

## UCI CYCLING REGULATIONS

# PART 8 INDOOR CYCLING

## INTERNATIONAL REGULATIONS OF ARTISTIC CYCLING

Valid from 1.1.1998

### CONTENTS

page

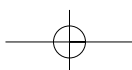
Abbreviations / Terms .....2

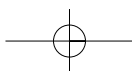
**I**  
**Chapter GENERAL SUBJECTS** .....3

**II**  
**Chapter TYPES OF CLASSIFICATION / EVALUATION SHEET** .....6

**III**  
**Chapter JURY / PROGRESS OF COMPETITION** .....8

**IV**  
**Chapter EXECUTION OF JUDGING** .....10  
 List of exercises Single and Pair Artistic Cycling:  
 Preliminary notes .....13  
 Table of exercises Single Artistic Cycling .....18  
 Explanation of exercises and drawings Single Artistic Cycling .....28  
 Exercises with both wheels on floor (two bicycles) .....41  
 Explanation of exercises and drawings Pair Artistic Cycling .....55  
 Explanation of figures .....73  
**Artistic Cycling for 4 (ACT-4)**.....74  
 Preliminary remarks .....74  
 Table of single figures .....84  
 Table of figures in pairs .....87  
 Table of figures for four connected .....90  
 Table of turnings in forehead line .....96  
 Explanations of the exercises .....97





## UCI CYCLING REGULATIONS

Artistic Cycling for six.....	105
Table of single figures .....	105
Table of figures in pairs .....	108
Table of figures in groups of three.....	111
Table of figures in a group of six.....	115
Table of turnings in forehead line .....	123
Explanations of the exercises .....	124
Guidelines for the education and acknowledgement of judges.....	136

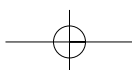
## V

<b>Chapter CLASSIFICATION OF RACES / UCI RANKINGS .....</b>	<b>136</b>
Classification of races.....	136
UCI Rankings.....	137

## 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.lb. ....	=	handlebar
mm.....	=	millimetres
P.....	=	passage
Reg. ....	=	regular
reg.....	=	regular
rev. ....	=	reverse
sdw.....	=	sidewards
spin.....	=	spinnings
s.r.....	=	single rings
str. ....	=	stretch



## UCI CYCLING REGULATIONS

### Chapter GENERAL SUBJECTS

#### 1. Disciplines of competitions

- a) Single artistic cycling
- b) Pair artistic cycling
- c) Four artistic cycling**
- d) Six artistic cycling**

*(text modified on 1.01.06).*

#### 2. Performance categories

- a) The "Union Cyclist International (UCI) International Indoor Cycling Commission" 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.

*(text modified on 1.01.06).*

#### 3. Organization of competitions

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

*(text modified on 1.01.06).*

#### 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

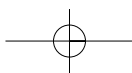
The construction of the bicycles must correspond to the following guidelines and measures.

Cranks: 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.

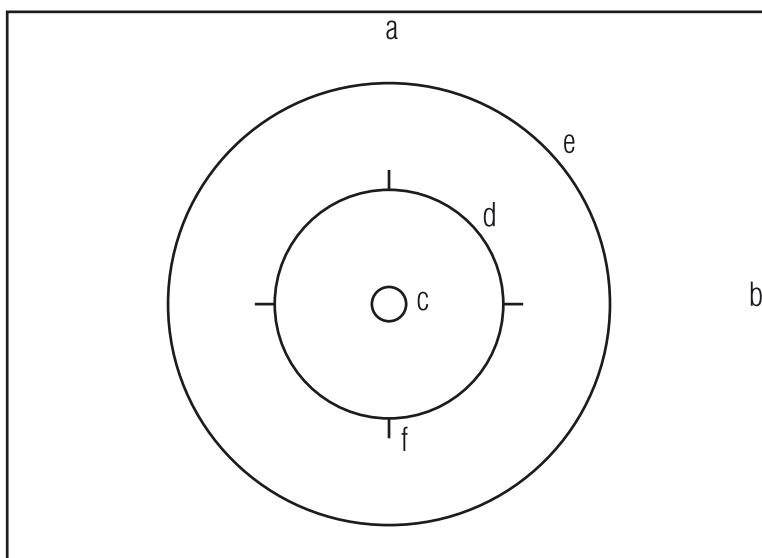
Wheels: Front and rear wheel must have the same diameter. From the height of frame of 46 cm the wheels must have a diameter of at least 24 inches, from 50 cm height of frame the wheels diameter must be at least 25 inches.



## UCI CYCLING REGULATIONS

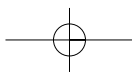
Transmission: The front sprocket may not have less teeth than the rear sprocket.  
 Foothold: In single- and pair artistic cycling the axles of both wheels may have footholds on both sides, each with a length of maximal 50 mm.  
 Any other aids are forbidden.

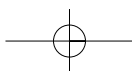
### 7. Riding area



- 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.





## UCI CYCLING REGULATIONS

### 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.

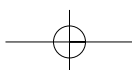
### 10. Maximum amount of figures

- 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.



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**UCI CYCLING REGULATIONS**

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**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.

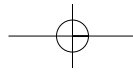
**5. Evaluation sheet to be handed out**

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.



**UCI CYCLING REGULATIONS**

EVALUATION-SHEET

**EVALUATION-SHEET** ▶ for Artistic-Cycling-Competitions

Liberal-No.	Competitor	Age (2005)	Sex (M/F)	No. on	Starting number
		Federation			
		Club			
		Division			
		Organizer			
		Discipline			

No.	Rank	Name of the Spouse	Mark	Deduction	Performance
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
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Specimen

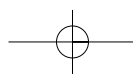
Evaluation-sheet examined by	Difficulty points	Extraction difficulty =
	Best points	X : + 0.2 =
	Total points	— : + 0.5 =
	+ Total extraction difficulty/performance	I : + 1.0 =
	Result	O : + 2.0 =
	+ Result judging-group 2	Final performance =
	+ Result judging-group 3	Total extraction =
	Final result	= 1 or 2 = Points

Signature: \_\_\_\_\_

Announcer: \_\_\_\_\_

Secretary: \_\_\_\_\_

Chairman: \_\_\_\_\_



## UCI CYCLING REGULATIONS



### 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.

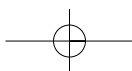
#### 5. Commands of performance / exercises

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.





## UCI CYCLING REGULATIONS

### 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.

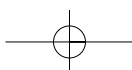
### 9. Evaluation of results

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.



## UCI CYCLING REGULATIONS

### 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. [abrogated on 1.01.00].

## 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

- the classification system / evaluation sheet
- the preliminary notes of the list of exercises
- the explanation of exercises
- the explanation of figures
- 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 a 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.

- If the exercise is shown less than half the stretch - devaluation of ..... 100%

## UCI CYCLING REGULATIONS

- 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

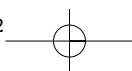
1. The following regulations, the preliminary notes and the explanations of exercises with the explanations of figures are valid for the judgement of performance.
2. In the judgement of performance all mistakes listed in the following mistake-groups and happening during the performance have to be devaluated.
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).



## UCI CYCLING REGULATIONS

### **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;
- g) Post motion of bicycle, correction-step, hopping in the final exercises group.  
(text modified on 1.01.03).

### **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:

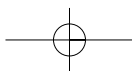
- a) Incorrect descending from the bicycle (even after the time limit).

### **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;



## UCI CYCLING REGULATIONS

- f) Leaning on the partner;
- g) Participant ends standing, but bike falls on the floor (group final exercises).  
(text modified on 1.01.03).

### Mistake-group 3

Devaluation 2.0, mistake-sign 0 (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.
- e) Participant ends not-standing (group final exercises).  
(text modified on 1.01.03).

### 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.

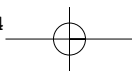
## LIST OF EXERCISES SINGLE AND PAIR ARTISTIC CYCLING

### 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, passages and exercises from the group final exercises (1301).  
(text modified on 1.01.03).
- 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.



## UCI CYCLING REGULATIONS

- 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:

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

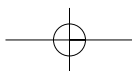
Only the distance ridden outside the middle-circle is valid for the evaluation. The distance ridden inside this circular area is to be repeated outside.

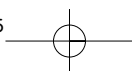
### **Counter-circle (only in pair artistic cycling)**

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.





## UCI CYCLING REGULATIONS

### **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.

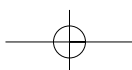
### **Single rings or counter eight in saddle-handlebar-, handlebar- or saddle-stands (only in pair artistic cycling)**

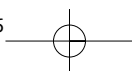
Before and after single rings or counter eight the partners will have to touch hands, thus indicating the beginning and the end of the exercise.

### **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.





## UCI CYCLING REGULATIONS

### **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.

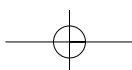
Passages in pair artistic cycling must be performed in grip-connection.

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

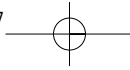
When changing from two to one bicycle both partners have to dismount correctly and start their performance on one bicycle without assistance.

### **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.







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## UCI CYCLING REGULATIONS

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

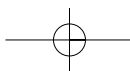
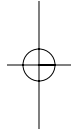
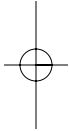
During the exercise "saddle handlebarstand / saddlestand" stretching of arms to the sides is not necessary for "saddle handlebarstand".

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

### **Final exercises (single)**

This final exercise must be performed as last exercise of the program. The participant has to end the exercise standing on the riding area, holding the bike with one hand, while stretching the other arm sideward.

*(text modified on 1.01.03).*



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**UCI CYCLING REGULATIONS**


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**TABLE OF EXERCISES SINGLE ARTISTIC CYCLING**

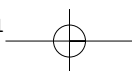
Number	Figure	Value
<b>Exercises with both wheels on floor</b>		
1001	a Reg. seat	0.2
	b Reg. seat frh.	0.8
	c Reg. seat frh. 8	1.2
1002	a Reg. seat bw.	2.2
	b Reg. seat bw. 8	2.8
	c Reg. seat bw. handlebar spinning	4.0
1003	a Reg. seat rev.	1.4
	b Reg. seat rev. frh.	2.2
	c Reg. seat rev. frh. 8	2.8
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

**UCI CYCLING REGULATIONS**

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

**UCI CYCLING REGULATIONS**

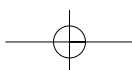
1051	a	Bent knee seat	0.8
	b	Bent knee seat 8	1.2
1052	a	Bent knee seat rev.	1.0
	b	Bent knee seat rev. 8	1.4
1053	a	Knee on saddle	1.0
1054	a	Knee on saddle bw.	3.2
1061	a	Stand bent on saddle	1.2
	b	Stand bent on saddle 8	1.8
1062	a	Stand bent on saddle bw.	3.0
1063	a	Stand bent on frame	1.2
	b	Stand 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



## UCI CYCLING REGULATIONS

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 $\frac{1}{2}$ turn	5.2
	d	Fronthandlebarstand 1 turn	5.8
	e	Fronthandlebarstand $1\frac{1}{2}$ turns	6.4
	f	Fronthandlebarstand 2 turns	7.0
	g	Fronthandlebarstand out of Reg. seat	4.4
	h	Fronthandlebarstand 8 out of Reg. seat	5.0
	i	Fronthandlebarstand $\frac{1}{2}$ turn out of Reg. seat	5.6
	j	Fronthandlebarstand 1 turn out of Reg. seat	6.2
	k	Fronthandlebarstand $1\frac{1}{2}$ turn out of Reg. seat	6.8
	l	Fronthandlebarstand 2 turns out of Reg. seat	7.4
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
	c	Handlebar grip, scale, legs front	5,0
	d	Handlebar grip, scale, legs front 8	5,6
	e	Handlebar grip, scale, legs rear	5,4
	f	Handlebar grip, scale, legs rear 8	6,0

*(text modified on 1.02.04).*



## UCI CYCLING REGULATIONS

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
	d	L-shape hold sideways, bw.	5.6
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

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**UCI CYCLING REGULATIONS**


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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
	e	Turning jump reg. seat, jump, scissors jump	3.6

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

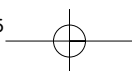
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**UCI CYCLING REGULATIONS**


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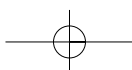
1181	a	Pedal jump	2.4
1186	a	Maute jump	8.0
<b>Raiser figures</b>			
1201	a	Raiser reg. seat	2.2
	b	Raiser reg. seat frh.	2.6
	c	Raiser reg. seat 1 leg	3.0
	d	Raiser reg. seat 1 leg frh.	3.6
1202	a	Raiser reg. seat bw. frh.	3.8
	b	Raiser reg. seat bw. frh. 8	4.4
	c	Raiser reg. seat bw. 1 leg	4.2
	d	Raiser 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





## UCI CYCLING REGULATIONS

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



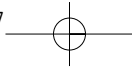
## UCI CYCLING REGULATIONS

### Passages

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

### Close exercises:

1301	a	Reg. seat handlebar squat	1.6
	b	Side pedal stand squat over bike	1.8
	c	Reg. seat handlebar straddle	2.6
	d	Reg. seat handlebar squat 1/2 screw	3.2



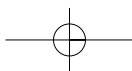
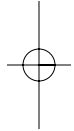
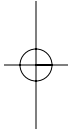
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**UCI CYCLING REGULATIONS**

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e	Handlebarseat rev. handlebarsquat	1.8
f	Handlebarseat rev. handlebar straddle	4.4
g	Stand bent on saddle handstandloop	6.0
h	Reg. seat handstandloop	7.0
i	Fronthandlebarstand stretchjump over bike	4.0
j	Fronthandlebarstand stretchjump in front of bike $\frac{1}{2}$ twist	4.4
k	Fronthandlebarstand straddlejump behind the bike	4.8
l	Handlebarstand rev. stretchjump in front of bike	3.2
m	Handlebarstand rev. stretchjump in front of bike 1 twist	5.4
<b>n</b>	<b>Handelbarstand rev. jump salto rearwards, hooked legs</b>	<b>7.6</b>

*(text modified on 1.01.03; 1.01.06).*



## UCI CYCLING REGULATIONS

### 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.

## UCI CYCLING REGULATIONS



### 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.

## UCI CYCLING REGULATIONS



### 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

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



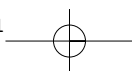
### 1051) Bent knee seat

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.



## UCI CYCLING REGULATIONS



### 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.



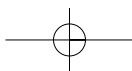
### 1076) Framestand

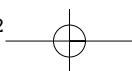
Standing upright with one foot only on down tube, other foot only on seat tube. Chest towards handlebar. Feet may not touch each other, legs may not touch handlebar.



### 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.





## UCI CYCLING REGULATIONS



### 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.



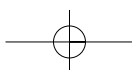
### 1096) Walk on front wheel

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.





## UCI CYCLING REGULATIONS



### 1103) Saddlestand

Standing free upright stretched with both feet on saddle.



### 1104) Fronthandlebarstand; fronthandlebarstand turn

Fronthandlebarstand; fronthandlebarstand turn (p. 32 of regulation)

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

a-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 meters.

g-l) As a-f, however jump from Reg. seat.

(text modified on 1.01.02).



### 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

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

c) Both hands on handlebar, elbows supporting the body. Closed legs horizontally stretched towards moving-direction to the front. Head towards the saddle.

e) Both hands on handlebar, elbows supporting the body. Head towards the moving-direction, closed legs horizontally stretched above the saddle.

(text modified on 1.01.02; 1.02.04)



### 1116) Handlebar L-shape hold

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

## UCI CYCLING REGULATIONS



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

- 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.



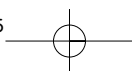
### 1122) Shoulderstand

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



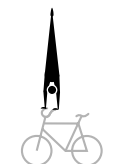
### 1123) Saddle handlebar handstand

- 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 sidwards" 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 sidwards" 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.



## UCI CYCLING REGULATIONS

### 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...

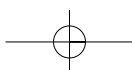


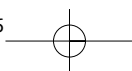
- a-b) Front wheel placed crossways, standing with one foot on front-pin, the other foot on front wheel-tyre or spokes, chest towards saddle.
- c) Front wheel placed crossways, standing with both feet on front wheel-tyre only, chest towards saddle.
- d) Front wheel placed crossways, shoulderstand with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



### 1143) Handlebar rev. stillstand

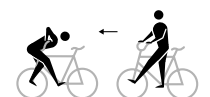
Reverse sitting on handlebar during stillstand, both feet on pedals, chest towards saddle.



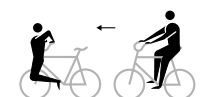


## UCI CYCLING REGULATIONS

### 1151) Sidestand turn stillstand...

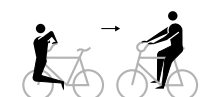


- Chest towards handlebar, left foot on right rear-pin, right foot on right front-pin (or counterwise),  $\frac{1}{4}$  turn with handlebar and front wheel to the stillstand which has to be performed as described in "backstand stillstand" which has to be performed for at least 3 seconds.
- Chest towards 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.
- 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

- While riding forward, squat from "reg. seat" over handlebar to riding forward in "fronthang".
- While riding backwards, squat from "reg. seat" over handlebar to riding backwards in "fronthang".



### 1157) Fronthang squat

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



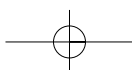
### 1158) Backhang squat

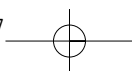
- While riding forward, squat from "backhang" over handlebar to riding forward in "handlebarseat rev.". Pushing off one foot from a front-pin is possible.
- like a), but without pushing off from front-pin.
- While riding backwards, squat from "backhang" over handlebar to riding backwards in "handlebarseat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



### 1159) Handlebarseat rev. squat

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





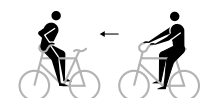
## UCI CYCLING REGULATIONS

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



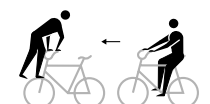
- While riding forward, from "handlebarseat rev." crossing stretched legs above the saddle, then changing grips to riding forward in "reg. seat". Turning the upper part of the body while crossing or grip-changing. Intermediate sitting on frame or handlebar is allowed.
- While riding forward squat from "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...



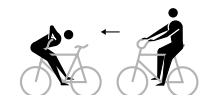
- While riding forward from "sidestand foot-cranking" jump with  $\frac{1}{2}$  turn of the front wheel, then squat over handlebar to riding forward in "handlebar rev.". During the jump the foot has to be taken of the pedal.
- While riding forward from "reg. seat" jump with  $\frac{1}{2}$  turn of front 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.".
- While riding forward from "reg. seat" jump with  $\frac{1}{2}$  turn of front wheel, jump handlebar, crossing stretched legs, changing grips.  
(text modified on 1.01.02).

### 1173) Turning jump...

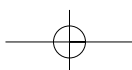


- While riding forward from "sidestand foot cranking" jump with  $\frac{1}{2}$  turn of the front wheel, to riding forward in "walk on front wheel". During the jump the foot has to be taken off the pedal.
- While riding forward from "reg. seat." jump with  $\frac{1}{2}$  turn of front wheel to riding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

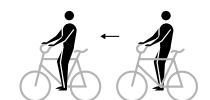
### 1174) Turning jump...



- 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".

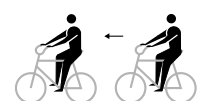


## UCI CYCLING REGULATIONS



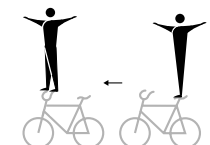
### 1175) Turning jump...

- a) While riding forward from "reg. seat" jump with whole turn of the front wheel to riding forward in "reg. seat".  
 b-e) 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/1202e) 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.



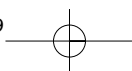
### 1211-1212) Raiser lady seat

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.



## UCI CYCLING REGULATIONS



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

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

- 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.



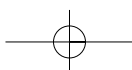
### 1246-1247) Standraiser

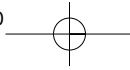
Saddle pointing downwards, taking hold of the front wheel in front of oneself, standing above the bottom bracket bearing with both feet on pedals.



### 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.





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## UCI CYCLING REGULATIONS

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

Performance according to preliminary notes PASSAGES.

### **1301)**

#### **Final exercises**

At handlebar-straddle it is obligatory to straddle the legs above the handlebar; hands have to be taken from the handlebar.

During stretchjump legs have to be stretched and closed.

During stretchjump over the bike legs have to be stretched and closed; jump over the whole bike.

During straddlejump the hands have to touch the feet, while legs are stretched.

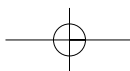
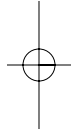
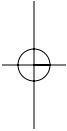
Twist means turn of whole body along the body-axle (head-feet) during jump.

**Handelbarstand, 360° rotation with hooked legs landing with both feet on the ground.**

*(text modified on 1.01.06).*

Further performance according PRELIMINARY NOTES Final exercises.

*(text modified on 1.01.03).*





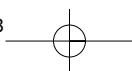
## UCI CYCLING REGULATIONS

### 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

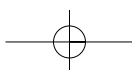
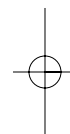
## UCI CYCLING REGULATIONS

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



## UCI CYCLING REGULATIONS

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 $\frac{1}{2}$ 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 $\frac{1}{2}$ 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



## UCI CYCLING REGULATIONS

### 2078 a Maute jump 8.0

(article introduced on 1.01.06).

#### 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

## UCI CYCLING REGULATIONS

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

**UCI CYCLING REGULATIONS**

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

## UCI CYCLING REGULATIONS

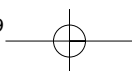
2197	a	Standraiser rev. mill	2.4
	b	Standraiser rev. mill s.r.	4.4
	c	Standraiser rev. mill spin.	5.4
2198	a	Standraiser rev. mill bw.	2.6
	b	Standraiser rev. mill s.r. bw.	4.8
<b>Turns on the spot</b>			
2211	a	Raiser handlebarseat 1 turn	4.2
	b	Raiser handlebarseat 2 turns	5.2
2212	a	Raiser handlebarseat rev. 1 turn	4.4
	b	Raiser handlebarseat rev. 2 turns	5.6
2213	a	Raiser headtube 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
<b>Passages (two bicycles)</b>			
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

## UCI CYCLING REGULATIONS

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

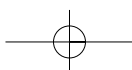
2261	a	Reg. seat / Stand on pins	0.4
	b	Reg. seat frh. / Stand on pins	0.8
	c	Reg. seat / Saddlestand	0.8
	d	Reg. seat frh. / Saddlestand	1.6
2262	a	Reg. seat bw. / Stand on pins	2.0
	b	Reg. seat bw. / Stand on pins 8	2.6
	c	Reg. seat bw. / Saddlestand	2.2
	d	Reg. seat bw. / Saddlestand 8	2.8
2266	a	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





## UCI CYCLING REGULATIONS

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



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**UCI CYCLING REGULATIONS**


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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

## UCI CYCLING REGULATIONS

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
	<b>g</b>	<b>Regular seat, handelbarstand, stand on rear pins</b>	<b>3.8</b>
	<b>h</b>	<b>Regular seat, handelbarstand 1/2 turn, stand on rear pins</b>	<b>5.8</b>
	<b>i</b>	<b>Regular seat, handelbarstand 1 turn, stand on rear pins</b>	<b>6.4</b>
	<b>j</b>	<b>Regular seat, handelbarstand 1 1/2 turns, stand on rear pins</b>	<b>7.0</b>
	<b>k</b>	<b>Regular seat, handelbarstand 2 turns, stand on rear pins</b>	<b>7.6</b>

*(text modified on 1.01.06).*

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

## UCI CYCLING REGULATIONS

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
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### 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
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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
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2416	a	Raiser reg. seat / Shoulderstand	4.2
	b	Raiser reg. seat frh. / Shoulderstand	4.6

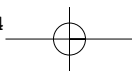
2417	a	Raiser reg. seat bw. frh. / Shoulderstand	5.6
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2418	a	Raiser reg. seat rev. frh. / Shoulderseat	4.4
	b	Raiser reg. seat rev. spin. frh. / Shoulderseat	5.4

2419	a	Raiser reg. seat rev. bw. frh. / Shoulderseat	4.8
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## UCI CYCLING REGULATIONS

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



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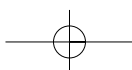
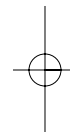
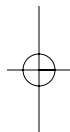
**UCI CYCLING REGULATIONS**

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**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
<b>2501</b>	<b>a</b>	<b>Handelbarstand rev. jump salto rearwards, hooked legs</b>	<b>8.0</b>

*(article introduced on 1.01.06).*



## UCI CYCLING REGULATIONS

### 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.



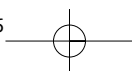
**2001-2004) Reg. seat; -Mill**  
Regular seat on saddle, both feet on pedals.



**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.



## UCI CYCLING REGULATIONS



### 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.



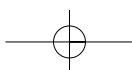
### 2036) Sidestand foot cranking

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.





## UCI CYCLING REGULATIONS



### 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.



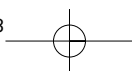
### 2053) Stand bent on saddle

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.



## UCI CYCLING REGULATIONS



### 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.

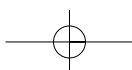


### 2070a-g) Fronthandlebarstand...

- 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 "Fronthandlebartand" 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".



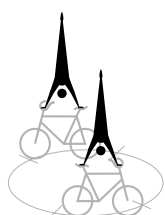
## UCI CYCLING REGULATIONS



### 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.

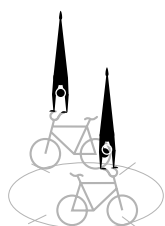
c-d) From the "L-shape hold sideways" which has to be performed for at least 2 metres, going directly through to handstand without touching the frame with foot/feet. The handstand must be performed as described in figures a-b) and held through the whole stretch.

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



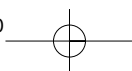
a-b) Single performed handstand with both hands on handlebar-grips, arms stretched, legs closed and stretched.

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".



## UCI CYCLING REGULATIONS

### 2078a) Maute jump

Same definition as in single artistic cycling, but with the following conditions:

Riders do not touch neither before nor after the jump

The jumps have to be performed simultaneously

The jumps must be performed after a counter eight or a circle.

(article introduced on 1.01.06).



### 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.



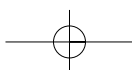
### 2151-2154) Raiser stand on pin; -Mill

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



### 2161-2164) Raiser handlebar seat; -Mill

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



## UCI CYCLING REGULATIONS



### 2165-2168) Raiser handlebar seat 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 tube 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.

## UCI CYCLING REGULATIONS



### 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.

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**UCI CYCLING REGULATIONS**


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**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.

## UCI CYCLING REGULATIONS



### 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.



## UCI CYCLING REGULATIONS



### 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...

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



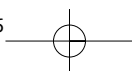
### 2332) Fronthang / Saddle handlebarstand; Saddlestand

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



### 2333) Fronthang / Handlebarstand; Shoulderstand

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



## UCI CYCLING REGULATIONS



### 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.



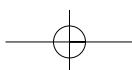
### 2344) Backhang / Shoulderstand

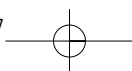
In front of the head tube hanging on the handlebar, chest towards saddle, frame between the legs, both feet on pedals. / Standing with both feet on the partner's shoulders.



### 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.





## UCI CYCLING REGULATIONS



### 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.



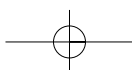
### 2356) Saddle handlebarstand / Saddle handlebarstand

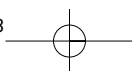
Standing with one foot on saddle, other foot on handlebar.



### 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.





## UCI CYCLING REGULATIONS

### 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 "fronthandlebarsta" 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.



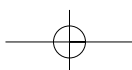
### 2366d) Handlebar support straddle / Saddle support...

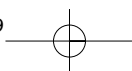
Arms stretched, hands supported on handlebar-grips, legs horizontally stretched, straddled on the outside of arms. Back towards saddle. / Arms stretched, hands supported on saddle, legs horizontally straddled and stretched without touching the partner or the handlebar.



### 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.





## UCI CYCLING REGULATIONS



### 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.



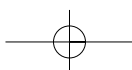
### 2376b) Handlebar handstand/ Saddlestand

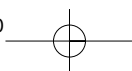
Handstand on handlebar without support off partner, arms stretched, legs closed and stretched. / Standing with both feet on saddle.



### 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.





## UCI CYCLING REGULATIONS



### 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) Handlebar seat 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.



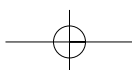
### 2418-2419) Raiser reg. seat rev. / Shoulderseat

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.



## UCI CYCLING REGULATIONS



### 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.

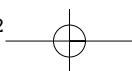


### 2448-2449) Raiser head tube rev. / Shoulderstand

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.



## **UCI CYCLING REGULATIONS**

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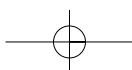
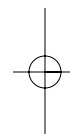
**2501 a) Handelbarstand rev. jump salto rearwards, hooked legs  
Handelbarstand, 360° rotation with hooked legs landing with both feet on the  
ground.**

**Riders do not have to touch neither before nor after the jump.**

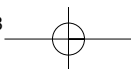
**The jump must be performed simultaneously.**

**The jump may only be performed in a circle or after a counter eight.**

*(article introduced on 1.01.06).*







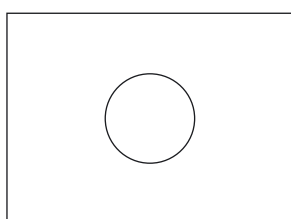
## UCI CYCLING REGULATIONS

### EXPLANATION OF FIGURES

#### In general

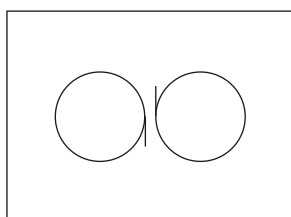
The following explanations and drawings are commenting the figures in the exercise-tables of artistic cycling and their explicit performance in case this has not been written down elsewhere.

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

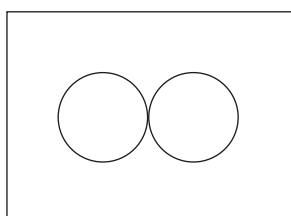
In order to perform the circle in a correct way, the middle circle has to be rounded completely on the outside of the marking.



#### 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.

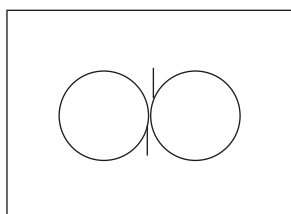
Both participants start in the centre of the riding area at the same level.



#### 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.

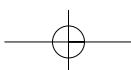
It is possible to perform only a part of the first circle, then directly change to the second circle, performing it complete, then change back to the first circle and finish that one completely.



#### Counter eight

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

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



## UCI CYCLING REGULATIONS

### ARTISTIC CYCLING FOR 4 (ACT-4)

*(articles introduced on 1.07.05).*

#### PRELIMINARY REMARKS

##### **General guideline to riding programmes**

- a) If written in the context of the exercises of Team riding for 4 or 6 riders Raiser so the whole figure has to be performed by all riders in position Raiser. Is the explanation without Raiser the figure is in regular seat with both wheels on the floor (exception from the rule Turbine in regular seat).
- b) If written in the context of the exercises of Team riding for 4 or 6 riders team frh., it's not allowed to hold the handlebar, bicycle and/or someone of the team members. Of course this rule needs to be seen in context in the general issues committed grip connections.
- c) At all figures of Team riding for 4 or 6 riders, with frh. the arms which are not connected in grip must be stretched to the side.
- d) If frh. is written in the context of exercises, neither handlebar nor the bicycle/s may be touched; isn't there in the context of exercises of Team riding for 4 or 6 riders, not described, that they have to do the figure frh. it is up to the teammates how they perform the figure (except door figures). But all riders have to show the figure in a uniform way.
- e) In all of the figures the competitors have to maintain a correct manner of execution in the sense of sportsmanlike artistic cycling which may not be altered during the performance.
- f) If written in the context of the exercises refer, to another figure, it is meant to use the explanations of general issue of the corresponding discipline.

##### **Riding direction**

All of the exercises are to be performed backwards (abbreviation bw.), has to be shown of all riders backwards. All figures which don't have in the explanation bw. have to be done by all riders forward. Exceptions from this rule are Stars, Star turnings on the spot, Forehead-turnings on the spot, also figures which are show in a part forward or backward and in a part of it's performance in Stillstand.

In all figures of 4 or 6 members of Artistic Team riding, forward or backward is decided by the direction of the bicycle. In 4 or 6 members of Artistic unibike it is decided by the direction in which the faces of the rider show.

##### **Start of programme**

The beginning of the competition program has to be started with the call start, in one of the following common positions:

- a) all riders are driving individually;

## UCI CYCLING REGULATIONS

b) all riders are standing or driving or stand in position connected in 2 con., 3 con., 4 con. or 6 con. in Forehead-line (Forehead-line see the issues of Team riding for 4 or 6 riders).

For a) and b) is valid: All riders have to be in regular seat, raiser, forward or all backward.

### Exercises with both wheels on the floor

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

### Raiser figures

All off the Raiser exercises have to be performed only on the rear wheel.

### Grip connections

The grip-connections have to be hand-in-hand-grip, upper-arm-grip, shoulder-grip, except there are no other descriptions in the explanations of the exercises.

At all Stars, Mills, and Rings (except of Rat tail ring) the Grip connection has to be in Hand in Hand Grip, In Wing Mill only the inner riders. It's always forbidden to hold on the wrist of a team member.

### Circle/round

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

At figures 4 or 6 connected in Forehead-line it's allowed to drive inside of the middle-circle, provided the most outside rider has a maximum distance of 4 meter to the boarder line of the longest side of the competition area.

### Eight/changing round

The two circles of a full eight have to show a diameter of at least 4 metres each, across the inner circle. At figures with 2 con., 3 con., 4 con. or 6 con. in Forehead-line the diameter of the circle is measured by means of watching the most outside rider.

### Long line/ short line/ cross line (X line)

This figure starts close to one point at the boarder line of the competition area with a maximum distance of 1 m to the line, then the riders drive to the opposite side of the competition area in straight direction and again have a maximum distance of at least 1 m to the boarder line.

### Figures with single rings

In figures with single rings, the parts in front and at the end of the s.r. must be clear expired.

## UCI CYCLING REGULATIONS

### Presentation of specific figures

If the descriptions of figure have the part inside individual, all team members have to show the figure (f.e. raiser or backward or raiser backward) at least 2 metres by themselves before they touch each other in grip and then the whole figure follows in the described position.

If the term in- and outside individual appears the riders have to show the figure (f.e. raiser or backward or raiser backward) at least 2 metres by themselves before they touch each other in grip then the whole figure follows in the described position and afterwards again all team members have to drive at least 2 m individually in the relevant position.

If frh. individual.; in- a outside individual frh. appear in the text of a figure only the figure itself has to be performed freehanded.

Is there described inside individual frh., in- a outside individual. frh. the individually distance of 2 metres each and the figure itself have to be performed freehanded.

The connection and disconnection process of the grips at these figures has to happen simultaneously.

At Witch Pot, Rings, Double-Doors-Ring, it's allowed that the connection and disconnection of both parts of the figure happens within a very short time.

In figures with in- a outside individual the parts performed individually by all members have to be in a significant distance of the figure itself. The driving to the connection has to be in a real distance to the trace of the connected figure. The driving outside has to be to a real distance of the trace of the connected figure, too.

### Doorrings / Double Doors / Door with single ring

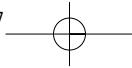
- a) All Doors of the various figures with Door or Double Door have to be freehanded
- b) All kind of Door figures with single ring (except Snake Door, Pass through Mill) the first rider who passes the door has to pass it two times.
- c) All kind of figures of Double Door with single ring (except Snake Double Door) are finished when the rider passing first has passed both sides of the Double Door two times each.

### Spinnings

Spinnings have to be performed on an area with a maximum diameter of 50 cm at the same time by all performing riders. The spinnings start are judged when the diameter has been achieved. At least 3 complete continuous spinnings have to be performed by every rider.

### Turnings on the spot in Forehead-line

After detaching from grip connection, each rider turns on a spot without pedalling. According to the explanation of exercises a half or full turn has to be performed. When the turn and gripping is completed, the riders must continue riding for at least 2 metres. Detaching and re-gripping has to be done while standing.



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## UCI CYCLING REGULATIONS

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### **Stars**

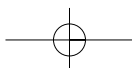
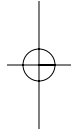
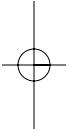
If the term **inside individual** appears in the text of a star figure, it's performed correctly when the sportsmen are not driving more than  $\frac{1}{2}$  meter from the moment they connect each other to the full Stillstand of their pedals.

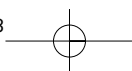
This rule is not valid for star figures that show the term **inside one after another**.

All members of the team have to rest in the relevant position for a minimum period of 3 seconds.

### **Turning on the spot in Stars**

From the position **Star inside** or **Star outside** all team members disconnect at the same time, turn on the spot without pedalling, perform half or a full turn, connect the grip again all in the same time and hold the final position without moving over the full time.

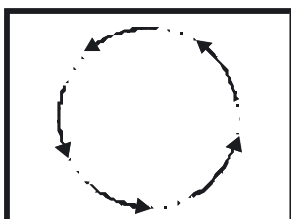




## UCI CYCLING REGULATIONS

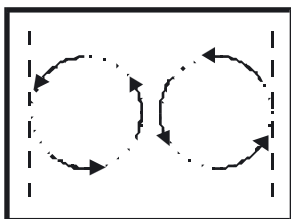
### In General

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 being written down elsewhere. The explanations and drawings of the circle and eight are valid for the corresponding discipline of 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.

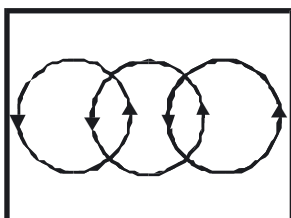


### Counter circle - Double round

The correct Counter circle Double round 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.

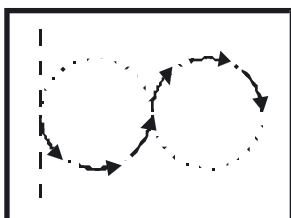
When performing in 3 con. Forehead-line the most outside rider is relevant for measuring the diameter.

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



### Wormser whipping (ACT6)

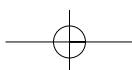
The Wormser whipping is a combination of Counter circle and circle at the same time, with three groups of two riders each.



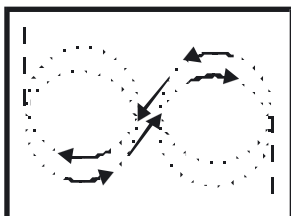
### Eight

The correct eight is being carried out clockwise ore 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 ore counter-clockwise.

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

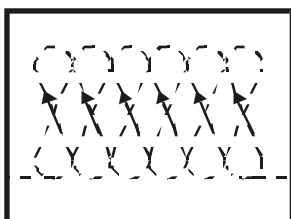


## UCI CYCLING REGULATIONS



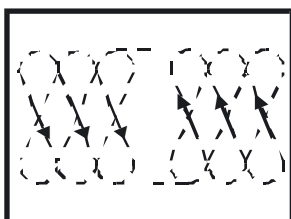
### Counter eight

In order to perform the counter eight in a correct way, two eight's have to be performed counterwise and simultaneously. Both groups must pass in the centre of the riding area at the same level.



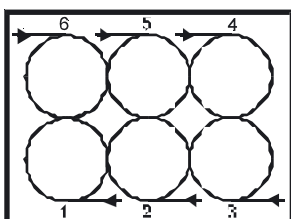
### Short eight

All team members are driving along the long line turn left and then individually perform an 8, the four or six individual 8's are not restricted in diameter however they have to show the same size. The sportsmen have to return to their starting point at the same moment.



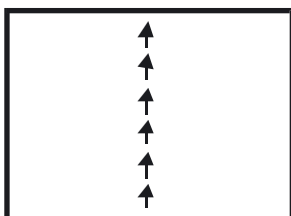
### Counter short eight

In order two sections perform the counter eight in a correct way, two eight's have to be performed counterwise and simultaneously. The diameter of the 8's are not restricted but these eight's have to be all in the same size. Both groups must pass in the centre of the riding area at the same level. This figure is performed with two sections of a team, driving in opposite directions: The members of each section are all riding next to each other.



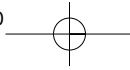
### Schwaneweder eight

In this figure must be round the riding-area 4 or 6 small eight's they in the diameter not restricted, but this eight's have to be all in the same size from and to the starting position, so that one half of the eight is overburden with the next half of the following eight.

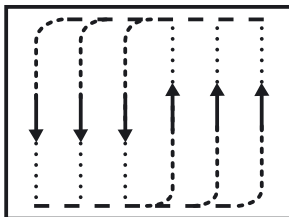
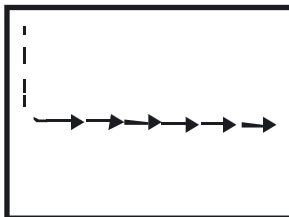
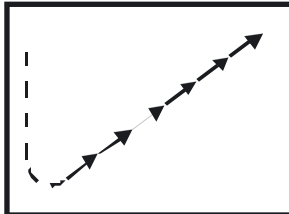


### Short line / cross line (X line) / long line

This figure starts close to one point at the boarder line of the competition area with a maximum distance of 1 m to the line, then the riders drive to the opposite side of the competition area in straight direction and again have a maximum distance of at least 1 m to the boarder line.

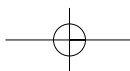
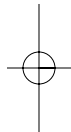
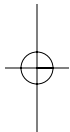
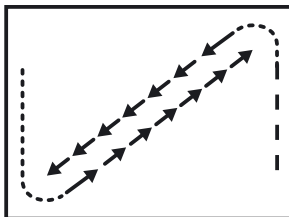
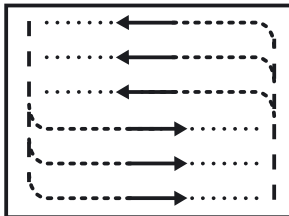


**UCI CYCLING REGULATIONS**



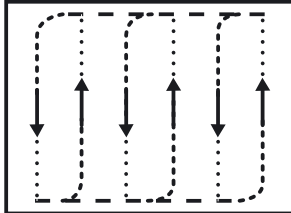
**Long line/ short line/ cross line (X line) opposite direction**

These figures are shown in two sections next to each other (two in 4-team and three in 6-team) from the boarder line on the long/short side or from the corner of the riding area. The riders have to start the figure at least 1 m from the line, and drive down to the other side in straight direction at least 1 m to the boarder line. The two groups pass in the middle of the riding area.



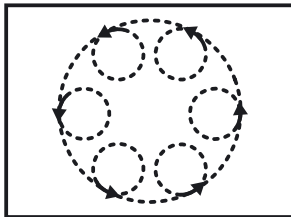
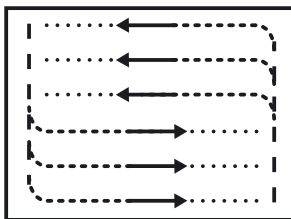


## UCI CYCLING REGULATIONS



### Long line/ short line opposite direction pass through

These figures are shown in two sections next to each other (two in 4-team and three in 6-team) from the boarder line on the long/short side or in the corner of the riding area. The riders of each section do not ride all next to each other, they leave gaps. The riders have to start the figure at least 1 m from the line, and drive down to the other side in straight direction at least 1 m to the line. The two groups pass in the middle of the ridding area in the gaps of the opposite coming group.



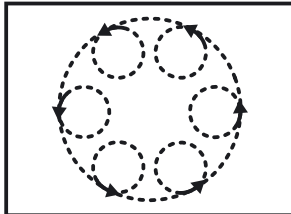
### Single ring/s (s.r.)

Single rings is the term for small circles. Their diameter is not prescribed but all riders have to perform it in the same size. The single ring is finished if they have each performed a full circle and return to their starting position.

At s.r. left in direction forward or backward the left shoulder is always to the centre of the s.r.

6 f. e. o round 6 single ring left

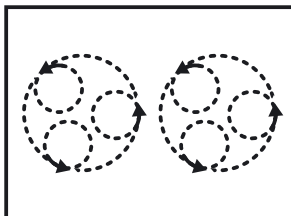
At s.r. right in direction forward or backward the right shoulder is always to the centre of the s.r.



6 f. e. o round 6 single ring right

At certain figures f.e.o. or n.t.e.o appears with 4/6 s.r. each rider performs the figure itself individually and simultaneously shows a single ring.

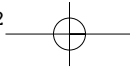
At certain figures connected in 2 con., 3 con., 4 con. or 6 con. in Forehead-line with 4/6 s.r. appears after detaching from grip-connection each rider simultaneously performs a s.r. in the respective kind of exercise and returns to forehead-line simultaneously and finishes the figure.



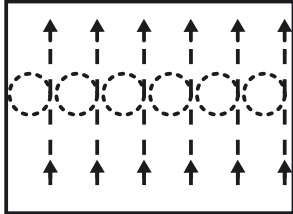
3 f. e. o. double round 6 s. r.  
left

If the term f.e.o. with 3 s.r. appears, groups of two riders disconnect their grip connection and perform a single ring together, by means of one following the other simultaneously and in the same size.

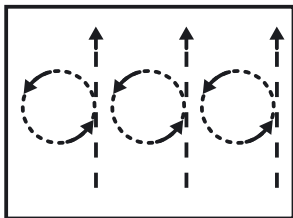
In figures 2 connected with 3 s.r. in the meantime of the figure the three groups of two riders each remain their grip connection and perform their s.r. simultaneously together.



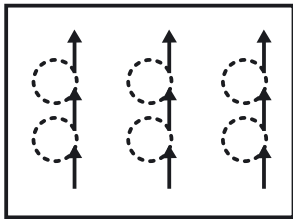
**UCI CYCLING REGULATIONS**



**6 n. e. o. short line 6 s. r left**



**2 f. e. o. short line 3 single ring left**

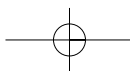
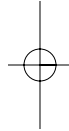
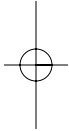


**2 f. e. o. short line 6 s. r. left**

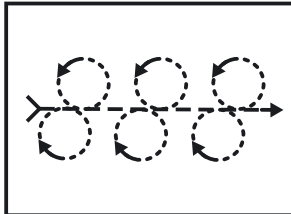
If the term 4/6 connected with 2 or 3 s.r. appears they must detach the figure simultaneously the forehead-line in three double groups or two triple groups perform 3 or 2 s.r. and return to the forehead-line.

With regard to the various figures with single rings please see the following list:

- 6 f. e. o round 6 single ring left
- 6 f. e. o round 6 single ring right
- 3 f. e. o. double round 6 single ring left
- 6 n. e. o. short line 6 single ring left
- 2 f. e. o. short line 3 single ring left
- 2 f. e. o. short line 6 single ring left

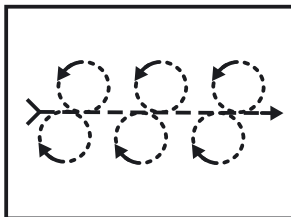


## UCI CYCLING REGULATIONS



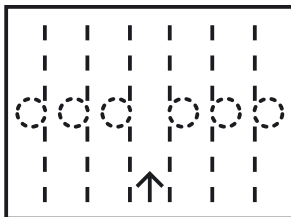
### Single ring opposite directions

At figures f.e.o. with 4/6 members, 2/3 riders perform their s.r. to the left and at the same time 2/3 riders perform their s.r. to the right. They all return to their starting position and finish the figure itself.



At corresponding figures with Forehead-line the sections disconnect, the sportsmen on the left side of each section perform a s.r. to the left and the sportsmen on the right side of each section perform a s.r. to the right. Then they return back to the position of 2 connected forehead-line.

The detaching of the forehead-line, the single rings and the reconnecting to the forehead-line has to be simultaneously.



The drawing shows a team of 6 members team riding figure 6 following each other (f.e.o.) long line 6 single ring opposite 2 connected long line 6 single ring opposite 6 connected short line 6 single ring opposite.

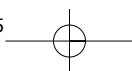
## UCI CYCLING REGULATIONS

### SINGLE FIGURES

4001	a	4 f.e.o. round	0,4
	b	4 f.e.o. round 4 single ring left	1,0
	c	4 f.e.o. round 4 single ring right	1,0
	d	4 f.e.o. round 4 single ring opposite	1,0
4002	a	4 f.e.o. round bw.	3,4
	b	4 f.e.o. round 4 single ring left bw.	4,0
4003	a	4 f.e.o. round raiser	2,8
	b	4 f.e.o. round raiser frh.	3,4
	c	4 f.e.o. round 4 single ring left raiser	3,6
	d	4 f.e.o. round 4 single ring left raiser frh.	4,2
4004	a	4 f.e.o. round raiser bw. frh.	5,2
	b	4 f.e.o. round 4 single ring left raiser bw. frh.	6,0
4005	a	4 f.e.o. long line	0,4
	b	4 f.e.o. long line 4 single ring left	1,0
	c	4 f.e.o. long line 4 single ring opposite	1,0
4006	a	4 f.e.o. cross line	0,4
	b	4 f.e.o. cross line 4 single ring opposite	1,0
4007	a	4 f.e.o. 8	0,6
4008	a	4 f.e.o. 8 bw.	4,4
	b	Erlenbacher 8 bw.	4,6
4009	a	4 f.e.o. 8 raiser frh.	4,8
4010	a	4 f.e.o. 8 raiser bw. frh.	7,2
	b	Erlenbacher 8 raiser bw. frh.	7,4
4016	a	4 n.e.o. long line	0,8
	b	4 n.e.o. long line 4 single ring left	1,6
4017	a	4 n.e.o. short line	0,8
	b	4 n.e.o. short line 4 single ring left	1,4
	c	4 n.e.o. short- 8	1,8
4018	a	4 n.e.o. short line bw.	3,8
	b	4 n.e.o. short line 4 single ring left bw.	4,4
	c	4 n.e.o. short- 8 bw.	4,8

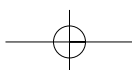
## UCI CYCLING REGULATIONS

<b>4019</b>	<b>a</b> 4 n.e.o. short line raiser	<b>3,0</b>
	<b>b</b> 4 n.e.o. short line raiser frh.	<b>3,6</b>
	<b>c</b> 4 n.e.o. short line 4 single ring left raiser	<b>3,8</b>
	<b>d</b> 4 n.e.o. short line 4 single ring left raiser frh.	<b>4,4</b>
<b>4020</b>	<b>a</b> 4 n.e.o. short- 8 raiser bw. frh.	<b>7,6</b>
<b>4026</b>	<b>a</b> 2 f.e.o. double round	<b>0,4</b>
	<b>b</b> 2 f.e.o. double round 4 single ring left	<b>1,0</b>
<b>4027</b>	<b>a</b> 2 f.e.o. double round bw.	<b>3,4</b>
	<b>b</b> 2 f.e.o. double round 4 single ring left bw.	<b>4,0</b>
<b>4028</b>	<b>a</b> 2 f.e.o. double round raiser	<b>2,8</b>
	<b>b</b> 2 f.e.o. double round raiser frh.	<b>3,4</b>
	<b>c</b> 2 f.e.o. double round 4 single ring left raiser	<b>3,8</b>
	<b>d</b> 2 f.e.o. double round 4 single ring left raiser frh.	<b>4,4</b>
<b>4029</b>	<b>a</b> 2 f.e.o. double round raiser bw. frh.	<b>5,4</b>
	<b>b</b> 2 f.e.o. double round 4 single ring left raiser bw. frh.	<b>6,2</b>
<b>4030</b>	<b>a</b> 2 f.e.o. long line bw.	<b>3,8</b>
	<b>b</b> 2 f.e.o. long line 2 single ring left bw.	<b>4,0</b>
	<b>c</b> 2 f.e.o. long line 4 single ring left bw.	<b>4,4</b>
<b>4031</b>	<b>a</b> 2 f.e.o. short line	<b>0,6</b>
	<b>b</b> 2 f.e.o. short line 2 single ring left	<b>1,0</b>
	<b>c</b> 2 f.e.o. short line 4 single ring left	<b>1,2</b>
<b>4032</b>	<b>a</b> 2 f.e.o. short line bw.	<b>3,6</b>
	<b>b</b> 2 f.e.o. short line 2 single ring left bw.	<b>3,8</b>
	<b>c</b> 2 f.e.o. short line 4 single ring left bw.	<b>4,2</b>
<b>4033</b>	<b>a</b> 2 f.e.o. short line raiser	<b>2,8</b>
	<b>b</b> 2 f.e.o. short line raiser frh.	<b>3,4</b>
	<b>c</b> 2 f.e.o. short line 2 single ring left raiser	<b>3,4</b>
	<b>d</b> 2 f.e.o. short line 2 single ring left raiser frh.	<b>4,0</b>
	<b>e</b> 2 f.e.o. short line 4 single ring left raiser	<b>3,6</b>
	<b>f</b> 2 f.e.o. short line 4 single ring left raiser frh.	<b>4,2</b>
<b>4034</b>	<b>a</b> 2 f.e.o. long line opposite direction	<b>0,4</b>
	<b>b</b> 2 f.e.o. long line opposite direction 2 connected mill	<b>1,2</b>
<b>4035</b>	<b>a</b> 2 f.e.o. cross line opposite direction	<b>0,4</b>
	<b>b</b> 2 f.e.o. cross line opposite direction 2 connected mill	<b>1,2</b>



## UCI CYCLING REGULATIONS

4041	a	2 next to each other, long line opposite direction	0,8
	b	2 n.e.o. long line opposite direction 4 single ring left	1,4
	c	2 n.e.o. long line opposite direction pass through.	0,8
	d	2 n.e.o. long line opsit. dir. pass through. 4 s.r. left	1,4
	e	2 n.e.o. long line opsit. dir. pass through. 2 con. mill	1,4
4042	a	2 next to each other, long line opposite direction bw.	3,8
	b	2 n.e.o. long line opposite direction pass through. bw.	4,0
4043	a	2 next to each other, long line opposite direction raiser	3,0
	b	2 n.e.o. long line opposite direction raiser frh.	3,6
	c	2 n.e.o. long line opsit. dir. pass through. raiser	3,0
	d	2 n.e.o. long line opsit. dir. pass through. raiser frh.	3,6
4044	a	2 n.e.o. short line opposite direction	0,8
	b	2 n.e.o. short line opposite direction 4 single ring left	1,4
	c	2 n.e.o. short line opposite direction pass through.	0,8
	d	2 n.e.o. short line opsit. dir. pass through. 4 s.r. left	1,4
	e	2 n.e.o. short line opsit. dir. pass through. 2 con. mill	1,4
	f	2 n.e.o. short- 8 opposite direction	1,6
4045	a	2 n.e.o. short line opposite direction bw.	3,6
	b	2 n.e.o. short line opposite direction pass through. bw.	3,8
	c	2 n.e.o. short- 8 opposite direction bw.	4,6
4046	a	2 n.e.o. short line opposite direction raiser	2,8
	b	2 n.e.o. short line opposite direction raiser frh.	3,4
	c	2 n.e.o. short line opposite direction pass through. raiser	2,8
	d	2 n.e.o. short line opsit. dir. pass through. raiser frh.	3,4
	e	2 n.e.o. short- 8 opposite direction raiser frh.	5,0
4047	a	2 n.e.o. short- 8 opposite direction raiser bw. frh.	7,4
4056	a	Schwaneweder 8 bw.	5,2
4057	a	Schwaneweder 8 raiser bw. frh.	7,4



## UCI CYCLING REGULATIONS

### FIGURES IN PAIRS

4071	a	2 connected round	0,4
	b	2 connected round frh.	1,0
	c	2 connected round 2 single ring left	0,8
	d	2 connected round 2 single ring left frh.	1,4
	e	2 connected round 4 single ring left	1,2
4072	a	2 connected round bw.	1,8
	b	2 connected round 2 single ring left bw.	2,2
	c	2 connected round 4 single ring left bw.	4,2
4073	a	2 connected round raiser	1,4
	b	2 connected round raiser frh.	2,0
	c	2 connected round 2 single ring left raiser	1,6
	d	2 connected round 2 single ring left raiser frh.	2,2
	e	2 connected round 4 single ring left raiser	3,4
	f	2 connected round 4 single ring left raiser frh.	4,0
4074	a	2 connected round raiser bw.	2,4
	b	2 connected round raiser bw. frh.	3,0
	c	2 connected round 2 single ring left raiser bw.	2,6
	d	2 connected round 2 single ring left raiser bw. frh.	3,2
	e	2 connected round 4 single ring left raiser bw. frh.	5,8
4081	a	2 connected long line	0,4
	b	2 connected long line frh.	1,0
	c	2 connected long line 2 single ring left	0,8
	d	2 connected long line 2 single ring left frh.	1,4
	e	2 connected long line 2 single ring right.	0,8
	f	2 connected long line 2 single ring right. frh.	1,4
	g	2 connected long line 4 single ring left	1,2
4082	a	2 con. long line 4 single ring opposite raiser bw. frh.	6,6
4086	a	2 connected short line	0,6
	b	2 connected short line frh.	1,2
	c	2 connected short line 2 single ring left	1,0
	d	2 connected short line 2 single ring left frh.	1,6
	e	2 connected short line 2 single ring right.	1,0
	f	2 connected short line 2 single ring right. frh.	1,6
	g	2 connected short line 4 single ring left	1,4
4087	a	2 connected short line bw.	2,0
	b	2 connected short line 2 single ring left bw.	2,4
	c	2 connected short line 4 single ring left bw.	4,4

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**UCI CYCLING REGULATIONS**

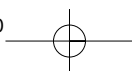

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<b>4088</b>	<b>a</b>	<b>2 connected short line raiser</b>	<b>1,4</b>
	<b>b</b>	<b>2 connected short line raiser frh.</b>	<b>2,0</b>
	<b>c</b>	<b>2 connected short line 2 single ring left raiser</b>	<b>1,8</b>
	<b>d</b>	<b>2 connected short line 2 single ring left raiser frh.</b>	<b>2,4</b>
	<b>e</b>	<b>2 connected short line 4 single ring left raiser</b>	<b>3,8</b>
	<b>f</b>	<b>2 connected short line 4 single ring left raiser frh.</b>	<b>4,4</b>
<b>4089</b>	<b>a</b>	<b>2 connected short line raiser bw.</b>	<b>2,4</b>
	<b>b</b>	<b>2 connected short line raiser bw. frh.</b>	<b>3,0</b>
	<b>c</b>	<b>2 connected short line 2 single ring left raiser bw.</b>	<b>2,8</b>
	<b>d</b>	<b>2 connected short line 2 single ring left raiser bw. frh.</b>	<b>3,4</b>
	<b>e</b>	<b>2 connected short line 4 single ring left raiser bw. frh.</b>	<b>6,0</b>
<b>4096</b>	<b>a</b>	<b>2 connected 8</b>	<b>0,8</b>
	<b>b</b>	<b>2 connected frh.</b>	<b>1,4</b>
	<b>c</b>	<b>2 connected short- 8</b>	<b>1,2</b>
	<b>d</b>	<b>2 connected short- 8 frh.</b>	<b>1,8</b>
<b>4097</b>	<b>a</b>	<b>2 connected 8 bw.</b>	<b>2,4</b>
	<b>b</b>	<b>2 connected short- 8 bw.</b>	<b>2,8</b>
<b>4098</b>	<b>a</b>	<b>2 connected 8 raiser</b>	<b>1,8</b>
	<b>b</b>	<b>2 connected 8 raiser frh.</b>	<b>2,4</b>
	<b>c</b>	<b>2 connected short- 8 raiser</b>	<b>2,0</b>
	<b>d</b>	<b>2 connected short- 8 raiser frh.</b>	<b>2,6</b>
<b>4099</b>	<b>a</b>	<b>2 connected 8 raiser bw.</b>	<b>2,8</b>
	<b>b</b>	<b>2 connected 8 raiser bw. frh.</b>	<b>3,4</b>
	<b>c</b>	<b>2 connected short- 8 raiser bw.</b>	<b>3,0</b>
	<b>d</b>	<b>2 connected short- 8 raiser bw. frh.</b>	<b>3,6</b>
<b>4106</b>	<b>a</b>	<b>2 connected long line opposite direction bw.</b>	<b>2,2</b>
	<b>b</b>	<b>2 connected short line opposite direction bw.</b>	<b>2,2</b>
<b>4107</b>	<b>a</b>	<b>2 connected long line opposite direction raiser bw.</b>	<b>2,4</b>
	<b>b</b>	<b>2 con. long line opposite direction raiser bw. frh.</b>	<b>3,0</b>
	<b>c</b>	<b>2 con. long line opsit. dir. 4 s.r. left raiser bw. frh.</b>	<b>6,0</b>
	<b>d</b>	<b>2 con. short line opposite direction raiser bw.</b>	<b>2,4</b>
	<b>e</b>	<b>2 con. short line opposite direction raiser bw. frh.</b>	<b>3,0</b>
	<b>f</b>	<b>2 con.short line opsit. dir. 4 s.r. left raiser bw. frh.</b>	<b>6,0</b>
<b>4108</b>	<b>a</b>	<b>2 connected opposite direction-8</b>	<b>1,2</b>
	<b>b</b>	<b>2 connected opposite direction-8 frh.</b>	<b>1,8</b>
<b>4109</b>	<b>a</b>	<b>2 connected opposite direction-8 bw.</b>	<b>2,6</b>



## UCI CYCLING REGULATIONS

4110	a 2 connected opposite direction-8 raiser b 2 connected opposite direction-8 raiser frh.	2,0 2,6
4111	a 2 connected opposite direction-8 raiser bw. b 2 con. opposite direction-8 raiser bw. frh.	3,0 3,6
4116	a surrounding 1 around 1 b surrounding 1 around 1 frh.	0,6 1,2
4117	a surrounding 1 around 1 bw.	2,0
4121	a 2 connected mill b 2 connected mill frh. c 2 connected mill 4 single ring right.	0,6 1,2 1,2
4122	a 2 connected mill bw. b 2 connected mill bw. frh. c 2 connected mill bw. inside indiv. d 2 connected mill bw. in- a outside indiv.	1,8 2,4 3,8 4,2
4123	a 2 connected mill raiser b 2 connected mill raiser frh. c 2 connected mill raiser frh. inside indiv. d 2 connected mill raiser inside indiv. frh. e 2 connected mill raiser frh. in- a outside indiv. f 2 connected mill raiser in- a outside indiv. frh.	1,4 2,0 3,0 3,6 3,4 4,0
4124	a 2 connected mill raiser bw. b 2 connected mill raiser bw. frh. c 2 connected mill raiser bw. inside indiv. frh. d 2 connected mill raiser bw. in- a outside indiv. frh.	2,2 2,8 5,2 5,6
4131	a 2 connected ring	1,4
4132	a 2 connected ring bw. b 2 connected ring bw. inside indiv. c 2 connected ring bw. in- a outside indiv.	2,4 4,0 4,4
4133	a 2 connected ring raiser b 2 connected ring raiser inside indiv. c 2 connected ring raiser inside indiv.frh. d 2 connected ring raiser in- a outside indiv. e 2 connected ring raiser in- a outside indiv. frh.	2,0 3,4 4,0 3,8 4,4

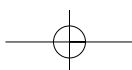


## UCI CYCLING REGULATIONS

4134	a	2 connected ring raiser bw.	2,8
	b	2 connected ring raiser bw. inside indiv.frh.	5,6
	c	2 connected ring raiser bw. in- a outside indiv. frh.	6,0

### FOUR CONNECTED

4151	a	4 connected round	1,0
	b	4 connected round frh.	1,6
	c	4 connected round 2 single ring left	1,4
	d	4 connected round 2 single ring left frh.	2,0
	e	4 connected round 4 single ring left	2,0
4152	a	4 connected round bw.	2,2
	b	4 connected round 2 single ring left bw.	2,8
	c	4 connected round 4 single ring left bw.	5,0
4153	a	4 connected round raiser	1,8
	b	4 connected round raiser frh.	2,4
	c	4 connected round 2 single ring left raiser	2,0
	d	4 connected round 2 single ring left raiser frh.	2,6
	e	4 connected round 4 single ring left raiser	4,6
	f	4 connected round 4 single ring left raiser frh.	5,2
4154	a	4 connected round raiser bw.	2,6
	b	4 connected round raiser bw. frh.	3,2
	c	4 connected round 2 single ring left raiser bw.	3,0
	d	4 connected round 2 single ring left raiser bw. frh.	3,6
	e	4 connected round 4 single ring left raiser bw. frh.	7,0
4161	a	4 connected short line frh.	1,8
	b	4 connected short line 2 single ring left frh.	2,2
4162	a	4 connected short line bw.	2,2
	b	4 connected short line 2 single ring left bw.	2,8
	c	4 connected short line 4 single ring left bw.	5,0
	d	4 connected short line 4 single ring opposite bw.	5,6
4163	a	4 connected short line raiser	1,8
	b	4 connected short line raiser frh.	2,4
	c	4 connected short line 2 single ring left raiser	2,0
	d	4 connected short line 2 single ring left raiser frh.	2,6
	e	4 connected short line 4 single ring left raiser	4,6
	f	4 connected short line 4 single ring left raiser frh.	5,2



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**UCI CYCLING REGULATIONS**


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4164	a	4 connected short line raiser bw.	2,4
	b	4 connected short line raiser bw. frh.	3,0
	c	4 connected short line 2 single ring left raiser bw.	2,6
	d	4 connected short line 2 single ring left raiser bw. frh.	3,2
	e	4 connected short line 4 single ring left raiser bw. frh.	7,2
	f	4 connected short line 4 single ring opsit. raiser bw. frh.	7,4
	g	4 connected short line spin. raiser bw. frh.	8,8
4171	a	surrounding 3 around 1	1,0
	b	surrounding 3 around 1 frh.	1,6
4172	a	surrounding 3 around 1 bw.	2,4
4173	a	surrounding 3 around 1 raiser	2,0
	b	surrounding 3 around 1 raiser frh.	2,6
4174	a	surrounding 3 around 1 raiser bw.	2,8
	b	surrounding 3 around 1 raiser bw. frh.	3,4
4181	a	coach round	1,4
	b	coach round frh.	2,0
	c	coach 8	1,8
	d	coach 8 frh.	2,4
4182	a	coach round raiser	2,2
	b	coach 8 raiser	2,6
4186	a	snake round	1,0
	b	snake 8	1,4
4187	a	snaken ring	1,6
4191	a	chain round	1,6
	b	chain round frh.	2,2
	c	chain 8	2,0
	d	chain 8 frh.	2,6
4192	a	chain round raiser frh.	2,8
	b	chain 8 raiser frh.	3,2
4193	a	chain round raiser bw. frh.	3,6
	b	chain 8 raiser bw. frh.	4,0
4196	a	ratt-tail round	1,2

## UCI CYCLING REGULATIONS

4197	a ratt-tail pass through mill	2,0
4198	a ratt-tail-ring	1,4
	b ratt-tail-ring 4 single ring right	2,0
4199	a ratt-tail-ring bw.	3,0
	b ratt-tail-ring bw. inside indiv.	5,0
	c ratt-tail-ring bw. in- a outside indiv.	5,4
4211	a wing mill	1,0
	b wing mill frh.	1,6
	c wing mill 2 single ring right.	1,4
	d wing mill 2 single ring right. frh.	2,0
	e wing mill mill 2 single ring right.	1,4
	f wing mill 4 single ring right.	2,2
4212	a wing mill bw.	2,2
	b wing mill 2 single ring right. bw.	2,6
	c wing mill bw. inside indiv.	4,0
	d wing mill bw. in- a outside indiv.	4,4
4213	a wing mill raiser	1,8
	b wing mill raiser frh.	2,4
	c wing mill raiser frh. inside indiv.	3,4
	d wing mill raiser inside indiv.frh.	4,0
	e wing mill raiser frh. in- a outside indiv.	3,8
	f wing mill raiser in- a outside indiv. frh.	4,4
4214	a wing mill raiser bw.	2,6
	b wing mill raiser bw. frh.	3,2
	c wing mill raiser bw. inside indiv.frh.	5,2
	d wing mill raiser bw. in- a outside indiv. frh.	5,6
4215	a wing mill mill 2 single ring right. raiser bw. frh.	6,4
	b wing mill mill 2 single ring left raiser bw. frh.	5,0
	c wing mill 4 single ring right. raiser bw. frh.	8,4
	d wing mill 4 single ring left raiser bw. frh.	7,0
4221	a wing ring frh.	1,8
4222	a wing ring bw.	2,6
	b wing ring bw. frh.	3,2
4223	a wing ring raiser	2,2
	b wing ring raiser frh.	2,8

## UCI CYCLING REGULATIONS

4224	a wing ring raiser bw. b wing ring raiser bw. frh.	3,0 3,6
4231	a 2 connected mill round bw. b 2 connected ring round bw.	3,0 3,4
4232	a 2 connected mill round raiser b 2 connected mill round raiser frh. c 2 connected ring round raiser d 2 connected ring round raiser frh.	2,2 2,8 2,4 3,0
4233	a 2 connected mill round raiser bw. frh. b 2 connected mill spin. raiser bw. frh. c 2 connected ring round raiser bw. frh.	5,0 6,6 5,2
4241	a 4 connected mill b 4 connected mill frh. c 4 connected mill 4 single ring right.	2,0 2,6 2,6
4242	a 4 connected mill bw. b 4 connected mill bw. inside indiv. c 4 connected mill bw. in- a outside indiv.	3,0 5,0 5,4
4243	a 4 connected mill raiser b 4 connected mill raiser frh. c 4 connected mill raiser frh. inside indiv. d 4 connected mill raiser inside indiv.frh. e 4 connected mill raiser frh. in- a outside indiv. f 4 connected mill raiser in- a outside indiv. frh.	2,4 3,0 4,0 4,6 4,4 5,0
4244	a 4 connected mill raiser bw. b 4 connected mill raiser bw. frh. c 4 connected mill raiser bw. inside indiv.frh. d 4 connected mill raiser bw. in- a outside indiv. frh.	3,6 4,2 6,8 7,2
4251	a witch pot raiser b witch pot raiser inside indiv. c witch pot raiser inside indiv.frh. d witch pot raiser in- a outside indiv. e witch pot raiser in- a outside indiv. frh.	3,2 4,2 4,8 4,6 5,2
4252	a witch pot raiser bw. b witch pot raiser bw. inside indiv.frh. c witch pot raiser bw. in- a outside indiv. frh.	4,2 6,8 7,2

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**UCI CYCLING REGULATIONS**


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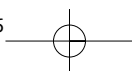
<b>4256</b>	<b>a</b>	<b>4 connected ring inside</b>	<b>2,2</b>
<b>4257</b>	<b>a</b>	<b>4 connected ring inside bw.</b>	<b>3,0</b>
	<b>b</b>	<b>4 connected ring inside bw. inside indiv.</b>	<b>5,0</b>
	<b>c</b>	<b>4 connected ring inside bw. in- a outside indiv.</b>	<b>5,4</b>
<b>4258</b>	<b>a</b>	<b>4 connected ring inside raiser</b>	<b>2,6</b>
	<b>b</b>	<b>4 connected ring inside raiser inside indiv.</b>	<b>3,6</b>
	<b>c</b>	<b>4 connected ring inside raiser inside indiv. frh.</b>	<b>4,2</b>
	<b>d</b>	<b>4 connected ring inside raiser in- a outside indiv.</b>	<b>4,0</b>
	<b>e</b>	<b>4 connected ring inside raiser in- a outside indiv. frh.</b>	<b>4,6</b>
<b>4259</b>	<b>a</b>	<b>4 connected ring inside raiser bw.</b>	<b>3,6</b>
	<b>b</b>	<b>4 connected ring inside raiser bw. inside indiv. frh.</b>	<b>6,0</b>
	<b>c</b>	<b>4 connected ring inside raiser bw. in- a outside indiv. frh.</b>	<b>6,4</b>
<b>4266</b>	<b>a</b>	<b>ring with opposite grips</b>	<b>2,4</b>
	<b>b</b>	<b>ring with opposite grips ring inside</b>	<b>3,0</b>
<b>4267</b>	<b>a</b>	<b>ring with opposite grips raiser</b>	<b>3,0</b>
	<b>b</b>	<b>ring with opposite grips ring inside raiser</b>	<b>3,6</b>
<b>4268</b>	<b>a</b>	<b>ring with opposite grips raiser bw.</b>	<b>4,0</b>
	<b>b</b>	<b>ring with opposite grips ring inside raiser bw.</b>	<b>4,6</b>
<b>4271</b>	<b>a</b>	<b>ring outside</b>	<b>2,6</b>
	<b>b</b>	<b>ring outside ring inside</b>	<b>3,2</b>
<b>4272</b>	<b>a</b>	<b>ring outside raiser</b>	<b>3,6</b>
	<b>b</b>	<b>ring outside raiser inside indiv.</b>	<b>4,6</b>
	<b>c</b>	<b>ring outside raiser inside indiv. frh.</b>	<b>5,2</b>
	<b>d</b>	<b>ring outside raiser in- a outside indiv.</b>	<b>5,0</b>
	<b>e</b>	<b>ring outside raiser in- a outside indiv. frh.</b>	<b>5,6</b>
	<b>f</b>	<b>ring outside / ring inside raiser</b>	<b>4,2</b>
<b>4273</b>	<b>a</b>	<b>ring outside raiser bw.</b>	<b>4,6</b>
	<b>b</b>	<b>ring outside raiser bw. inside indiv. frh.</b>	<b>7,0</b>
	<b>c</b>	<b>ring outside raiser bw. in- a outside indiv. frh.</b>	<b>7,4</b>
	<b>d</b>	<b>ring outside / ring inside raiser bw.</b>	<b>5,2</b>
<b>4281</b>	<b>a</b>	<b>door with single ring bw.</b>	<b>4,2</b>
	<b>b</b>	<b>opposite direction door with single ring bw.</b>	<b>4,4</b>
	<b>c</b>	<b>opposite dir. door with simultan. single ring bw.</b>	<b>5,4</b>

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**UCI CYCLING REGULATIONS**


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4282	a	door with single ring raiser	4,0
	b	door with single ring raiser frh.	4,6
	c	opposite direction door with single ring raiser	4,2
	d	opposite direction door with single ring raiser frh.	4,8
	e	opposite dir. door with simultan. single ring raiser	5,0
	f	opposite dir. door with simultan. single ring raiser frh.	5,6
4283	a	door with single ring raiser bw. frh.	6,4
	b	opposite direction door with single ring raiser bw. frh.	6,6
	c	opposite dir. door with simultan. single ring raiser bw. frh.	7,4
	d	Rings- door with simultan. single ring raiser bw. frh.	7,8
	e	2 con. mill opsit. dir. door with simultan. s. r. raiser bw. frh.	8,0
4291	a	doubledoor with single ring	1,4
4292	a	doubledoor with single ring bw.	5,2
4293	a	doubledoor with single ring raiser bw. frh.	7,8
4296	a	snake door with single ring bw.	5,0
4297	a	snake door with single ring raiser bw. frh.	7,8
4306	a	doorring raiser	3,0
	b	doorring raiser inside indiv.	4,0
	c	doorring raiser inside indiv. frh.	4,6
	d	doorring raiser in- a outside indiv.	4,4
	e	doorring raiser in- a outside indiv. frh.	5,0
4307	a	doorring raiser bw.	3,8
	b	doorring raiser bw. inside indiv. frh.	6,6
	c	doorring raiser bw. in- a outside indiv. frh.	7,0
4316	a	star inside 2 connected	1,2
	b	star inside 2 connected frh.	1,8
	c	star inside 4 connected	1,6
	d	star inside 4 connected frh.	2,2
	e	star inside ring inside turn inside.	2,0
	f	star inside 4 single ring left	1,8
	g	star inside bw. simultan. inside indiv.	5,6
4317	a	star inside 2 connected raiser	2,0
	b	star inside 2 connected raiser frh.	2,6
	c	star inside 4 connected raiser	2,4
	d	star inside 4 connected raiser frh.	3,0

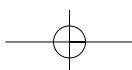


## UCI CYCLING REGULATIONS

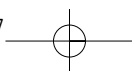
	e	star inside ring inside turn inside. raiser	2,6
	f	star inside one a. anot. raiser inside indiv.	3,6
	g	star inside one a. anot. raiser inside indiv. frh.	4,2
	h	star inside simultan. raiser inside indiv.	4,4
	i	star inside simultan. raiser inside indiv. frh.	5,0
	j	star inside simultan. raiser bw. inside indiv. frh.	7,2
4321	a	opposite direction star in pairs	1,6
4322	a	opposite direction star in pairs raiser	2,2
	b	opposite direction star in pairs raiser frh.	2,8
4326	a	star outside 2 connected bw.	2,4
	b	star outside 4 connected bw.	2,8
	c	star outside one a. anot. bw. inside indiv.	4,0
	d	star outside simultan. bw. inside indiv.	4,8
	e	star outside 4 single ring left simultan. bw. inside indiv.	5,6
4327	a	star outside 2 connected raiser bw.	2,8
	b	star outside 2 connected raiser bw. frh.	3,4
	c	star outside 4 connected raiser bw.	3,2
	d	star outside 4 connected raiser bw. frh.	3,8
	e	star outside one a. anot. raiser bw. inside indiv. frh.	5,6
	f	star outside simultan. raiser bw. inside indiv. frh.	6,4
	g	star outside 4 s.r. left simultan. raiser bw. inside indiv. frh.	7,8
4331	a	star inside turn to star outside raiser	5,8
	b	star inside turn to star inside raiser	6,8

## TURNINGS IN FOREHEAD LINE

4341	a	2 connected forehead-line raiser 1/2 turn	4,4
	b	2 connected forehead-line raiser 1 turn	6,0
	c	4 connected forehead-line raiser 1/2 turn	5,4
	d	4 connected forehead-line raiser 1 turn	7,0







## UCI CYCLING REGULATIONS

### EXPLANATIONS OF THE EXERCISES

- The specific explanations are the same for figures in regular seat and raiser (except of connected figures in coach and chain in regular seat) are refer to the number of the groups of figures in the chart of figures for Team riding for four riders.
- At pairs figures the explanation is valid for both sections.
- All figures have to be started and finished simultaneously.
- At specific figures apart from, the explanations of the figures, also the explanations of the samples of the figures and the General issues, are valid.

#### 4001-4010) 4 following each other (f.e.o)

All Riders are driving directly one behind the other, on the round in the same distance.

The single rings at the time must be shown by all riders in the same size and simultaneously and then the figure must be finished.

The Erlenbacher 8 starts as a group of 4 f.e.o.. After passing the inner circle rider 1 and rider 3 change the direction to the left. Rider 2 and 4 go on to the right (or counterwise), so they build two sections of 2 riders. In the next step every rider pass into the gap when he is changing the direction and perform a full 8.

#### 4016-4020) 4 next to each other (n.t.e.o)

All Riders are driving in the same distance side by side next to each other.

During a figure the single rings left must be shown simultaneously and then the figure must be finished.

#### 4026-4035) 2 following each other (f.e.o)

Two Riders each driving directly one behind the other, in the double round with the same distance.

In figures long line and short line, both sections are side by side n.t.e.o.

In Long/short/cross line opposite direction the two sections pass n.t.e.o. Are the riders, in figures with the explanation "2 connected mill", on the same level, so the pairs connect the mill, do a full round in mill, disconnect and finish the figure.

The 2 single rings left must be done by both sections while they perform the figure simultaneously and then the figure must be finished.

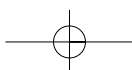
The 4 single rings left must be done by each rider in both sections while they perform the figure simultaneously and then the figure must be finished.

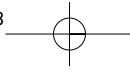
#### 4041-4047) 2 next to each other (n.t.e.o)

Two Riders each are driving in the same distance side by side to each other.

In Long/short/cross line opposite direction the two sections pass n.t.e.o.

In figures with pass through, the riders of each section do not ride all n.t.e.o., they leave gaps. The two groups pass in the middle of the ridding area in the gaps of the opposite coming group.





## UCI CYCLING REGULATIONS

Are the riders, in figures with the describing "2 con. Mill", on the same level with the opposite direction, so the pairs connect the mill, do a full round in mill, disconnect and finish the figure.

The single rings left must be done by all riders while they perform the figure, simultaneously and then the figure must be finished.

### 4056-4057) Schwaneweder Eight

From different positions each rider drives simultaneously a Eight (the diameter is not restricted, but these eight's have to be all in the same size from and to the starting position), so that one half of the eight is overburden with the next half of the driven eight of the following.

On the view from the longer side of the riding area, one Eight runs on the lower part of the riding area to the right side (or to the left), one of the right side up (or down), one of the left side down (or up), and on the opposite side to the left (or to the right).

### 4071-4111) 2 connected in Forehead Line

Two riders each are driving connected with grip in the same direction side by side.

In figures long line and Eight, both sections have to do it immediate and in Rounds with the same distance following after another. In Short line and Short eight both sections must drive side by side.

In opposite direction however they have to pass the other section in different directions.

The 2 single rings left or right must be done by both sections while they perform the figure, simultaneously and then the figure must be finished.

The 4 single rings left or opposite direction must be done by both sections while they perform the figure simultaneously and also reconnect the grip to the 2 connected Forehead-Line simultaneously, and then the figure must be finished.

The single rings opposite direction must be done, that the riders on the right side do single rings right, and on the left side do single rings to the left side.

### 4116-4117) Surrounding 1 around 1

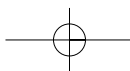
In the figure "2 connected in Forehead Line" 1 Rider remains standing. Without changing the Hand, and without loosing the grip connection, the other rider is surrounding his partner.

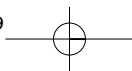
### 4121-4124) 2 connected mill

2 Riders are driving a small round in opposite directions together. They are connected with their left hands in grip.

### 4131-4134) 2 connected Ring

2 Riders are driving a small round in opposite directions together. They are connected with both hands in Ringgrip (left hand hold the right hand of the partner).





## UCI CYCLING REGULATIONS

### 4154-4167) 4 connected Forehead Line

Four riders are driving connected with grip in the same direction side by side.

A figure with 2 single rings left must be done by both sections while they perform the figure in 2 connected in Forehead-Line simultaneously and also reconnect the grip to the 4 connected Forehead-Line simultaneously, and then the figure must be finished.

The 4 single rings left must be done by all riders while they perform the figure simultaneously and also reconnect the grip to the 4 connected Forehead-Line simultaneously, and then the figure must be finished.

The 4 single rings opposite direction must be done while they perform the figure simultaneously. Two riders n.t.e.o. on the right side do single rings right, and two riders on the left side do single rings n.t.e.o. to the left side. After the single rings they reconnect the grip to the "4 connected Forehead-Line" simultaneously, and then the figure must be finished.

The Spinnings must be during the performance of a figure, after disconnecting the grip all riders performing according to preliminary notes of spinnings. The reconnection of the grip has to be simultaneously to the "4 connected Forehead-Line" simultaneously, and then the figure must be finished.

### 4171-4174) Surrounding 3 around 1

In the figure "4 connected Forehead Line" 1 Rider remains standing. Without changing the Hand, and without loosing the grip connection, the other riders are surrounding the inner partner who stand still in "3 connected Forehead-Line".

### 4181 a+c) Coach

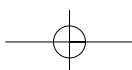
In this sample the bicycle positions become clear when the following grip connections are done. The rider in front holds with his right hand the left side of the handlebar of the rider on the right side. This rider holds with his left hand the right shoulder of the rider who is behind the first rider. And this rider holds with the right hand the first rider on his left shoulder.

### 4181 b+d-4182) Coach

Three riders are in "3 connected Forehead-Line". The rider in the middle stay a little bit back and the fourth rider is in the middle in front and connected with the riders outside of the Forehead-Line in grip with the right hand to the most outside rider on the right and with the left hand to the most outside rider on the left.

### 4186) Snake

Four riders are shift in left right position (right left position) to the back. They must be connected, except of the last rider, from the front to the end with shifted grip connection to the Handlebar of the following partner.



## UCI CYCLING REGULATIONS

### 4187) Snakering

Four riders are shift in left right position in the same distance (right left position) to the back. They must be connected from the front to the end with shifted grip connection to the Handlebar of the following partner.

### 4191 a+c) Chain

Four riders are shift in left right position (right left position) to the back . They must be connected, except of the first rider, from the back to the front with shifted grip connection to the shoulder of the partner who is in front.

### 4191 b+d) Chain

Four riders are shift in left right position (right left position) to the back . They must be connected with shifted hand in hand grip connection.

### 4196) Rattail

The riders are driving shifted in steps to the back. They are, except of the first one, connected with grip to the saddle of the rider in front.

### 4197) Rattail pass through mill

From the Rattail 2 riders get Hand in Hand-Grip and build a Door in a mill, and the others pass without loosing the connection through the mill. When they have passed the Door they connect immediately to the "Rattail", or they can do the "Rattail-Ring".

### 4198-4199) Rattail-Ring

With the Hand on the Saddle of the rider in front all four riders are driving a small round.

The single rings right must be done while they perform the figure, simultaneously and also reconnect the grip to the "Rattail-Ring" simultaneously, and then the figure must be finished.

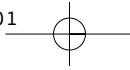
### 4211-4214) Wing-mill

Two "2 connected Forehead-Line" are driving a small round in opposite directions together. The riders in the middle are connected with their left hands in grip.

If the name "2 single ring right" appears, while they have to disconnect the grip and both "2 con. Forehead-Lines" have to show simultaneously a single ring right, reconnect and finish the figure.

If the name "Mill 2 single ring right" appears both riders outside the grip have to disconnect, perform simultaneously 2 single rings right while the two others show a "2 con. Mill" and reconnect the grip to the Mill simultaneously and finish the figure.

If the name "4 single rings right" appears, all riders have to disconnect the grip, perform simultaneously a single ring right, reconnect to the "Wing-mill" and finish the figure.



## UCI CYCLING REGULATIONS

### 4215) Wing-mill 2 Single ring right/left, 4 Single ring right/left

Two "2 connected Forehead-Line" are driving a small round in opposite directions together. If the name single ring right the riders in the middle are connected with their left hands in grip. If the name single ring left they are connected with their right hand.

If the name "Mill 2 single ring right" or "Mill 2 single ring left" appears so they have to disconnect the grip, perform simultaneously 2 single rings right or left while the two others show a "2 con. Mill" and reconnect the grip to the Mill simultaneously and finish the figure.

If the name "4 single rings right or left" appears, all riders have to disconnect the grip, perform simultaneously a single ring right or left, reconnect to the "Wing-mill" and finish the figure.

### 4221-4224) Wing-Ring

Two "2 connected Forehead-Line" are driving a small round in opposite directions together.

The riders in the middle are connected with their hands in grip to a "2 con. Ring".

### 4231-4233) 2 connected mill Round,- Spinnings; 2 connected Ring Round,

If the name Mill appears the figure starts as "Wing Mill".

If the name Ring appears the figure starts as "Wing Ring".

The riders outside disconnect the grip, while the two others show a "2 con. Mill" or a "2 con. Ring", they perform opposite to each other a single rings outside the middle circle or according to preliminary notes spinnings.

After the Round or the Spinnings they come back simultaneously to the starting position.

### 4241-4244) 4 connected Mill

4 Riders are driving a small round f.e.o. in the same distance to each other. They are connected with their left hands in grip.

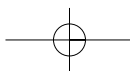
The single rings right must be done by all riders during performance of the figure, simultaneously and also reconnect the grip to the 4 connected Mill", and then the figure must be finished.

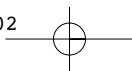
### 4251-4252) Witch Pot

3 Riders are driving around one partner who is positioned inside They are connected in "3 con. Ring inside". The Rider inside is connected with one of the outside driving riders in grip. He will be turned without pedalling. He turns without pedalling.

### 4256-4259) 4 connected Ring inside

4 Riders are driving a small round in the same distance to each other. They are connected with both hands in Ringgrip (right hand holds the left hand of the partner who is riding in front of him).





## UCI CYCLING REGULATIONS

### 4266-4268) 4 connected Ring with opposite grips

4 Riders are driving a small round in the same distance to each other. Rider 1 and 3 hold with their left hand the left hand of the partner of Rider 2 and 4, and they hold with the right hand the right hand of the partner in front of them. In the figure with the name "Ring inside" in the context, following "4 connected Ring opposite grips" all Riders at the time and in move change to the "4 connected Ring inside" and this figure is shown at least a quarter of a round. If the next figure "4 connected Ring inside" the distance is integrated in the round of this figure.

### 4271-4273) 4 connected Ring outside

4 Riders are driving a small round in the same distance to each other. They are connected with both hands in Ring grip. (left hand holds the right hand of the partner who is riding in front of him).

If the name "Ring inside" appears in the context, following the "4 connected Ring outside" from all Riders at the time and in move changed to the "4 connected Ring inside" and this figure is shown at least a quarter of a round. In the next figure "4 connected Ring inside" the distance is integrated in the round of this figure.

### 4281-4283 c) Door with single ring; opposite direction Door with single

Two riders perform "2 connected Mill" or "2 connected Forehead-Line" and build in this position a door.

In the figure "Door with single ring" two riders are performing a single ring opposite to each other and pass the door one after another.

In the figure "opposite direction Door with single" two riders are in the opposite of a half round on their own single ring to their partner and pass the door one after another in different directions.

In the figure "opposite direction Door with single simultaneously" both pass the door at the same time simultaneously in different directions.

### 4283 d) Rings-Door with single ring

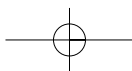
This figure is built from "4 con. Forehead-Line" which is standing still. The two riders being outside, disconnect their grip and show simultaneously a single ring left and right through the Door of the partners remaining in Forehead-Line.

After they have passed the door they reconnect to the "4 con. Forehead-Line".

### 4283 e) 2 connected Mill opposite direction Door with single

The door is a driving "2 connected Mill".

Both riders are in a single ring with their partner and pass the driving door at the same time simultaneously in different directions. The door has to show a full round.



## UCI CYCLING REGULATIONS

### 4291-4293) Double-Door with single ring

By means of a "Turbine" standing still or "3 con. Forehead-Line" built up the Double-Door The fourth rider, passes the Door on both sides around the rider in the middle, in a single ring.

### 4296-4297) Snake-Door with single ring

According to Doors with single ring, two riders build a Door. Through this Door the other two riders drive one behind the other in a Snakebow (pass the door in form of an eight from both sides). The Snakebow start's next to the door and is finished at the same place.

### 4306-4307) Door-Ring

The position of "2 connected Mill" or "2 connected Forehead-Line" are standing still and build in this position a door. The others are driving around 1 rider in position "2 connected Ring inside".

### 4316-4317) Star inside

Four riders are connected with grip, staying in the same distance to each other in a shape of a star around the centre of the riding area. The front wheel's show to the centre.

If the term "2 connected" appears the Star inside has to be driven outside of the 4 meter circle in position "2 con. Forehead-Line" and then connect the grip simultaneously.

If the term "4 connected" appears the Star inside has to be driven in position "4 con. Forehead-Line" and then connected.

If the term "Ring inside" appears the Star has to be formed to the final position by means of turning the front wheels.

If the term "4 single ring left", each rider has to perform at first on the round a single ring left simultaneously and in the same distance to each other drive to the Star inside and connect the grip simultaneously.

### 4321-4322) Opposite Direction Star

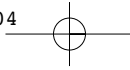
Four riders are connected with grip staying with the same distance to each other in a shape of a star around the centre of the riding area. Two front wheel's shows to the centre and two front wheel's shows outside.

The Opposite Direction Star must be driven in pairs from outside of the 4 meter circle, one rider drives forward and one is driving backward and then connect the Star.

### 4326-4327) Star outside

Four riders are connected with grip, remaining with the same distance to each other in a shape of a star around the centre of the riding area. The front wheels show outside to the edge of the riding area.

If the expression "2 connected" appears in the name of the figure the Star outside has to be driven outside of the 4 meter circle in position "2 con. Forehead-Line" and connect the grip simultaneously.



## **UCI CYCLING REGULATIONS**

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If the expression "4 connected" appears in the name of the figure the Star outside has to be driven in position "4 con. Forehead-Line".

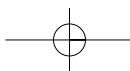
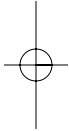
If the expression "4 single ring left", appears in the name of the figure each rider first has on his way around the circle a single ring left simultaneously and in the same distance to each other drive to the Star outside and connect the grip simultaneously.

### **4331) Star inside / outside**

Performance according to preliminary notes Turning on the spot in Stars.

### **4341) 2 connected , 4 connected Turning on the spot**

Performance according to preliminary notes Turning on the spot.





## UCI CYCLING REGULATIONS

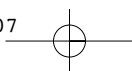
### ARTISTIC CYCLING FOR SIX

#### SINGLE FIGURES

6001	a	6 f.e.o. round	0,6
	b	6 f.e.o. round 6 single ring left	1,2
	c	6 f.e.o. round 6 single ring right.	1,2
	d	6 f.e.o. round 6 single ring opposite	1,2
6002	a	6 f.e.o. round bw.	3,6
	b	6 f.e.o. round 6 single ring left bw.	4,2
6003	a	6 f.e.o. round raiser	3,0
	b	6 f.e.o. round raiser frh.	3,6
	c	6 f.e.o. round 6 single ring left raiser	3,8
	d	6 f.e.o. round 6 single ring left raiser frh.	4,4
6004	a	6 f.e.o. round raiser bw. frh.	5,4
	b	6 f.e.o. round 6 single ring left raiser bw. Frh.	6,2
6005	a	6 f.e.o. long line	0,6
	b	6 f.e.o. long line 6 single ring left	1,2
	c	6 f.e.o. long line 6 single ring opposite	1,2
6006	a	6 f.e.o. cross line	0,6
	b	6 f.e.o. cross line 6 single ring opposite	1,2
6007	a	6 f.e.o. 8	0,8
6008	a	6 f.e.o. 8 bw.	4,6
	b	Erlenbacher 8 bw.	4,8
6009	a	6 f.e.o. 8 raiser frh.	5,0
6010	a	6 f.e.o. 8 raiser bw. frh.	7,4
	b	Erlenbacher 8 raiser bw. frh.	7,6
6016	a	6 n.e.o. long line	1,0
	b	6 n.e.o. long line 6 single ring left	1,8
6017	a	6 n.e.o. short line	1,0
	b	6 n.e.o. short line 6 single ring left	1,6
	c	6 n.e.o. short- 8	2,0

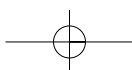
## UCI CYCLING REGULATIONS

6018	a	6 n.e.o. short line bw.	4,0
	b	6 n.e.o. short line 6 single ring left bw.	4,6
	c	6 n.e.o. short- 8 bw.	5,0
6019	a	6 n.e.o. short line raiser	3,2
	b	6 n.e.o. short line raiser frh.	3,8
	c	6 n.e.o. short line 6 single ring left raiser	4,0
	d	6 n.e.o. short line 6 single ring left raiser frh.	4,6
6020	a	6 n.e.o. short- 8 raiser bw. frh.	7,8
6026	a	3 f.e.o. double round	0,6
	b	3 f.e.o. double round 6 single ring left	1,2
6027	a	3 f.e.o. double round bw.	3,6
	v	3 f.e.o. double round 6 single ring left bw.	4,2
6028	a	3 f.e.o. double round raiser	3,0
	b	3 f.e.o. double round raiser frh.	3,6
	c	3 f.e.o. double round 6 single ring left raiser	4,0
	d	3 f.e.o. double round 6 single ring left raiser frh.	4,6
6029	a	3 f.e.o. double round raiser bw. frh.	5,6
	b	3 f.e.o. double round 6 single ring left raiser bw. frh.	6,4
6030	a	3 f.e.o. long line opposite direction	0,6
	b	3 f.e.o. long line opposite direction 2 connected mill	1,4
6031	a	3 f.e.o. cross line opposite direction	0,6
	b	3 f.e.o. cross line opposite direction 2 connected mill	1,4
6036	a	3 n.e.o. long line opposite direction	1,0
	b	3 n.e.o. long line opposite direction 6 single ring left	1,6
	c	3 n.e.o. long line opposite direction pass through.	1,0
	d	3 n.e.o. long line opsit. dir. pass through. 6 s.r. left	1,6
	e	3 n.e.o. long line opsit. dir. pass through. 2 con. mill	1,6
6037	a	3 n.e.o. long line opposite direction bw.	4,0
	b	3 n.e.o. long line opposite direction pass through. bw.	4,2
6038	a	3 n.e.o. long line opposite direction raiser	3,2
	b	3 n.e.o. long line opposite direction raiser frh.	3,8
	c	3 n.e.o. long line opposite direction pass through. raiser	3,2
	d	3 n.e.o. long line opsit. dir. pass through. Raiser frh.	3,8



## UCI CYCLING REGULATIONS

6039	a	3 n.e.o. short line opposite direction	1,0
	b	3 n.e.o. short line opposite direction 6 single ring left	1,6
	c	3 n.e.o. short line opposite direction pass through.	1,0
	d	3 n.e.o. short line opsit. dir. pass through. 6 s.r. left	1,6
	e	3 n.e.o. short line opsit. dir. pass through. 2 con. mill	1,6
	f	3 n.e.o. short- 8 opposite direction	1,8
6040	a	3 n.e.o. short line opposite direction bw.	3,8
	b	3 n.e.o. short line opposite direction pass through. bw.	4,0
	c	3 n.e.o. short- 8 opposite direction bw.	4,8
6041	a	3 n.e.o. short line opposite direction raiser	3,0
	b	3 n.e.o. short line opposite direction raiser frh.	3,6
	c	3 n.e.o. short line opposite direction pass through. raiser	3,0
	d	3 n.e.o. short line opsit. dir. pass through. raiser frh.	3,6
	e	3 n.e.o. short- 8 opposite direction raiser frh.	5,2
6042	a	3 n.e.o. short- 8 opposite direction raiser bw. frh.	7,6
6051	a	2 f.e.o. long line bw.	4,0
	b	2 f.e.o. long line 3 single ring left bw.	4,2
	c	2 f.e.o. long line 6 single ring left bw.	4,6
6052	a	2 f.e.o. short line	0,8
	b	2 f.e.o. short line 3 single ring left	1,2
	c	2 f.e.o. short line 6 single ring left	1,4
6053	a	2 f.e.o. short line bw.	3,8
	b	2 f.e.o. short line 3 single ring left bw.	4,0
	c	2 f.e.o. short line 6 single ring left bw.	4,4
6054	a	2 f.e.o. short line raiser	3,0
	b	2 f.e.o. short line raiser frh.	3,6
	c	2 f.e.o. short line 3 single ring left raiser	3,6
	d	2 f.e.o. short line 3 single ring left raiser frh.	4,2
	e	2 f.e.o. short line 6 single ring left raiser	3,8
	f	2 f.e.o. short line 6 single ring left raiser frh.	4,4
6061	a	Wormser whipping	1,2
6062	a	Wormser whipping bw.	4,0
6063	a	Wormser whipping raiser	3,8
	b	Wormser whipping raiser frh.	4,4



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**UCI CYCLING REGULATIONS**


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6064	a	Wormser whipping raiser bw. frh.	6,2
6071	a	Schwaneweder 8 bw.	5,4
6072	a	Schwaneweder 8 raiser bw. frh.	7,6

**FIGURES IN PAIRS**

6081	a	2 connected round	0,6
	b	2 connected round frh.	1,2
	c	2 connected round 3 single ring left	1,0
	d	2 connected round 3 single ring left frh.	1,6
	e	2 connected round 6 single ring left	1,4
6082	a	2 connected round bw.	2,0
	b	2 connected round 3 single ring left bw.	2,4
	c	2 connected round 6 single ring left bw.	4,4
6083	a	2 connected round raiser	1,6
	b	2 connected round raiser frh.	2,2
	c	2 connected round 3 single ring left raiser	1,8
	d	2 connected round 3 single ring left raiser frh.	2,4
	e	2 connected round 6 single ring left raiser	3,6
	f	2 connected round 6 single ring left raiser frh.	4,2
6084	a	2 connected round raiser bw.	2,6
	b	2 connected round raiser bw. frh.	3,2
	c	2 connected round 3 single ring left raiser bw.	2,8
	d	2 connected round 3 single ring left raiser bw. frh.	3,4
	e	2 connected round 6 single ring left raiser bw. frh.	6,0
6091	a	2 connected long line	0,6
	b	2 connected long line frh.	1,2
	c	2 connected long line 3 single ring left	1,0
	d	2 connected long line 3 single ring left frh.	1,6
	e	2 connected long line 3 single ring right.	1,0
	f	2 connected long line 3 single ring right. frh.	1,6
	g	2 connected long line 6 single ring left	1,4
6092	a	2 con. long line 6 single ring opposite raiser bw. frh.	5,8

## UCI CYCLING REGULATIONS

<b>6096</b>	<b>a</b>	2 connected short line	<b>0,8</b>
	<b>b</b>	2 connected short line frh.	<b>1,4</b>
	<b>c</b>	2 connected short line 3 single ring left	<b>1,2</b>
	<b>d</b>	2 connected short line 3 single ring left frh.	<b>1,8</b>
	<b>e</b>	2 connected short line 3 single ring right.	<b>1,2</b>
	<b>f</b>	2 connected short line 3 single ring right. frh.	<b>1,8</b>
	<b>g</b>	2 connected short line 6 single ring left	<b>1,6</b>
<b>6097</b>	<b>a</b>	2 connected short line bw.	<b>2,2</b>
	<b>b</b>	2 connected short line 3 single ring left bw.	<b>2,6</b>
	<b>c</b>	2 connected short line 6 single ring left bw.	<b>4,6</b>
<b>6098</b>	<b>a</b>	2 connected short line raiser	<b>1,6</b>
	<b>b</b>	2 connected short line raiser frh.	<b>2,2</b>
	<b>c</b>	2 connected short line 3 single ring left raiser	<b>2,0</b>
	<b>d</b>	2 connected short line 3 single ring left raiser frh.	<b>2,6</b>
	<b>e</b>	2 connected short line 6 single ring left raiser	<b>4,0</b>
	<b>f</b>	2 connected short line 6 single ring left raiser frh.	<b>4,6</b>
<b>6099</b>	<b>a</b>	2 connected short line raiser bw.	<b>2,6</b>
	<b>b</b>	2 connected short line raiser bw. frh.	<b>3,2</b>
	<b>c</b>	2 connected short line 3 single ring left raiser bw.	<b>3,0</b>
	<b>d</b>	2 connected short line 3 single ring left raiser bw. frh.	<b>3,6</b>
	<b>e</b>	2 connected short line 6 single ring left raiser bw. frh.	<b>6,2</b>
<b>6106</b>	<b>a</b>	2 connected 8	<b>1,0</b>
	<b>b</b>	2 connected 8 frh.	<b>1,6</b>
	<b>c</b>	2 connected short- 8	<b>1,4</b>
	<b>d</b>	2 connected short- 8 frh.	<b>2,0</b>
<b>6107</b>	<b>a</b>	2 connected 8 bw.	<b>2,6</b>
	<b>b</b>	2 connected short- 8 bw.	<b>3,0</b>
<b>6108</b>	<b>a</b>	2 connected 8 raiser	<b>2,0</b>
	<b>b</b>	2 connected 8 raiser frh.	<b>2,6</b>
	<b>c</b>	2 connected short- 8 raiser	<b>2,2</b>
	<b>d</b>	2 connected short- 8 raiser frh.	<b>2,8</b>
<b>6109</b>	<b>a</b>	2 connected 8 raiser bw.	<b>3,0</b>
	<b>b</b>	2 connected 8 raiser bw. frh.	<b>3,6</b>
	<b>c</b>	2 connected short- 8 raiser bw.	<b>3,2</b>
	<b>d</b>	2 connected short- 8 raiser bw. frh.	<b>3,8</b>
<b>6116</b>	<b>a</b>	surrounding 1 around 1	<b>0,8</b>
	<b>b</b>	surrounding 1 around 1 frh.	<b>1,4</b>

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**UCI CYCLING REGULATIONS**


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6117	a	surrounding 1 around 1 bw.	2,2
6121	a	2 connected mill	0,8
	b	2 connected mill frh.	1,4
	c	2 connected mill mit 6 single ring right.	1,4
6122	a	2 connected mill bw.	2,0
	b	2 connected mill bw. frh.	2,6
	c	2 connected mill bw. inside indiv.	4,0
	d	2 connected mill bw. in- a outside indiv.	4,4
6123	a	2 connected mill raiser	1,6
	b	2 connected mill raiser frh.	2,2
	c	2 connected mill raiser frh. inside indiv.	3,2
	d	2 connected mill raiser inside indiv.frh.	3,8
	e	2 connected mill raiser frh. in- a outside indiv.	3,6
	f	2 connected mill raiser in- a outside indiv. frh.	4,2
6124	a	2 connected mill raiser bw.	2,4
	b	2 connected mill raiser bw. frh.	3,0
	c	2 connected mill raiser bw. inside indiv.frh.	5,4
	d	2 connected mill raiser bw. in- a outside indiv. frh.	5,8
6131	a	2 connected Ring	1,6
6132	a	2 connected Ring bw.	2,6
	b	2 connected Ring bw. inside indiv.	4,2
	c	2 connected Ring bw. in- a outside indiv.	4,6
6133	a	2 connected Ring raiser	2,2
	b	2 connected Ring raiser inside indiv.	3,6
	c	2 connected Ring raiser inside indiv.frh.	4,2
	d	2 connected Ring raiser in- a outside indiv.	4,0
	e	2 connected Ring raiser in- a outside indiv. frh.	4,6
6134	a	2 connected Ring raiser bw.	3,0
	b	2 connected Ring raiser bw. inside indiv.frh.	5,8
	c	2 connected Ring raiser bw. in- a outside indiv. frh.	6,2

## UCI CYCLING REGULATIONS

### FIGURES IN GROUPS OF THREE

6151	a	3 connected round	0,8
	b	3 connected round frh.	1,4
	c	3 connected round 6 single ring left	1,4
6152	a	3 connected round bw.	2,2
	b	3 connected round 6 single ring left bw.	4,6
6153	a	3 connected round raiser	1,8
	b	3 connected round raiser frh.	2,4
	c	3 connected round 6 single ring left raiser	3,6
	d	3 connected round 6 single ring left raiser frh.	4,2
6154	a	3 connected round raiser bw.	2,6
	b	3 connected round raiser bw. frh.	3,2
	c	3 connected round 6 single ring left raiser bw. frh.	6,2
6161	a	3 connected double round	1,0
	b	3 connected double round frh.	1,6
6166	a	3 connected long line bw.	2,2
	b	3 connected long line 6 single ring left bw.	4,8
	c	3 connected short line bw.	2,2
	d	3 connected short line 6 single ring left bw.	4,8
	e	3 connected long line opposite direction bw.	2,4
	f	3 connected short line opposite direction bw.	2,4
6167	a	3 connected short line raiser	1,8
	b	3 connected short line raiser frh.	2,4
	c	3 connected short line 6 single ring left raiser	3,8
	d	3 connected short line 6 single ring left raiser frh.	4,4
6168	a	3 connected long line opposite direction raiser bw.	2,6
	b	3 connected long line opsit. dir. raiser bw. frh.	3,2
	c	3 con. long line opsit. dir. 6 s.r. left raiser bw. frh.	6,2
	d	3 con. short line opposite direction raiser bw.	2,6
	e	3 connected short line opsit. dir. raiser bw. frh.	3,2
	f	3 con. short line opposite dir. 6 s.r. left raiser bw. frh.	6,2
6176	a	3 connected 8	1,2
	b	3 connected 8 frh.	1,8
	c	3 connected opposite direction-8	1,4
	d	3 connected opposite direction-8 frh.	2,0

## UCI CYCLING REGULATIONS

6177	a 3 connected 8 bw. b 3 connected opposite direction-8 bw.	2,6 2,8
6178	a 3 connected 8 raiser b 3 connected 8 raiser frh. c 3 connected opposite direction-8 raiser d 3 connected opposite direction-8 raiser frh.	2,0 2,6 2,2 2,8
6179	a 3 connected 8 raiser bw. b 3 connected 8 raiser bw. frh. c 3 connected opposite direction-8 raiser bw. d 3 connected opposite direction-8 raiser bw. frh.	3,0 3,6 3,2 3,8
6186	a surrounding 2 around 1 b surrounding 2 around 1 frh.	1,0 1,6
6187	a surrounding 2 around 1 bw.	2,4
6191	a 3 connected Coach double round b 3 connected Coach double round frh. c 3 connected Coach opposite direction-8 d 3 connected Coach opposite direction-8 frh.	1,2 1,8 1,6 2,2
6192	a 3 connected Coach double round raiser b 3 connected Coach opposite direction-8 raiser	2,4 2,8
6196	a 3 connected chain double round b 3 connected chain double round frh. c 3 connected chain opposite direction-8 d 3 connected chain opposite direction-8 frh.	1,2 1,8 1,6 2,2
6197	a 3 connected chain double round raiser b 3 connected chain double round raiser frh. c 3 connected chain opposite direction-8 raiser d 3 connected chain opposite direction-8 raiser frh.	2,0 2,6 2,4 3,0
6198	a 3 connected chain double round raiser bw. b 3 connected chain double round raiser bw. frh. c 3 connected chain opposite direction-8 raiser bw. d 3 connected chain opposite direction-8 raiser bw. frh.	2,8 3,4 3,2 3,8
6201	a 3 connected Ratt-tail double round b 3 connected Ratt-tail opposite direction-8	1,2 1,6



## UCI CYCLING REGULATIONS

6202	a 3 connected Ratt-tail-ring b 3 connected Ratt-tail-ring 6 single ring right.	1,4 2,0
6203	a 3 connected Ratt-tail-ring bw. b 3 connected Ratt-tail-ring bw. inside indiv. c 3 connected Ratt-tail-ring bw. in- a outside indiv.	2,6 4,4 4,8
6206	a Turbine b Turbine frh.	1,2 1,8
6207	a Turbine bw. b Turbine bw. frh. c Turbine bw. inside indiv. d Turbine bw. in- a outside indiv. e Turbine spin. bw. in- a outside indiv.	2,4 3,0 4,2 4,6 5,2
6208	a Turbine raiser b Turbine raiser frh. c Turbine raiser frh. inside indiv. d Turbine raiser inside indiv.frh. e Turbine raiser frh. in- a outside indiv. f Turbine raiser in- a outside indiv. frh.	1,8 2,4 3,4 4,0 3,8 4,4
6209	a Turbine raiser bw. b Turbine raiser bw. frh. c Turbine raiser bw. inside indiv.frh. d Turbine raiser bw. in- a outside indiv. frh. e Turbine spin. raiser bw. in- a outside indiv. frh.	2,6 3,2 5,8 6,2 6,8
6216	a 3 connected mill b 3 connected mill frh. c 3 connected mill mit 6 single ring right.	1,0 1,6 1,6
6217	a 3 connected mill bw. b 3 connected mill bw. frh. c 3 connected mill bw. inside indiv. d 3 connected mill bw. in- a outside indiv.	2,2 2,8 4,2 4,6
6218	a 3 connected mill raiser b 3 connected mill raiser frh. c 3 connected mill raiser frh. inside indiv. d 3 connected mill raiser inside indiv.frh. e 3 connected mill raiser frh. in- a outside indiv. f 3 connected mill raiser in- a outside indiv. frh.	1,8 2,4 3,4 4,0 3,8 4,4

## UCI CYCLING REGULATIONS

6219	a 3 connected mill raiser bw. b 3 connected mill raiser bw. frh. c 3 connected mill raiser bw. inside indiv.frh. d 3 connected mill raiser bw. in- a outside indiv. frh.	2,6 3,2 5,8 6,2
6226	a 3 connected ring inside	1,8
6227	a 3 connected ring inside bw. b 3 connected ring inside bw. inside indiv. c 3 connected ring inside bw. in- a outside indiv.	2,8 4,2 4,6
6228	a 3 connected ring inside raiser b 3 connected ring inside raiser inside indiv. c 3 connected ring inside raiser inside indiv.frh. d 3 connected ring inside raiser in- a outside indiv. e 3 con. ring inside raiser in- a outside indiv. frh.	2,4 3,4 4,0 3,8 4,4
6229	a 3 connected ring inside raiser bw. b 3 connected ring inside raiser bw. inside indiv.frh. c 3 con. ring inside raiser bw. in- a outside indiv. frh.	3,0 5,8 6,2
6236	a 3 connected ring outside raiser b 3 connected ring outside raiser inside indiv. c 3 connected ring outside raiser inside indiv.frh. d 3 connected ring outside raiser in- a outside indiv. e 3 connected ring outside raiser in- a outside indiv. frh. f 3 connected ring outside ring inside raiser	3,6 4,8 5,4 5,2 5,8 4,2
6237	a 3 connected ring outside raiser bw. b 3 connected ring outside raiser bw. inside indiv.frh. c 3 con. ring outside raiser bw. in- a outside indiv. frh. d 3 connected ring outside ring inside raiser bw.	4,4 6,6 7,0 5,0
6246	a 3 connected Star inside 3 connected frh.	1,8
6251	a 3 con. Star outside 3 connected bw. b 3 con. Star outside simultan. bw. inside indiv.	2,6 4,8
6252	a 3 con. Star outside 3 connected raiser bw. frh. b 3 con. Star outside simultan. raiser bw. inside indiv.frh.	3,4 7,0
6256	a 3 connected Star inside turn to Star outside raiser	6,4

## UCI CYCLING REGULATIONS

### FIGURES IN A GROUP OF SIX

<b>6271</b>	<b>a</b>	<b>6 connected round</b>	<b>1,2</b>
	<b>b</b>	<b>6 connected round frh.</b>	<b>1,8</b>
	<b>c</b>	<b>6 connected round 2 single ring left</b>	<b>1,6</b>
	<b>d</b>	<b>6 connected round 2 single ring left frh.</b>	<b>2,2</b>
	<b>e</b>	<b>6 connected round 3 single ring left</b>	<b>1,6</b>
	<b>f</b>	<b>6 connected round 3 single ring left frh.</b>	<b>2,2</b>
	<b>g</b>	<b>6 connected round 6 single ring left</b>	<b>2,2</b>
<b>6272</b>	<b>a</b>	<b>6 connected round bw.</b>	<b>2,4</b>
	<b>b</b>	<b>6 connected round 2 single ring left bw.</b>	<b>3,0</b>
	<b>c</b>	<b>6 connected round 3 single ring left bw.</b>	<b>3,0</b>
	<b>d</b>	<b>6 connected round 6 single ring left bw.</b>	<b>5,2</b>
<b>6273</b>	<b>a</b>	<b>6 connected round raiser</b>	<b>2,0</b>
	<b>b</b>	<b>6 connected round raiser frh.</b>	<b>2,6</b>
	<b>c</b>	<b>6 connected round 2 single ring left raiser</b>	<b>2,2</b>
	<b>d</b>	<b>6 connected round 2 single ring left raiser frh.</b>	<b>2,8</b>
	<b>e</b>	<b>6 connected round 3 single ring left raiser</b>	<b>2,2</b>
	<b>f</b>	<b>6 connected round 3 single ring left raiser frh.</b>	<b>2,8</b>
	<b>g</b>	<b>6 connected round 6 single ring left raiser</b>	<b>4,8</b>
	<b>h</b>	<b>6 connected round 6 single ring left raiser frh.</b>	<b>5,4</b>
<b>6274</b>	<b>a</b>	<b>6 connected round raiser bw.</b>	<b>2,8</b>
	<b>b</b>	<b>6 connected round raiser bw. frh.</b>	<b>3,4</b>
	<b>c</b>	<b>6 connected round 2 single ring left raiser bw.</b>	<b>3,2</b>
	<b>d</b>	<b>6 connected round 2 single ring left raiser bw. frh.</b>	<b>3,8</b>
	<b>e</b>	<b>6 connected round 3 single ring left raiser bw.</b>	<b>3,2</b>
	<b>f</b>	<b>6 connected round 3 single ring left raiser bw. frh.</b>	<b>3,8</b>
	<b>g</b>	<b>6 connected round 6 single ring left raiser bw. frh.</b>	<b>7,2</b>
<b>6281</b>	<b>a</b>	<b>6 connected short line frh.</b>	<b>2,0</b>
	<b>b</b>	<b>6 connected short line 2 single ring left frh.</b>	<b>2,4</b>
	<b>c</b>	<b>6 connected short line 3 single ring left frh.</b>	<b>2,6</b>
<b>6282</b>	<b>a</b>	<b>6 connected short line bw.</b>	<b>2,4</b>
	<b>b</b>	<b>6 connected short line 2 single ring left bw.</b>	<b>3,0</b>
	<b>c</b>	<b>6 connected short line 3 single ring left bw.</b>	<b>3,0</b>
	<b>d</b>	<b>6 connected short line 6 single ring left bw.</b>	<b>5,2</b>
	<b>e</b>	<b>6 connected short line 6 single ring opposite bw.</b>	<b>5,8</b>
<b>6283</b>	<b>a</b>	<b>6 connected short line raiser</b>	<b>2,0</b>
	<b>b</b>	<b>6 connected short line raiser frh.</b>	<b>2,6</b>
	<b>c</b>	<b>6 connected short line 2 single ring left raiser</b>	<b>2,2</b>

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**UCI CYCLING REGULATIONS**


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	<b>d</b>	<b>6 connected short line 2 single ring left raiser frh.</b>	<b>2,8</b>
	<b>e</b>	<b>6 connected short line 3 single ring left raiser</b>	<b>2,2</b>
	<b>f</b>	<b>6 connected short line 3 single ring left raiser frh.</b>	<b>2,8</b>
	<b>g</b>	<b>6 connected short line 6 single ring left raiser</b>	<b>4,8</b>
	<b>h</b>	<b>6 connected short line 6 single ring left raiser frh.</b>	<b>5,4</b>
<b>6284</b>	<b>a</b>	<b>6 connected short line raiser bw.</b>	<b>2,6</b>
	<b>b</b>	<b>6 connected short line raiser bw. frh.</b>	<b>3,2</b>
	<b>c</b>	<b>6 connected short line 2 single ring left raiser bw.</b>	<b>2,8</b>
	<b>d</b>	<b>6 connected short line 2 single ring left raiser bw. frh.</b>	<b>3,4</b>
	<b>e</b>	<b>6 connected short line 3 single ring left raiser bw.</b>	<b>2,8</b>
	<b>f</b>	<b>6 connected short line 3 single ring left raiser bw. frh.</b>	<b>3,4</b>
	<b>g</b>	<b>6 connected short line 6 single ring left raiser bw. frh.</b>	<b>7,4</b>
	<b>h</b>	<b>6 con. short line 6 single ring opposite raiser bw. frh.</b>	<b>7,6</b>
	<b>i</b>	<b>6 connected short line spin. raiser bw. frh.</b>	<b>9,0</b>
<b>6291</b>	<b>a</b>	<b>surrounding 5 around 1</b>	<b>1,2</b>
	<b>b</b>	<b>surrounding 5 around 1 frh.</b>	<b>1,8</b>
<b>6292</b>	<b>a</b>	<b>surrounding 5 around 1 bw.</b>	<b>2,6</b>
<b>6293</b>	<b>a</b>	<b>surrounding 5 around 1 raiser</b>	<b>2,2</b>
	<b>b</b>	<b>surrounding 5 around 1 raiser frh.</b>	<b>2,8</b>
<b>6294</b>	<b>a</b>	<b>surrounding 5 around 1 raiser bw.</b>	<b>3,0</b>
	<b>b</b>	<b>surrounding 5 around 1 raiser bw. frh.</b>	<b>3,6</b>
<b>6301</b>	<b>a</b>	<b>6 connected Coach round</b>	<b>1,6</b>
	<b>b</b>	<b>6 connected Coach round frh.</b>	<b>2,2</b>
	<b>c</b>	<b>6 connected Coach 8</b>	<b>2,0</b>
	<b>d</b>	<b>6 connected Coach 8 frh.</b>	<b>2,6</b>
<b>6302</b>	<b>a</b>	<b>6 connected Coach round raiser</b>	<b>2,4</b>
	<b>b</b>	<b>6 connected Coach 8 raiser</b>	<b>2,8</b>
<b>6306</b>	<b>a</b>	<b>Coachmill</b>	<b>2,4</b>
<b>6307</b>	<b>a</b>	<b>Coachmill raiser</b>	<b>2,6</b>
<b>6308</b>	<b>a</b>	<b>Coachmill raiser bw.</b>	<b>3,6</b>
<b>6311</b>	<b>a</b>	<b>Snake round</b>	<b>1,2</b>
	<b>b</b>	<b>Snake 8</b>	<b>1,6</b>
<b>6312</b>	<b>a</b>	<b>Snake ring</b>	<b>1,8</b>

## UCI CYCLING REGULATIONS

<b>6316</b>	a	6 connected chain round	1,8
	b	6 connected chain round frh.	2,4
	c	6 connected chain 8	2,2
	d	6 connected chain 8 frh.	2,8
<b>6317</b>	a	6 connected chain round raiser frh.	3,0
	b	6 connected chain 8 raiser frh.	3,4
<b>6318</b>	a	6 connected chain round raiser bw. frh.	3,8
	b	6 connected chain 8 raiser bw. frh.	4,2
<b>6321</b>	a	6 connected Ratt-tail round	1,4
<b>6322</b>	a	Ratt-tail pass through mill	2,2
<b>6323</b>	a	6 connected Ratt-tail-ring	1,6
	b	6 connected Ratt-tail-ring 6 single ring right.	2,2
<b>6324</b>	a	6 connected Ratt-tail-ring bw.	3,2
	b	6 connected Ratt-tail-ring bw. inside indiv.	5,2
	c	6 connected Ratt-tail-ring bw. in- a outside indiv.	5,6
<b>6325</b>	a	Ratt-tail Doorring	2,2
<b>6331</b>	a	Door with single ring Mill bw.	4,6
	b	Steinhöringer Door with single ring Mill bw.	5,4
<b>6332</b>	a	Door with single ring Mill raiser	4,2
	b	Door with single ring Mill raiser frh.	4,8
	c	Steinhöringer Door with single ring Mill raiser	5,0
	d	Steinhöringer Door with single ring Mill raiser frh.	5,6
<b>6333</b>	a	Door with single ring Mill raiser bw. frh.	6,6
	b	Steinhöringer Door with single ring Mill raiser bw. frh.	7,4
<b>6341</b>	a	2 connected Wing Mill	1,2
	b	2 connected Wing Mill frh.	1,8
	c	2 connected Wing Mill 2 single ring right.	1,6
	d	2 connected Wing Mill 2 single ring right. frh.	2,2
	e	2 connected Wing Mill mill 2 single ring right.	1,6
	f	2 connected Wing Mill mill 2 single ring right. frh.	2,2
	g	2 connected Wing Mill 6 single ring right.	2,4

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**UCI CYCLING REGULATIONS**


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6342	a	2 connected Wing Mill bw.	2,4
	b	2 connected Wing Mill 2 single ring right. bw.	2,8
	c	2 connected Wing Mill bw. inside indiv.	4,2
	d	2 connected Wing Mill bw. in- a outside indiv.	4,6
6343	a	2 connected Wing Mill raiser	2,0
	b	2 connected Wing Mill raiser frh.	2,6
	c	2 connected Wing Mill raiser frh. inside indiv.	3,6
	d	2 connected Wing Mill raiser inside indiv.frh.	4,2
	e	2 connected Wing Mill raiser frh. in- a outside indiv.	4,0
	f	2 connected Wing Mill raiser in- a outside indiv. frh.	4,6
6344	a	2 connected Wing Mill raiser bw.	2,8
	b	2 connected Wing Mill raiser bw. frh.	3,4
	c	2 connected Wing Mill raiser bw. inside indiv.frh.	5,4
	d	2 con. wing mill raiser bw. in- a outside indiv. frh.	5,8
6345	a	2 con. wing mill mill 4 single ring right. raiser bw. frh.	6,6
	b	2 con.wing mill mill 4 single ring left raiser bw. frh.	5,2
	c	2 connected Wing Mill 6 single ring right. raiser bw. frh.	8,6
	d	2 connected Wing Mill 6 single ring left raiser bw. frh.	7,2
6351	a	3 connected Wing Mill	1,2
	b	3 connected Wing Mill frh.	1,8
	c	3 connected Wing Mill 3 single ring right.	1,6
	e	3 connected Wing Mill 3 single ring right. frh.	2,2
	e	3 connected Wing Mill mill 3 single ring right.	1,6
	f	3 connected Wing Mill 6 single ring right.	2,0
6352	a	3 connected Wing Mill bw.	2,6
	b	3 connected Wing Mill 3 single ring right. bw.	3,0
	c	3 connected Wing Mill bw. inside indiv.	4,4
	d	3 connected Wing Mill bw. in- a outside indiv.	4,8
6353	a	3 connected Wing Mill raiser	2,2
	b	3 connected Wing Mill raiser frh.	2,8
	c	3 connected Wing Mill raiser frh. inside indiv.	3,8
	d	3 connected Wing Mill raiser inside indiv.frh.	4,4
	e	3 connected Wing Mill raiser frh. in- a outside indiv.	4,2
	f	3 connected Wing Mill raiser in- a outside indiv. frh.	4,8
6354	a	3 connected Wing Mill raiser bw.	3,0
	b	3 connected Wing Mill raiser bw. frh.	3,6
	c	3 connected Wing Mill raiser bw. inside indiv.frh.	5,6
	d	3 connected Wing Mill raiser bw. in- a outside indiv. frh.	6,0

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**UCI CYCLING REGULATIONS**


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6355	a	3 con. wing mill mill 3 single ring right. raiser bw. frh.	6,4
	b	3 con. wing mill mill 3 single ring left raiser bw. frh.	5,0
	c	3 connected Wing Mill 6 single ring right. raiser bw. frh.	8,4
	d	3 connected Wing Mill 6 single ring left raiser bw. frh.	7,0
6361	a	3 connected wing ring frh.	2,0
6362	a	3 connected wing ring bw.	2,8
	b	3 connected wing ring bw. frh.	3,4
6363	a	3 connected wing ring raiser	2,4
	b	3 connected wing ring raiser frh.	3,0
6364	a	3 connected wing ring raiser bw.	3,2
	b	3 connected wing ring raiser bw. frh.	3,8
6371	a	2 connected mill round bw.	3,4
	b	2 connected Ring round bw.	3,8
6372	a	2 connected mill round raiser	2,6
	b	2 connected mill round raiser frh.	3,2
	c	2 connected Ring round raiser	2,8
	d	2 connected Ring round raiser frh.	3,4
6373	a	2 connected mill round raiser bw. frh.	5,4
	b	2 connected Ring round raiser bw. frh.	5,6
6376	a	3 connected mill round bw.	3,2
	b	3 connected Ring round bw.	3,6
6377	a	3 connected mill round raiser	2,4
	b	3 connected mill round raiser frh.	3,0
	c	3 connected Ring round raiser	2,6
	d	3 connected Ring round raiser frh.	3,2
6378	a	3 connected mill round raiser bw. frh.	5,2
	b	3 connected mill spin. raiser bw. frh.	6,8
	c	3 connected Ring round raiser bw. frh.	5,4
6386	a	6 connected mill	2,2
	b	6 connected mill frh.	2,8
	c	6 connected mill 6 single ring right.	2,8

## UCI CYCLING REGULATIONS

<b>6387</b>	<ul style="list-style-type: none"> <li>a 6 connected mill bw. <span style="float: right;">3,2</span></li> <li>b 6 connected mill bw. inside indiv. <span style="float: right;">5,2</span></li> <li>c 6 connected mill bw. in- a outside indiv. <span style="float: right;">5,6</span></li> </ul>
<b>6388</b>	<ul style="list-style-type: none"> <li>a 6 connected mill raiser <span style="float: right;">2,6</span></li> <li>b 6 connected mill raiser frh. <span style="float: right;">3,2</span></li> <li>c 6 connected mill raiser frh. inside indiv. <span style="float: right;">4,2</span></li> <li>d 6 connected mill raiser inside indiv.frh. <span style="float: right;">4,8</span></li> <li>e 6 connected mill raiser frh. in- a outside indiv. <span style="float: right;">4,6</span></li> <li>f 6 connected mill raiser in- a outside indiv. frh. <span style="float: right;">5,2</span></li> </ul>
<b>6389</b>	<ul style="list-style-type: none"> <li>a 6 connected mill raiser bw. <span style="float: right;">3,8</span></li> <li>b 6 connected mill raiser bw. frh. <span style="float: right;">4,4</span></li> <li>c 6 connected mill raiser bw. inside indiv.frh. <span style="float: right;">7,0</span></li> <li>d 6 connected mill raiser bw. in- a outside indiv. frh. <span style="float: right;">7,4</span></li> </ul>
<b>6396</b>	<ul style="list-style-type: none"> <li>a Witch Pot raiser <span style="float: right;">3,4</span></li> <li>b Witch Pot raiser inside indiv. <span style="float: right;">4,4</span></li> <li>c Witch Pot raiser inside indiv.frh. <span style="float: right;">5,0</span></li> <li>d Witch Pot raiser in- a outside indiv. <span style="float: right;">4,8</span></li> <li>e Witch Pot raiser in- a outside indiv. frh. <span style="float: right;">5,4</span></li> </ul>
<b>6397</b>	<ul style="list-style-type: none"> <li>a Witch Pot raiser bw. <span style="float: right;">4,4</span></li> <li>b Witch Pot raiser bw. inside indiv.frh. <span style="float: right;">7,0</span></li> <li>c Witch Pot raiser bw. in- a outside indiv. frh. <span style="float: right;">7,4</span></li> </ul>
<b>6401</b>	<ul style="list-style-type: none"> <li>a 6 connected ring inside <span style="float: right;">2,4</span></li> </ul>
<b>6402</b>	<ul style="list-style-type: none"> <li>a 6 connected ring inside bw. <span style="float: right;">3,2</span></li> <li>b 6 connected ring inside bw. inside indiv. <span style="float: right;">5,2</span></li> <li>c 6 connected ring inside bw. in- a outside indiv. <span style="float: right;">5,6</span></li> </ul>
<b>6403</b>	<ul style="list-style-type: none"> <li>a 6 connected ring inside raiser <span style="float: right;">2,8</span></li> <li>b 6 connected ring inside raiser inside indiv. <span style="float: right;">3,8</span></li> <li>c 6 connected ring inside raiser inside indiv.frh. <span style="float: right;">4,4</span></li> <li>d 6 connected ring inside raiser in- a outside indiv. <span style="float: right;">4,2</span></li> <li>e 6 connected ring inside raiser in- a outside indiv. frh. <span style="float: right;">4,8</span></li> </ul>
<b>6404</b>	<ul style="list-style-type: none"> <li>a 6 connected ring inside raiser bw. <span style="float: right;">3,8</span></li> <li>b 6 connected ring inside raiser bw. inside indiv.frh. <span style="float: right;">6,2</span></li> <li>c 6 con. ring inside raiser bw. in- a outside indiv. frh. <span style="float: right;">6,6</span></li> </ul>
<b>6411</b>	<ul style="list-style-type: none"> <li>a Ring with opposite grips <span style="float: right;">2,6</span></li> <li>b Ring with opposite grips ring inside <span style="float: right;">3,2</span></li> </ul>



## UCI CYCLING REGULATIONS

6412	a	Ring with opposite grips raiser	3,2
	b	Ring with opposite grips ring inside raiser	3,8
6413	a	Ring with opposite grips raiser bw.	4,2
	b	Ring with opposite grips ring inside raiser bw.	4,8
6416	a	6 connected ring outside	2,8
	b	6 connected ring outside ring inside	3,4
6417	a	6 connected ring outside raiser	3,8
	b	6 connected ring outside raiser inside indiv.	4,8
	c	6 connected ring outside raiser inside indiv.frh.	5,4
	d	6 connected ring outside raiser in- a outside indiv.	5,2
	e	6 connected ring outside raiser in- a outside indiv. frh.	5,8
	f	6 connected ring outside ring inside raiser	4,4
6418	a	6 connected ring outside raiser bw.	4,8
	b	6 connected ring outside raiser bw. inside indiv.frh.	7,2
	c	6 con. ring outside raiser bw. in- a outside indiv. frh.	7,6
	d	6 connected ring outside ring inside raiser bw.	5,4
6426	a	Door with single ring bw.	4,4
	b	opposite direction Door with single ring bw.	4,8
	c	opposite dir. Door with simultan. single ring bw.	5,6
6427	a	Door with single ring raiser	4,2
	b	Door with single ring raiser frh.	4,8
	c	opposite direction Door with single ring raiser	4,4
	d	opposite direction Door with single ring raiser frh.	5,0
	e	opposite dir. Door with simultan. single ring raiser	5,2
	f	opposite dir. Door with simultan. single ring raiser frh.	5,8
6428	a	Door with single ring raiser bw. frh.	6,6
	b	opposite direction Door with single ring raiser bw. frh.	6,8
	c	opposite dir. Door with simultan. single ring raiser bw. frh.	7,6
	d	Rings-Door with simultan. single ring raiser bw. frh.	8,0
	e	2 con. mill opposite dir. Door with simultan. s.r. raiser bw. frh.	8,2
6436	a	Double Door with single ring	1,6
	b	Synchronous Door with single ring	1,4
6437	a	Double Door with single ring bw.	5,4
	b	Synchronous Door with single ring bw.	5,2

## UCI CYCLING REGULATIONS

<b>6438</b>	a Double Door with single ring raiser bw. frh.	9,2
	b Synchronous Door with single ring raiser bw. frh.	8,4
<b>6441</b>	a Snake Door with single ring bw.	5,2
	b Snake Double Door with single ring bw.	6,0
<b>6442</b>	a Snake Door with single ring raiser bw. frh.	8,0
	b Snake Double Door with single ring raiser bw. frh.	8,8
<b>6451</b>	a Dooring	2,8
<b>6452</b>	a Dooring raiser	3,2
	b Dooring raiser inside indiv.	4,2
	c Dooring raiser inside indiv.frh.	4,8
	d Dooring raiser in- a outside indiv.	4,6
	e Dooring raiser in- a outside indiv. frh.	5,2
<b>6453</b>	a Dooring raiser bw.	4,0
	b Dooring raiser bw. inside indiv.frh.	6,8
	c Dooring raiser bw. in- a outside indiv. frh.	7,2
<b>6461</b>	a Double Dooring	3,4
<b>6462</b>	a Double Dooring raiser	3,8
	b Double Dooring raiser inside indiv.	5,0
	c Double Dooring raiser inside indiv.frh.	5,6
	d Double Dooring raiser in- a outside indiv.	5,4
	e Double Dooring raiser in- a outside indiv. frh.	6,0
<b>6463</b>	a Double Dooring raiser bw.	4,8
	b Double Dooring raiser bw. inside indiv.frh.	7,4
	c Double Dooring raiser bw. in- a outside indiv. frh.	7,8
<b>6471</b>	a 6 connected Star inside 2 connected	1,4
	b 6 connected Star inside 2 connected frh.	2,0
	c 6 connected Star inside 3 connected	1,6
	d 6 connected Star inside 3 connected frh.	2,2
	e 6 connected Star inside 6 connected	1,8
	f 6 connected Star inside 6 connected frh.	2,4
	g 6 con. Star inside, Ring inside turned inside	2,2
	h 6 connected Star inside 6 single ring left	2,0
	i 6 connected Star inside simultan. bw. inside indiv.	5,8

## UCI CYCLING REGULATIONS

<b>6472</b>	<b>a</b>	<b>6 connected Star inside 2 connected raiser</b>	<b>2,2</b>
	<b>b</b>	<b>6 connected Star inside 2 connected raiser frh.</b>	<b>2,8</b>
	<b>c</b>	<b>6 connected Star inside 3 connected raiser</b>	<b>2,4</b>
	<b>d</b>	<b>6 connected Star inside 3 connected raiser frh.</b>	<b>3,0</b>
	<b>e</b>	<b>6 connected Star inside 6 connected raiser</b>	<b>2,6</b>
	<b>f</b>	<b>6 connected Star inside 6 connected raiser frh.</b>	<b>3,2</b>
	<b>g</b>	<b>6 con. Star inside, Ring inside turned inside raiser</b>	<b>2,8</b>
	<b>h</b>	<b>6 connected Star inside one a. anot. raiser inside indiv.</b>	<b>3,8</b>
	<b>i</b>	<b>6 con. Star inside one a. anot. raiser inside indiv.frh.</b>	<b>4,4</b>
	<b>j</b>	<b>6 con. Star inside simultan. raiser inside indiv.</b>	<b>4,6</b>
	<b>k</b>	<b>6 con. Star inside simultan. raiser inside indiv.frh.</b>	<b>5,2</b>
	<b>l</b>	<b>6 con. Star inside simultan. raiser bw. inside indiv.frh.</b>	<b>7,4</b>
<b>6476</b>	<b>a</b>	<b>Opposite Direction Star in pairs</b>	<b>1,8</b>
<b>6477</b>	<b>a</b>	<b>Opposite Direction Star in pairs raiser</b>	<b>2,4</b>
	<b>b</b>	<b>Opposite Direction Star in pairs raiser frh.</b>	<b>3,0</b>
<b>6481</b>	<b>a</b>	<b>6 con. Star outside 2 connected bw.</b>	<b>2,6</b>
	<b>b</b>	<b>6 con. Star outside 3 connected bw.</b>	<b>2,8</b>
	<b>c</b>	<b>6 con. Star outside 6 connected bw.</b>	<b>3,0</b>
	<b>d</b>	<b>6 con. Star outside one a. anot. bw. inside indiv.</b>	<b>4,2</b>
	<b>e</b>	<b>6 con. Star outside simultan. bw. inside indiv.</b>	<b>5,0</b>
	<b>f</b>	<b>6 con. Star outside 6 single ring left simultan. bw. inside indiv.</b>	<b>5,8</b>
<b>6482</b>	<b>a</b>	<b>6 con. Star outside 2 connected raiser bw.</b>	<b>3,0</b>
	<b>b</b>	<b>6 con. Star outside 2 connected raiser bw. frh.</b>	<b>3,6</b>
	<b>c</b>	<b>6 con. Star outside 3 connected raiser bw.</b>	<b>3,2</b>
	<b>d</b>	<b>6 con. Star outside 3 connected raiser bw. frh.</b>	<b>3,8</b>
	<b>e</b>	<b>6 con. Star outside 6 connected raiser bw.</b>	<b>3,4</b>
	<b>f</b>	<b>6 con. Star outside 6 connected raiser bw. frh.</b>	<b>4,0</b>
	<b>g</b>	<b>6 con. Star outside one a. anot. raiser bw. inside indiv.frh.</b>	<b>5,8</b>
	<b>h</b>	<b>6 con. Star outside simultan. raiser bw. inside indiv.frh.</b>	<b>6,6</b>
	<b>i</b>	<b>6 con. Star outside 6 s.r. left simultan. raiser bw. inside indiv.frh.</b>	<b>8,0</b>
<b>6486</b>	<b>a</b>	<b>6 connected Star inside turn to Star outside raiser</b>	<b>6,0</b>
	<b>b</b>	<b>6 connected Star inside turn to Star inside raiser</b>	<b>7,0</b>

### TURNINGS IN FOREHEAD LINE

<b>6496</b>	<b>a</b>	<b>2 connected Forehead-line raiser 1/2 turn</b>	<b>4,6</b>
	<b>b</b>	<b>2 connected Forehead-line raiser 1 turn</b>	<b>6,2</b>
	<b>c</b>	<b>3 connected Forehead-line raiser 1/2 turn</b>	<b>5,0</b>
	<b>d</b>	<b>3 connected Forehead-line raiser 1 turn</b>	<b>6,6</b>
	<b>e</b>	<b>6 connected Forehead-line raiser 1/2 turn</b>	<b>6,0</b>
	<b>f</b>	<b>6 connected Forehead-line raiser 1 turn</b>	<b>8,0</b>

## UCI CYCLING REGULATIONS

### EXPLANATIONS OF THE EXERCISES

- The specific explanations are the same for figures in regular seat and raiser (except of connected figures in coach and chain in regular seat) are refer to the number of the groups of figures in the chart of figures for Team riding for four riders.
- At pairs figures the explanation is valid for both sections.
- All figures have to be started and finished simultaneously.
- At specific figures apart from, the explanations of the figures, also the explanations of the samples of the figures and the General issues, are valid.

#### 6001-6010) 6 following each other (f.e.o)

All Riders are driving directly one behind the other, on the round with the same distance between each other.

The single rings at the time must be shown by all riders in the same size and simultaneously and then the figure must be finished.

The Erlenbacher 8 starts as a group of 6 f.e.o.. After passing the inner circle rider 1, 3 and 5 change the direction to the left. Rider 2, 4 and 6 go on to the right (or counterwise), so they build two sections of 3 riders. In the next step every rider pass into the gap when he is changing the direction and perform a full 8.

#### 6016-6020) 6 next to each other(n.e.o)

All Riders are driving at the same distance side by side next to each other.

The single rings left at the time must be shown simultaneously and then the figure must be finished.

#### 6026-6031) 3 following each other (f.e.o)

Three riders each are driving directly one behind the other, in the double round with the same distance between each other.

In figures long line and short line, both sections are side by side n.t.e.o.

In Long/short/cross line opposite direction the two sections pass n.t.e.o. Are the riders, in figures with the explanation "2 con. Mill", on the same level, so the pairs connect the mill, do a full round in mill, disconnect and finish the figure.

The single rings left must be done by all riders while they perform the figure, simultaneously and then the figure must be finished.

#### 6036-6042) 3 next to each other(n.e.o)

Three Riders each are driving with the same distance side by side to each other.

In Long/short/cross line opposite direction the two sections pass n.t.e.o.

In figures with pass through, the riders of each section do not ride all n.t.e.o., they leave gaps. The two groups pass in the middle of the ridding area in the gaps of the opposite coming group.

## UCI CYCLING REGULATIONS

Are the riders, in figures with the explanation "2 connected mill" on the same level, so the pairs connect the mill, do a full round in mill, disconnect and finish the figure.

The single rings left must be done by all riders while they perform the figure, simultaneously and then the figure must be finished.

### 6051-6054) 2 following each other (f.e.o)

Two riders each driving directly one behind the other.

At all figures the three sections must drive with the same distance side by side. The 3 single rings left must be done of each sections while they perform the figure, simultaneously and then the figure must be finished.

The 6 single rings left must be done of all riders while they perform the figure, simultaneously and then the figure must be finished.

### 6061-6064) Wormser Whipping

Two riders each are driving, with the same distance f.e.o., a Double Round, and simultaneously two riders with the same distance f.e.o. a Round around the middle circle. The samples cuts his figures in that way that two riders each pass on the longest side in the same time n.t.e.o. in opposite direction. The riders who passed first has to do this twice.

### 6071-6072) Schwaneweder Eight

From different positions each rider drives simultaneously a Eight (the diameter is not restricted, but this eight's have to be all in the same size from and to the starting position), so that one half of two of the eight's overburden with the next half of the following eight.

On the view of the longer side of the riding area, two Eight's runs on the lower part of the riding area to the right side (or to the left), one of the right side up (or down), one of the left side down (or up), and on the opposite side two Eight's to the left (or to the right).

### 6081-6109) 2 connected Forehead Line

Two riders each are driving connected with grip in the same direction side by side.

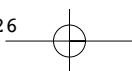
In figures long line and Eight, all sections have to do it immediate and in Rounds with the same distance following each other.

In Short line and Short eight the sections must drive side by side.

The 3 single rings left or right must be done by the sections while they perform the figure, simultaneously and then the figure must be finished.

The 6 single rings left or opposite direction must be done by all riders while they perform the figure, simultaneously and also reconnect the grip to the "2 connected Forehead-Line" simultaneously, and then the figure must be finished.

The single rings opposite direction must be done, that the riders on the right side do single rings right, and on the left side do single rings to the left side.



## UCI CYCLING REGULATIONS

### 6116-6117) Surrounding 1 around 1

In the figure "2 connected Forehead Line" 1 Rider remains standing. Without changing the Hand, and without losing the grip connection, the other rider is surrounding his partner.

### 6121-6124) 2 connected mill

2 Riders are driving a small round in opposite directions together. They are connected with their left hands in grip.

### 6131-6134) 2 connected Ring

2 Riders are driving a small round in opposite directions together. They are connected with both hands in Ringgrip.(left hand holds the right hand of the partner)

### 6151-6179) 3 connected Forehead Line

Three riders each are driving connected with grip in the same direction side by side.

In figures long line, short line and Eight, all sections have to do it immediate and in Rounds with the same distance following each other.

In Short line and Short eight opposite direction however they have to pass the other section in different directions.

The single rings left must be done while they perform the figure, simultaneously and also reconnect the grip to the 3 connected Forehead-Line simultaneously, and then the figure must be finished.

### 6186-6187) Surrounding 2 around 1

In the figure "3 connected in Forehead Line" 1 Rider remains standing. Without changing the Hand, and without losing the grip connection, the other riders are surrounding the remaining partner in "2 connected in Forehead-Line".

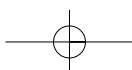
### 6191 a+c) 3 connected Coach

In this sample the bicycle positions are on the outlined grip connections.

The rider in the middle holds with his left hand the handlebar of the rider on the left side. The rider on the right side holds with his left hand the left shoulder of the rider who is in the middle. And the rider on the left side holds with the right hand the left wrist of the rider on the right side.

### 6191 b+d-6192) 3 connected Coach

Two riders are in "2 connected Forehead-Line". The third rider is in the middle in front and connected with the riders outside of the Forehead-Line in grip with the right hand to the partner on the right side and with the left hand to the partner on the left side.



## UCI CYCLING REGULATIONS

### 6196 a+c) 3 connected Chain

Three riders are shift in left right position (right left position) to the back. They must be connected, except of the first rider, from the back to the front with shifted grip connection to the shoulder of the partner who is in front.

### 6196 b+d-6198) 3 connected Chain

Three riders are shift in left right position (right left position) to the back. They must be connected with shifted hand in hand grip connection.

### 6201) 3 connected Rattail

The riders are driving shifted in steps to the back. They are, except of the first one, connected with grip to the saddle of the rider in front.

### 6202-6203) 3 connected Rattail-Ring

With the Hand on the Saddle of the rider in front all four riders are driving a small round.

The single rings right must be done while they perform the figure, simultaneously and also reconnect the grip to the "3 connected Rattail-Ring" simultaneously, and then the figure must be finished.

### 6206-6209) Turbine; Turbine spinning

Two riders are in "2 connected Mill " and the third rider in "2 connected Forehead-Line", they are all connected with Hand-in-Hand-grip. The two riders outside are driving a single ring and pull the rider in the middle around who is not pedalling. In figures with regular seat he lifts up his front wheel.

In figures with the context "Spinnings" the riders outside loose the connection and drive in opposite a single ring. The inner rider perform spinnings according to preliminary notes Spinnings. After the spinnings the "Turbine is reconnected and the sample will be finished.

### 6216-6219) 3 connected mill

3 Riders are driving a small round in opposite directions together. They are connected with their left hands in grip.

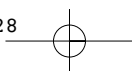
The single rings right must be done while they perform the figure, simultaneously and also reconnect the grip to the 3 connected mill simultaneously, then the figure must be finished.

### 6226-6229) 3 connected Ring inside

3 Riders are driving a small round in opposite directions together. They are connected with both hands in Ringgrip.(right hand holds the left hand of the partner who is riding in front of him).

### 6236-6237) 3 connected Ring outside

3 Riders are driving a small round in opposite directions together. They are connected with both hands in Ringgrip (left hand holds the right hand of the partner who is riding in front of him).



## UCI CYCLING REGULATIONS

In the figure write the name "Ring inside" in the context, following the "3 connected Ring outside" from all Riders at the time and in move change to the "3 connected Ring inside" and show this figure at least a quarter of a round. In the next figure "3 connected Ring inside" the way is integrated in the distance of this figure.

### 6246) 3 connected Star inside

Three riders are connected with grip, staying with the same distance to each other in a shape of a star. The front wheels show to the centre. The figure have to be driven from the sample "3 connected in Forehead-Line" and connect the grip simultaneously.

### 6251-6252) 3 connected Star outside

Three riders are connected with grip, staying with the same distance to each other in a shape of a star. The front wheels show outside of the centre.

### 6256) 3 connected Star inside / outside

Performance according to preliminary notes Turning on the spot in Stars.

### 6271-6284) 6 connected Forehead Line

Six riders are driving connected with grip in the same direction side by side. A Figure with 2 or 3 single rings left must be done by the sections while they perform the figure in "2 or 3 connected Forehead-Line" simultaneously and also reconnect the grip to the "6 connected Forehead-Line" simultaneously, and then the figure must be finished.

The 6 single rings left must be done by all riders while they perform the figure, simultaneously and also reconnect the grip to the "6 connected Forehead-Line" simultaneously, and then the figure must be finished.

The 6 single rings opposite direction must be done while they perform the figure, simultaneously. Three riders n.t.e.o. on the right side do single rings right, and three riders on the left side do single rings n.t.e.o. to the left side. After the single rings they reconnect the grip to the "6 connected Forehead-Line" simultaneously, and then the figure must be finished.

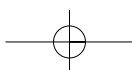
The Spinnings must be done while they perform the figure. After disconnecting the grip performed by all riders according to preliminary notes of Spinnings. The reconnection of the grip has to be simultaneously to the "6 connected Forehead-Line" simultaneously, and then the figure must be finished.

### 6291-6294) Surrounding 5 around 1

In the figure "6 connected Forehead Line" 1 Rider remains standing. Without changing the Hand, and without losing the grip connection, the other riders are surrounding the remaining partner in "5 connected Forehead-Line".

### 6301 a+c) 6 connected Coach

In this sample the bicycle positions are on the outlined grip connections.





## UCI CYCLING REGULATIONS

The rider in front holds with his right hand the left side of the handlebar of the rider on the right side. The next two riders holds with their left hand the right shoulder of the rider who is next to them, the fourth and fifth hold with the right hand the left shoulder of the rider who is in front.

### 6301 b+d-6302) 6 connected Coach

Five riders are in "5 connected Forehead-Line". The rider in the middle stays a little bit back. The Sixth rider is in the middle in front and connected with the riders outside of the Forehead-Line in grip with the right hand to the most outside rider on the right and with the left hand to the most outside rider on the left.

### 6306-6308) Coach mill

Two "3 connected coaches (Hand-in-Hand-Grip) 6191 b+d-6192)" are driving opposite in different directions a small round. The riders in the middle are connected in Grip.

### 6311) Snake

Six riders are shift in left right position (right left position) to the back . They must be connected, except of the last rider, from the front to the end with shifted grip connection to the Handlebar of the following partner.

### 6312) Snakering

Six riders are shift in left right position in the same distance (right left position) to the back. They must be connected from the front to the end with shifted grip connection to the Handlebar of the following partner.

### 6316 a+c) Chain

Six riders are shift in left right position (right left position) to the back . They must be connected, except of the first rider, from the back to the front with shifted grip connection to the shoulder of the partner who is in front.

### 6316 b+d-6318) Chain

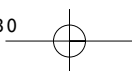
Six riders are shift in left right position (right left position) to the back. They must be connected with shifted hand in hand grip connection.

### 6321) 6 connected Rattail

The riders are driving shifted in steps to the back. They are, except of the first one, connected with grip to the saddle of the rider in front.

### 6322) Rattail pass through mill

From the Rattail 2 riders get Hand in Hand-Grip and build a Door in a mill, and the others pass without disconnecting the grip connection through the mill. When they have passed the Door they connect immediately to the "Rattail", or they can do the "Rattail-Ring".



## UCI CYCLING REGULATIONS

### 6323-6324) Rattail-Ring

With the Hand on the Saddle of the rider in front all six riders are driving a small round.

The single rings right must be done while they perform the figure, simultaneously and also reconnect the grip to the "Rattail-Ring" simultaneously, and then the figure must be finished.

### 6325) Rattail pass Dooring

Two riders are staying in "2 connected Mill" or "2 connected Forehead-Line" and build in this position a Door. The other riders are driving a "4 con. Rattail-Ring" around one of the remaining partners of the Door.

### 6331-6333) Door Mill with single ring; Steinhöringer Door Mill with single ring

Four riders are driving a "Wing Mill" two riders a "Double Round". During the "Door Mill" must the riders in the "Double Round" drive simultaneously on the long side of the riding area, pass twice the outside Door on the Wing-Mill. In the "Steinhöringer Door Mill" they must pass, on the long side of the riding area, twice the Door in the middle simultaneously and the outside Door simultaneously one time.

### 6341-6344) 2 connected Wing-mill

Two "3 connected Forehead-Line" are driving a small round in opposite directions together. The two riders in the middle are connected with their left hands in grip.

If the name "2 single ring right" during the figure they have to disconnect the grip and both "3 con. Forehead-Lines" have to show simultaneously a single ring right, reconnect and finish the figure.

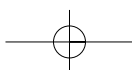
If the name "Mill 2 single ring right" so the two riders outside have to disconnect the grip, perform simultaneously a "2 con. Forehead-Line 2 single rings right" while the others show a "2 con. Mill" and reconnect the grip to the Mill simultaneously and finish the figure.

If the name "6 single rings right", all riders have to disconnect the grip, perform simultaneously a single ring right, reconnect to the "Wing-mill" and finish the figure.

### 6345) 2 connected Wing-mill 4 Single ring right/left ....., 6 Single ring right/left

Two "3 connected Forehead-Line" are driving a small round in opposite directions together. If the name single ring right the riders in the middle are connected with their left hands in grip. If the name single ring left they are connected with their right hand.

If the name "Mill 4 single ring right" or "Mill 4 single ring left" so the two riders outside have to disconnect the grip, perform simultaneously "4 single rings right or left" while the two others show a "2 con. Mill" and reconnect the grip to the Mill simultaneously and finish the figure.



## UCI CYCLING REGULATIONS

If the name "6 single rings right or left", all riders have to disconnect the grip, perform simultaneously a single ring right or left, reconnect to the "Wing-mill" and finish the figure.

### 6351-6354) 3 connected Wing-mill

Three "2 connected Forehead-Line" are driving a small round in opposite directions together. The three riders in the middle are connected with their left hands in grip.

If the name "3 single ring right" during the figure they have to disconnect the grip and the three "2 con. Forehead-Lines" have to show simultaneously a single ring right, reconnect and finish the figure.

If the name "Mill 3 single ring right" so the three riders outside have to loose the grip, perform simultaneously "3 single rings right" while the others show a "3 con. Mill" and reconnect the grip to the Mill simultaneously and finish the figure.

If the name "6 single rings right", all riders have to disconnect the grip, perform simultaneously a single ring right, reconnect to the "Wing-mill" and finish the figure.

### 6355) 3 connected Wing-mill 4 Single ring right/left ....., 6 Single ring right/left

Three "2 connected Forehead-Line" are driving a small round in opposite directions together. If the name single ring right the riders in the middle are connected with their left hands in grip. If the name single ring left they are connected with their right hand.

If the name "Mill 3 single ring right" or "Mill 3 single ring left" so the three riders outside have to disconnect the grip, perform simultaneously "3 single rings right or left" while the three others show a "3 con. Mill" and reconnect the grip to the Mill simultaneously and finish the figure.

If the name "6 single rings right or left", all riders have to disconnect the grip, perform simultaneously a single ring right or left, reconnect to the "Wing-mill" and finish the figure.

### 6361-6364) 3 connected Wing-Ring

Three "2 connected Forehead-Line" are driving a small round in opposite directions together.

The three riders in the middle are connected with their hands in grip to a "2 con. Ring inside".

### 6371-6373) 2 connected mill Round; 2 connected Ring Round,

If the name Mill appears the figure starts as "2 con. Wing Mill".

If the name Ring appears the figure starts as "2 con. Wing Ring".

The riders outside on both side's disconnect the grips, while the two others show a "2 con. Mill" or a "2 con. Ring", they perform in opposite single rings at the same distance to each other, consistent together outside the middle circle.

After the round they come back simultaneously to the Mill/Ring in the middle.

## UCI CYCLING REGULATIONS

**6376-6378) 3 connected mill Round,- Spinnings; 3 connected Ring Round,**  
If the name Mill appears the figure starts as "3 con. Wing Mill".

If the name Ring appears the figure starts as "3 con. Wing Ring".

The riders outside disconnect the grip, while the two others show a "3 con. Mill" or a "3 con. Ring inside", they perform in opposite a single ring outside the middle circle or perform according to preliminary notes spinnings.

After the Round or the Spinnings they come back simultaneously to the Mill/Ring in the middle.

**6386-6389) 6 connected Mill**

6 Riders are driving a small round f.e.o. in the same distance. They are connected with their left hands in grip.

The single rings right must be done by all riders while they perform the figure, simultaneously and also reconnect the grip to the "6 connected Mill", and then the figure must be finished.

**6396-6397) Witch Pot**

Two Riders stay in position "2 con. Ring". surrounded this Ring by the four others in position "4 con. Ring inside"

**6401-6404) 6 connected Ring inside**

6 Riders are driving a small round at the same distance to each other. They are connected with both hands in Ringgrip.(right hand holds the left hand of the partner who is riding in front of him)

**6411-6413) 6 connected Ring with opposite grips**

6 Riders are driving a small round at the same distance to each other. Rider 1,3 and 5 hold with there left Hand the left Hand of the partner of Rider 2 ,4 and 6, and they hold with the right hand the right hand of his partner in front of him.

In the figure white the name "Ring inside" in the context, must following the "6 connected Ring opposite grips" from all Riders at the time and in move change to the "6 connected Ring inside" and show this figure at least a quarter of a round. Is the next figure "6 connected Ring inside" the way is integrated in the distance of this figure.

**6416-6418) 6 connected Ring outside**

6 Riders are driving a small round at the same distance. They are connected with both hands in Ring grip.(left hand hold the right hand of the partner who is riding in front of him)

In the figure white the name "Ring inside" in the context, following the "6 connected Ring outside" from all Riders at the time and in move changed to the "6 connected Ring inside" and this figure shown at least a quarter of a round.

Is the next figure

"6 connected Ring inside" the way is integrated in the distance of this figure.

## UCI CYCLING REGULATIONS

**6426-6428 c) Door with single ring; opposite direction Door with single ring**  
Two riders remaining at "2 connected Mill" or "2 connected Forehead-Line" and build in this position a Door. In the figure "Door with single ring" four riders are performing a single ring at the same distance to each other and pass the door one after the other.

In the figure "opposite direction Door with single ring" two sections of two riders each are driving in a small round (similar Double round). They are shifted opposite of a half single ring to their partner and shifted 1/4 round to the opposite section. They pass the door one after the other in different directions always changed by the other section.

In the figure "opposite direction Door with single simultaneously" two sections are in a single ring, they pass the door at the same time simultaneously in different direction with one of the partner of the opposite section.

**6428 d) Rings- Door with single ring**

This figure is built from a "6 con. Forehead-Line" standing still. At both side two riders disconnect their grip and show simultaneously a single ring left and right through the Door of the partners standing in Forehead-Line.

After they have all passed the door they reconnect to the "6 con. Forehead-Line".

**6428 e) 2 connected Mill opposite direction Door with single**

The door is a driving "2 connected Mill". In this figure two riders are in two sections in a single ring with their partner. They pass the driving door in the same time simultaneously in different directions with a partner of the opposite section. The door has to show at least one round and must move after a passing at least a half round.

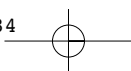
**6436-6438) Double-Door with single ring; Synchronous Door with single ring**

By means of a "Turbine" standing still or "3 con. Forehead-Line" built up the Double-Door. Three riders pass the Door on both sides surrounding the rider in the middle, in a single ring.

In "Synchronous Door with single ring" each of the three riders drives on a own single ring in the same direction around of each of the partners they have built the door.

**6441-6442) Snake-Door with single ring; Snake-Double-Door with single ring**

According to Doors or Double-Doors with single ring, two or three riders build a Door or Double-Door. Through this Door the other riders drive one after the other in a Snakebow (pass the door in a eight from both sides, In Snake-Double-Door in wave lines through both Doors from both sides). The Snakebow starts beside the door and is finished on the same place.



## UCI CYCLING REGULATIONS

### 6451-6453) Door-Ring

Two riders are staying in "2 connected Mill" or "2 connected Forehead-Line" and build in this position a door. The others drive around 1 rider in position "4 connected Ring inside".

### 6461-6463) Double-Door-Ring

By means of a "Turbine" standing still or "3 con. Forehead-Line" built up the Double-Door. The others drive around the rider in the middle of the Double-Door, in position "3 connected Ring inside".

### 6471-6472) 6 connected Star inside

Six riders are connected with grip, staying in the same distance to each other in a shape of a star around the centre of the riding area. The front wheel shows to the centre.

If the term "2 connected" or "3 connected" appears the "6 con. Star inside" have to be driven outside of the 4 meter circle in position "2 con./3 con. Forehead-Line" and then connect the grip simultaneously.

If the term "6 connected" appears the Star inside have to be driven in position "6 con. Forehead-Line", and then connected.

If the term "Ring inside" appears the Star have to be formed to the final position by means of turning the front wheels.

If the term "6 single ring left", appears each rider have to perform at first on the circle a single ring left simultaneously and in the same distance to each other drive to the Star inside and connect the grip simultaneously.

### 6476-6477) Opposite Direction Star

Six riders are connected with grip staying with the same distance to each other in a shape of a star around the centre of the riding area. Three front wheels show from one to the other in changing position to the centre and three front wheels show outside.

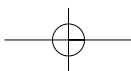
The Opposite Direction Star must be driven in pairs from outside of the 4 meter circle, one rider drives forward and one is driving backward and then connect the Star.

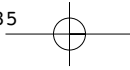
### 6481-6482) 6 connected Star outside

Six riders are connected with grip, staying with the same distance to each other in a shape of a star around the centre of the riding area. The front wheel shows outside to the edge of the riding area.

If the term "2 connected" or "3 connected" appears the "6 con. Star outside" have to be driven outside of the 4 meter circle in position "2 con./3 con. Forehead-Line" and then connect the grip simultaneously.

If the term "6 connected" appears the Star outside have to be driven in position "6 con. Forehead-Line".





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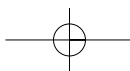
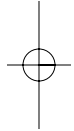
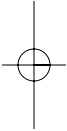
## **UCI CYCLING REGULATIONS**

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**If the term "6 single ring left" appears each rider have to perform at first on the circle a single ring left simultaneously and in the same distance to each other drive to the Star outside and connect the grip simultaneously**

**6486) 6 connected Star inside / 6 connected Star outside  
Performance according to preliminary notes Turning on the spot in Stars**

**6496) 2 connected, 3 connected, 6 connected Turning on the spot  
Performance according to preliminary notes Turning on the spot.**



## UCI CYCLING REGULATIONS

### 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.

## **V** Chapter **CLASSIFICATION OF RACES / UCI RANKINGS**

### Classification of races

#### Category A events

- minimum of 4 participating nations;
- minimum of 8 participants for individual disciplines;
- minimum of 4 participants for pairs disciplines;
- one president, UCI international commissaire;
- minimum of 4 UCI or national commissaires from two different countries;
- results list signed by the president of commissaires' panel to be sent to the UCI within 48 hours, at the organiser's expense (stamped envelope handed to the president, or sent by fax or e-mail).

Note: any organiser who, when registering his event, asks to be put in Category A and is unable to fulfil all the requirements, will not be able to register any Category A events for the following two years. However, in order not to penalise the competitors, category A points will be awarded.

*(article introduced on 1.01.05).*

#### Category B events

- minimum of 2 participating nations;
- minimum of 5 participants for individual disciplines;
- minimum of 3 participants for pairs disciplines (in the event that this requirement is not met in one discipline, a single ranking will be published (men and women) and points will be awarded according to this ranking);
- one president, UCI international or national commissaire;
- minimum of 2 UCI or national commissaires;



## UCI CYCLING REGULATIONS

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- results list signed by president of commissaires' panel to be sent to the UCI within 4 days, at the organisers' expense (stamped envelope handed to the president, or sent by fax or e-mail).

Note: if the organiser is unable to secure the participation of two nations no UCI ranking points will be awarded.

*(article introduced on 1.01.05).*

### **UCI Rankings**

1. The UCI shall create an individual annual classification for artistic cycling competitors. Separate classifications shall be set up for men and women.

The UCI shall be the sole owner of these classifications.

2. The classifications shall be published on 30 June, 30 September, 30 November and 31 December.
3. National federations and organisers are required to send full results to the UCI immediately by fax.

Any national federation must immediately notify the UCI of any fact or decision resulting in an alteration to the points scored.

In the event of a failure to do so, the UCI Management Committee may downgrade the event in question or exclude it from the calendar, without prejudice to other penalties applicable under the regulations.

## UCI CYCLING REGULATIONS

### 4. Points scale:

Place	World Championships	UCI A Events; World Cup	Continental Championships and Cups	UCI B Events; National Championships
1	60	50	40	30
2	55	45	35	25
3	50	40	30	20
4	45	35	25	18
5	40	30	20	16
6	35	25	18	14
7	32	20	16	12
8	29	18	14	10
9	26	16	12	8
10	23	14	10	6
11	20	12	8	
12	18	10	6	
13	16	8	4	
14	14	6	2	
15	12	4	1	
16	10			
17	9			
18	8			
19	7			
20	6			
21	5			
22	4			
23	3			
24	2			
25	1			

*(text modified 0.01.03; 1.01.05).*

