

Unicycling Society of America Skill Levels: 1 to 6

PROCEDURE:

See details on reverse side of this card.

Mount Guidelines

- For Level 3 and above, riders may *not* count their left and right foot mounts as different mounts.
- Each mount the rider uses for a level must be different.
- The rider must declare his or her mount before being able to perform to the tester.
- If a rider falls during the first attempt of the mount, the rider must use the exact mount (and ending) for the second attempt.
- The rider *must* end the mount by sitting on the seat with both feet on the pedals and riding a minimum of 3 revolutions. Mounts that end in skills besides riding, the rider must do at least 3 revolutions, idles, or hops in the mounted position, and then end by sitting on the seat with both feet on the pedals and riding a minimum of 3 revolutions.
- Level 3 and above, riders must use the mounts listed. **A rider may use a more difficult mount than the level he/she is testing** (mount to wheel walk may be used for Level 4).
- The rider is required to choose their mounts for Level 3 and above from the list. No other mount variations will be accepted by the USA. All selected mounts may be used once per test.

LEVEL 1

- mount unicycle unassisted
- ride 50 meters
- dismount gracefully with unicycle in front

LEVEL 2

- mount with left foot
- mount with right foot
- ride 10 meters between two parallel lines 30 cm apart
- ride a figure 8 with circle diameters smaller than 3 meters
- ride down a 15 cm vertical drop
- make a 90° turn to the left inside a 1 meter circle
- make a 90° turn to the right inside a 1 meter circle

LEVEL 3

- demonstrate 3 types of mounts from the list below:
 - standard mount
 - back mount
 - rolling mount
 - side mount
 - jump mount
 - reverse side mount
- ride a figure 8 with circle diameters 1.5 meters or smaller
- come to a stop, pedal half a revolution backward and continue forward
- ride with the stomach on the seat for 10 meters
- make a 180° turn to the left within a 1 meter circle
- make a 180° turn to the right within a 1 meter circle
- hop 5 times
- ride or hop over a 10 x 10 cm obstacle

LEVEL 4

- demonstrate 4 types of mounts from the list below:
 - any Level 3 mount
 - side jump mount
 - floor mount
 - spin mount 180°
- ride backward for 10 meters
- ride one footed for 10 meters
- idle with left foot down 25 times
- idle with right foot down 25 times
- ride with seat out in front for 10 meters
- ride with the seat out in back for 10 meters
- make a 360° turn to the left inside a 1 meter circle
- make a 360° turn to the right inside a 1 meter circle

LEVEL 5

- demonstrate 5 types of mounts from the list below:
 - any Level 3 or 4 mount
 - kick up mount
 - swing up mount
- ride backward in a circle
- ride one footed in a figure eight
- idle one footed with the left foot 25 times
- idle one footed with the right foot 25 times
- ride with seat out in front in a circle
- ride with the seat out in back in a circle
- ride with the seat on the side in a circle
- hop-twist 90 degrees to the left, minimum of 90° and less than 135°
- hop-twist 90 degrees to the right, minimum of 90° and less than 135°
- walk the wheel for 10 meters

LEVEL 6

- demonstrate 6 types of mounts
 - any Level 3, 4 or 5 mount
 - mount to wheel walk
 - mount to hop on wheel
- ride backward in a figure eight
- ride with the seat out in front in a figure eight
- ride with the seat out in back in a figure eight
- ride backward with the seat out in front for 10 meters
- hop standing on wheel 5 times
- ride with the seat on the side in a circle to the left
- ride with the seat on the side in a circle to the right
- ride one footed with the left foot for 10 meters
- ride one footed with the right foot for 10 meters
- backspin (riding forward and ending riding backwards)
- frontspin (riding backward and ending riding forwards)
- spin five full rotations (no pirouettes)

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Unicycling Society of America Skill Levels: 7 to 10

PROCEDURE:

See details on reverse side of this card.

Mount Guidelines

- The rider must declare his or her mount before being able to perform to the tester.
- If a rider falls during the first attempt of the mount, the rider must use the exact mount and ending position for the second attempt.
- The rider must do at least 3 revolutions, idles, or hops in the mounted position, and then end by sitting on the seat with both feet on the pedals and riding a minimum of 3 revolutions.
- Mounts are chosen only from the list. No other mount variations will be accepted by the USA. All selected mounts may be used once per test, but for Level 7 and above the ending skill may be repeated (wheel walk, 1 foot, etc.).

LEVEL 7

- demonstrate 7 types of mounts (use list provided)
- ride backward with the seat out in front in a circle
- ride one footed with the left foot in a circle
- ride one footed with the right foot in a circle
- walk the wheel in a circle
- walk the wheel one footed for 10 meters
- hop-twist 180° to the left, minimum of 180° and less than 225°
- hop-twist 180° to the right, minimum of 180° and less than 225°
- ride backward with the seat out in back for 10 meters
- spin to the left five full rotations (no pirouettes)
- spin to the right five full rotations (no pirouettes)

MOUNTS FOR LEVELS 7-10

- jump mount to seat in front / wheel walk / stand up wheel walk
- side jump mount to wheel walk / seat in back / 1ft idling
- standard mount to one foot / seat in front
- side mount to seat in side / wheel walk
- swing up mount to seat in front
- mount to sideways wheel walk
- rolling mount to one foot / gliding
- back mount to wheel walk
- floor mount to wheel walk
- mount to hop on wheel
- mount to hand wheel walk
- mount to side hopping
- seat in front pick up mount
- spin mount 360 degrees
- kick up mount to wheel walk
- mount to stand up wheel walk
- mount to side ride
- mount to drag seat in front

LEVEL 8

- demonstrate 8 types of mounts (use list provided)
- ride one footed with the left foot in a figure eight
- ride one footed with the right foot in a figure eight
- walk the wheel in a figure eight
- walk the wheel one footed in a circle
- ride backward one footed for 10 meters
- glide for 10 meters
- hand wheel walk for 10 meters
- pirouette three full rotations with no pedaling motion
- backward spin five full rotations (no pirouettes)

LEVEL 9

- demonstrate 9 types of mounts (use list provided)
- walk the wheel one footed in a figure eight
- ride backward one footed in a circle
- ride backward with the seat out in front in a figure 8
- ride backward with the seat out in back in a circle
- walk the wheel 1-footed with the left foot for 10 meters
- walk the wheel 1-footed with the right foot for 10 meters
- walk the wheel backward for 10 meters

LEVEL 9 (continued)

- drag seat in front for 10 meters
- drag seat in back for 10 meters
- ride backward 1-footed with the left foot for 10 meters
- ride backward 1-footed with the right foot for 10 meters
- one footed with the seat out in front for 10 meters with seat extended
- backward pirouette three full rotations

LEVEL 10

- demonstrate 10 types of mounts (use list provided)
- ride backward with the seat out in back in a figure eight
- ride backward 1-footed in a figure eight
- walk the wheel 1-footed with the left foot in a circle
- walk the wheel 1-footed with the right foot in a circle
- walk the wheel backward in a circle
- 180° uni spin
- sideways wheel walk for 10 meters with 1 or 2 feet
- coast for 10 meters, feet on frame or extended
- side ride for 10 meters
- walk the wheel one footed backward for 10 meters

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GENERAL PROCEDURE - LEVELS 1 TO 6

- Rider must perform all skills in the level at the first attempt *except* for three skills maximum which must be performed at the second attempt. This is only one mistake for each skill and maximum of three mistakes per level.
- All preceding levels must be passed prior to testing for a higher skill level.
- All skills (except mounts) must *begin* and *end* with the rider sitting on the seat, feet on the pedals, and riding in control for at *least three revolutions* before and after each skill (complete cycles of the wheel).
- Skills in each level can be performed in *any* order
- Rider cannot use any external aids during any part of the test for any level. These include walls, other people, etc.
- Within a specific level test, the rider must use the same unicycle to pass all skills within that level.
- All skills within a level must be performed within one hour.
- During the test, the rider may not practice *any* skills for that level.
- Riders may only test once per day.
- Interference (i.e. another rider obstructing the rider's path) to a testing rider is up to the discretion of the tester(s). If the tester rules interference, the rider has another opportunity to complete the interfered skill. Interference will be based upon visual evidence, outside witnesses, and the integrity of the rider.

Circles and Figure Eights: All circle figures must be greater than 1-meter and less than 8-meters in diameter. The same applies for each half of the figure eights, between 1 and 8 meters for each circle (unless stated otherwise, as in Levels 2 & 3).

Foot Placement for One-Foot Skills: For all riding (forward and backward) and idling one-foot skills (Levels 4-10), the non-driving foot can be put anywhere the rider desires as long as it is completely out of contact with the pedal and wheel.

Seat Out Skills: In seat out figures, the seat may touch the rider's body but *no* weight may rest upon it. The seat may be held, taken out, and returned back to sitting with 1 or 2 hands.

Hopping and Hop-Twist Skills: For any hopping or hop-twist skills, the seat may be held with one, two, or no hands.

Idling Skills: One idle is a *complete* back and forth motion of the wheel.

GENERAL PROCEDURE - LEVELS 7 TO 10

- **Same General Procedure as for Levels 1 to 6, with the addition of the specific procedures below**
- Two official testers are *required* for Levels 8, 9, and 10
- When testing levels 8 and above, it is highly recommended that the rider perform up to three easier skills before testing more difficult skills in the level. For example, if a rider is struggling with hand wheel walk, he/she may choose to do three consistent skills before having to attempt hand wheel walk. This allows for the rider to ease into the testing.

DESCRIPTIONS OF SPECIFIC SKILLS

Level 6: Backspin/Frontspin: An adequate backspin/frontspin is a continuous, linear flow of motion by the body while the wheel changes direction. The proper path looks like a cusp. Frontspins and backspins must be performed within two lines 30 cm apart.

Level 6/7/8: Spins: Must be performed within a 1-meter circle around a fixed point – no wandering. Must perform 5 *full* rotations, no pirouettes allowed.

Level 7/8/9/10: Wheel Walk One-Footed: This skill must be executed the full distance with the same foot always in control; may be performed with the non-pushing foot on the frame or extended; may not glide more than ½ revolution of the wheel.

Level 7: 180 Degree Hop-Twists: May be hopping prior to the execution of the skill. 180° hop-twist must be a minimum of 180° and a maximum of 225°.

Level 8: Glide for 10 meters: Gliding must be done on a level surface (not a slope). The rider may not push the wheel during a glide (except for before and after the 10 meters of gliding for transitions). During a glide there must be no contact with the pedals (except for before and after the 10 meters of gliding for transitions). Gliding may be performed with the second foot on or off the frame. During gliding, the rider is not allowed to coast (except for before and after the 10 meters of gliding for transitions).

Level 8: Hand Wheel Walk: Rider may be sitting on the seat OR with the stomach on the seat; the rider's feet may not touch the wheel, pedals, or the ground.

DESCRIPTIONS OF SPECIFIC SKILLS

Level 1: Ride 50 meters: In Level 1, the rider must ride 50 meters (36 revolutions on a typical 20" unicycle). Do not just assume that the length around the gym is 50 meters; the closer to 50m, the better!

Level 2/3/4: Sharp 90/180/360 Degree Turns: Turns must be made within a 1 x 1 meter square. Rider must be riding in a straight line prior to entering the square (for example no riding in a spiral and finally doing a 360 degree turn at the end of the spiral) and must be riding in a straight line after coming out of the square. Riding must be done as diagrammed below. Riders may turn in excess of the angle required, but not less.

Level 3: 10 x 10 cm Obstacle: A standard 4" x 4", or two attached 2" x 4" pieces of lumber are acceptable to use, though smaller than 10 cm. The obstacle should be a rigid solid object. The rider can ride or jump (forward or sideways) over the obstacle, using no external aids, as long as rider begins and ends the skill on the unicycle.

Level 3: Hop 5 Times: No external aids (bungee cords, toe clips, etc.), may be used for hopping. The rider cannot travel more than 1 meter sideways while performing the skill. The rider cannot rotate more than 180 degrees during the skill.

Level 4/5: Idle 25 Times: A rider cannot travel more than 1 meter sideways during the skill. The rider cannot rotate more than 180 degrees during the skill.

Level 5: Hop-Twist 90 Degrees: Rider can be hopping prior to the execution of the skill. 90 degree Hop-twist must be a minimum of 90 degrees and a maximum of 135 degrees.

Level 5/6: Seat on Side: Seat and/or arm and hand can touch the body during this skill. Seat on side to the right and left may be performed with the seat remaining on the same side for both.

Level 6: Backspin/Frontspin: An adequate backspin/frontspin is a continuous, linear flow of motion by the body while the wheel changes direction. The proper path looks like a cusp. Frontspins and backspins must be performed within two lines 30 cm apart.

Level 6: Spin: Must be performed within a 1-meter circle around a fixed point – no wandering. Must perform 5 *full* rotations, no pirouettes allowed.

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Level 8/9: Pirouettes: Pirouettes are three full 360° rotations and they must be performed with rider and unicycle rotating on a vertical axis. There should be no pedal movement (forwards or backwards) during the pirouette. When testing for pirouettes in Level 8 and 9, three testers *MUST* watch and come to a mutual agreement. A rider must ride at *least* one revolution forwards before performing the forwards pirouette. A rider must ride at *least* one revolution backwards before performing the backwards pirouette.

Level 9: Drag Seat in Front/Back: When picking up drag seat in front/back, a rider may use either his/her hands or feet.

Level 9: Seat in Front One-Footed for 10 Meters: The rider shall have no contact with the seat other than the hand or hands holding the seat. The hand(s) holding the seat as well as the corresponding arm(s) shall be extended away from the rider's body and shall not touch any part of the rider's body.

Level 10: 180 Uni Spin: The unicycle or the body of the rider must turn 180° in a 180-unispin. This skill may begin with hopping (seat out in front, or otherwise). The rider must land the jump with both feet on pedals and the skill may end with the seat in front or sitting on the seat.

Level 10: Sideways Wheel Walk for 10 Meters: Sideways wheel walk may be done with one or both feet. Rider may *not* glide more than ½ revolution during the skill.

Level 10: Coasting for 10 Meters: During coasting you are not allowed to glide (except for before and after the 10 meters of coasting for transitions). During coasting the rider may not come in contact with the wheel or pedals (except for before and after the 10 meters of coasting for transitions). Must be performed on a level surface. Coasting may be performed with either or both foot on the frame or extended.

Level 10: Side Ride for 10 meters: During side ride the rider may touch the seat with hands and body. The rider's body from the waist down must be on one side of the unicycle. The rider may choose how to hold the seat with either hands or forearms. The controlling foot must be on the non-corresponding pedal (i.e. left foot on right pedal) and the other leg must be extended.

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