	a Reg. seat rev.	1.4
	b Reg. seat rev. frh.	2.2
	c Reg. seat rev. frh. 8	2.8
1004	a Reg. seat rev. bw.	2.2
	b Reg. seat rev. bw. 8	3.0
	c Reg. seat rev. bw. handlebar spinning	4.0
1011	a Steering with feet	0.4
	b Steering with feet frh.	0.8
	c Steering with feet frh. 8	1.2
1012	a Lady seat	0.6
	b Lady seat frh.	1.0
	c Lady seat frh. 8	2.2
1013	a Lady seat bw.	2.4
	b Lady seat bw. 8	3.6
1016	a Handlebarseat	1.6
	b Handlebarseat frh.	2.0
	c Handlebarseat frh. 8	2.4
1017	a Handlebarseat rev.	1.0
	b Handlebarseat rev. frh.	1.2
	c Handlebarseat rev. frh. 8	1.8
1018	a Handlebarseat rev. bw.	2.8
	b Handlebarseat rev. bw. frh.	3.4

1021	a	Split	1.0
	b	Split frh.	1.4
	c	Split frh. 8	1.8
1022	a	Split bw.	3.0
	b	Split bw. frh.	3.8
1023	a	Split rev.	1.2
	b	Split rev. frh.	1.6
	c	Split rev. frh. 8	2.2
1024	a	Split rev. bw.	3.6
1031	a	Frontstand	1.6
	b	Frontstand frh.	2.0
	c	Frontstand frh. 8	2.4
1032	a	Backstand	2.0
	b	Backstand 8	2.6
1036	a	Side pedal stand	1.0
1037	a	Sidestand foot cranking	1.0
	b	Sidestand hand cranking	2.0
1038	a	Sidestand	1.0
	b	Sidestand frh.	1.4
1039	a	Sidestand rev.	1.2
	b	Sidestand rev. frh.	1.6
1040	a	Side kneeling foot cranking	1.4
	b	Side kneeling foot cranking 8	2.0
1041	a	Frameseat	1.2
	b	Frameseat hand cranking	1.8
1046	a	Stand on pins	0.6
	b	Stand on pins frh.	1.8
	c	Stand on pins frh. 8	2.6
1047	a	Stand bent on pin	1.0
	b	Stand bent on pin frh.	2.4
1048	a	Stand bent on pin bw.	3.0

1051	a	Bent knee seat	0.8
	b	Bent knee seat 8	1.2
1052	a	Bent knee seat rev.	1.0
	b	Bent knee seat rev. 8	1.4
1053	a	Knee on saddle	1.0
1054	a	Knee on saddle bw.	3.2
1061	a	Stand bent on saddle	1.2
	b	Stand bent on saddle 8	1.8
1062	a	Stand bent on saddle bw.	3.0
1063	a	Stand bent on frame	1.2
	b	Stand bent on frame 8	1.8
1064	a	Stand bent on frame bw.	3.0
1065	a	Stand bent on frame rev.	1.8
1066	a	Stand bent on handlebar rev.	2.0
	b	Stand bent on handlebar rev. 8	2.6
1071	a	Pedal side stand rev.	1.6
1072	a	Pedal side stand rev. bw.	2.6
1076	a	Framestand	1.2
	b	Framestand frh.	2.4
	c	Framestand frh. 8	3.0
1077	a	Framestand rev. frh.	3.6
1081	a	Fronthang	1.6
1082	a	Fronthang bw.	3.0
1083	a	Backhang	1.2
	b	Backhang frh.	1.8
1084	a	Backhang bw.	2.6
1091	a	Lying on handlebar	1.8

1092	a	Lying on saddle	1.2
	b	Lying on saddle handlebar	1.8
	c	Lying on saddle handlebar 8	2.4
1093	a	Waterscale under saddle	2.2
	b	Waterscale on saddle	2.8
1096	a	Walk on front wheel	2.8
1101	a	Saddle handlebarstand	2.6
	b	Saddle handlebarstand 8	3.0
1102	a	Saddle handlebarstand bw.	5.6
	b	Saddle handlebarstand bw. 8	6.8
1103	a	Saddlestand	4.6
	b	Saddlestand 8	5.8
1104	a	Fronthandlebarstand	4.0
	b	Fronthandlebarstand 8	4.6
	c	Fronthandlebarstand 1/2 turn	5.2
	d	Fronthandlebarstand 1 turn	5.8
	e	Fronthandlebarstand 1 1/2 turns	6.4
	f	Fronthandlebarstand 2 turns	7.0
1105	a	Handlebarstand rev.	4.2
	b	Handlebarstand rev. 8	5.0
1111	a	Saddle support scale	3.0
	b	Saddle support scale 8	3.6
1112	a	Handlebar support scale	3.4
	b	Handlebar support scale 8	4.0
1116	a	Handlebar L-shape hold	3.0
	b	Handlebar L-shape hold 8	3.6
1117	a	Handlebar L-shape hold rev.	3.2
	b	Handlebar L-shape hold rev. 8	3.8
	c	L-shape hold sideways	3.8
1118	a	Handlebar support straddle	3.6
	b	Saddle support straddle	4.2
	c	Ines straddle	4.6

1121	a	Headstand	3.6
	b	Headstand 8	4.2
1122	a	Shoulderstand	3.6
	b	Shoulderstand 8	4.2
1123	a	Saddle handlebar handstand	5.6
	b	Saddle handlebar handstand 8	6.6
	c	L-shape hold sideways saddle handlebar handstand	6.8
	d	L-shape hold sideways saddle handlebar handstand 8	7.8
	e	L-shape hold sideways swiss saddle handlebar handstand	7.6
	f	L-shape hold sideways swiss saddle hlb. handstand 8	8.6
1124	a	Handlebar handstand	5.6
	b	Handlebar handstand 8	6.6
	c	L-shape hold handlebar handstand	6.8
	d	L-shape hold handlebar handstand 8	7.8
	e	L-shape hold swiss handlebar handstand	7.6
	f	L-shape hold swiss handlebar handstand 8	8.6
1125	a	Handstand bicycle lying down	3.2
	b	L-shape hold swiss handstand bicycle lying down	4.0

### Stillstands

1141	a	Stillstand on pedals	1.0
	b	Stillstand on pedals frh.	1.4
	c	Stillstand pedal front wheel	1.2
	d	Stillstand pedal front wheel frh.	1.6
1142	a	Backstand stillstand	1.6
	b	Backstand stillstand frh.	2.0
	c	Backstand front wheel stillstand	2.6
	d	Backstand shoulder stillstand	3.2
1143	a	Handlebarseat rev. stillstand	1.4
	b	Handlebarseat rev. stillstand frh.	1.8

### Turns/Squats

1151	a	Sidestand turn stillstand	1.6
	b	Sidestand turn	1.6
	c	Sidestand rev. turn	2.4
1156	a	Reg. seat squat	2.0
	b	Reg. seat squat bw.	2.8

1157	a	Fronthang squat with use of pin	1.8
	b	Fronthang squat	2.2
	c	Fronthang squat bw.	3.0

1158	a	Backhang squat with use of pin	1.6
	b	Backhang squat	2.2
	c	Backhang squat bw.	2.6

1159	a	Handlebarseat rev. squat	2.0
	b	Handlebarseat rev. squat bw.	2.8

### Jumps

1171	a	Handlebarseat rev. scissors jump	2.4
	b	Backhang scissors jump	3.0

1172	a	Turning jump sidestand handlebarseat rev.	2.2
	b	Turning jump reg. seat handlebarseat rev.	2.6
	c	Turning jump handlebarseat rev. reg. seat	2.8
	d	Turning jump reg. seat stand bent on frame rev.	2.6

1173	a	Turning jump sidestand front wheel walk	2.0
	b	Turning jump reg. seat front wheel walk	2.4
	c	Turning jump front wheel walk reg. seat	2.2

1174	a	Turning jump sidestand backhang	1.8
	b	Turning jump reg. seat backhang	2.4
	c	Turning jump backhang reg. seat	2.8

1175	a	Turning jump 1 turn	4.2
	b	Turning jump 2 turns	5.2
	c	Turning jump 3 turns	6.2
	d	Turning jump 4 turns	7.0
	e	Turning jump 5 turns	7.6

1181	a	Pedal jump	2.4
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1186	a	Maute jump	8.0
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### Raiser figures

1201	a	Raiser reg. seat	2.2
	b	Raiser reg. seat frh.	2.6
	c	Raiser reg. seat 1 leg	3.0
	d	Raiser reg. seat 1 leg frh.	3.6

1202	a	Raiser reg. seat bw. frh.	3.8
	b	Raiser reg. seat bw. frh. 8	4.4
	c	Raiser reg. seat bw. 1 leg	4.2
	d	Raiser reg. seat bw. 1 leg frh.	5.4
	e	Raiser reg. seat spin. bw. frh.	4.2
1203	a	Raiser reg. seat rev. frh.	3.8
	b	Raiser reg. seat rev. frh. 8	4.4
	c	Raiser reg. seat rev. 1 leg frh.	4.8
	d	Raiser reg. seat rev. spin. frh.	4.4
1204	a	Raiser reg. seat rev. bw. frh.	4.2
	b	Raiser reg. seat rev. bw. frh. 8	4.8
1211	a	Raiser lady seat	3.2
	b	Raiser lady seat frh.	4.0
1212	a	Raiser lady seat bw.	4.6
	b	Raiser lady seat bw. frh.	5.6
1216	a	Raiser stand on pin	2.8
	b	Raiser stand on pin frh.	3.6
	c	Raiser sidestand	3.0
	d	Raiser sidestand frh.	3.8
1217	a	Raiser stand on pin bw.	4.2
	b	Raiser stand on pin bw. frh.	5.0
	c	Raiser stand on pin spin. bw.	5.4
	d	Raiser sidestand bw.	4.6
1218	a	Raiser stand on pin rev.	4.2
	b	Raiser sidestand rev.	4.4
1219	a	Raiser stand on pin rev. bw.	4.4
	b	Raiser sidestand rev. bw.	4.6
1226	a	Raiser handlebarseat	2.6
	b	Raiser handlebarseat frh.	2.8
	c	Raiser handlebarseat frh. 8	3.4
1227	a	Raiser handlebarseat bw.	3.2
	b	Raiser handlebarseat bw. frh.	3.6
	c	Raiser handlebarseat bw. frh. 8	4.2
	d	Raiser handlebarseat spin. bw. frh.	4.2



1228	a	Raiser handlebarseat rev. frh.	3.8
	b	Raiser handlebarseat rev. frh. 8	4.2
	c	Raiser handlebarseat rev. spin. frh.	4.4
1229	a	Raiser handlebarseat rev. bw. frh.	4.0
	b	Raiser handlebarseat rev. bw. frh. 8	4.6
1236	a	Raiser headtube frh.	2.6
	b	Raiser headtube frh. 8	3.0
	c	Raiser headtube 1 leg frh.	3.6
	d	Raiser headtube spin. frh.	4.0
1237	a	Raiser headtube bw. frh.	3.2
	b	Raiser headtube bw. frh. 8	3.6
	c	Raiser headtube spin. bw. frh.	4.0
1238	a	Raiser headtube rev. frh.	3.0
	b	Raiser headtube rev. frh. 8	3.4
	c	Raiser headtube rev. spin. frh.	3.6
1239	a	Raiser headtube rev. bw. frh.	3.2
	b	Raiser headtube rev. bw. frh. 8	3.8
1246	a	Standraiser	3.8
	b	Standraiser 8	4.4
1247	a	Standraiser bw.	4.0
	b	Standraiser bw. 8	4.6
	c	Standraiser spin. bw.	4.6
1248	a	Standraiser rev.	4.0
	b	Standraiser rev. 8	4.8
	c	Standraiser rev. spin.	5.0
1249	a	Standraiser rev. bw.	4.4
	b	Standraiser rev. bw. 8	5.0

### Passages

1281	a	P. fronthang raiser headtube	4.6
	b	P. raiser headtube fronthang	2.0
1282	a	P. fronthang standraiser rev.	5.0
	b	P. standraiser rev. fronthang	4.0

1283	a	P. raiser reg. seat raiser handlebarseat	2.4
	b	P. raiser handlebarseat raiser reg. seat	2.4
1284	a	P. raiser reg. seat raiser headtube	4.0
	b	P. raiser headtube raiser reg. seat	4.0
1285	a	P. raiser reg. seat standraiser rev.	5.0
	b	P. standraiser rev. raiser reg. seat	5.0
1286	a	P. raiser handlebarseat raiser headtube	3.0
	b	P. raiser headtube raiser handlebarseat	3.4
1287	a	P. raiser headtube standraiser rev.	3.4
	b	P. standraiser rev. raiser headtube	3.6
1288	a	P. backhang raiser headtube rev.	4.0
	b	P. raiser headtube rev. backhang	2.0
1289	a	P. backhang standraiser	4.6
	b	P. standraiser backhang	3.6
1290	a	P. raiser handlebarseat rev. reg. seat rev.	2.8
	b	P. reg. seat rev. raiser handlebarseat rev.	4.6
1291	a	P. raiser handlebarseat rev. standraiser	5.0
	b	P. standraiser raiser handlebarseat rev.	4.2
1292	a	P. raiser headtube rev. raiser handlebarseat rev.	4.0
	b	P. raiser handlebarseat rev. raiser headtube rev.	4.8
1293	a	P. standraiser raiser headtube rev.	3.4
	b	P. raiser headtube rev. standraiser	4.0

## EXPLANATION OF EXERCISES AND DRAWINGS SINGLE ARTISTIC CYCLING

### General remarks

- The number of the respective explanation is referring to the corresponding group of exercises in the table of exercises single artistic cycling.
- In some explanations the term "or counterwise" is appearing. This means basically the same position but with the opposite foot or leg, with opposite pedal and/or opposite rear- or front-pin.
- If the term "spin." shows up in the context, these exercises will have to be performed according to the preliminary notes "spinnings".
- If some explanations refer to certain "exercises" it relates to the description of figures in the corresponding explanations of exercises.



### 1001-1002) Reg. seat

Regular seat on saddle, both feet on pedals.

At 1002c) with continuous handlebar-spinning, a complete ring (small circle) must be performed freehanded.



### 1003-1004) Reg. seat rev.

Seat on saddle with back towards the handlebar, both feet on pedals.

At 1004c) with continuous handlebar-spinning, a complete ring (small circle) must be performed freehanded.



### 1011) Steering with feet

Regular seat on saddle, both feet on handlebar.



### 1012-1013) Lady seat

Regular seat on saddle, one foot on pedal. The free leg must be stretched over the top tube to opposite side of the bicycle and there below the handlebar. The handlebar may not be touched.



### 1016) Handlebar seat

Seat on handlebar, back towards saddle, free leg stretched forward horizontally, other foot hooked to down tube.

**1017-1018) Handlebar seat rev.**

Seat on handlebar, chest towards saddle, both feet on pedals.

**1021-1022) Split**

Left foot standing on left rear-pin, right foot standing on right front-pin (or counterwise), back towards saddle. The handlebar may not be touched with the leg.

**1023-1024) Split rev.**

Right foot standing on left rear-pin, left foot standing on right front-pin (or counterwise), back towards handlebar. The handlebar may not be touched with the leg.

**1031) Frontstand**

Stand in front of the handlebar, back towards saddle, one foot on front-pin, other foot hooked to down tube.

**1032) Backstand**

Stand with one foot on front-pin, handlebar in front of the rider, chest towards saddle. The free leg must be stretched in moving-direction. Legs may not touch the handlebar.

**1036) Side pedal stand**

Stand on one pedal with both feet closed, chest towards handlebar.

**1037) Sidestand foot cranking; -hand cranking**

- a) One foot standing on left rear-pin, other foot on left pedal (or counterwise), chest towards handlebar.
- b) Right foot standing on left rear-pin, left foot on left front-pin, the right hand is on the left pedal. Legs may not touch the frame.



### 1038) Sidestand

Stand with one foot on left rear-pin and other foot on left front-pin (or counterwise), chest towards handlebar. Legs may not touch handlebar.



### 1039) Sidestand rev.

Stand with one foot on left rear-pin and other foot on left front-pin (or counterwise), chest towards saddle. Legs may not touch handlebar.



### 1040) Side kneeling foot cranking

Sideways kneeling on saddle with one knee (knee may not jut out over the side of the saddle), other foot on pedal.



### 1041) Frameseat

- a) Pushing one leg through frame and placing foot on front-pin. Free leg stretched forward, sitting on down tube.
- b) like a), putting one hand on pedal.



### 1046) Stand on pins

Standing with both feet on the rear-pins.



### 1047-1048) Stand bent on pin

One foot standing on rear-pin, trunk bent forward, free leg stretched to the back.



### 1051) Bent knee seat

In squat position one foot on top tube, free leg horizontally stretched forward, back towards saddle.



### 1052) Bent knee seat rev.

In squat position on foot on top tube, free leg horizontally stretched over saddle, chest towards saddle.



**1053-1054) Knee on saddle**

Knee on saddle, trunk bent forward, free leg stretched to the back in straight line with the trunk.



**1061-1062) Stand bent on saddle**

One foot standing on the saddle, trunk bent forward, free leg stretched to the back.



**1063-1064) Stand bent on frame**

One foot standing on the top tube, trunk bent forward, free leg stretched to the back.



**1065) Stand bent on frame rev.**

One foot standing on the top tube, trunk bent towards saddle, free leg stretched in moving-direction.



**1066) Stand bent on handlebar rev.**

One foot standing on the handlebar, trunk bent towards saddle, free leg stretched in moving-direction, one hand on saddle, other hand on handlebar.



**1071-1072) Pedal side stand rev.**

With one leg through the frame, both feet standing on pedals. Chest towards saddle.



**1076) Framestand**

Standing upright with one foot only on down tube, other foot only on seat tube. Chest towards handlebar. Feet may not touch each other, legs may not touch handlebar.



**1077) Framestand rev.**

Standing upright with one foot only on down tube, other foot only on seat tube. Chest towards saddle. Feet may not touch each other, legs may not touch handlebar.



### 1081-1082) Fronthang

Behind the back, both hands leaning on handlebar, front wheel between the legs, both feet on pedals.



### 1083-1084) Backhang

In front of the head tube hanging on the handlebar, chest towards saddle, frame between the legs, both feet on pedals.



### 1091) Lying on handlebar

Lying with front of body on handlebar, head towards saddle, closed legs stretched horizontally in moving direction.



### 1092) Lying on saddle; lying on saddle handlebar

- a) Lying with front of body on saddle, closed legs stretched horizontally to the back.
- b-c) Lying with front of body on saddle, arms stretched sideways freehanded on handlebar-grips, closed legs stretched horizontally to the back.



### 1093) Waterscale...

Lying with back of body horizontally on handlebar, stretched legs (or feet) a) under b) on saddle.



### 1096) Walk on front wheel

Walking with both feet on the tyre of the front wheel, both hands on handlebar, face towards saddle.

The total stretch for this figure is  $\frac{1}{4}$  circle.



### 1101-1102) Saddle handlebarstand

Standing free, upright stretched with one foot on saddle and other foot on handlebar.



### 1103) Saddlestand

Standing free upright stretched with both feet on saddle.



### 1104) Fronthandlebarstand; fronthandlebarstand turn

Standing free upright stretched with both feet on handlebar-grips, back towards saddle.

c-f) From "fronthandlebarstand" with half, one, one-and-a-half or double front wheel turn to "fronthandlebarstand" or "fronthandlebarstand rev.". After the turn, the position must be held for at least 2 metres.



### 1105) Handlebarstand rev.

Standing free upright stretched with both feet on handlebar-grips, chest towards saddle.



### 1111) Saddle support scale

One hand on saddle, elbow supporting the body, other hand on handlebar (forearm may be laid on handlebar-grip). Head towards moving-direction, closed legs horizontally stretched to the back.



### 1112) Handlebar support scale

One hand on handlebar, elbow supporting the body, other hand on saddle, head towards saddle and closed legs horizontally stretched towards moving-direction.



### 1116) Handlebar L-shape hold

Arms stretched, hands supported on handlebar-grips, legs closed and horizontally stretched forward. Back towards saddle.



### 1117) Handlebar L-shape hold rev. ; L-shape hold sideways

a-b) Arms stretched, hands supported on handlebar-grips, legs closed and horizontally stretched over saddle. Chest towards saddle.

c) Arms stretched, one hand supported on saddle, other hand supported on handlebar. Legs closed and horizontally stretched. Forearm or wrist may not lean against handlebar-grip.





### 1118) Handlebar support straddle; saddle support...

- a) Arms stretched, hands supported on handlebar-grips, legs horizontally stretched, straddled on the outside of arms.
- b) Arms stretched, hands supported on saddle, legs horizontally straddled and stretched without touching the handlebar.
- c) Arms stretched, hands supported on handlebar-grips, legs vertically straddled and stretched in front of the body.



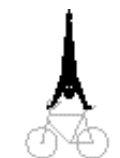
### 1121) Headstand

Headstand on the saddle, both hands on handlebar, legs closed and stretched.



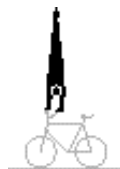
### 1122) Shoulderstand

Shoulderstand with one shoulder on saddle or top tube, both hands on handlebar, legs closed and stretched.



### 1123) Saddle handlebar handstand

- a-b) Handstand with one hand on handlebar and other on saddle, arms stretched, legs closed and stretched. The forearm or the wrist may not be leaned against the handlebar-grip.
- c-d) From the "L-shape hold sideways" which has to be performed for at least 2 metres, going directly through to handstand without touching the frame with foot/feet. The handstand must be performed as described in figures a-b) and held through the whole stretch.
- e-f) From the "L-shape hold sideways" which has to be performed for at least 2 metres, with stretched arms and legs, going directly through to handstand with stretched and straddled legs without touching handlebar and/or frame with foot/feet. The handstand must be performed as described in figures a-b) and held through the whole stretch.



### 1124) Handlebar handstand

- a-b) Handstand with both hands on handlebar-grips, arms stretched, legs closed and stretched.
- c-d) From "L-shape hold" or "L-shape hold rev." which have to be performed for at least 2 metres, going directly through to handstand without touching handlebar and/or frame with foot/feet. The handstand must be performed as described in figures a-b) and held through the whole stretch.
- e-f) From "L-shape hold" or "L-shape hold rev." which have to be performed for at least 2 metres, with stretched arms and legs, going directly through to handstand with stretched and straddled legs without touching handlebar and/or frame with foot/feet. The handstand must be performed as described in figures a-b) and held through the whole stretch.



### 1125) Handstand bicycle lying down

- a) Handstand on bicycle lying down on floor, arms stretched, legs stretched and closed. The forearms or wrists may not lean on handlebar, saddle or pedals. The handstand has to be performed for at least 3 seconds.
- b) Hands supported on frame of bicycle lying on floor, arms stretched. Closed legs held horizontally for 2 seconds. Then going directly into handstand, arms stretched, legs stretched and straddled which will then have to be performed as in figure a).



### 1141) Stillstand on pedals; Stillstand pedal front wheel

- a-b) Standing with both feet on pedals only, back towards saddle.
- c-d) Standing with one foot on a pedal only, the other foot on front wheel tyre, back towards saddle.



### 1142) Backstand stillstand; Backstand front wheel...

- a-b) Front wheel placed crossways, standing with one foot on front-pin, the other foot on front wheel-tyre or spokes, chest towards saddle.
- c) Front wheel placed crossways, standing with both feet on front wheel-tyre only, chest towards saddle.
- d) Front wheel placed crossways, shoulderstand with one shoulder on handlebar, head downwards, closed and stretched legs upwards, back towards saddle.



### 1143) Handlebar rev. stillstand

Reverse sitting on handlebar during stillstand, both feet on pedals, chest towards saddle.



### 1151) Sidestand turn stillstand...

- a) Chest towards handlebar, left foot on right rear-pin, right foot on right front-pin (or counterwise),  $\frac{1}{4}$  turn with handlebar and front wheel to the stillstand which has to be performed as described in "backstand stillstand" which has to be performed for at least 3 seconds.
- b) Chest towards handlebar, right foot on right front-pin, left foot on right pedal (or counterwise),  $\frac{1}{2}$  turn with handlebar and front wheel to "backhang". While performing the turn, the foot may not leave the pedal.
- c) Chest towards saddle, left foot on right front-pin, right foot on right pedal (or counterwise),  $\frac{1}{2}$  turn with handlebar and front wheel to "fronthang". While performing the turn, the foot may not leave the pedal.



### 1156) Reg. seat squat

- a) While riding forward, squat from "reg. seat" over handlebar to riding forward in "front-hang".
- b) While riding backwards, squat from "reg. seat" over handlebar to riding backwards in "front-hang".



### 1157) Fronthang squat

- a) While riding forward, squat from "fronthang" over handlebar to riding forward in "reg. seat". Pushing off one foot from a front-pin is possible.
- b) like a), but without pushing off from front-pin.
- c) While riding backwards, squat from "fronthang" over handlebar to riding backwards in "reg. seat".



### 1158) Backhang squat

- a) While riding forward, squat from "backhang" over handlebar to riding forward in "handlebarseat rev.". Pushing off one foot from a front-pin is possible.
- b) like a), but without pushing off from front-pin.
- c) While riding backwards, squat from "backhang" over handlebar to riding backwards in "handlebarseat rev.".



### 1159) Handlebarseat rev. squat

- a) While riding forward, squat from "handlebarseat rev." over handlebar to riding forward in "backhang".
- b) While riding backwards, squat from "handlebarseat rev." over handlebar to riding backwards in "backhang".



### 1171) Handlebarseat rev. scissors jump...

- a) While riding forward, from "handlebarseat rev." crossing stretched legs above the saddle, then changing grips to riding forward in "reg. seat". Turning the upper part of the body while crossing or grip-changing. Intermediate sitting on frame or handlebar is allowed.
- b) While riding forward squat from "backhang" over the handlebar without performing the "handlebarseat". Crossing the stretched legs above the saddle, then changing grips to riding forward in "reg. seat". Turning the upper part of the body while crossing or grip-changing. Intermediate sitting on frame or handlebar is allowed.

**1172) Turning jump...**

- While riding forward from "sidestand foot-cranking" jump with  $\frac{1}{2}$  turn of the front wheel, then squat over handlebar to riding forward in "handlebar rev.". During the jump the foot has to be taken off the pedal.
- While riding forward from "reg. seat" jump with  $\frac{1}{2}$  turn of front wheel, then squat over handlebar to riding forward in "handlebarseat rev.".
- While riding forward from "handlebarseat rev." squat over the handlebar with following jump with  $\frac{1}{2}$  turn of front wheel to riding forward in "reg. seat".
- While riding forward from "reg. seat" jump with  $\frac{1}{2}$  turn of front wheel to riding forward in "stand bent on frame rev.".

**1173) Turning jump...**

- While riding forward from "sidestand foot cranking" jump with  $\frac{1}{2}$  turn of the front wheel, to riding forward in "walk on front wheel". During the jump the foot has to be taken off the pedal.
- While riding forward from "reg. seat." jump with  $\frac{1}{2}$  turn of front wheel to riding forward in "walk on front wheel".
- While riding forward from "walk on front wheel" jump with  $\frac{1}{2}$  turn of the front wheel to riding forward in "reg. seat".

**1174) Turning jump...**

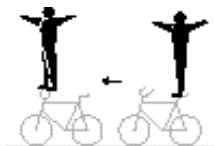
- While riding forward from "sidestand foot cranking" jump with  $\frac{1}{2}$  turn of the front wheel to riding forward in "backhang". While jumping, the foot may not be left on the pedal.
- While riding forward from "reg. seat" jump with  $\frac{1}{2}$  turn of the front wheel to riding forward in "backhang".
- While riding forward from "backhang" jump with  $\frac{1}{2}$  turn of the front wheel to riding forward in "reg. seat".

**1175) Turning jump...**

- While riding forward from "reg. seat" jump with whole turn of the front wheel to riding forward in "reg. seat".
- While riding forward jump from "reg. seat" with two, three, four or five whole turns of the front wheel continuously performed to riding forward in "reg. seat".

**1181) Pedal jump**

From "side pedal stand" jump simultaneously with both feet across top tube to "side pedal stand" on the other side of bicycle.



### 1186) Maute jump

Jump from "saddlestand" to "frontheadlebarstand" which has to be performed for at least 2 metres.



### 1201-1202) Raiser reg. seat

a-b/1203e) Regular seat on saddle, both feet on pedals.

c-d) Regular seat on saddle, one foot on pedal. The free leg has to be stretched and may not touch the bicycle.



### 1203-1204) Raiser reg. seat rev.

a-b/1203d) Seat on saddle with back towards handlebar, both feet on pedals.

1203c) Seat on saddle with back towards handlebar, one foot on pedal. The free leg stretched, it may not touch the bicycle.



### 1211-1212) Raiser lady seat

Regular seat on saddle, one foot on pedal. The free leg must be stretched over the top tube to the opposite side of the bicycle and there below the handlebar without the foot wedging the front wheel.



### 1216-1217) Raiser stand on pin; raiser sidestand

a-b/1217c) Standing with left foot on left rear-pin and with right foot on right pedal (or counterwise). Chest towards handlebar.

1216c-d/1217d) Standing with one foot on right rear-pin and with the other foot on right pedal (or counterwise). Chest towards handlebar.



### 1218-1219) Raiser stand on pin rev.; raiser sidestand rev.

a) Standing with right foot on left rear-pin and with left foot on right pedal (or counterwise). Back towards handlebar.

b) Standing with one foot on right rear-pin and with the other foot on right pedal (or counterwise). Back towards handlebar.



**1226-1227) Raiser handlebarseat**

Chest towards front wheel which is placed crossways, seat on the lower part of handlebar, both feet on pedals.



**1228-1229) Raiser handlebarseat rev.**

Back towards front wheel which is placed crossways, seat on the lower part of handlebar, both feet on pedals.



**1236-1237) Raiser head tube**

a-b/1236d/1237c) Sitting on head tube, front wheel in front of oneself, both feet on pedals.

1236c) Sitting on head tube, front wheel in front of oneself, one foot on pedal.  
Free leg is stretched and not touching the bicycle.



**1238-1239) Raiser head tube rev.**

Sitting on head tube, front wheel behind oneself, both feet on pedals.



**1246-1247) Standraiser**

Saddle pointing downwards, taking hold of the front wheel in front of oneself, standing above the bottom bracket bearing with both feet on pedals.



**1248-1249) Standraiser rev.**

Saddle pointing downwards, taking hold of the front wheel behind oneself, standing above the bottom bracket bearing with both feet on pedals.

**1281-1293) Passage...**

Performance according to preliminary notes PASSAGES.

## EXERCICES WITH BOTH WHEELS ON FLOOR (two bicycles)

Number	Figure	Value
<b>Exercises with both wheels on floor (two bicycles)</b>		
2001	a Reg. seat	0.4
	b Reg. seat frh.	0.6
2002	a Reg. seat bw.	1.0
	b Reg. seat s.r. bw.	2.4
2003	a Reg. seat mill	0.4
	b Reg. seat mill frh.	0.6
	c Reg. seat mill s.r. frh.	1.0
2004	a Reg. seat mill bw.	1.0
	b Reg. seat mill s.r. bw.	2.4
2005	a Reg. seat rev.	1.0
	b Reg. seat rev. frh.	1.2
2006	a Reg. seat rev. bw.	1.6
2007	a Reg. seat rev. mill bw.	1.4
	b Reg. seat rev. mill s.r. bw.	3.0
2011	a Steering with feet	0.6
	b Steering with feet frh.	0.8
2012	a Lady seat	0.6
	b Lady seat frh.	0.8
2013	a Lady seat bw.	1.4
	b Lady seat s.r. bw.	3.0
2014	a Lady seat mill	0.6
	b Lady seat mill frh.	0.8
	c Lady seat mill s.r. frh.	1.2
2015	a Lady seat mill bw.	1.4
	b Lady seat mill s.r. bw.	2.8
2021	a Handlebarseat	1.2
	b Handlebarseat frh.	1.6

2022	a	Handlebarseat rev.	0.8
	b	Handlebarseat rev. frh.	1.2
2023	a	Handlebarseat rev. bw.	1.4
	b	Handlebarseat rev. bw. frh.	2.0
2026	a	Split	0.6
	b	Split frh.	0.8
2027	a	Split rev.	0.8
	b	Split rev. frh.	1.0
2031	a	Frontstand	1.2
	b	Frontstand frh.	1.6
2036	a	Sidestand foot cranking	0.8
2037	a	Sidestand	0.8
	b	Sidestand frh.	1.0
2038	a	Side kneeling foot cranking	1.0
2041	a	Frameseat	1.6
2046	a	Stand on pins	0.6
	b	Stand on pins frh.	1.0
2047	a	Stand bent on pin	0.8
	b	Stand bent on pin frh.	1.6
2051	a	Bent knee seat	0.8
2052	a	Knee on saddle	1.4
2053	a	Stand bent on saddle	1.6
2054	a	Stand bent on frame	1.6
2061	a	Lying on saddle	1.2
	b	Lying on saddle handlebar	2.0
2062	a	Waterscale under saddle	2.2
	b	Waterscale on saddle	2.6



2066	a	Framestand	1.0
	b	Framestand frh.	2.2
2067	a	Saddle handlebarstand	2.4
	b	Saddle handlebarstand s.r.	2.8
	c	Saddle handlebarstand count. 8	3.4
2068	a	Saddle handlebarstand bw.	6.6
	b	Saddle handlebarstand s.r. bw.	6.6
2069	a	Saddlestand	4.6
	b	Saddlestand s.r.	5.0
	c	Saddlestand count. 8	6.2
2070	a	Fronthandlebarstand	3.4
	b	Fronthandlebarstand s.r.	3.8
	c	Fronthandlebarstand count. 8	4.6
	d	Fronthandlebarstand $1\frac{1}{2}$ turn	5.4
	e	Fronthandlebarstand 1 turn	6.0
	f	Fronthandlebarstand $1\frac{1}{2}$ turns	6.6
	g	Fronthandlebarstand 2 turns	7.2
	h	Counter circle fronthandlebarstand $1\frac{1}{2}$ turn	5.6
	i	Counter circle fronthandlebarstand 1 turn	6.2
	j	Counter circle fronthandlebarstand $1\frac{1}{2}$ turns	6.8
	k	Counter circle fronthandlebarstand 2 turns	7.4
2071	a	Handlebarstand rev.	4.0
	b	Handlebarstand rev. s.r.	4.2
	c	Handlebarstand rev. count. 8	4.6
2076	a	Saddle handlebar handstand	5.6
	b	Saddle handlebar handstand count. 8	6.6
	c	L-shape hold sideways saddle handlebar handstand	6.8
	d	L-shape hold sdw. saddle handlebar handstand count. 8	7.8
	e	L-shape hold sdw. swiss saddle handlebar handstand	7.6
	f	L-shape hold sdw. swiss saddle hlb. handstand count. 8	8.6
2077	a	Handlebar handstand	5.6
	b	Handlebar handstand count. 8	6.6
	c	L-shape hold handlebar handstand	6.8
	d	L-shape hold handlebar handstand count. 8	7.8
	e	L-shape hold swiss handlebar handstand	7.6
	f	L-shape hold swiss handlebar handstand count. 8	8.6

**Stillstands (two bicycles)**

2091	a	Stillstand on pedals	0.8
	b	Stillstand on pedals frh.	1.2
	c	Stillstand pedal front wheel	1.0
	d	Stillstand pedal front wheel frh.	1.44

**Raiser figures (two bicycles)**

2131	a	Raiser reg. seat	1.2
	b	Raiser reg. seat frh.	1.4
	c	Raiser reg. seat s.r.	2.8
	d	Raiser reg. seat s.r. frh.	3.0
2132	a	Raiser reg. seat bw. frh.	2.0
	b	Raiser reg. seat s.r. bw. frh.	4.2
2133	a	Raiser reg. seat mill	1.2
	b	Raiser reg. seat mill frh.	1.4
	c	Raiser reg. seat mill s.r.	2.6
	d	Raiser reg. seat mill s.r. frh.	2.8
2134	a	Raiser reg. seat mill bw. frh.	2.0
	b	Raiser reg. seat mill s.r. bw. frh.	4.4
	c	Raiser reg. seat mill spin. bw. frh.	5.0
2135	a	Raiser reg. seat rev. frh.	2.2
	b	Raiser reg. seat rev. s.r. frh.	4.4
2136	a	Raiser reg. seat rev. bw. frh.	2.6
	b	Raiser reg. seat rev. s.r. bw. frh.	5.2
2137	a	Raiser reg. seat rev. mill frh.	2.2
	b	Raiser reg. seat rev. mill s.r. frh.	4.4
	c	Raiser reg. seat rev. mill spin. frh.	5.8
2138	a	Raiser reg. seat rev. mill bw. frh.	2.6
	b	Raiser reg. seat rev. mill s.r. bw. frh.	5.4
2146	a	Raiser lady seat	2.2
	b	Raiser lady seat frh.	2.4
	c	Raiser lady seat s.r. frh.	4.0
2147	a	Raiser lady seat bw.	3.0
	b	Raiser lady seat bw. frh.	3.6
	c	Raiser lady seat s.r. bw. frh.	5.6

2151	a	Raiser stand on pin	2.0
	b	Raiser stand on pin s.r.	3.0
2152	a	Raiser stand on pin bw.	3.0
	b	Raiser stand on pin s.r. bw.	4.2
2153	a	Raiser stand on pin mill	2.0
	b	Raiser stand on pin mill s.r.	3.0
2154	a	Raiser stand on pin mill bw.	3.0
	b	Raiser stand on pin mill bw. s.r.	4.2
2161	a	Raiser handlebarseat	1.4
	b	Raiser handlebarseat frh.	1.6
	c	Raiser handlebarseat s.r. frh.	3.0
2162	a	Raiser handlebarseat bw.	1.8
	b	Raiser handlebarseat bw. frh.	2.0
	c	Raiser handlebarseat s.r. bw. frh.	4.0
2163	a	Raiser handlebarseat mill	1.4
	b	Raiser handlebarseat mill frh.	1.6
	c	Raiser handlebarseat mill s.r. frh.	3.0
2164	a	Raiser handlebarseat mill bw.	1.8
	b	Raiser handlebarseat mill bw. frh.	2.0
	c	Raiser handlebarseat mill s.r. bw. frh.	4.2
	d	Raiser handlebarseat mill spin. bw. frh.	4.8
2165	a	Raiser handlebarseat rev. frh.	2.4
	b	Raiser handlebarseat rev. s.r. frh.	4.0
2166	a	Raiser handlebarseat rev. bw. frh.	2.4
	b	Raiser handlebarseat rev. s.r. bw. frh.	4.4
2167	a	Raiser handlebarseat rev. mill frh.	2.4
	b	Raiser handlebarseat rev. mill s.r. frh.	4.0
	c	Raiser handlebarseat rev. mill spin. frh.	4.8
2168	a	Raiser handlebarseat rev. mill bw. frh.	3.0
	b	Raiser handlebarseat rev. mill s.r. bw. frh.	4.6
2176	a	Raiser headtube frh.	1.8
	b	Raiser headtube s.r. frh.	2.8

2177	a	Raiser headtube bw. frh.	2.0
	b	Raiser headtube s.r. bw. frh.	3.6
2178	a	Raiser headtube mill frh.	1.6
	b	Raiser headtube mill s.r. frh.	2.8
2179	a	Raiser headtube mill bw. frh.	2.0
	b	Raiser headtube mill s.r. bw. frh.	3.8
	c	Raiser headtube mill spin. bw. frh.	4.4
2180	a	Raiser headtube rev. frh.	2.2
	b	Raiser headtube rev. s.r. frh.	3.6
2181	a	Raiser headtube rev. bw. frh.	2.6
	b	Raiser headtube rev. s.r. bw. frh.	4.0
2182	a	Raiser headtube rev. mill frh.	2.2
	b	Raiser headtube rev. mill s.r. frh.	3.6
	c	Raiser headtube rev. mill spin. frh.	4.4
2183	a	Raiser headtube rev. mill bw. frh.	2.6
	b	Raiser headtube rev. mill s.r. bw. frh.	4.2
2191	a	Standraiser	2.2
	b	Standraiser s.r.	4.2
2192	a	Standraiser bw.	2.4
	b	Standraiser s.r. bw.	4.6
2193	a	Standraiser mill	2.2
	b	Standraiser mill s.r.	4.0
2194	a	Standraiser mill bw.	2.2
	b	Standraiser mill s.r. bw.	4.4
	c	Standraiser mill spin. bw.	5.0
2195	a	Standraiser rev.	2.4
	b	Standraiser rev. s.r.	4.4
2196	a	Standraiser rev. bw.	2.6
	b	Standraiser rev. s.r. bw.	4.8
2197	a	Standraiser rev. mill	2.4
	b	Standraiser rev. mill s.r.	4.4
	c	Standraiser rev. mill spin.	5.4

2198	a	Standraiser rev. mill bw.	2.6
	b	Standraiser rev. mill s.r. bw.	4.8

**Turns on the spot**

2211	a	Raiser handlebarseat 1 turn	4.2
	b	Raiser handlebarseat 2 turns	5.2
2212	a	Raiser handlebarseat rev. 1 turn	4.4
	b	Raiser handlebarseat rev. 2 turns	5.6
2213	a	Raiser headtube $\frac{1}{2}$ turn	2.4
	b	Raiser headtube 1 turn	4.0
	c	Raiser headtube 2 turns	5.0
2214	a	Raiser headtube rev. 1 turn	4.4
	b	Raiser headtube rev. 2 turns	5.4
2215	a	Standraiser 1 turn	4.6
	b	Standraiser 2 turns	5.6
2216	a	Standraiser rev. 1 turn	5.0
	b	Standraiser rev. 2 turns	6.0

**Passages (two bicycles)**

2236	a	P. raiser reg. seat raiser handlebarseat	1.8
	b	P. raiser handlebarseat raiser reg. seat	1.8
2237	a	P. raiser reg. seat raiser headtube	3.0
	b	P. raiser headtube raiser reg. seat	3.2
2238	a	P. raiser handlebarseat raiser headtube	2.2
	b	P. raiser headtube raiser handlebarseat	2.4
2239	a	P. raiser headtube standraiser rev.	2.4
	b	P. standraiser rev. raiser headtube	2.6
2240	a	P. standraiser raiser headtube rev.	2.6
	b	P. raiser headtube rev. standraiser	3.4
2241	a	P. raiser headtube rev. raiser handlebarseat rev.	3.0
	b	P. raiser handlebarseat rev. raiser headtube rev.	3.2

**Figures with both wheels on floor (one bicycle)**

2261	a	Reg. seat / Stand on pins	0.4
	b	Reg. seat frh. / Stand on pins	0.8
	c	Reg. seat / Saddlestand	0.8
	d	Reg. seat frh. / Saddlestand	1.6
2262	a	Reg. seat bw. / Stand on pins	2.0
	b	Reg. seat bw. / Stand on pins 8	2.6
	c	Reg. seat bw. / Saddlestand	2.2
	d	Reg. seat bw. / Saddlestand 8	2.8
2266	a	Reg. seat / Shoulderseat	1.0
	b	Reg. seat frh. / Shoulderseat	1.4
2267	a	Reg. seat bw. / Shoulderseat	2.6
	b	Reg. seat bw. / Shoulderseat 8	3.4
2268	a	Reg. seat / Shoulderstand	2.2
	b	Reg. seat frh. / Shoulderstand	3.2
2269	a	Reg. seat bw. / Shoulderstand	3.4
	b	Reg. seat bw. / Shoulderstand 8	4.2
2270	a	Reg. seat / Chest suspended hang	1.4
	b	Reg. seat frh. / Chest suspended hang	1.8
2271	a	Reg. seat bw. / Chest suspended hang	2.6
	b	Reg. seat bw. / Chest suspended hang 8	3.2
2276	a	Reg. seat / Handlebarstand	1.4
2277	a	Reg. seat / Handlebar handstand	3.6
2281	a	Reg. seat rev. / Shoulderseat	2.0
	b	Reg. seat rev. frh. / Shoulderseat	2.6
2282	a	Reg. seat rev. bw. / Shoulderseat	2.8
	b	Reg. seat rev. bw. / Shoulderseat 8	3.6
2283	a	Reg. seat rev. / Shoulderstand	2.6
	b	Reg. seat rev. frh. / Shoulderstand	3.6
	c	Reg. seat rev. / Shoulderstand 8	3.4
2284	a	Reg. seat rev. bw. / Shoulderstand	3.6
	b	Reg. seat rev. bw. / Shoulderstand 8	4.4

2285	a	Reg. seat rev. / Chest suspended hang	2.2
	b	Reg. seat rev. frh. / Chest suspended hang	2.8
2286	a	Reg. seat rev. bw. / Chest suspended hang	3.2
	b	Reg. seat rev. bw. / Chest suspended hang 8	3.8
2291	a	Reg. seat rev. / Handlebarstand	1.8
2292	a	Reg. seat rev. / Handlebar handstand	4.0
2296	a	Handlebarseat / Stand on pins	1.4
	b	Handlebarseat frh. / Stand on pins	1.8
	c	Handlebarseat / Saddlestand	1.8
	d	Handlebarseat frh. / Saddlestand	2.2
2301	a	Handlebarseat rev. / Stand on pins	1.0
	b	Handlebarseat rev. frh. / Stand on pins	1.4
2302	a	Handlebarseat rev. / Saddle handlebarstand	1.2
	b	Handlebarseat rev. frh. / Saddle handlebarstand	1.8
	c	Handlebarseat rev. frh. / Saddle handlebarstand 8	2.6
	d	Handlebarseat rev. / Saddlestand	1.4
	e	Handlebarseat rev. frh. / Saddlestand	2.0
	f	Handlebarseat rev. frh. / Saddlestand 8	2.8
2303	a	Handlebarseat rev. / Shoulderseat	1.4
	b	Handlebarseat rev. frh. / Shoulderseat	1.8
2304	a	Handlebarseat rev. / Shoulderstand	2.8
	b	Handlebarseat rev. frh. / Shoulderstand	3.2
	c	Handlebarseat rev. / Shoulderstand 8	3.8
2305	a	Handlebarseat rev. / Chest suspended hang	1.6
	b	Handlebarseat rev. frh. / Chest suspended hang	2.0
2306	a	Handlebarseat rev. / Headstand	2.0
	b	Handlebarseat rev. / Headstand 8	2.8
2311	a	Frontstand / Stand on pins	1.2
	b	Frontstand frh. / Stand on pins	1.6
	c	Frontstand / Saddlestand	1.6
	d	Frontstand frh. / Saddlestand	2.0
2316	a	Split / Shoulderseat	1.4
	b	Split frh. / Shoulderseat	1.8

2317	a	Sidestand / Sidestand ring grip	1.4
2318	a	Stand bent on pin / Stand bent on pin	1.0
2319	a	Stand bent on saddle / Stand bent on handlebar rev.	1.4
2321	a	Frameseat / Stand bent on saddle	1.4
2322	a	Frameseat / Saddle handlebarstand	1.6
	b	Frameseat / Saddlestand	2.0
	c	Frameseat / Handlebarstand	2.0
2323	a	Frameseat / Saddle support scale	2.4
2324	a	Frameseat / Headstand	2.8
2331	a	Fronthang / Stand bent on saddle	1.4
2332	a	Fronthang / Saddle handlebarstand	1.6
	b	Fronthang / Saddlestand	1.8
2333	a	Fronthang / Handlebarstand	2.0
	b	Fronthang / Shoulderstand	2.8
2334	a	Fronthang / Headstand	2.8
	b	Fronthang / Headstand 8	3.6
	c	Fronthang / Saddle handlebar handstand	4.2
2341	a	Backhang / Stand on pins	1.4
2342	a	Backhang / Saddle handlebarstand	1.6
	b	Backhang / Saddlestand	1.8
	c	Backhang / Saddlestand 8	2.6
2343	a	Backhang / Handlebarstand	2.2
2344	a	Backhang / Shoulderstand	2.6
	b	Backhang / Shoulderstand 8	3.0
2345	a	Backhang / Saddle support scale	2.0
	b	Backhang / Saddle support scale 8	2.6
2346	a	Backhang / Headstand	2.6
	b	Backhang / Headstand 8	3.6
	c	Backhang / Saddle handlebar handstand	4.0



2351	a	Lying on handlebar / Stand bent on saddle	1.6
	b	Lying on handlebar / Saddlestand	2.2
2352	a	Lying on saddle / Handlebarstand	1.6
	b	Lying on saddle / Handlebar handstand	3.6
2353	a	Waterscale / Stand bent on saddle	1.6
	b	Waterscale / Saddlestand	2.6
2356	a	Saddle handlebarstand / Saddle handlebarstand	3.2
	b	Saddle handlebarstand / Saddle handlebarstand 8	4.0
2357	a	Saddle handlebarstand / Stand on pins	2.4
	b	Saddle handlebarstand / Saddlestand	3.0
	c	Saddle handlebarstand / Handlebarstand	3.6
2358	a	Handlebarstand / Stand bent on saddle	1.2
	b	Handlebarstand / Stand on pins	3.4
	c	Handlebarstand 1/2 turn / Stand on pins	5.4
	d	Handlebarstand 1 turn / Stand on pins	6.0
	e	Handlebarstand 1 1/2 turns / Stand on pins	6.6
	f	Handlebarstand 2 turns / Stand on pins	7.2
2359	a	Handlebarstand / Saddlestand ring grip	3.8
	b	Handlebarstand / Saddlestand	5.4
	c	Handlebarstand / Saddlestand 8	6.4
2366	a	Handlebar L-shape hold / Stand on pins	3.0
	b	Handlebar L-shape hold / Saddlestand	3.4
	c	Handlebar L-shape hold / Saddle support straddle	3.8
	d	Handlebar support straddle / Saddle support straddle	4.4
2371	a	Headstand / Handlebarstand	4.0
2372	a	Headstand / Frame shoulderstand	4.2
2373	a	Headstand / Handlebar handstand	6.2
	b	Headstand / Handlebar handstand 8	7.0
	c	Headstand / Handlebar support straddle hlb. handstand	7.2
	d	Headstand / Handlebar support straddle hlb. handstand 8	8.0
2376	a	Saddle handlebar handstand / Handlebarstand	8.0
	b	Handlebar handstand / Saddlestand	7.4
2377	a	Handlebar handstand / Saddle handlebar handstand	8.8

**Stillstands (one bicycle)**

2391	a	Stillstand on pedals / Shoulderseat	1.4
	b	Stillstand on pedals frh. / Shoulderseat	1.6
	c	Stillstand on pedals / Shoulderstand	2.0
	d	Stillstand on pedals frh. / Shoulderstand	2.4
2392	a	Handlebarseat rev. stillstand / Shoulderseat	1.8
	b	Handlebarseat rev. frh. stillstand / Shoulderseat	2.0
	c	Handlebarseat rev. stillstand / Shoulderstand	2.4
	d	Handlebarseat rev. frh. stillstand / Shoulderstand	2.8

**Raiser figures (one bicycle)**

2411	a	Raiser reg. seat / Stand on pins	2.2
2412	a	Raiser reg. seat / Shoulderseat	2.6
	b	Raiser reg. seat frh. / Shoulderseat	3.0
2413	a	Raiser reg. seat bw. frh. / Shoulderseat	4.0
	b	Raiser reg. seat spin. bw. frh. / Shoulderseat	5.0
2414	a	Raiser reg. seat / Chest suspended hang	3.0
	b	Raiser reg. seat frh. / Chest suspended hang	3.4
2415	a	Raiser reg. seat bw. frh. / Chest suspended hang	4.6
2416	a	Raiser reg. seat / Shoulderstand	4.2
	b	Raiser reg. seat frh. / Shoulderstand	4.6
2417	a	Raiser reg. seat bw. frh. / Shoulderstand	5.6
2418	a	Raiser reg. seat rev. frh. / Shoulderseat	4.4
	b	Raiser reg. seat rev. spin. frh. / Shoulderseat	5.4
2419	a	Raiser reg. seat rev. bw. frh. / Shoulderseat	4.8
2420	a	Raiser reg. seat rev. frh. / Chest suspended hang	4.8
2421	a	Raiser reg. seat rev. bw. frh. / Chest suspended hang	5.2
2422	a	Raiser reg. seat rev. frh. / Shoulderstand	5.8
2423	a	Raiser reg. seat rev. bw. frh. / Shoulderstand	6.2
2426	a	Raiser handlebarseat / Shoulderseat	4.0
	b	Raiser handlebarseat frh. / Shoulderseat	4.4

2427	a	Raiser handlebarseat bw. / Shoulderseat	5.0
	b	Raiser handlebarseat bw. frh. / Shoulderseat	5.4
	c	Raiser handlebarseat spin. bw. frh. / Shoulderseat	6.4
2428	a	Raiser handlebarseat / Shoulderstand	5.6
	b	Raiser handlebarseat frh. / Shoulderstand	6.0
2429	a	Raiser handlebarseat bw. / Shoulderstand	6.6
	b	Raiser handlebarseat bw. frh. / Shoulderstand	7.0
2436	a	Raiser headtube frh. / Shoulderseat	3.8
	b	Raiser headtube frh. / Shoulderseat 8	4.6
2437	a	Raiser headtube bw. frh. / Shoulderseat	4.8
	b	Raiser headtube bw. frh. / Shoulderseat 8	5.6
	c	Raiser headtube spin. bw. frh. / Shoulderseat	5.8
2438	a	Raiser headtube frh. / Shoulderstand	5.4
	b	Raiser headtube frh. / Shoulderstand 8	6.2
2439	a	Raiser headtube bw. frh. / Shoulderstand	6.4
2446	a	Raiser headtube rev. frh. / Shoulderseat	4.4
	b	Raiser headtube rev. frh. / Shoulderseat 8	5.2
	c	Raiser headtube rev. spin. frh. / Shoulderseat	5.4
2447	a	Raiser headtube rev. bw. frh. / Shoulderseat	5.4
2448	a	Raiser headtube rev. frh. / Shoulderstand	6.0
	b	Raiser headtube rev. frh. / Shoulderstand 8	6.8
2449	a	Raiser headtube rev. bw. frh. / Shoulderstand	7.0

#### **Passages (one bicycle)**

2471	a	P. Raiser reg. seat raiser handlebarseat / Shoulderseat	4.2
	b	P. Raiser reg. seat raiser handlebarseat / Shoulderstand	5.4
2472	a	P. Raiser reg. seat raiser headtube / Shoulderseat	6.0
	b	P. Raiser reg. seat raiser headtube / Shoulderstand	7.2
2473	a	P. Raiser handlebarseat raiser headtube / Shoulderseat	5.0
	b	P. Raiser handlebarseat raiser headtube / Shoulderstand	6.2

## EXPLANATION OF EXERCISES AND DRAWINGS PAIR ARTISTIC CYCLING

### GENERAL REMARKS

- The number of the respective explanation is referring to the corresponding group of exercises in the table of exercises pair artistic cycling.
- In some explanations the term "or counterwise" is appearing. This means basically the same position but with the opposite foot or leg, with opposite pedal and/or opposite rear- or front-pin.
- If the term "s.r." shows up in the context (only exceptions: Saddle-handlebarstand/Handlebarstand/Saddlestand), these exercises will have to be performed according to the preliminary notes "single rings out of forehead-line".
- If the terms "s.r. or count. 8" shows up in the context of Saddle-handlebarstand, Handlebarstand or Saddlestand, these exercises will have to be performed according to the preliminary notes "single rings / counter eight in saddle-handlebarstand, handlebarstand or saddlestand".
- If the term "mill" shows up in the context, these exercises will have to be performed according to the preliminary notes "mill".
- If the term "mill s.r." shows up in the context, these exercises will have to be performed according to the preliminary notes "single rings out of mill".
- If the term "mill spin." shows up in the context, these exercises will have to be performed according to the preliminary notes "spinnings out of mill".
- If the term "spin." shows up in the context, these exercises will have to be performed according to the preliminary notes "spinnings".
- If some explanations refer to certain "exercises" it relates to the description of figures in the corresponding explanations of exercises.
- For the exercises on two bicycles the explanations of exercises are valid for both participants.
- For the exercises on one bicycle the explanations of exercises for the same figure are valid for both participants.



#### **2001-2004) Reg. seat; -Mill**

Regular seat on saddle, both feet on pedals.



#### **2005-2007) Reg. seat rev.; -Mill**

Seat on saddle with back towards handlebar, both feet on pedals.



#### **2011) Steering with feet**

Regular seat on saddle, both feet on handlebar.



### 2012-2015) Lady seat; -Mill

Regular seat on saddle, one foot on pedal. The free leg must be stretched over the top tube to the opposite side of the bicycle and there below the handlebar. The handlebar may not be touched.



### 2021) Handlebarseat

Seat on handlebar, back towards saddle, free leg stretched forward horizontally, other foot hooked to down tube.



### 2022-2023) Handlebarseat rev.

Seat on handlebar, chest towards saddle, both feet on pedals.



### 2026) Split

Left foot standing on left rear-pin, right foot standing on right front-pin (or counterwise), back towards saddle. The handlebar may not be touched with the leg.



### 2027) Split rev.

Right foot standing on left rear-pin, left foot standing on right front-pin (or counterwise), back towards handlebar. The handlebar may not be touched with the leg.



### 2031) Frontstand

Stand in front of the handlebar, back towards saddle, one foot on front-pin, other foot hooked to down tube.



### 2036) Sidestand foot cranking

One foot standing on left rear-pin, other foot on left pedal (or counterwise). Chest towards handlebar.



### 2037) Sidestand

Stand with one foot on left rear-pin and other foot on left front-pin (or counterwise), chest towards handlebar.



**2038) Side kneeling foot cranking**

Sideways kneeling on saddle with one knee (knee may not jut out over the side of the saddle), other foot on pedal.



**2041) Frameseat**

Pushing one leg through frame and placing foot on front-pin. Free leg stretched forward, sitting on down tube.



**2046) Stand on pins**

Stand with both feet on the rear-pins.



**2047) Stand bent on pin**

One foot standing on rear-pin, trunk bent forward, free leg stretched to the back.



**2051) Bent knee seat**

In squat position one foot on top tube, free leg horizontally stretched forward, back towards saddle.



**2052) Knee on saddle**

Knee on saddle, trunk bent forward, free leg stretched to the back in straight line with the trunk.



**2053) Stand bent on saddle**

One foot standing on the saddle, trunk bent forward, free leg stretched to the back.



**2054) Stand bent on frame**

One foot standing on the top tube, trunk bent forward, free leg stretched to the back.



**2061) Lying on saddle; Lying on saddle and...**

- a) Lying with front of body on saddle, closed legs stretched horizontally to the back.
- b) Lying with front of body on saddle, arms stretched sideways freehanded on handlebar-grips, closed legs stretched horizontally to the back.



**2062) Waterscale...**

Lying with back of body horizontally on handlebar, stretched legs (or feet) a) under b) on saddle.



**2066) Framestand**

Standing upright with one foot only on down tube, other foot only on seat tube. Chest towards handlebar. Feet may not touch each other, legs may not touch handlebar.



**2067-2068) Saddle handlebarstand**

Standing free, upright stretched with one foot on saddle and other foot on handlebar.



**2069) Saddlestand**

Standing free upright stretched with both feet on saddle.



**2070a-g) Fronthandlebarstand...**

- a-c) Standing free upright stretched with both feet on handlebar-grips, back towards saddle.
- d-g) In "Fronthandlebarstand" after grip-detaching with half, one, one-and-a-half or double front wheel turn to "Fronthandlebarstand" or "Fronthandlebarstand rev.". After the turn, the position must be held in grip-connection for at least 2 metres.

**2070h-k) Counter circle fronthandlebarstand...**

In "Fronthandlebarstand" with half, one, one-and-a-half or double front wheel turn to "Fronthandlebarstand" or "Fronthandlebarstand rev.". Performance as described in preliminary notes "Counter circle with handlebarstand-turn".



### 2071) Handlebarstand rev.

Standing free upright stretched with both feet on handlebar-grips, chest towards saddle.

### 2076) Saddle handlebar handstand

a-b) Single performed handstand with one hand on handlebar and other hand on saddle, arms stretched. Legs closed and stretched. The forearm or the wrist may not be leaned against the handlebar-grip.

c-d) From the "L-shape hold sideways" which has to be performed for at least 2 metres, going directly through to handstand without touching the frame with foot/feet. The handstand must be performed as described in figures a-b) and held through the whole stretch.

e-f) From the "L-shape hold sideways" which has to be performed for at least 2 metres, with stretched arms and legs, going directly through to handstand with stretched and straddled legs without touching handlebar and/or frame with foot/feet. The handstand must be performed as described in figures a-b) and held through the whole stretch.

The exercises a), c) and e) will have to be performed in equal distance around the middle circle.

The exercises b), d) and f) will have to be performed according to the preliminary notes "Counter 8".



### 2077) Handlebar handstand

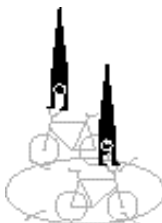
a-b) Single performed handstand with both hands on handlebar-grips, arms stretched, legs closed and stretched.

c-d) From "L-shape hold" or "L-shape hold rev." which have to be performed for at least 2 metres, going directly through to handstand without touching handlebar and/or frame with foot/feet. The handstand must be performed as described in figures a-b) and held through the whole stretch.

e-f) From "L-shape hold" or "L-shape hold rev." which have to be performed for at least 2 metres, with stretched arms and legs, going directly through to handstand with stretched and straddled legs without touching handlebar and/or frame with foot/feet. The handstand must be performed as described in figures a-b) and held through the whole stretch.

The exercises a), c) and e) will have to be performed in equal distance around the middle circle.

The exercises b), d) and f) will have to be performed according to the preliminary notes "Counter 8".



### 2091) Stillstand on pedals; -Pedal front wheel

a-b) Standing with both feet on pedals only, back towards saddle.

c-d) Standing with one foot on a pedal, the other foot on front wheel tyre, back towards saddle.





**2131-2134) Raiser reg. seat; -Mill**

Regular seat on saddle, both feet on pedals.

**2135-2138) Raiser reg. seat rev.; -Mill**

Seat on saddle with back towards handlebar, both feet on pedals.

**2146-2147) Raiser lady seat**

Regular seat on saddle, one foot on pedal. The free leg must be stretched over the top tube to the opposite side of the bicycle and there below the handlebar without the foot wedging the front wheel.

**2151-2154) Raiser stand on pin; -Mill**

Standing with left foot on left rear-pin and with right foot on right pedal (or counterwise). Chest towards handlebar.

**2161-2164) Raiser handlebarseat; -Mill**

Chest towards front wheel which is placed crossways, seat on the lower part of handlebar, both feet on pedals.

**2165-2168) Raiser handlebarseat rev.; -Mill**

Back towards front wheel which is placed crossways, seat on the lower part of handlebar, both feet on pedals.

**2176-2179) Raiser head tube; -Mill**

Sitting on head tube, front wheel in front of oneself, both feet on pedals.

**2180-2183) Raiser head tub rev.; -Mill**

Sitting on head tube, front wheel behind oneself, both feet on pedals.



**2191-2194) Standraiser; -Mill**

Saddle pointing downwards, taking hold of the front wheel in front of oneself, standing above the bottom bracket bearing with both feet on pedals.



**2195-2198) Standraiser rev.; -Mill**

Saddle pointing downwards, taking hold of the front wheel behind oneself, standing above the bottom bracket bearing with both feet on pedals.

**2211-2216) Turn on the spot**

Performance according to preliminary notes TURNS ON THE SPOT.

**2236-2241) Passage... (2 bicycles)**

Performance according to preliminary notes PASSAGES.



**2261-2262) Reg. seat / Stand on pins; Saddlestand**

a-b) Regular seat on saddle, both feet on pedals. / Stand with both feet on the rear-pins.  
c-d) like a-b) until slash. / Standing with both feet on saddle.



**2266-2267) Reg. seat / Shoulderseat**

Regular seat on saddle, both feet on pedals. / Sitting on the partner's shoulders.



**2268-2269) Reg. seat / Shoulderstand**

Regular seat on saddle, both feet on pedals. / Standing with both feet on the partner's shoulders.



**2270-2271) Reg. seat / Chest suspended hang**

Regular seat on saddle, both feet on pedals. / Hanging with chest-grip on the partner's back, head downwards, upwards stretched legs in straight line with the body.

**2276) Reg. seat / Handlebarstand**

Regular seat on saddle, both feet on pedals. / Standing with both feet on handlebar-grips.

**2277) Reg. seat/ Handlebar handstand**

Regular seat on saddle, both feet on pedals. / Handstand on handlebar, arms stretched, legs closed and stretched. Performance without support of partner.

**2281-2282) Reg. seat rev. / Shoulderseat**

Seat on saddle with back towards handlebar, both feet on pedals. / Sitting on the partner's shoulder.

**2283-2284) Reg. seat rev. / Shoulderstand**

Seat on saddle with back towards handlebar, both feet on pedals. / Standing with both feet on the partner's shoulders.

**2285-2286) Reg. seat rev. / Chest suspended hang**

Seat on saddle with back towards handlebar, both feet on pedals. / Hanging with chest-grip on the partner's back, head downwards, upwards stretched legs in straight line with the body.

**2291) Reg. seat rev. / Handlebarstand**

Seat on saddle with back towards handlebar, both feet on pedals. / Standing with both feet on handlebar-grips.

**2292) Reg. seat rev. / Handlebar handstand**

Seat on saddle with back towards handlebar, both feet on pedals. / Handstand on handlebar, arms stretched, legs closed and stretched. Performance without support of partner.

**2296) Handlebarseat / Stand on pins; Saddlestand**

a-b) Seat on handlebar, back towards saddle, free leg stretched forward horizontally, other foot hooked to down tube.

/ Standing with both feet on the rear-pins.

c-d) like a-b) until slash. / Standing with both feet on saddle.

**2301) Handlebarseat rev. / Stand on pins**

Seat on handlebar, chest towards saddle both feet on pedals. / Standing with both feet on the rear-pins.

**2302) Handlebarseat rev. / Saddle handlebarstand; -Stand**

a-c) Seat on handlebar, chest towards saddle both feet on pedals. / Standing with one foot on saddle, other foot on handlebar.

d-f) like a-c) until slash. / Standing with both feet on saddle.

**2303) Handlebarseat rev. / Shoulderseat**

Seat on handlebar, chest towards saddle both feet on pedals. / Sitting on the partner's shoulders.

**2304) Handlebarseat rev. / Shoulderstand**

Seat on handlebar, chest towards saddle both feet on pedals. / Standing with both feet on the partner's shoulders.

**2305) Handlebarseat rev. / Chest suspended hang**

Seat on handlebar, chest towards saddle both feet on pedals. / Hanging with chest-grip on the partner's back, head downwards, upwards stretched legs in straight line with the body.

**2306) Handlebarseat rev. / Headstand**

Seat on handlebar, chest towards saddle both feet on pedals. / Headstand on the saddle, hands in any position, legs closed and stretched. Performance without support of partner.



### 2311) Frontstand / Stand on pin; Saddlestand

a-b) Stand in front of the handlebar, back towards saddle, one foot on front-pin, other foot hooked to down tube. / Standing with boot feet on the rear-pins.  
c-d) like a-b) until slash. / Standing with both feet on saddle.



### 2316) Split / Shoulderseat

Left foot standing on left rear-pin, right foot standing on right front-pin (or counterwise), back towards saddle. The handlebar may not be touched with the leg. / Sitting on the partner's shoulders.



### 2317) Sidestand / Sidestand, Ring grip

Stand with one foot on left rear-pin and other foot on left front-pin (or counterwise). Hand-in-hand grip-connection to a ring, arms stretched.

### 2318) Stand bent on pin / Stand bent on pin

One foot standing on rear-pin, trunk bent forward, free leg stretched to the back.



### 2319) Stand bent on saddle / Stand bent on...

Stand with one foot on saddle, trunk bent towards handlebar, free leg stretched backwards. / Stand with one foot on handlebar, trunk bent towards saddle, free leg stretched in moving direction.



### 2321) Frameseat / Stand bent on saddle

Pushing one leg through frame and placing foot on front-pin. Free leg stretched forward, sitting on down tube. / One foot standing on the saddle, trunk bent forward, free leg stretched to the back.



### 2322) Frameseat / Saddle handlebarstand...

a) Pushing one leg through frame and placing foot on front-pin. Free leg stretched forward, sitting on down tube. / Standing with one foot on saddle, other foot on handlebar.  
b) like a) until slash. / Standing with both feet on saddle.  
c) like a) until slash. / Standing with boot feet on handlebar-grips.

**2323) Frameseat / Saddle support scale**

Pushing one leg through frame and placing foot on front-pin. Free leg stretched forward, sitting on down tube. / One hand on saddle, elbow supporting the body, other hand on handlebar (forearm may be laid on handlebar-grip). Head towards moving direction, closed legs horizontally stretched to the back.

**2324) Frameseat / Headstand**

Pushing one leg through frame and placing foot on front-pin. Free leg stretched forward, sitting on down tube. / Headstand on the saddle, hands in any position, legs closed and stretched. Performance without support of partner.

**2331) Fronthang / Stand bent on saddle**

Behind the back, both hands leaning on handlebar, front wheel between the legs, both feet on pedals. / One foot standing on the saddle, trunk bent forward, free leg stretched to the back.

**2332) Fronthang / Saddle handlebarstand; Saddlestand**

- a) Behind the back, both hands leaning on handlebar, front wheel between the legs, both feet on pedals. / Standing with one foot on saddle, other foot on handlebar.
- b) like a) until slash. / Standing with both feet on saddle.

**2333) Fronthang / Handlebarstand; Shoulderstand**

- a) Behind the back, both hands leaning on handlebar, front wheel between the legs, both feet on pedals. / Standing with both feet on handlebar-grips.
- b) like a) until slash. / Standing with both feet on the partner's shoulders.

**2334) Fronthang / Headstand; Saddle handlebar...**

- a-b) Behind the back, both hands leaning on handlebar, front wheel between the legs, both feet on pedals. / Headstand on the saddle, hands in any position, legs closed and stretched.
- c) like a-b) until slash. / Handstand with one hand on handlebar and one hand on saddle, arms stretched, legs closed and stretched. The forearm or the wrist may not be leaned against the handlebar-grip and/or the partner.

**2341) Backhang / Stand on pins**

In front of the head tube hanging on the handlebar, chest towards saddle, frame between the legs, both feet on pedals. / Standing with both feet on the rear-pins.

**2342) Backhang / Saddle handlebarstand; Saddlestand**

- a) In front of the head tube hanging on the handlebar, chest towards saddle, frame between the legs, both feet on pedals. / Standing with one foot on saddle, other foot on handlebar.  
b-c) like a) until slash. / Standing with both feet on saddle.

**2343) Backhang / Handlebarstand**

In front of the head tube hanging on the handlebar, chest towards saddle, frame between the legs, both feet on pedals. / Standing with both feet on the handlebar-grips.

**2344) Backhang / Shoulderstand**

In front of the head tube hanging on the handlebar, chest towards saddle, frame between the legs, both feet on pedals. / Standing with both feet on the partner's shoulders.

**2345) Backhang / Saddle support scale**

In front of the head tube hanging on the handlebar, chest towards saddle, frame between the legs, both feet on pedals. / One hand on saddle, elbow supporting the body, other hand on handlebar (forearm may be laid on handlebar-grip). Head towards moving direction, closed legs horizontally stretched to the back.

**2346) Backhang / Headstand; Saddle handlebar handstand**

- a-b) In front of the head tube hanging on the handlebar, chest towards saddle, frame between the legs, both feet on pedals. / Headstand on the saddle, hands in any position, legs closed and stretched.  
c) like a-b) until slash. / Handstand with one hand on handlebar and one hand on saddle, arms stretched, legs closed and stretched. The forearm or the wrist may not be leaned against the handlebar-grip. Performance without support of partner.



### 2351) Lying on handlebar / Stand bent on saddle...

- a) Lying with front of body on handlebar, head towards saddle, closed legs stretched horizontally in moving direction. / One foot standing on the saddle, trunk bent forward, free leg stretched to the back.
- b) like a) until slash. / Standing with both feet on saddle.



### 2352) Lying on saddle / Handlebarstand...

- a) Lying with front of body on saddle, closed legs stretched horizontally to the back / Standing with both feet on handlebar-grips.
- b) like a) until slash. / Handstand on handlebar, arms stretched, legs closed and stretched. Performance without support of partner.



### 2353) Waterscale/ Stand bent on saddle; Saddlestand

- a) Lying with back of body horizontally on handlebar, stretched legs (or feet) under saddle. / One foot standing on the saddle, trunk bent forward, free leg stretched to the back.
- b) like a) until slash. / Standing with both feet on the saddle.



### 2356) Saddle handlebarstand / Saddle handlebarstand

Standing with one foot on saddle, other foot on handlebar.



### 2357) Saddle handlebarstand / Stand on pins...

- a) Standing with one foot on saddle, other foot on handlebar. / Standing with both feet on the rear-pins.
- b) like a) until slash. / Standing with both feet on saddle.
- c) like a) until slash. / Standing with both feet on handlebar-grips.



### 2358a-b) Handlebarstand / Stand bent on saddle...

- a) Standing with both feet on handlebar-grips. / One foot standing on the saddle, trunk bent forward, free leg stretched to the back.  
b) like a) until slash. / Standing with both feet on the rear-pins.



### 2358c-f) Handlebarstand-turn... / Stand on pins

In "handlebarstand" with a half, one, one-and-a-half or double front wheel turn to "frontheadbarsta" or "handlebarstand rev.". After the turn the position must be held for at least 2 metres. / Standing with both feet on rear-pins during the complete exercise.



### 2359) Handlebarstand / Saddlestand

Standing with both feet on handlebar-grips. / Standing with both feet on saddle. Execution figure a) through hand-in-hand grip-connection to a ring.



### 2366a-c) Handlebar L-shape hold / -Saddlestand...

- a) Arms stretched, hands supported on handlebar-grips, legs closed and horizontally stretched forward. Back towards saddle. / Standing with both feet on the rear-pins.  
b) like a) until slash. / Standing with both feet on saddle.  
c) like a) until slash. / Arms stretched, hands supported on saddle, legs horizontally straddled and stretched without touching the partner or the handlebar.



### 2366d) Handlebar support straddle / Saddle support...

Arms stretched, hands supported on handlebar-grips, legs horizontally stretched, straddled on the outside of arms. Back towards saddle. / Arms stretched, hands supported on saddle, legs horizontally straddled and stretched without touching the partner or the handlebar.



### 2371) Headstand / Handlebarstand

Headstand on the saddle without support of partner, both hands on handlebar, legs closed and stretched. / Standing with both feet on handlebar-grips.

**2372) Headstand / Frame shoulderstand**

Headstand on the saddle without leaning on partner, both hands on handlebar, legs closed and stretched. / Shoulderstand with one shoulder on top tube without leaning on partner, hands in any position, legs closed and stretched.

**2373a-b) Headstand / Handlebar handstand**

Headstand on the saddle without leaning on partner, both hands on handlebar, legs closed and stretched. / Handstand on handlebar without leaning on partner, arms stretched, legs closed and stretched.

**2373c-d) Headstand / Handlebar support straddle...**

Headstand on the saddle without leaning on partner, both hands on handlebar, legs closed and stretched. / From "Handlebar support straddle" (chest or back to saddle), which has to be performed for at least 2 metres (partner in headstand), with stretched and straddled legs directly to handstand (without leaning on partner), which has to be performed with closed, stretched legs and held through the whole stretch.

**2376a) Saddle handlebar handstand / Handlebarstand**

Handstand with one hand on handlebar and one hand on saddle, arms stretched, legs closed and stretched without leaning on handlebar-grip and/or without support of partner. / Standing with both feet on handlebar-grips.

**2376b) Handlebar handstand/ Saddlestand**

Handstand on handlebar without support off partner, arms stretched, legs closed and stretched. / Standing with both feet on saddle.

**2377) Handlebar handstand / Saddle handlebar handstand**

Handstand on handlebar without leaning on partner, arms stretched, legs closed and stretched. / Handstand with one hand on handlebar and one hand on saddle, arms stretched, legs closed and stretched, without leaning on handlebar-grip and/or partner.



**2391) Stillstand on pedals / Shoulderseat...**

a-b) Standing with both feet on pedals only, back towards saddle. / Sitting on the partner's shoulders.  
c-d) like a-b) until slash. / Standing with both feet on the partner's shoulders.



**2392) Handlebarseat rev. stillstand / Shoulderseat...**

a-b) Stillstand while sitting on handlebar, chest towards saddle, both feet on pedals. / Sitting on the partner's shoulder.  
c-d) like a-b) until slash. / Standing with both feet on the partner's shoulders.



**2411) Raiser reg. seat / Stand on pins**

Regular seat on saddle, both feet on pedals. / Standing with one foot on one rear-pin, or with both feet on both rear-pins.



**2412-2413) Raiser reg. seat / Shoulderseat**

Regular seat on saddle, both feet on pedals. / Sitting on the partner's shoulders.



**2414-2415) Raiser reg. seat / Chest suspended hang**

Regular seat on saddle, both feet on pedals. / Hanging with chest-grip on the partner's back, head downwards, upwards stretched legs in straight line with the body.



**2416-2417) Raiser reg. seat / Shoulderstand**

Regular seat on saddle, both feet on pedals. / Standing with both feet on the partner's shoulders.



**2418-2419) Raiser reg. seat rev. / Shoulderseat**

Seat on saddle with back towards handlebar, both feet on pedals. / Sitting on the partner's shoulders.



**2420-2421) Raiser reg. seat rev. / Chest suspended hang**

Seat on saddle with back towards handlebar, both feet on pedals. / Hanging with chest-grip on the partner's back, head downwards, upwards stretched legs in straight line with the body.



**2422-2423) Raiser reg. seat rev. / Shoulderstand**

Seat on saddle with back towards handlebar, both feet on pedals. / Standing with both feet on the partner's shoulders.



**2426-2427) Raiser handlebarseat / Shoulderseat**

Chest towards front wheel which is placed crossways, seat on the lower part of handlebar, both feet on pedals. / Sitting on the partner's shoulders.



**2428-2429) Raiser handlebarseat / Shoulderstand**

Chest towards front wheel which is placed crossways, seat on the lower part of handlebar, both feet on pedals. / Standing with both feet on the partner's shoulders.



**2436-2437) Raiser head tube / Shoulderseat**

Sitting on head tube, front-wheel in front of oneself, both feet on pedals. / Sitting on the partner's shoulders.



**2438-2439) Raiser head tube / Shoulderstand**

Sitting on head tube, front-wheel in front of oneself, both feet on pedals. / Standing with both feet on the partner's shoulders.



**2446-2447) Raiser head tube rev. / Shoulderseat**

Sitting on head tube, front-wheel behind oneself, both feet on pedals. / Sitting on the partner's shoulders.



**2448-2449) Raiser head tube rev. / Shoulderstand**

Sitting on head tube, front-wheel behind oneself, both feet on pedals. / Standing with both feet on the partner's shoulders.

**2471-2473) Passage... (1 bicycle)**

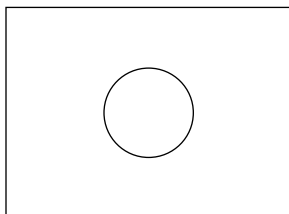
Performance according to preliminary notes PASSAGES.

## EXPLANATION OF FIGURES

### In general

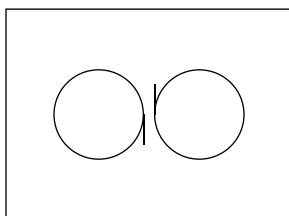
The following explanations and drawings are commenting the figures in the exercise-tables of artistic cycling and their explicit performance in case this has not been written down elsewhere.

The explanations and drawings of the circle and eight are valid for both disciplines, the counter circle and counter eight only for pair artistic cycling.



### Circle

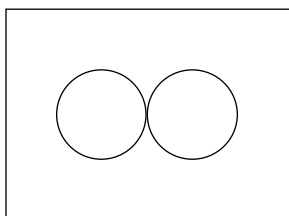
In order to perform the circle in a correct way, the middle circle has to be rounded completely on the outside of the marking.



### Counter circle

The correct counter circle is being carried out in two simultaneously performed circles alongside the riding-area. The diameter of each circle has to be at least 4 metres.

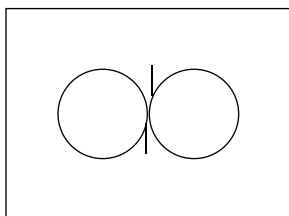
Both participants start in the centre of the riding area at the same level.



### Eight

The correct eight is being carried out clockwise or counter-clockwise in a circle of at least 4 metres in diameter, performed on one half of the riding-area with a direct change to the other half performing a second circle of at least 4 metres in diameter, clockwise or counter-clockwise.

It is possible to perform only a part of the first circle, then directly change to the second circle, performing it complete, then change back to the first circle and finish that one completely.



### Counter eight

The correct counter eight is being carried out if simultaneously another eight is being performed counterwise.

Both participants start in the centre of the riding area at the same level.

## GUIDELINES FOR THE EDUCATION AND ACKNOWLEDGEMENT OF JUDGES

1. To take action in artistic competitions, judges are obliged to have a required judges-licence (identification).
2. For the education to acquire the international judges-licence and for the acknowledgement, the guidelines of the UCI/CIS are authoritative.
3. The acquisition of the international judges-licence is only possible for judges possessing the highest national judges-licence for at least 5 years.
4. For the education to acquire the national judges-licences and for the acknowledgement, the guidelines of the national federations are authoritative.