

PART 8 INDOOR CYCLING

INTERNATIONAL REGULATIONS OF ARTISTIC CYCLING
Valid from 1.1.2008

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ABBREVIATIONS / TERMS

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

1 leg	= with one leg
50 cm	= 50 centimetres
8	= eight
bw.	= backwards
C.	= complete circle
Cm	= centimetres
con.	= connected
Count. C	= counter circle
Count. 8	= counter eight
Count. X8	= counter cross eight
dir.	= direction
f.e.o.	= following each other
frh.	= free handed
h/b.	= handlebar
HC.	= half circle
indiv.	= individual
mm	= millimetres
n.t.e.o.	= next to each other
one a. anot.	= one after another
oposit.	= opposite
P.	= passage
Reg. / reg.	= regular
rev.	= reverse
S	= half eight
sdw.	= sidewards
simultan.	= simultaneous
spin.	= spinnings
s.r.	= single rings
str.	= stretch
T	= tactical figure
X-line	= cross line (cross axle)

Chapter PRELIMINARY NOTES

1 Organizations

1.1. Organization of competitions

Competitions can be organized by the International Cycling Union (UCI), the continental federations, the national federations and their subordinate bodies. For publications and invitations the UCI or national regulations are valid.

1.2. Worldchampionships

Worldchampionships will be organized in the age-group "Elite" (women/men).

1.3. Disciplines of competitions

- a) Single artistic cycling
- b) Pair artistic cycling
- c) Team cycling 4
- d) Team cycling 6

Each discipline can be organized (separate) for female and male competitors.

Mixed (women & men) teams will start in the respective male discipline.

Each competitor is allowed to enter only once per disciplin at an event.

1.4. Records

World- and continental records can be set in the age-groups "Elite and Juniors". These records can be achieved at World championships, Continental championships, and international competitions.

World- and Continental records, achieved at World-and Continental championships, will be acknowledged immediately.

World- and Continental records, achieved at international competitions, only will be acknowledged when two UCI-Commissaires are present in the Commissaires Panel for the respective riding-area. One of these UCI-Commissaires belongs to an other national-federation as the organizing nation. These records have to be confirmed by the UCI.

National records will be acknowledged according to the rules of the respective national federation.

1.5. Results lists

At all events the organizer is obliged to publish a results list at the end of each discipline.

1.6. Results lists at international competitions

For UCI-calendar events printed lists of results have to be communicated to the UCI-office within the period, and the lay-out, as determined by the UCI.

The results of the "Elite" and the "Junior" age-groups (divided by sex and disciplines) have to be communicated to the UCI as combined lists of results.

1.7. Hand-out of evaluation sheets

After finishing a discipline the evaluations sheets/electronic judging documents are being handed over to the corresponding delegate. At international competitions, like worldchampionships, to the delegation-leader. At national or other competitions to the coach, trainer or participant.

The above-mentioned sheets are to be handled as confidential documents.

2 Disciplines and Age-groups

2.1. Age-groups

Artistic cycling competitions are open to:

- | | |
|---------------------------------|----------------------|
| a) Elite | over 18 years |
| b) Juniors, female/male | U19 (up to 18 years) |
| c) Pupils, female/male, group A | U15 (up to 14 years) |
| d) Pupils, female/male, group B | U13 (up to 12 years) |
| e) Pupils, female/male, group C | U11 (up to 10 years) |

In the year of reaching 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 possible for 1 participant up to 22 years (U23) to compete in a junior-team 4.

It is possible for 1 participant up to 16 years (U17) to compete in a pupil-team 4.

It is possible for 2 participants up to 22 years (U23) to compete in a junior-team 6.

It is possible for 2 participants up to 16 years (U17) to compete in a pupil-team 6.

2.2. Length of performance

For all disciplines there is a time limit of maximum 5 minutes.

2.3. Maximum amount of figures

2.3.1 Age-groups Elite and Juniors

Single artistic cycling	max. 30 figures
Pair artistic cycling	max. 25 figures (with a minimum of 8, but with a maximum of 15 figures on one bicycle)
Team 4	max. 25 figures
Team 6	max. 25 figures

2.3.2 Age-group pupils

Single artistic cycling	max. 25 figures
Pair artistic cycling	max. 20 figures (with a minimum of 4, but with a maximum of 12 figures on one bicycle)
Team 4	max. 25 figures
Team 6	max. 25 figures

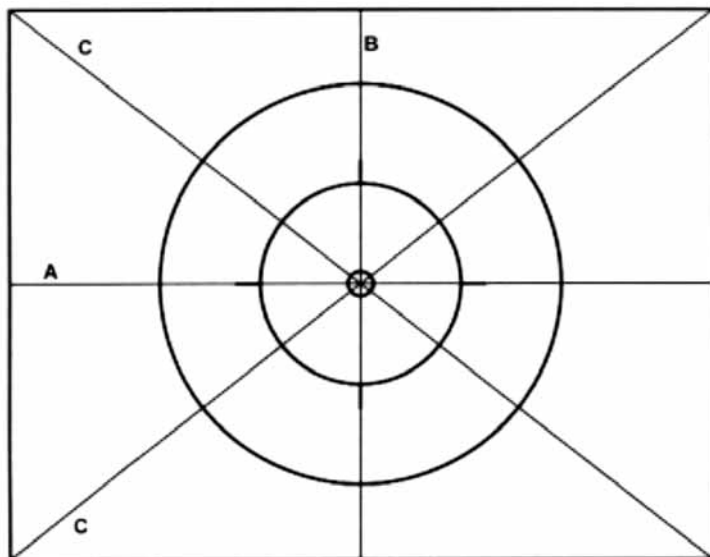
3.3. Coaching zone

A fixed coaching zone (for coach and an attendant) will be determined before the start of the competition by the Chief-Commissaire in cooperation with the organizer.

With a minimum distance of 0.5 metres at the outside of the border of the riding-area.

3.4. Support lines

It is not allowed to apply the support lines at the riding area. They only are used here to understand the following explanations.



Inner circle

Circle at the middle of the riding-area with a diameter of 50 centimetres.

Quarter stripes

The quarter stripes (4) start at the outside of the middle circle and are positioned on the middle lines A and B. They have each a length of 50 centimetres.

Middle circle

Circle at the middle of the riding-area with a diameter of 4.0 metres.

Outer circle

Circle at the middle of the riding-area with a diameter of 8.0 metres.

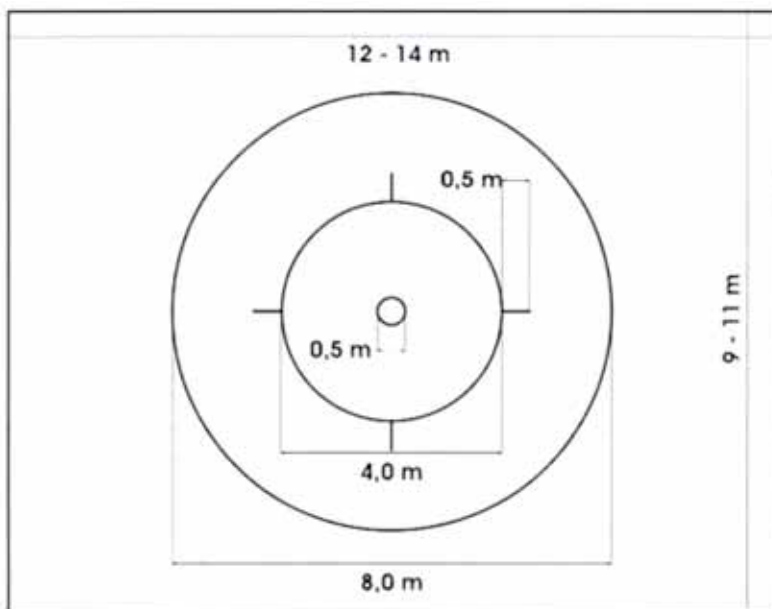
Middle length axle (support line A)

Line parallel to the long side of the riding-area through the middle of the riding-area.

In general for pairs artistic cycling, a team is obliged to perform figures as well on one as on two bicycles during their performance.

3 Competition area

3.1. Riding area



All measures are taken at the outside of the markings. All mentioned markings have to be applied at the riding area exactly according to this drawing. Any markings have to have the width of 3.0 to 5.0 centimetres. They may be applied by tape, paint or can be inserted in the floor. At international competitions the riding-area must have the maximum dimensions. The markings must be visible for all the judges. The matchfield-railings and the goals used for cycle ball must be placed at least 0.5 metres outside the riding-area markings at artistic cycling championships. The minimum distance of the riding-area from walls, columns or non-removable objects must be at international championships 2.0 metres, at other competitions 0.5 metres.

The composition of the riding-area must make a correct performance possible.

3.2. Placement of the judges

The judges must be placed at the side of the riding-area in order to guarantee a good view at the riding-area and their independence from one another.

Middle width axle (support line B)

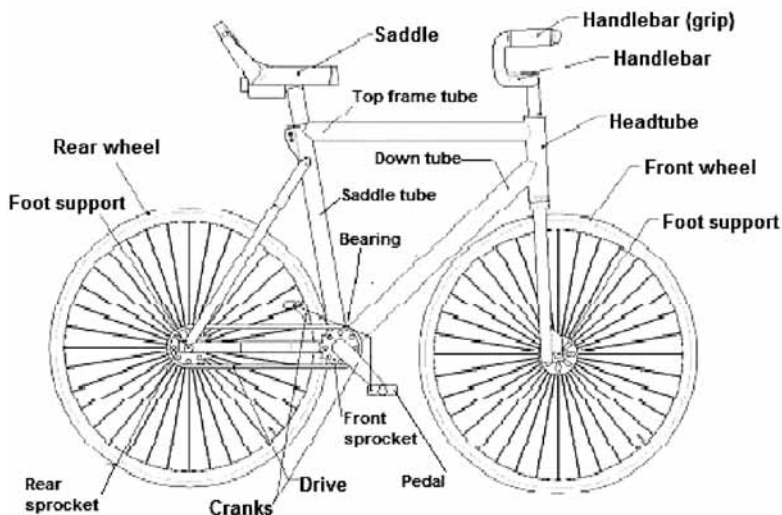
Line parallel to the short side of the riding-area through the middle of the riding-area.

Cross axle (support line C)

Lines from one corner to the opposite corner through the middle of the riding-area.

4 Equipment

4.1. Bicycle



All aids not in the document above are forbidden.

The construction of the bicycles must correspond to the following guidelines and measures. All deviations which do not correspond with the stated measures have to be approved – in advance – by the UCI.

The bicycle has to be constructed in a way that it is not possible to damage the riding-area.

- Cranks** Length from centre bottom bracket bearing to centre pedal-axle 130 – 170 mm.
- Handlebar** The end 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 part. Maximum length 300 mm, maximum width 220 mm, maximum bent (without weight) 60 mm.

- Wheels** Front and rear wheel must have the same diameter. From the height of frame of 46 cm the wheels must have a diameter of at least 24 inches, from 50 cm height of frame the wheels diameter must be at least 25 inches.
- Transmission** The front sprocket may not have less teeth than the rear sprocket.
Alternative mechanical drives are allowed with respect to the described transmission.
- Foot support** In single- and pair artistic cycling it is allowed to equip the axles of both wheels, on both sides, with foot-supports, each with a maximum length of 50 mm.

4.2. Sports wear

At artistic cycling competitions the participant(s) must wear appropriate clothes.

4.3. Musical accomaniment

Any riding programme may be shown accompanied by music. If riders want to perform to a particular piece of music, the rider(s) themselves have to provide the music.

5 Evaluation sheet

5.1. Completing the evaluation sheet

The top part of the evaluation sheet has to be fully completed.

Care should be taken so 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 the exercise and the points 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 and the total of points registered.

It is free for the participant to sequence the exercises on the evaluation sheet according to her/his wishes, but during the competition the written order has to be followed exactly.

5.1.1 Exceptions

It is an obligation to show directly after a raiser passage a raiser figure according to the respective endposition of the passage.

For pair exercises with "turns on spot" a maximum of 3 exercises may be used in one performance (written on evaluation sheet). The same maximum of 3 exercises is valid for exercises with the affix "separat".

5.2. Evaluation sheet sample

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

EVALUATION-SHEET

EVALUATION-SHEET ► for Artistic-Cycling-Competitions

Licence-No	Competitor	Age-group	Pers. record:	Pts. on:	Starting-number
			in:		
			Federation:		
			Club:		
			Day/place:		
			Organizer:		
			Discipline:		

Ser. No.	Figure-No	Name of the figures	Value	Difficulty %	Points	Performance Sign
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						

Specimen

Evaluation-sheet examined by: _____	Difficulty points	Subtraction difficulty = _____
	Basic points	X : _____ x 0,2 = _____
Signature _____	Total points	~ : _____ x 0,5 = _____
	- Total subtraction difficulty/performance : _____	I : _____ x 1,0 = _____
Announcer: _____	Result	O : _____ x 2,0 = _____
Writer : _____	+ Result judging-group 2	Subtr. performance = _____
Chairman : _____	+ Result judging-group 3	Total subtraction = _____
	Final result = _____	: 2 or 3 = _____ Points

5.3. Check of evaluation sheet

In the event that an electronic judging system is used at a competition the participant/trainer is obliged to check and sign a form which will be handed to them by the commissaires panel. Corrections have to be adjusted with the commissaires panel.

From 1 hour before start of the respective competition it is not allowed to change the evaluation sheet anymore. Possible disadvantages due to mistakes on the sheet will be the responsibility of the participant.

5.4. Evaluation of results

The registered points (at start) are the added total of the separate point values of the exercises. When a tactical exercise is presented the respective addition of points has to be added by the commissaires during the performance.

The total devaluation is being calculated from the devaluation of difficulty and the devaluation of performance. The total devaluation subtracted from the registered (+tactical addition) points is the result.

The final result is being calculated by the total of the single results from the judging groups, 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 the event that this is the same, the participants will receive the same place in the ranking.

The final result of each competition has to be published as soon as possible by the Chief-Commissaire and organizer.

Results, below zero, are not to be published. Only the rankings, based on the subtractions, are to be published.

6 Commissaires

6.1. Responsibility of the Commissaires

Any evaluation has to be conducted under the personal responsibility of the commissaire without influence from anybody else and has to be based only on the valid regulations.

All judges are obliged to be totally neutral towards competitors. Once an evaluation is published by the total jury, it will have to be protected by each single commissaire.

6.2. Appointment of Commissaires (= judges)

The commissaires 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 nomination of the judges.

All the commissaires appointed at competitions or championships must hold an adequate license, corresponding to the respective category.

At international competitions at least one of the judges must hold an international license.

For UCI-calendar competitions separate UCI rules are valid.

6.3. Composition Commissaires panel

6.3.1 International Championships:

1 commissaire as Chief Commissaire (chairman)

3 announcing Commissaires;

3 writing Commissaires;

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

6.3.2 Other competitions:

1 commissaires as Chief Commissaire (chairman);

2-3 announcing Commissaires;

2-3 writing Commissaires;

The single judging group consists of an announcer and a writing judge. It is recommended that they speak the same language.

7 Tasks of the Commissaires

7.1.1 Commissaires panel (= jury)

- all the judges are fully responsible for the evaluation and are obliged to sign the evaluation sheet (not valid when an electronic judging system is used).
- the judges have to check and to approve the correct composition (measures and condition) of the riding-area to guarantee a correct performance.
- the judges are obliged to check and to sign the evaluation sheets when the manual judging system (by paper) is used. Faults in the evaluation sheet must be corrected - advance -, if possible together with the participant or his coach. In any case, disadvantages resulting from such faults are the responsibility of the participants or teams in charge.

7.1.2 Chief Commissaire (chairman)

- the chairman composes the judging groups.
- the chairman is allowed to assemble meetings of the commissaires panel in advance or during the competitions to guarantee the performance of the panel.
- the chairman hands the evaluation sheet to the judges.
- the chairman will give a signal (by sound or sign) for the start.
- will clock the length of the performance mechanically or electronically, and will give an acoustic signal at the end of the official time limit. It is possible to transfer this task to a separate time-keeper, who will be situated next to the chairman.
- a second (spare) time system has to be used in case of malfunctions.
- In the event that a competitor forgets the 'START' call at the beginning of performance, the chairman will determine the moment for starting the time (start of clock).
- will watch the performance closely in order to be able to decide in case of interruptions or extra ordinary occurrences.

- after the finish of each performance the chairman verifies the evaluation sheet of each judging group.
- possible found obvious judging mistakes have to be corrected (if possible before the start of the next competitor) by means of majority decision of the entire commissaire panel under the chairmanship of the chief commissaire.
- the chairman will check the evaluation calculations on each sheet and will sign the sheet in the event that the manual judging was used. The chairman is responsible for publishing the result and ensuring that the evaluations sheets are handed to the correct person.
- In the event of a defective bicycle or a competitor being injured the chairman will stop the official time, but will not stop the second time system. In such a case the chairman has to determine the (left) time. He will decide whether a defect can be blamed on the rider. In this time, the possible, used 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 the event of an injury or illness a doctor should be consulted in the event this is seemed necessary. If the rider continues the performance and the interruption was not his fault, given devaluations must be revoked by decision of the judges.

7.1.3 Announcing Commissaire

- will follow the progress of the performance to judge the difficulty and accuracy of the performance. After each exercise the announcing judge will inform the writing judge if the execution was correct or should be devalued.

7.1.4 Writing Commissaire

- will read, clearly, the exercise text according to the sequence on the evaluation sheet to the announcing judge.
- will write the information, announced by the announcing judge, on the correct line of the respective exercise on the evaluation sheet.

8. Judgement of difficulty

Decisive for the judgment of difficulty are the preliminary notes, the guidelines for single, pair, team 4 and team 6 artistic cycling, the explanations in the tables of exercises and following regulations of the judgement of difficulty which have to be used when noted mistakes occur during the performance of the competitors.

8.1 Sequence

If the sequence of exercises is not performed according to the programme, the skipped exercises are to be devaluated at 100%

If more exercises have a mixed sequence the commissaires panel will decide about the devaluations by means of majority decision under the chairmanship of the chief commissaire.

- 8.2 Start of evaluation (judgement)**
As soon as the competitor(s) enters the riding-area the evaluation will start.
Competitors will present themselves, standing, at the riding-area.
- 8.3 Start of performance**
Each performance will start with a clear verbal call "START" call, announced by the performing competitor.
Deviations from this have to be devalued:
- for squats, jumps, turns on spot, and passages 100%
 - for all other exercises 50%
- 8.4 Start of an exercise**
Each exercise starts with its prescribed position, if necessary with its prescribed grip connection and taking into account the explanations in the tables of exercises.
Deviations from this have to be devalued: 100%
Line exercises (team 4-6) start independently towards the riders distance to the riding-area's border, but they end at 1 metres distance from the opposite border of the riding-area.
- 8.5 Recognition of exercises**
All exercises/figures listed on the evaluation sheet have to be shown according to the explanations as stated in these regulations.
Exercises which cannot be recognized will have to be devalued by 100%.
- 8.6 Stretch**
Stretch means the whole performance of an exercise from its begin to its end as it is laid out in the preliminary notes and/or in the explanation in the tables of exercises.
Any exercises entered in the evaluation sheet must be entirely shown by all competitor(s)(incl. team members) over the total stretch and the given kind of performance.
If the exercise is shown less than half of the stretch – devaluation of 100%
If the exercise is shown less than 9/10 of the stretch – devaluation of 50%
If the exercise is shown less than the total stretch – devaluation of 10%
At line exercises (team 4-6) the stretch will be measured at the wheel which is the nearest to the border of the riding-area.
At exercises, where participants are riding next to each other, the stretch is to be measured according to the position of the outside-rider.
- 8.7 Commands of performance**
Exercises which are announced from outside the riding-area have to be devalued by 100%.
- 8.8 End of performance**
All of the exercises of a programme have to be performed within the time limit.
After the time limit has expired the remaining stretch will have to be deducted from the exercises in the evaluation sheet.

9. Judgement of difficulty valid for single and pair

9.1 Position of leg(s)

9.1.1 Bendstands and backstand

Deviations of the "free leg" more than 20° downwards in comparison with the described position have to be devalued by 100%.

9.1.2 L-shape holds and all other exercises with a mandatory horizontally, stretched position of the leg(s)

Deviations of the position of the legs downwards in comparison with the described position have to be devalued by 100%.

Deviations of the position of the legs more than 20° upwards in comparison with the described position have to be devalued by 100%.

9.1.3 Straddles

Deviations of the position of the legs downwards in comparison with the described position have to be devalued by 100%.

Deviations of the position of the legs more than 20° upwards in comparison with the described position have to be devalued by 100%.

The angle of the straddle ("opening angle" of the legs) must have a minimum of 70°. Deviations have to be devalued by 100%.

9.2 Passages

During a passage it is not allowed to stay (show) in an other position which is a known exercises (according to preliminary notes and tables of exercises).

Deviations have to be devalued by 50%.

During passages it is not allowed to stay (show) longer, in a position which is an unknown exercise (according to preliminary notes and tables of exercises), than a stretch of 2 metres.

Deviations have to be devalued by 50%.

9.3. Final exercises

If a final exercise, at which the competitor has to pass (jump over) the handlebar, is ended before the competitor did pass the handlebar. Devaluation: 100%.

Does the exercise end after the competitor passes the handlebar, but before the competitor stands on the riding-area, in front of the bicycle. Devaluation: 50%.

If a final exercise, at which the competitor has to pass (jump over) the saddle, is ended before the competitor did pass the saddle. Devaluation: 100%.

Does the exercise end after the competitor passes the saddle, but before the competitor stands on the riding-area, behind the bicycle. Devaluation: 50%.

If the squat from side pedal to side pedal ends before the competitor passes the frame with his feet. Devaluation: 100%.

If at a handlebar straddle the legs are not in the straddle position above the handle-bar or the competitor does not release the hands from the handlebar during the exercise. Devaluation: 100%.

If at a straddlejump the legs are not stretched or one or both hands do not touch the feet. Devaluation: 100%.

If at straddles or straddlejumps the angle of the straddle ('opening angle' of the legs) is less than 70°. Devaluation: 100%.

Stretchjumps must be performed with stretched and closed legs. At the highest (top) position of the jump the stretched/closed arms must be stretched upwards (vertical).

If not, devaluation 100%.

If at a handstandloop the handstand with stretched arms and stretched and closed legs/feet is not performed above the handlebars (a short, stop of the loop at this position is no obligation). Devaluation: 100%.

If a twist is not performed over the total described body turn, a devaluation will follow based on the missing stretch.

Salto

If a salto is performed with less than an half turn of the body.

Devaluation: 100%.

If the competitor, after a correct full body turn, does not end with a stand on the riding-area. Devaluation: 100%.

If the competitor ends, after a correct salto, with a correct stand on the riding-area, but does not hold the bicycle with his hand. Devaluation: 10%.

10. Judgement of difficulty valid for pair

10.1 Single rings

Single rings may not be performed rounding the partner.

Deviations have to be devalued by 50%.

10.2 Passages

Passages on two bicycles which are not performed synchronously (when the second passage starts after that the first passage is finished) are to be devalued by 50%.

10.3 Exercises with obligation to perform in the middle circle

If exercises which are to be performed with a grip connection above the inner circle (50 cm) are executed outside the middle circle (4 metres) are to be devalued by 50%.

The centre of the exercise is decisive.

10.4 Turns on spot

If the pedals move forwards or backwards more than $\frac{1}{4}$ crankturn from the starting-position, devaluation: 50%.

It is allowed to move the pedals in both directions $\frac{1}{4}$ crankturn.

10.5 Maute jump

If the second competitor starts jumping after the first competitor has already finished, after the jump described 2 metres stretch, devaluation: 50%.

10.6 Salto

The second competitor is obliged to jump before the first competitor is standing on the riding-area. If not devaluation: 50%.

10.7 Grip connection at end of exercise

If the grip connection as described, at the end of the exercise (grip to end position) is not performed when the bicycle is moving, devaluation: 10%.
Not valid for turns on spot (stillstand allowed).

11. Judgement of difficulty valid for team 4 and team 6

11.1 Synchronicity performance of exercises

If the connection and disconnection process of the grips at the start and/or the end of the exercise and if described during the exercise are not performed simultaneously, this has to be devalued by: 10%.

The grip connection of the last competitor has to be performed before that the competitor, who made the first grip connection, moved 2 metres after she/he performed the grip connection. If not, devaluation: 50%.

If the grip connection(s) as described (at the start and/or at the end or else during the exercise) are not performed when the bicycle is moving, devaluation: 50%.

If one of above mentioned devaluations is used, a (additional) performance devaluation according to mistake group 1b nr. 3 is not allowed.

11.2 Exercises with obligation to perform in the middle circle

If exercises which are to be performed with a grip connection above the inner circle (50 cm) are executed outside the middle circle (4 metres) they must be devalued by 50%.

The centre of the exercise is decisive.

11.3 Turns on the spot

If the pedals move forwards or backwards more than $\frac{1}{4}$ crankturn from the starting-position, devaluation: 50%.

It is allowed to move the pedals in both directions $\frac{1}{4}$ crankturn.

12. Judgement of performance

Decisive for the judgement of performance are the preliminary notes, the guidelines for single, pair, team 4 and team 6 artistic cycling, the explanations in the tables of exercises and following regulations of the judgement of performance which have to be used when noted mistakes occur during the performance of the competitors.

Exceptions are the mistake-group 1f-1h (valid from entering until leaving the riding-area) and the mistake-group 2 and 3 (valid from entering the riding-area until the end of the time limit). Touching the floor or standing on the floor which is part of the competitors presentation are not to be devalued (are allowed) .

12.1 Mistake-groups 1a and 1b

Mistakes of these mistake-groups are to be devalued as they happen.

Slight, short, arising shortly	mistake sign	x (X)
	devaluation value	0.2 point
Fierce, permanently, arising longer	mistake sign ~ (wave)	
	devaluation value	0.5 point

- 12.2 Mistake-groups 1c, 1d, 1e, 1f, 1g and 1h**
Mistakes of these mistake-groups are to be devalued by:
- | | |
|-------------------|-----------|
| mistake sign | ~ (wave) |
| devaluation value | 0.5 point |
- 12.3 Mistake-group 2**
Mistakes of this mistake group are to be devalued by:
- | | |
|-------------------|-----------|
| mistake sign | I (line) |
| devaluation value | 1.0 point |
- 12.4 Mistake-group 3**
Mistakes of this mistake-group are to be devalued by:
- | | |
|-------------------|------------|
| mistake sign | O (circle) |
| devaluation value | 2.0 points |
- 12.5 Remark on mistake-groups 1 and 2**
If mistakes described in mistake-groups 1 and 2 are directly followed by mistakes of mistake-group 3, only the devaluation of mistake-group 3 may be devalued.
- 12.6 Mistake-group 1**
- 12.6.1 Mistake-group 1a (x, ~)**
Devaluation per kind of mistake, per participant and exercise only once:
1. Hands and/or arms not stretched, or having a wrong position.
 2. Rowing or rotating movements of arms.
 3. Jerky pedalling.
 4. Incorrect posture of the upper part of the body.
 5. Unsteadiness.
 6. Wandering during 50 cm spinnings.
 7. Post motion of bicycle, correction step, or hopping at final exercises.
 8. Feet and/or legs not stretched.
- 12.6.2 Mistake-group 1b (x, ~)**
Devaluation per kind of mistake and exercise only once:
1. Noticeably different sizes of circles during a S and variants of an 8 and opposite single rings.
 2. Noticeable displacement of circles during a S and all variants of an 8.
 3. Non-synchronous performance of exercises.
 4. Bad direction.
 5. Unequal distances.
- 12.6.3 Mistake-group 1c (-)**
Devaluation per kind of mistake and exercise only once:
1. Single- or not crossing at all the inner(= 50 cm) circle during an 8.
 2. Not crossing at all the inner circle during a S.
 3. Wrong positions on the riding-area.

4. Deviations of the distance to the centre of the riding-area during a circle or a half circle (valid for single and pair).
- 12.6.4 Mistake-group 1d (-)
Devaluation per kind of mistake per participant only once:
1. Incorrect changing of the bicycle(s) (valid for pair).
 2. Incorrect descending from the bicycle (even after the time limit).
- 12.6.5 Mistake-group 1e (-)
Devaluation of this kind of mistake as often as they appear; only in between of the exercises.
1. Crossing the outside marking of the riding-area
- 12.6.6 Mistake-group 1f (-) (valid for single and pair)
Devaluation when this kind of mistake occurs, before the first and in between of exercises, only once:
1. Unsteadiness
- 12.6.7 Mistake-group 1g (-) (valid for team 4 and team 6)
Devaluation when this kind of mistake occurs, before the first- and in between of exercises, only once:
1. Unsteadiness.
 2. Hands and/or arms not stretched, or have a wrong position during freehanded exercises.
 3. Non-synchronous grapple and release (by hand) of the bicycle.
 4. Non-synchronous lowering and rising of the frontwheel during raiser exercises.
- 12.6.8 Mistake-group 1h (-)
Devaluation per kind of mistake per participant only once:
1. Incorrect presentation of the competitor(s) before the start of the time limit.
 2. Incorrect descending from the bicycle after the end of the time limit.
 3. Incorrect presentation of the competitor(s) after the end of the time limit.
- 12.7 Mistake-group 2 (I)
Devaluation of mistakes per participant and kind of mistake, as they arise, also before the first- and in between of exercises:
1. Grapple and release the handlebar, bicycle and team members with, one or two hands, during freehanded exercises.
 2. Lowering and raising of the front wheel during raiser exercises or raiser passages.
 3. Touching the floor or resting a foot on the floor (maximum 1 second).
 4. Leaning on/pushing of, resting on handlebar, frame or saddle with either leg(s) and arm(s) during squats and turning jumps.
 5. Catching (with parts of body) the frame after finishing a turning jump before seizing the pedals.

6. Participant ends standing, but the bike falls on the floor (final exercises)
7. Not allowed to lean on partner.

12.8 Mistake-group 3 (O)

Devaluation of mistakes per participant and kind of mistake, as they arise, also before the first- and in between of exercises:

1. Falling; from entering the riding-area until the end of the time-limit.
2. Standing on the floor; from start of the time-limit until the end of the time-limit.
3. Holding on to objects not belonging to the team.
4. Persons entering the riding-area in order to hand over the bicycle(s) during the change of bicycle(s) at pair artistic cycling.
5. Participant ends not standing on the riding-area (final exercises) .
6. Parking or leaving the bicycle(s) within the riding-area or outside the coaching-zone at pair artistic cycling. (A bicycle is called left or parked in a wrong way from the moment that the participants have started the next exercise).



Chapter GUIDELINES FOR SINGLE AND PAIRS ARTISTIC CYCLING

1. General guidelines on single and pairs riding programmes
 - 1.1 Leaving bicycles

During the performance of the programme riders are not allowed to leave their bicycle. The only exception is in pairs artistic cycling when the participants change from two bicycles to one, or from one bicycle to two. There is only one change allowed during a performance.
 - 1.2 Start of programme

As soon as the participant(s) enter the riding area the evaluation will start. The riders present themselves on the riding-area standing on the surface. The programme must start with the clear call "START"; being on the bicycle without touching the riding-area. At the call "START" the time limit will start.
 - 1.3 Execution of exercises (body posture)

In all of the exercises the competitor has to maintain a correct manner of execution in the sense of sportmanshiplike artistic cycling which may not be altered during the performance of an exercise. Exceptions are only permitted for these exercises where a change of position is necessary due to the figure.
 - 1.4 Commands of performance

Competitors are only allowed to give commands of performance during their own performance.
 - 1.5 Announcing exercises

During all disciplines announcing and/or showing the exercises by outsiders is not allowed.
 - 1.6 Tactical exercises (T)

For exercises which are in the tables of exercises are described as "tactical" it is allowed to extend these exercises as described, during the performance of this exercise.
 - 1.7 Interruption of evaluation

The competitor/trainer will announce a defect of her/his bicycle, an injury or illness by lifting/raising the arm or/and by a clear call "STOP".
 - 1.8 Final exercises

Final exercises can only be performed as the last exercise before the change of bicycles in pairs artistic cycling or as the last exercise of the programme.
The participants have to end the final exercise standing on the riding-area, holding the bike with one hand, while stretching the other arm side-wards (horizontally).

1.9 End of evaluation

The evaluation ends after a correct dismounting of the bicycle, a sporting presentation towards the audience while standing on the riding-area and a correct dismounting of the riding-area. After leaving the riding-area the evaluation ends (even after the time limit).

1.10 Deviations

If deviations in these regulations occur between the drawing and the applicable text, the text will prevail in such a case.

2. General guidelines for the pairs riding programme

2.1 Simultaneous execution of exercises

All the exercises on two bicycles must be performed simultaneously.

2.2 Grip connections

When in the explanations of exercises "single" is not prescribed for a figure on two bicycles or in the guidelines just a "touch of hands" is being asked for, the figure must be shown totally or partially in grip connection. The following kinds of grip connections are allowed:

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

2.3 Changing bicycles

When changing from two to one or from one to two bicycles both partners have to dismount correctly and start their performance again without assistance.

The change has to be executed at the coaching-zone.

3. Guidelines for performance in the riding-area single and pairs

All exercises are to be performed within the borders of the riding-area. The distance ridden at the outside of the riding-area is to be repeated inside.

All exercises are to be executed in the riding-area, according to their respective names and applicable stretch, as described below.

3.1 Exercises which may be shown anywhere on the riding-area

Handlebar spinnings, handlebarstand turns, stillstands, turns, squats, jumps, spinnings, turns on spot, single rings out of forehead-line, passages and final exercises.

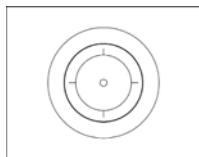
3.2 Performance of exercises in the riding-area

3.2.1 Circle (C)

Only the distance ridden outside the middle-circle (4 metres) is valid for the evaluation. During the execution of a circle the distance to the centre of the riding-area must stay the same for the total stretch.

At "separate" executed circles (pairs) the distance between the two competitors must stay the same for the total stretch.

A circle ends after at least one total turn (360°) around the middle-circle.

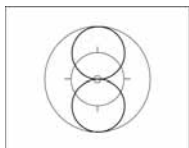


3.2.2 Half circle (HC)

Only the distance ridden outside the middle-circle (4 metres) is valid for the evaluation. During the execution of a half circle the distance to the centre of the riding-area must stay the same for the total stretch.

At "separate" executed circles (pairs) the distance between the two competitors must stay the same for the total stretch.

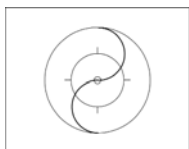
A half circle ends after at least a half turn (180°) around the middle-circle.



3.2.3 Eight (8)

An eight is formed by two circles. Both circles must have the same diameter with a minimum of 4 metres. The inner-circle (50 cm) is to be crossed twice during the execution of an 8. The circles have to be executed each, at an opposite located half of the riding area.

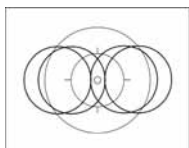
The riding-area is divided, imaginary, in 2 halves by a line through the middle of the riding-area.



3.2.4 Half eight (S)

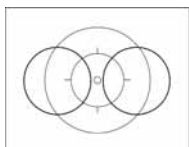
A half eight is formed by two half circles. Both half circles must have the same diameter with a minimum of 4 metres. The inner-circle (50 cm) is to be crossed once during the execution of a S. Half eights starts at the length or width axle of the riding-area. The half circles have to be executed at two, across from each other, placed quarters of the riding-area (one half circle at each quarter).

The riding-area is divided, imaginary, in 4 quarters by the length and width axle.



3.2.5 Counter eight (Count. 8)

Each participant executes an eight in contrary to the partner. The exercise starts at the centre of the riding-area with a hand-touch (to indicate the start of the exercise) of the participants. The exercise ends after completing the total stretch with again a hand-touch (to indicate the end of the exercise) of the participants at the centre of the riding-area. Hand-touches not valid for handstands.



3.2.6 Counter circle (Count. C)

Each participant executes each on a separate half of the riding-area a complete circle with a minimum diameter of 4 metres. During the execution of the circles the distance to the centre of the respective half of the riding-area must stay the same for the total stretch. The exercise starts and ends at the centre of the riding-area with a hand-touch (to indicate the start and the end of the exercise).

The riding-area is divided, imaginary, by the width axle.

The stretch which is executed at the handlebar-turn belongs to the content of the total stretch of the counter circle.

3.2.7 Turn on spot

After detaching from grip-connection, in the respective kind of raiser, each partner turns on the spot without pedalling. At the end of the last turn the grip-connection is an obligation. After that the grip-connection at the end of the exercise is completed the participants together have to perform a stretch, respective to the kind of raiser with a minimum of 2 metres. During release and grapple of the grip-connection, the participants are obliged to stand still.

3.2.8 Mill

Connected through hand-in-hand grip with their left (or right) hands, the partners show the respective exercise in the middle of the riding-area. A stretch with a mini-mum of one complete circle (360°) is to be performed.

At performing a mill with "single-rings" (s.r.) or "mill-spinnings" (mill. spin.) the partners have to show a grip-connection at the middle of riding-area at the start of the exercise. After this grip-connection the participants release their hands; execute the single-rings or mill-spinnings; and grapple back to the hand-in-hand grip-connection in the middle of the riding-area.

Participants are not allowed to stand still with their bikes during the release and grapple of the gripconnection at the beginning and the end of the exercise (bicycles must move during these actions).

3.2.9 Forehead-line

Partners are riding (or standing), side by side, in the same direction, performing the respective exercise. They are connected to each other by a grip-connection.

3.2.10 Single rings (s.r.)

A single ring is a small circle performed at a spot on the riding-area. During the performance of this exercise this spot is the centre of this exercise. A stretch with a minimum of one complete circle (360°) is to be performed.

The release from the start-position and the grapple to the end-position are to be performed while moving the bicycles (still-stand is not allowed during these actions).

The exercise ends at the moment that the end-position is showed.

For following exercises the partners are obliged to touch hands, before and after single rings, indicating the start and the end of the exercise.

Saddle-handlebarstand, Handlebarstand and Saddlestand.

During the performance of single rings at "mills" (middle of the riding-area) the riders have to pass the middle circle (4 metres).

3.2.11 Spinnings

Spinnings have to be performed on a spot with a maximum diameter of 50 cm, according to the kind of raiser in the context of an exercise. The spinnings start being judged when the diameter has been achieved by all participants (rear wheel of the bicycle spinn within the diameter of 50 cm). At least 3 complete, successive, spinnings, within the mentioned diameter of 50 cm, have to be performed by all participants.

When spinnings are performed as part of an exercise with described grip-connection at the begin and/or at the end of the exercise the release and grapple of the grip-connection must be performed with a moving bike (stillstand not allowed).

It is allowed to change the riding-direction at the end of the exercise.

4. Guidelines for performance on bicycle single and pairs

4.1 Position of the arms

At exercises which do not have the word "freehanded" (frh.) in the text, the participants have to be connected with one hand to a partner using a grip-connection. The other hand is connected to the handlebar (or freehanded).

All participants have to show the identical way of positioning the arms.

When participants are not connected to a partner and are connected to the handlebar with a hand, the other hand/arm has to be stretched sideways.

Possible deviations are described in the explanations in the tables of exercises.

4.2 Position of arms and legs (stretching etc.)

If "arm(s)" is mentioned in the text this means that this is related to the limbs (from shoulder(s) to fingers included).

If in the text is mentioned "leg(s)" this means that this is related to the limbs (from hip(s) to toes included).

4.3 Freehanded (frh.)

If freehanded (frh.) is written in the context of exercise, neither the handlebar, the bicycle(s), nor the partners may be touched during the total stretch of the exercise. Exceptions are described at the explanations in the tables of exercises.

Arms which are not connected by a grip-connection are to be stretched, horizontally, sideways by an angle of 90° to 110° to-wards the body (see drawing).

4.4 Both wheels on floor

Except exercises with the text "raiser" all exercises are to be performed with both wheels on the floor during the total stretch of the exercise. Exceptions are described in the explanations in the tables of exercises.





4.5 Raiser

If "raiser" is written in the context of exercise, the total stretch of the exercise has to be performed in the described raiser-position.

Only the rear wheel should touch the floor.



4.6 Forward

All of the exercises are to be performed in "forward" direction if they are not marked as "backwards". Exceptions are described in the explanations in the tables of exercises.

At all exercises with both wheels on the floor; 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" direction.



4.7 Backwards (bw)

When exercises are marked with "backwards" they have to be performed during the total stretch of the exercise in the backwards direction. Exceptions are described in the explanations in the tables of exercises.

At all exercises with both wheels on the floor; turns, squats and jumps the "backwards" 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" and "backwards" direction.

4.8 Bendstands

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

4.9 Saddle-handlebar-, handlebar- and saddlestands

These exercises will have to be performed in an upright, freehanded position, with sideways stretched arms and hands.

4.10 Straddles

Straddles have to be performed with, horizontally stretched legs. At straddles or straddlejumps the angle of the straddle ('opening angle' of the legs) has to have a minimum opening of 70°.

4.11 Squats and jumps

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

4.12 Stillstands

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

4.13 Passages

It is up to the competitor how to perform a passage, on any spot of the riding-area, in accordance with the following conditions:

Touching the ground or any other assistance is not allowed. From the start of the passage, in the starting-position, until the end-position, no other figures may be shown.

During passages it is not allowed to stay (show) longer, in positions which are unknown exercises (according to preliminary notes and tables of exercises), than a stretch of 2 metres.

During a passage it is not allowed to stay (show) in an other position which is a known exercise (according to preliminary notes and tables of exercises).

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

Passages in pairs artistic cycling, on two bicycles, must be performed in grip-connection. Exception is the passage: "Backhang raiser headtube reverse / stand-raiser".

4.14 Stands and shoulderseats on one bicycle

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

For the exercise "Saddle handlebarstand / Saddle handlebarstand", it is not obligatory to have sideways stretched arms. During this exercise it is allowed to touch or hold the partner.

For the exercise "Saddle handlebarstand / Saddlestand", it is not obligatory to have sideways stretched arms for the position "Saddle handlebarstand".

For the exercise "Raiser regular seat / Stand on pins", it is not obligatory to have sideways stretched arms for the position "Stand on pins". It is allowed to touch or hold the partner who is in the raiser-position.

4.15 Headstands, shoulderstands and handstands on one bicycle

Exercises with these positions are to be performed without support. It is not allowed to touch or hold the partner during the execution of these exercises.

4.16 Counterwise

If the term "counterwise" appears in the text this means the same position is possible with the opposite foot or leg, with opposite pedal and/or opposite rear- or frontpin.



Chapter GUIDELINES TEAM 4 AND TEAM 6 ARTISTIC CYCLING

1. **General guidelines to riding programmes team 4 and 6**
All exercises are to be performed at the riding-area. The distance ridden at the out-side of the riding-area is to be repeated inside.
All exercises are to be performed according the explanations in the tables of exerci-ses.
It is not allowed to leave the bicycles during the riding-programme.
2. **Deviations**
If deviations in these regulations occur comparing the drawing and the belonging text, in that case the text will be leading.
3. **Execution of exercises (body posture)**
In all of the exercises the competitor has to maintain a correct manner of execution in the sense of sportmanlike artistic cycling which may not be altered during the performance of an exercise. Exceptions are only at these exercises where a change of position is necessary due to the figure.
4. **Commands of performance**
It is only allowed that competitors can give commands of performance during their own performance.
5. **Announcing exercises**
During all disciplines announcing and/or showing the exercises by out-siders is not allowed.
6. **Interruption of evaluation**
The competitor/trainer will announce a defect of her/his bicycle, an injury or illness by lifting/raising the arm or/and by a clear call "STOP".
7. **Start of programme**
As soon as the participant(s) enter the riding area the evaluation will start. The riders present themselves on the riding-area standing on the surface. The programme must start with a clear call "START"; being on the bicycle without touching the riding-area.
At the call "START" the lime-limit will start.
8. **Tactical exercises (T)**
For exercises which are in the tables of exercises are described as "tactical" it is allowed to extend these exercises as described, during the performance of this exercise.
9. **Final exercises**
Final exercises only can be performed as last exercise and are part of the riding-programme.
The participants have to end the final exercise standing on the riding-area, holding the bike with one hand, while stretching the other arm side-wards (horizontally).



10. Both wheels on floor

If the word "raiser" is not written in the context of an exercise, the exercise is to be performed, with both wheels on the floor during the total stretch of the exercise. Exceptions are described at the explanations in the tables of exercises. Exercises with both wheels on the floor means: The participant sits on the saddle, each foot is situated on a different pedal and the front- and rear wheel both have contact to the floor.



11. Raiser

If "raiser" is written in the context of an exercise, the total stretch of the exercise has to be performed in the described raiser-position. The participant sits on the saddle, each foot is situated on a different pedal and only the rear wheel has contact to the floor.



12. Forward

All of the exercises are to be performed in "forward" direction during the total stretch of the exercise if they are not marked as "backwards". Exceptions are described at the explanations in the tables of exercises. The "forward" direction is to be executed as shown in the drawing.



13. Backwards (bw)

When exercises are marked with "backwards" they have to be performed during the total stretch of the exercise in the backwards direction. Exceptions are described at the explanations in the tables of exercises. The "backwards" direction is to be executed as shown in the drawing.

14. Surroundings

If "forward" is written in the context of exercises with surroundings, the surrounding has to be performed in anticlockwise direction. If "backwards" is written in the context of exercises with surroundings, the surrounding has to be performed in clockwise direction. Exceptions are described at the explanations in the tables of exercises.

15. Position of the arms

At exercises which do not have "freehanded" (frh.) in the context of the exercise, and the participants are connected with a grip connection to a partner, they have to be connected with the other hand to the handlebar (or ride freehanded).

All participants have to show the identical way of positioning the arms. If participants are not connected to a partner and are connected to the handlebar with one hand, the other hand/arm has to be stretched sideways.

Possible deviations are described in the explanations in the tables of exercises.

16. Grip connections

Following kinds of grip connections are allowed:

Hand-in-hand grip, double-arm grip, shoulder- or double-shoulder grip (All other grip connection are not allowed)

Possible deviations are described in the explanations in the tables of exercises.





17. Freehanded (frh.)

If in the context of exercises is mentioned "freehanded" (frh.) the total stretch of the exercises is to be executed freehanded. During the entire exercise it is not allowed to have hand-contact with the bicycles or partners. Possible deviations are described in the explanations in the tables of exercises.

Not by grip connection connected arms/hands (excepted at doors and surroundings) are to be stretched, horizontally, sideways. During all freehanded motions (also between exercises) the arms are to be stretched also, horizontally, sideways.

At freehanded positions the arms must have the position as pre-sented at the drawing; an angle of 90° bis 110° towards the body.

18. Presentation of exercises with in- and outside motions

Exercises with inside and outside motions

If in the context of exercises is mentioned "frh. inside individual" only the exercise it- self is to be performed freehanded. If in the context of the exercises is mentioned "inside individual frh." the individual 2 metres at the start of the exercise and the exercise itself is to be performed freehanded.

At exercises, which are obligated to perform within the middle circle (4 metres), the "inside individual" motion has to start at the outside of the middle circle. The "outside individual" motion has to end at the outside of the middle circle.

18.1 Inside individual

If in the context of the exercises is mentioned "inside individual" all participants have to perform at least an individual (without grip-connection) distance of 2 metres (inside motion) before they execute the belonging exercise according the explanations. The mentioned individual distance, the following grip-connection and the belonging exercise have to be performed simultaneous without stops. After the grip-connection the exercise has to be performed over the total stretch according the explanations. The participants are free of choice because of executing the inside individual motion and the exercise; freehanded, with one or two hands at the handlebar, but they are obligated to use all the same kind of performance.

18.2 Freehanded (frh.) inside individual

"Freehanded inside individual" means that the exercise followed by the inside motion has to be performed freehanded. The inside motion of the participants can be performed; freehanded, with one or two hands at the handlebar, according the choice of the participants, but they are obligated to use all the same kind of performance.

- The inside individual motion has to be performed by all participants individual (without grip-connection) over a distance of 2 metres before they execute the belonging exercise according the explanations. The mentioned individual distance, the following grip-connection, and the belonging exercise have to be performed simultaneous without stops.
- 18.3** Inside individual freehanded (frh.)
 "Inside individual freehanded" means that the inside motion and the belonging exercise have to be executed freehanded. The individual inside motion has to be performed by all participants individual (without grip-connection) freehanded over a distance of 2 metres before they execute the belonging exercise, freehanded, according the explanations. The mentioned individual distance, the following grip-connection and the belonging exercise have to be performed simultaneous without stops.
- 18.4** In- and outside individual
 If in the context of exercises is mentioned "in- and outside individual" all participants have to perform at least an individual (without grip-connection) distance of 2 metres (inside motion) before they execute the belonging exercise according the explanations. After the belonging exercise they have to perform again an individual (without grip-connection) distance of 2 metres (outside motion). The mentioned inside motion, the following grip-connection, the belonging exercise and the outside motion have to be performed simultaneous without stops. The part of the exercise between the in- and outside motions has to be performed over the total stretch according the explanations. The participants are free because of executing the inside individual motion, the exercise and the outside motion; freehanded, with one or two hands at the handlebar, but they are obligated to use all the same kind of performance.
- 18.5** Freehanded (frh.) in- and outside individual
 "Freehanded in- and outside individual" means that the exercise followed by the inside motion has to be performed freehanded. The inside and outside motion of the participants can be performed; freehanded, with one or two hands at the handlebar, according the choice of the participants, but they are obligated to use all the same kind of performance. The individual inside motion has to be performed by all participants individual (without grip-connection) over a distance of 2 metres before they execute the belonging exercise, freehanded, according the explanations. After the belonging exercise they have to perform again an individual (without grip-connection) distance of 2 metres (outside motion). The mentioned inside motion, the following grip-connection, the belonging exercise and the outside motion have to be performed simultaneous without stops.

18.6 In- and outside individual freehanded (frh.)

"In- and outside individual freehanded" means that the inside motion, the following exercise and the outside motion all have to be executed freehanded.

The individual inside motion has to be performed by all participants individual (without grip-connection) freehanded over a distance of 2 metres before they execute the belonging exercise, freehanded, according the explanations. After the belonging exercise they have to perform again an individual (without grip-connection) freehanded distance of 2 metres (outside motion).

The mentioned inside motion, the following gripconnection, the belonging exercise and the outside motion have to be performed simultaneous without stops.

19. Lowering and rising of the frontwheel

If participants, in advance of the first, or between exercises obviously lower or rise the frontwheel, they have to perform this simultaneously.

20. Grapple and release of bicycle-parts

If participants, in advance of the first, or between exercises obviously release or grapple parts of the bicycle, they have to perform this simultaneously.

21. Descend from bicycle at end of performance

At the end of the performance all participants have to descend the bicycle simultaneous and present themselves, while standing on the riding-area, towards the audience. After leaving the riding-area the evaluation ends (even after the time limit).

IV

Chapter TABLE OF EXERCISES SINGLE ARTISTIC CYCLING

The values mentioned after "T" can be reached by tactical extension of the belonging exercise.

1.	Exercises with both wheels on floor		
1001	a	Reg. seat HC.	0,5
	b	Reg. seat C.	0,7
	c	Reg. seat frh. HC.	0,7
	d	Reg. seat frh. C.	0,9
1002	a	Reg. seat bw. HC.	2,1
	b	Reg. seat bw. C.	2,3
	c	Reg. seat bw. handlebar spinning	3,0
1003	a	Reg. seat rev. HC.	0,9
	b	Reg. seat rev. C.	1,1
1004	a	Reg. seat rev. bw. HC.	1,7
	b	Reg. seat rev. bw. C.	1,9
	c	Reg. seat rev. bw. S	2,8
	d	Reg. seat rev. bw. 8	3,6
	e	Reg. seat rev. bw. handlebar spinning	3,6
1011	a	Steering with feet HC.	0,7
	b	Steering with feet C.0,9	
	c	Steering with feet frh. HC.	0,9
	d	Steering with feet frh. C.	1,1
1012	a	Lady seat HC.	0,8
	b	Lady seat C.	1,0
	c	Lady seat frh. HC.	1,2
	d	Lady seat frh. C.	1,4
1013	a	Lady seat bw. HC.	2,7
	b	Lady seat bw. C.	2,9
1016	a	Handlebarseat HC.	1,8
	b	Handlebarseat C.	2,0
	c	Handlebarseat frh. HC.	2,0
	d	Handlebarseat frh. C.	2,2
	e	Handlebarseat frh. S	2,6
	f	Handlebarseat frh. 8	3,4

1017	a	Handlebarseat rev. HC.	0,8
	b	Handlebarseat rev. C.	1,0
	c	Handlebarseat rev. frh. HC.	1,0
	d	Handlebarseat rev. frh. C.	1,2
1021	a	Split HC.	0,9
	b	Split C.	1,1
	c	Split frh. HC.	1,1
	d	Split frh. C.	1,3
1022	a	Split bw. HC.	3,0
	b	Split bw. C.	3,2
1023	a	Split rev. HC.	1,3
	b	Split rev. C.	1,5
	c	Split rev. frh. HC.	1,5
	d	Split rev. frh. C.	1,7
1024	a	Split rev. bw. HC.	2,6
	b	Split rev. bw. C.	2,8
1031	a	Frontstand HC.	1,8
	b	Frontstand C.	2,0
	c	Frontstand frh. HC.	2,0
	d	Frontstand frh. C.	2,2
	e	Frontstand frh. S	2,6
	f	Frontstand frh. 8	3,4
1032	a	Backstand HC.	1,7
	b	Backstand C.	1,9
1036	a	Side pedal stand HC.	1,3
	b	Side pedal stand C.	1,5
1037	a	Sidestand foot cranking HC.	1,2
	b	Sidestand foot cranking C.	1,4
1038	a	Sidestand HC.	1,2
	b	Sidestand C.	1,4
	c	Sidestand frh. HC.	1,4
	d	Sidestand frh. C.	1,6
1039	a	Sidestand rev. HC.	1,6
	b	Sidestand rev. C.	1,8
	c	Sidestand rev. frh. HC.	1,8
	d	Sidestand rev. frh. C.	2,0

1040	a	Side kneeling foot cranking HC.	1,2
	b	Side kneeling foot cranking C.	1,4
1041	a	Frameseat HC.	1,3
	b	Frameseat C.	1,5
1046	a	Stand on pins HC.	1,3
	b	Stand on pins C.	1,5
	c	Stand on pins frh. HC.	2,1
	d	Stand on pins frh. C.	2,3
	e	Stand on pins frh. S	2,7
1047	a	Stand bent on pin HC.	1,6
	b	Stand bent on pin C.	1,8
	c	Stand bent on pin frh. HC.	3,0
	d	Stand bent on pin frh. C.	3,2
1048	a	Stand bent on pin bw. HC.	3,8
	b	Stand bent on pin bw. C.	4,0
1051	a	Bent knee seat HC.	1,3
	b	Bent knee seat C.	1,5
1053	a	Knee on saddle HC.	1,9
	b	Knee on saddle C.	2,1
1054	a	Knee on saddle bw. HC.	4,6
	b	Knee on saddle bw. C.	4,8
1061	a	Stand bent on saddle HC.	1,7
	b	Stand bent on saddle C.	1,9
1062	a	Stand bent on saddle bw. HC.	4,4
	b	Stand bent on saddle bw. C.	4,6
1063	a	Stand bent on frame HC.	1,7
	b	Stand bent on frame C.	1,9
1064	a	Stand bent on frame bw. HC.	4,2
	b	Stand bent on frame bw. C.	4,4
1065	a	Stand bent on frame rev. HC.	2,1
	b	Stand bent on frame rev. C.	2,3

1066	a	Stand bent on handlebar rev. HC.	2,2
	b	Stand bent on handlebar rev. C.	2,3
1071	a	Pedal side stand rev. HC.	1,2
	b	Pedal side stand rev. C.	1,4
1076	a	Framestand HC.	1,1
	b	Framestand C.	1,3
	c	Framestand frh. HC.	2,5
	d	Framestand frh. C.	2,7
	e	Framestand frh. S	3,1
1077	a	Framestand rev. frh. HC.	3,1
	b	Framestand rev. frh. C.	3,3
1081	a	Fronthang HC.	1,5
	b	Fronthang C.	2,1
1082	a	Fronthang bw. HC.	3,4
1083	a	Backhang HC.	1,3
	b	Backhang C.	1,5
	c	Backhang frh. HC.	1,5
	d	Backhang frh. C.	1,7
1084	a	Backhang bw. HC.	2,4
1091	a	Lying on handlebar HC.	2,1
	b	Lying on handlebar C.	2,3
1092	a	Lying on saddle HC.	1,3
	b	Lying on saddle C.	1,5
	c	Lying on saddle handlebar HC.	1,5
	d	Lying on saddle handlebar C.	1,7
1093	a	Waterscale under saddle HC.	1,6
	b	Waterscale under saddle C.	1,8
	c	Waterscale on saddle HC.	1,8
	d	Waterscale on saddle C.	2,0
1096		Walk on frontwheel	2,4

1101	a	Saddle handlebarstand HC.	2,9
	b	Saddle handlebarstand C.	3,3
	c	Saddle handlebarstand S	3,7
	d	Saddle handlebarstand 8	4,5
1102	a	Saddle handlebarstand bw. HC.	6,5
	b	Saddle handlebarstand bw. C.	6,9
	c	Saddle handlebarstand bw. S	7,8
	d	Saddle handlebarstand bw. 8	9,2
1103	a	Saddlestand HC.	5,7
	b	Saddlestand C.	6,1
	c	Saddlestand S	6,5
	d	Saddlestand 8	7,3
1104	a	Fronthandlebarstand HC.	3,5
	b	Fronthandlebarstand C.	3,9
	c	Fronthandlebarstand S	4,3
	d	Fronthandlebarstand 8	5,1
	e	Fronthandlebarstand HC. out of reg. seat	4,1
	f	Fronthandlebarstand C. out of reg. seat	4,5
	g	Fronthandlebarstand S out of reg. seat	4,9
	h	Fronthandlebarstand 8 out of reg. seat.	5,7
	i	Fronthandlebarstand $\frac{1}{2}$ turn	5,1
	j	Fronthandlebarstand 1 turn T (6,6 – 7,2 – 7,8 – 8,4)	6,0
	k	Fronthandlebarstand $\frac{1}{2}$ turn T (7,5 – 8,1 – 8,7)	6,9
	l	Fronthandlebarstand 2 turns T (8,4 – 9,0)	7,8
	m	Fronthandlebarstand $\frac{1}{2}$ turn out of reg. seat	5,7
	n	Fronthandlebarstand 1 turn out of reg. seat T (7,2 – 7,8 – 8,4 – 9,0)	6,6
o	Fronthandlebarstand $\frac{1}{2}$ turn out of reg. seat T (8,2 – 8,8 – 9,4)	7,6	
p	Fronthandlebarstand 2 turns out of reg. seat T (9,1 – 9,7)	8,5	

on sheet

	1104i	1104j	1104k	1104l
	$\frac{1}{2}$	1	$\frac{1}{2}$	2
$\frac{1}{2}$	5,1			
1		6,0		
$1\frac{1}{2}$		6,6	6,9	
2		7,2	7,5	7,8
$2\frac{1}{2}$		7,8	8,1	8,4
3		8,4	8,7	9,0

performed

on sheet

	1104m	1104n	1104o	1104p
	$\frac{1}{2}$	1	$\frac{1}{2}$	2
$\frac{1}{2}$	5,7			
1		6,6		
$1\frac{1}{2}$				
2		7,8	8,2	8,5
$2\frac{1}{2}$		8,4	8,8	9,1
3		9,0	9,4	9,7

performed

1105	a	Handlebarstand rev.HC.	3,9
	b	Handlebarstand rev. C.	4,3
	c	Handlebarstand rev. S	4,7
	d	Handlebarstand rev. 8	5,5
1111	a	Saddle support scale HC.	
	b	Saddle support scale C.	3,1
	c	Saddle support scale S	3,5
	d	Saddle support scale 8	5,1
1112	a	Handlebar support scale HC.	2,5
	b	Handlebar support scale C.	3,1
	c	Handlebar support scale S	3,5
	d	Handlebar grip scale, legs front HC.	3,5
	e	Handlebar grip scale, legs front C.	4,2
	f	Handlebar grip scale, legs front S	4,6
	g	Handlebar grip scale, legs front 8	6,4
	h	Handlebar grip scale, legs rear HC.	4,1
	i	Handlebar grip scale, legs rear C.	4,8
	j	Handlebar grip scale, legs rear S	5,2
	k	Handlebar grip scale, legs rear 8	7,0
1116	a	Handlebar L-shape hold HC.	2,8
	b	Handlebar L-shape hold C.	3,2
	c	Handlebar L-shape hold S	3,6
	d	Handlebar L-shape hold 8	4,8
	e	Handlebar L-shape hold rev. HC.	3,2
	f	Handlebar L-shape hold rev. C.	3,6
	g	Handlebar L-shape hold rev. S	4,0
	h	Handlebar L-shape hold rev. 8	5,2
1117	a	L-shape hold sideways HC.	3,8
	b	L-shape hold sideways C.	4,4
	c	L-shape hold sideways bw. HC.	6,5
	d	L-shape hold sideways bw. C.	7,1
1118	a	Handlebar support straddle HC.	3,3
	b	Handlebar support straddle C.	3,9
	c	Saddle support straddle HC.	4,2
	d	Saddle support straddle C.	4,8
1121	a	Headstand HC.	4,0
	b	Headstand C.	4,2

1122	a	Shoulderstand HC.	4,0
	b	Shoulderstand C.	4,2
1123	a	Saddle handlebar handstand HC.	7,0
	b	Saddle handlebar handstand C.	7,8
	c	Saddle handlebar handstand S	8,6
	d	Saddle handlebar handstand 8	10,2
	e	L-shape hold sideways saddle handlebar handstand HC.	8,6
	f	L-shape hold sideways saddle handlebar handstand C.	9,6
	g	L-shape hold sideways saddle handlebar handstand S	10,4
	h	L-shape hold sideways saddle handlebar handstand 8	12,4
	i	L-shape hold sideways swiss saddle handlebar handstand HC.	9,8
	j	L-shape hold sideways swiss saddle handlebar handstand C.	11,0
	k	L-shape hold sideways swiss saddle handlebar handstand S	11,8
	l	L-shape hold sideways swiss saddle handlebar handstand 8	14,2
1124	a	Handlebar handstand HC.	7,2
	b	Handlebar handstand C.	8,0
	c	Handlebar handstand S	8,8
	d	Handlebar handstand 8	10,4
	e	L-shape hold handlebar handstand HC.	8,8
	f	L-shape hold handlebar handstand C.	9,8
	g	L-shape hold handlebar handstand S	10,6
	h	L-shape hold handlebar handstand 8	12,6
	i	L-shape hold swiss handlebar handstand HC.	10,0
	j	L-shape hold swiss handlebar handstand C.	11,2
	k	L-shape hold swiss handlebar handstand S	12,0
	l	L-shape hold swiss handlebar handstand 8	14,4
1141	a	Stillstand on pedals	1,0
	b	Stillstand on pedals frh.	1,2
	c	Stillstand pedal frontwheel	1,3
	d	Stillstand pedal frontwheel frh.	1,5
2.		Sidestand turn, squats and jumps	
1151	a	Sidestand turn	1,7
1156	a	Reg. seat squat	1,7
	b	Reg. seat squat bw.	3,1
1157	a	Fronthang squat with use of pin	1,8
	b	Fronthang squat	2,0
	c	Fronthang squat bw.	3,5

1158	a	Backhang squat with use of pin	1,7
	b	Backhang squat	1,9
	c	Backhang squat bw.	3,5
1159	a	Handlebarseat rev. squat	1,7
	b	Handlebarseat rev. squat bw.	2,9
1171	a	Handlebarseat rev. scissors jump	2,2
	b	Backhang scissors jump	2,6
1172	a	Turning jump sidestand handlebarseat rev.	2,0
	b	Turning jump reg. seat handlebarseat rev.	2,3
	c	Turning jump handlebarseat rev. reg. seat	2,3
	d	Turning jump reg. seat stand bent on frame rev.	2,8
	e	Turning reg. seat, jump, scissors jump	3,8
1173	a	Turning jump sidestand front wheel walk	2,2
	b	Turning jump reg. seat front wheel walk	2,8
1174	a	Turning jump sidestand backhang	1,8
	b	Turning jump reg. seat backhang	2,2
	c	Turning jump backhang reg. seat	2,3
1175	a	Turning jump 1 turn	4,2
	b	Turning jump 2 turns	5,6
	c	Turning jump 3 turns T (7,6 – 8,3 – 9,0)	6,9
	d	Turning jump 4 turns T (8,8 – 9,5 – 10,2)	8,1
	e	Turning jump 5 turns T (9,9 – 10,6 – 11,3 – 12,0 – 12,7)	9,2

on sheet

	1175a	1175b	1175c	1175d	1175e
	1	2	3	4	5
1	4,2				
2		5,6			
3			6,9		
4			7,6	8,1	
5			8,3	8,8	9,2
6			9,0	9,5	9,9
7				10,2	10,6
8					11,3
9					12,0
10					12,7

1181	Pedal jump	1,9
1186	Maute jump	7,3
3. Raiser exercises		
1201	a Raiser reg. seat HC.	2,4
	b Raiser reg. seat C.	2,6
	c Raiser reg. seat frh. HC.	2,5
	d Raiser reg. seat frh. C.	2,7
	e Raiser reg. seat 1 leg HC.	3,1
	f Raiser reg. seat 1 leg C.	3,3
	g Raiser reg. seat 1 leg frh. HC.	3,4
	h Raiser reg. seat 1 leg frh. C.	3,6
1202	a Raiser reg. seat bw. HC.	4,3
	b Raiser reg. seat bw. C.	4,5
	c Raiser reg. seat bw. frh. HC.	4,6
	d Raiser reg. seat bw. frh. C.	4,8
	e Raiser reg. seat bw. 1 leg HC.	5,7
	f Raiser reg. seat bw. 1 leg C.	6,5
	g Raiser reg. seat bw. 1 leg frh. HC.	6,7
	h Raiser reg. seat bw. 1 leg frh. C.	7,5
	i Raiser reg. seat spin. bw. frh.	5,3
1203	a Raiser reg. seat rev. frh. HC.	3,1
	b Raiser reg. seat rev. frh. C.	3,5
	c Raiser reg. seat rev. frh. S	3,9
	d Raiser reg. seat rev. frh. 8	5,1
	e Raiser reg. seat rev. frh. 1 leg frh. HC.	3,9
	f Raiser reg. seat rev. frh. 1 leg frh. C.	4,6
	g Raiser reg. seat rev. spin. frh.	5,7
1204	a Raiser reg. seat rev. bw. frh. HC.	4,8
	b Raiser reg. seat rev. bw. frh. C.	5,2
	c Raiser reg. seat rev. bw. frh. S	5,9
	d Raiser reg. seat rev. bw. frh. 8	7,4
1211	a Raiser lady seat HC.	3,1
	b Raiser lady seat C.	3,3
	c Raiser lady seat frh. HC.	3,4
	d Raiser lady seat frh. C.	3,6
1212	a Raiser lady seat bw. HC.	5,4
	b Raiser lady seat bw. C.	6,2
	c Raiser lady seat bw. frh. HC.	6,4
	d Raiser lady seat bw. frh. C.	7,2

1216	a	Raiser stand on pin HC.	3,0
	b	Raiser stand on pin C.	3,2
	c	Raiser stand on pin frh. HC.	3,3
	d	Raiser stand on pin frh. C.	3,5
	e	Raiser sidestand HC.	3,2
	f	Raiser sidestand C.	3,4
	g	Raiser sidestand frh. HC.	3,5
	h	Raiser sidestand frh. C.	3,7
1217	a	Raiser stand on pin bw. HC.	5,2
	b	Raiser stand on pin bw. C.	6,0
	c	Raiser stand on pin bw. frh. HC.	6,2
	d	Raiser stand on pin bw. frh. C.	7,0
	e	Raiser stand on pin spin. bw.	7,2
	f	Raiser sidestand bw. HC.	4,8
	g	Raiser sidestand bw. C.	5,6
1219	a	Raiser stand on pin rev. HC.	3,9
	b	Raiser stand on pin rev. C.	4,7
	c	Raiser sidestand rev. bw. HC.	4,2
	d	Raiser sidestand rev. bw. C.	5,0
1226	a	Raiser handlebarseat HC.	2,5
	b	Raiser handlebarseat C.	2,7
	c	Raiser handlebarseat frh. HC.	2,6
	d	Raiser handlebarseat frh. C.	2,8
1227	a	Raiser handlebarseat bw. HC.	4,3
	b	Raiser handlebarseat bw. C.	4,5
	c	Raiser handlebarseat bw. frh. HC.	4,4
	d	Raiser handlebarseat bw. frh. C.	4,6
	e	Raiser handlebarseat spin. bw. frh.	5,1
1228	a	Raiser handlebarseat rev. frh. HC.	3,0
	b	Raiser handlebarseat rev. frh. C.	3,4
	c	Raiser handlebarseat rev. frh. S	3,8
	d	Raiser handlebarseat rev. frh. 8	5,0
	e	Raiser handlebarseat rev. spin. frh.	5,5
1229	a	Raiser handlebarseat rev. bw. frh. HC.	4,8
	b	Raiser handlebarseat rev. bw. frh. C.	5,2
	c	Raiser handlebarseat rev. bw. frh. S	5,9
	d	Raiser handlebarseat rev. bw. frh. 8	7,4

1236	a	Raiser headtube frh. HC.	2,6
	b	Raiser headtube frh. C.	2,8
	c	Raiser headtube 1 leg frh. HC.	3,0
	d	Raiser headtube 1 leg frh. C.	3,2
	e	Raiser headtube spin. frh.	5,1
1237	a	Raiser headtube bw. frh. HC.	4,4
	b	Raiser headtube bw. frh. C.	4,6
	c	Raiser headtube spin. bw. frh.	5,1
1238	a	Raiser headtube rev. frh. HC.	3,0
	b	Raiser headtube rev. frh. C.	3,4
	c	Raiser headtube rev. spin. frh.	5,5
1239	a	Raiser headtube rev. bw. frh. HC.	4,8
	b	Raiser headtube rev. bw. frh. C.	5,2
1246	a	Standraiser HC.	3,4
	b	Standrasier C.	4,0
1247	a	Standraiser bw. HC.	5,3
	b	Standraiser bw. C.	5,9
	c	Standraiser spin. bw.	6,5
1248	a	Standraiser rev. HC.	3,6
	b	Standraiser rev. C.	4,3
	c	Standraiser rev. spin.	6,5
1249	a	Standraiser rev. bw. HC.	5,5
	b	Standraiser rev. bw. C.	6,1
	c	Standraiser rev. bw. S	6,8
	d	Standraiser rev. bw. 8	8,8
4.		Raiser passages	
1281	a	P. fronthang raiser headtube	4,2
	b	P. raiser headtube fronthang	2,4
1282	a	P. fronthang standraiser rev.	7,0
	b	P. standraiser rev. fronthang	3,0
1283	a	P. raiser reg. seat raiser handlebarseat	3,1
	b	P. raiser handlebarseat raiser reg. seat	2,1
1284	a	P. raiser reg. seat raiser headtube	5,3
	b	P. raiser headtube raiser reg. seat	4,3

1285	a	P. raiser reg. seat raiser standraiser rev.	6,4
	b	P. standraiser rev. raiser reg. seat	4,7
1286	a	P. raiser handlebarseat raiser headtube	3,6
	b	P. rasier headtube raiser handlebarseat	2,7
1287	a	P. raiser headtube standraiser rev.	4,1
	b	P. standraiser rev. raiser headtube	1,9
1288	a	P. backhang raiser headtube rev.	3,7
	b	P. raiser headtube rev. backhang	1,4
1289	a	P. backhang standraiser	6,1
	b	P. standraiser backhang	2,4
1290	a	P. reg. seat rev. raiser handlebarseat rev.	5,1
	b	P. raiser handlebarseat rev. reg. seat rev.	1,7
1291	a	P. raiser handlebarseat rev. standraiser	6,8
	b	P. standraiser raiser handlebarseat rev.	5,1
1292	a	P. raiser headtube rev. raiser handlebarseat rev.	3,9
	b	P. raiser handlebarseat rev. raiser headtube rev.	5,8
1293	a	P. standraiser raiser headtube rev.	1,8
	b	P. raiser headtube rev. standraiser	3,6
5. Final exercises			
1301	a	Reg. seat handlebar squat	1,4
	b	Side pedal stand squat over bike	1,9
	c	Reg. seat handlebar straddle	3,5
	d	Reg. seat handlebar squat ? twist	2,5
	e	Handlebarseat rev. handlebar squat	1,6
	f	Handlebarseat rev. handlebar straddle	3,7
	g	Stand bent on saddle handstandloop	6,6
	h	Reg. seat handstandloop	7,7
	i	Fronthandlebarstand stretchjump over bike	4,3
	j	Fronthandlebarstand stretchjump in front of bike 1/2 twist	5,1
	k	Fronthandlebarstand straddlejump behind the bike	4,7
	l	Handlebarstand rev. stretchjump in front of bike	4,6
	m	Handlebarstand rev. stretchjump in front of bike 1 twist	6,2
	n	Handlebarstand rev. salto bw. hooked legs	8,6
	o	Handstand bicycle lying down	4,1
	p	L-shape hold swiss handstand bicycle lying down	6,1

V

Chapter EXPLANATIONS OF EXERCISES SINGLE ARTISTIC CYCLING

1. Exercises with both wheels on the floor



1001 – 1002: Reg. seat

Regular seat on saddle, both feet each on a pedal. Chest directed to handlebar.

1002c: with continuous handlebarspinning, a complete ring (small circle) must be performed freehanded.



1003 – 1004: Reg. seat rev.

Regular seat reversed on saddle, both feet each on a pedal. Back directed to the handlebar.

1004e: with continuous handlebarspinning, a complete ring (small circle) must be performed freehanded.



1011: Steering with feet

Regular seat on saddle, both feet on the handlebar.



1012 – 1013: Lady seat

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



1016: Handlebarseat

Seat on handlebar, back directed to the saddle. The free leg must be stretched forward, horizontally. Other foot hooked to the down tube.



1017: Handleseat rev.

Reversed seat on handlebar, both feet each on a pedal. Chest directed to the saddle.

**1021 – 1022: Split**

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

**1023 – 1024: Split rev.**

Right foot standing on the left rear-pin, left foot standing on the right-frontpin (or counterwise). Chest directed to the saddle. The handlebar may not be touched with the leg.

**1031: Frontstand**

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

**1032: Backstand**

Stand with one foot on frontpin, handlebar in front of the rider. Chest directed to the saddle. The free leg must be stretched in moving-direction. Legs may not touch the handlebar. Riders head, body, leg and foot must show a straight line.

**1036: Side pedal stand**

Stand with both feet on one pedal. (legs closed next to each other). Chest directed to the handlebar.

**1037: Sidestand foot cranking**

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

**1038: Sidestand**

Stand with one foot on left rear-pin, other foot on left front-pin (or counterwise). Chest directed to the handlebar. The handlebar may not be touched with the leg.

**1039: Sidestand rev.**

Reversed stand with one foot on left rear-pin, other foot on left front-pin (or counterwise). Chest directed to the saddle. The handlebar may not be touched with the leg.

**1040: Side kneeling foot cranking**

Sideways kneeling on saddle with one knee. Other foot on pedal.

**1041: Frameseat**

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

**1046: Stand on pins**

Standing with both feet each on a rear-pin. Both knees behind the saddle.

**1047 – 1048: Stand bent on pin**

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

**1051: Bent knee seat**

In squat position with one foot on top tube, free leg horizontally stretched forward, back directed to the saddle.

**1053 – 1054: Knee on saddle**

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

**1061 – 1062: Stand bent on saddle**

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

**1063 – 1064: Stand bent on frame**

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

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

Reversed stand with one foot on the top tube, trunk bent downwards, free leg stretched in moving-direction in straight line with the trunk.

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

Reversed stand with one foot on the handlebar, trunk bent downwards. One hand on saddle, other hand on handlebar. Free leg stretched in moving-direction in straight line with the trunk.

**1071: Pedal side stand rev.**

Reversed on bicycle with one leg through the frame, both feet standing on each a pedal. Chest directed to the saddle.

**1076: Framestand**

Standing upright with one foot standing on the down tube, other foot standing on the saddle tube. Chest directed to handlebar. Feet may not touch each other, legs may not touch the handlebar.

**1077: Framestand rev.**

Standing reversed with one foot on the down tube, other foot on the saddle tube. Chest directed to the saddle. Feet may not touch each other, legs may not touch the handlebar.

**1081 – 1082: Fronthang**

Both hands leaning, behind the back, on the handlebar, frontwheel between the legs. Both feet on each a pedal.

**1083 – 1084: Backhang**

In front of the headtube hanging on the handlebar. Chest directed to the saddle, frame between the legs, both feet on each a pedal.

**1091: Lying on handlebar**

Lying with front of body on the handlebar, head directed to the saddle. Closed legs stretched horizontally in moving direction.

**1092: Lying on saddle, Lying on saddle and handlebar**

a-b: Lying with front of body on the saddle, closed stretched legs to the back.

c-d: Lying with front of body on saddle, arms stretched sideways free-handed on handlebar-grips. Closed legs stretched horizontally to the back.

**1093: Waterscale**

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

**1096: Walk on front wheel**

Walking with both feet on front wheel tyre, both hands on handlebar. Chest directed to the saddle.

The stretch for this exercise has to be at least $\frac{1}{2}$ circle.

**1101 – 1102: Saddle handlebarstand**

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

**1103: Saddlestand**

Standing free, upright stretched with both feet on saddle.

**1104: Fronthandlebarstand, Fronthandlebarstand turn T**

Standing free, upright with both feet on handlebar-grips, back directed to the saddle.

The tactical extension of the fronthandlebarstand turn(s) is possible from one turn up to six half turns.

e - h: The participant jumps from regular seat to fronthandlebarstand.

i - l: From "fronthandlebarstand" with half or multiple front wheel turn to "fronthandlebarstand" or "handlebarstand reverse". After the last turn, the endposition must be held for at least 2 metres.

m - p: The participant jumps from regular seat to fronthandlebar-stand; further according exercise i – l.

**1105: Handlebarstand rev.**

Standing, reversed, free, upright stretched with both feet on handle-bar-grips, chest directed to the saddle.

**1111: Saddle support scale**

One hand on saddle, elbow supporting the body, other hand on handlebar (handlebar-grip may be used as support for the fore-arm). Head directed in moving-direction, closed legs stretched horizontally to the back.

**1112 a-d: Handlebar support scale**

One hand on handlebar, elbow supporting the body, other hand on saddle. Head directed to saddle, closed legs stretched horizontally in moving direction.

**1112 d-g: Handlebar grip scale, legs front**

Both hands on handlebar, elbows supporting the body. Closed legs stretched horizontally in moving-direction. Head directed to the saddle.

**1112 h-k: Handlebar grip scale, legs rear**

Both hands on handlebar, elbows supporting the body. Closed legs stretched horizontally above the saddle. Head directed to moving-direction.

**1116 a-d: Handlebar L-shape hold**

Arms stretched, hands on handlebar-grips. Legs closed and horizontally stretched in moving direction. Back directed to the saddle.

**1116 e-h: Handlebar L-shape hold rev.**

Reversed position on bicycle. Arms stretched, hands on handlebar-grips. Legs closed and horizontally stretched over saddle. Chest directed to the saddle.

1117: L-shape hold sideways

Arms stretched, one hand on saddle, other hand on handlebar. Legs closed and horizontally stretched sideways. Fore-arm or wrist may not lean against handlebar-grip.

**1118: Handlebar support straddle, Saddle support straddle.**

a-b: Arms stretched, hands on handlebar-grips. Legs horizontally stretched, straddled on the outside of the arms.

c-d: Arms stretched, hands on saddle. Legs horizontally straddled and stretched without touching the handlebar.

**1121: Headstand**

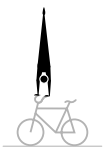
Headstand on the saddle, both hands on the handlebar. Legs closed and vertically stretched.

**1122: Shoulderstand**

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

**1123: Saddle handlebar handstand**

- a-d: Handstand with one hand on handlebar and other hand on saddle. Arms stretched, legs closed and vertically stretched. The fore-arm or the wrist may not be leaned against the handlebar-grip.
- e-h: From the "L-shape hold sideways", which has to be performed for at least 2 metres, going directly to handstand without touching the frame with foot/feet. The handstand must be performed as described in exercises a-d and held through the whole stretch.
- i-l: From the "L-shape hold sideways", which has to be performed for at least 2 metres, going directly to handstand with stretched legs over the frame but without touching the frame and/or handlebar with foot/feet. After passing the frame, with stretched and straddled legs to the handstand, which has to be performed as described in exercises a-d and held through the whole stretch.

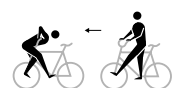
**1124: Handlebar handstand**

- a-d: Handstand with both hands on handlebar-grips. Arms stretched, legs closed and vertically stretched.
- e-h: From "L-shape hold" or "L-shape hold rev.", which have to be performed for at least 2 metres, going directly to handstand without touching the handlebar and/or frame with foot/feet. The handstand must be performed as described in exercises a-d and held through the whole stretch..
- i-l: From "L-shape hold" or "L-shape hold rev.", which has to be performed for at least 2 metres, going directly to handstand with stretched legs over the handlebar without touching the handlebar and/or frame with foot/feet. After passing the handlebar, with stretched and straddled legs to the handstand, which has to be performed as described in exercises a-d and held through the whole stretch.

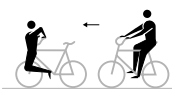
**1141: Stillstand on pedals, Stillstand pedal front wheel**

- a-b: Standing with both feet, only, on each a pedal. Back directed to the saddle. The stillstand has to be performed for at least 3 seconds.
- c-d: Standing with one foot, only, on a pedal, the other foot on front wheel tyre. Back directed to the saddle. The stillstand has to be performed for at least 3 seconds.

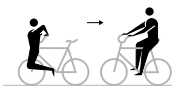
2. Sidestand turn, squats and jumps

**1151 a: Sidestand turn**

Chest directed to handlebar, right foot on right front-pin and left foot on the right pedal (or countercwise). With half turn of handlebar and front wheel to "backhang". While performing the turn, the foot may not leave the pedal.

**1156 Reg. seat squat**

- a: While riding forward, squat from "regular seat" over the handlebar to riding forward in "fronthang".
- b: While riding backwards, squat from "regular seat" over the handle-bar to riding backwards in "fronthang".

**1157 Fronthang squat**

- a: While riding forward, squat from "fronthang" over the handlebar to riding forward in "regular seat". Pushing off one foot from a front-pin is allowed.
- b: Like a:, but without pushing off from front-pin.
- c: While riding backwards, squat from "fronthang" over the handlebar to riding backwards in "regular seat".

**1158 Backhang squat**

- a: While riding forward, squat from "backhang" over handlebar to riding forward in "handlebarseat reverse". Pushing off one foot from a front-pin is allowed.
- b: Like a:, but without pushing off front front-pin.
- c: While riding backwards, squat from "backhang" over handlebar to riding backwards in "handlebarseat reverse".

**1159: Handlebarseat rev. squat**

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

**1171 a: Handlebarseat rev. Scissors jump**

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

1171 b: Backhang scissors jump

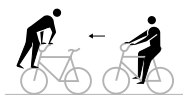
While riding forward, squat from "backhang" over the handlebar without an intermediate seat in position "handlebarseat rev.", crossing stretched legs above the saddle. Then changing grips to riding forward in "regular seat". Turning the upper part of the body while crossing or grip-changing. Intermediate sitting, after crossing, on frame or handlebar is allowed.

**1172: Turning jump**

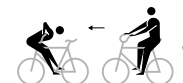
- a: While riding forward from "sidestand foot-cranking" jump with half turn of handlebar and front wheel, then squat over handlebar to riding forward in "handlebar reverse". During the jump it is not allowed to leave the foot on the pedal.
- b: While riding forward from "regular seat" jump with half turn of handlebar and front wheel, then squat over handlebar to riding forward in "handlebar reverse". During the jump it is not allowed to leave the foot on the pedal.
- c: While riding forward from "handlebarseat reverse" squat over the handlebar, immediately followed by jump with half turn of the handlebar and front wheel to riding forward in "regular seat".
- d: While riding forward from "regular seat" jump with half turn of handlebar and front wheel to riding forward in "stand bent on frame reverse".

1172: Turning- scissors jump

- e: While riding forward from "regular seat" jump with half turn of handlebar and frontwheel over the handlebar, without an intermediate seat in position "handlebarseat rev.", crossing stretched legs over the saddle, and changing grips to riding forward in "regular seat". Turning the upper part of the body while crossing or grip-changing. Intermediate sitting, after crossing, on frame or handlebar is allowed.

**1173: Turning jump**

- a: While riding forward from "sidestand foot cranking" jump with half turn of handlebar and front wheel to riding forward in "walk on front wheel". During the jump it is not allowed to leave the foot on the pedal.
- b: While riding forward from "regular seat" " jump with half turn of handlebar and front wheel to riding forward in "walk on front wheel".

**1174: Turning jump**

- a: While riding forward from "sidestand foot cranking" with half turn of the handlebar and front wheel to riding in "backhang". During the jump it is not allowed to leave the foot on the pedal.
- b: While riding forward from "regular seat" with half turn of the handlebar and front wheel to riding "backhang".
- c: While riding forward from "backhang" with half turn of the handlebar and front wheel to riding "regular seat".

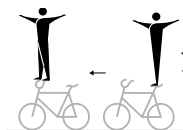
**1175: Turning jump T**

The tactical extension of the turning jumps is possible from three to six- , from four to seven- and from five to ten turning jumps.

- a: While riding forward from "regular seat" jump with whole turn of the front wheel to riding forward in "regular seat".
- b-e: While riding forward from "regular seat" jump with, continuous multiple turns to riding forward in "regular seat".

**1181: Pedal jump**

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

**1186: Maute jump**

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



3. Raiser exercises

1201 – 1202: Raiser reg. seat

a-d/i: Regular raiser with seat on saddle, chest directed to handlebar, both feet on each a pedal.

e-h: Regular raiser with seat on saddle, chest directed to handlebar, one foot on pedal. The free leg has to be stretched and may not touch the bicycle.



1203 – 1204: Raiser reg. seat rev.

a-d/g: Reversed regular raiser with seat on saddle, back directed to handlebar, both feet on each a pedal.

1203 e-f: Reversed regular raiser with seat on saddle, back directed to handlebar, one foot on pedal. The free leg has to be stretched and may not touch the bicycle.



1211 – 1212: Raiser lady seat

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



1216 a-d: Raiser stand on pin 1217 a-e: Raiser stand on pin bw.

Raiser standing with left foot on left rear-pin and with right foot on right pedal (or counterwise). Chest directed to handlebar.

1216 e-h: Raiser sidestand 1217 f-g: Raiser sidestand bw.

Raiser standing with one foot on the right rear-pin and with the other on the right pedal (or counterwise). Chest directed to handlebar.



1219 a-b: Raiser stand on pin rev.

Raiser standing with right foot on left rear-pin and left foot on the right pedal (or counterwise). Back directed to handlebar.

1219 c-d: Raiser sidestand rev.

Raiser standing with one foot on right rear-pin and the other foot on right pedal (or counterwise). Back directed to the handlebar.

**1226 – 1227: Raiser handlebar set**

Raiser with seat on the lower part of the handlebar (front wheel with crossed position), both feet on each a pedal. Chest directed to the front wheel.

**1228 – 1229: Raiser handlebar seat rev.**

Reversed raiser with seat on the lower part of the handlebar (front wheel with crossed position), both feet on each a pedal. Back directed to the front wheel.

**1236 a-b/e: /1237 Raiser head tube**

Raiser sitting on the head tube, both feet on each a pedal. Front wheel in front of oneself.

1236 c-d: Raiser head tube 1 leg

Raiser sitting on the head tube, one foot on pedal. The free leg has to be stretched and may not touch the bicycle.

**1238 – 1239: Raiser head tube rev.**

Reversed raiser sitting on the head tube, both feet on each a pedal. Front wheel behind oneself.

**1246 – 1247: Standraiser**

Raiser. Saddle pointing downwards, holding front wheel with one hand in front of oneself. Standing with both feet on each a pedal.

**1248 – 1249: Standraiser rev.**

Reversed raiser. Saddle pointed downwards, holding front wheel with one hand behind oneself. Standing with both feet on each a pedal.

4. Raiser passages

1281 – 1293: Passages

Execution according "§2 Passages".

5. Final exercises

It is only allowed to perform one final exercise as last exercise of the riders program. The participant has to end the exercise standing on the riding area (except for exercise o and p), holding the bicycle in one hand. The other hand has to be stretched, horizontally side-wards.

1301: Final exercises

a: Reg. seat handlebar squat

From position "regular seat" squat over the handlebar to standing with both feet on the floor. During the jump it is not allowed to release the handlebar with one or two hands.

b: Side pedal stand squat over the bike

From position "side pedal stand" (both feet on one pedal) squat over the frame to standing with both feet on the floor. During the jump it is not allowed to release the handlebar with one or two hands.

c: Reg. seat handlebar straddle

From position "regular seat" jump with straddled legs over the handlebar to standing with both feet on the floor. During the jump the participant it is not allowed to touch or hold the handlebar with one or both hands.

d: Reg. seat handlebar squat ? twist

From position "regular seat" squat over the handlebar with a $\frac{1}{2}$ twist to standing with both feet on the floor. The $\frac{1}{2}$ twist has to end before the rider is standing on the floor. After the jump over the handlebar the rider has to release the handlebar until the end of the $\frac{1}{2}$ twist .

e: Handlebarseat rev. handlebar squat

From position "handlebarseat reverse" squat over the handlebar to standing with both feet on the floor. During the jump it is not allowed to release the handlebar with one or two hands.

f: Handlebarseat rev. handlebar straddle

From position "handlebarseat reverse" jump with straddled legs over the handlebar to standing with both feet on the floor. During the jump the participant it is not allowed to touch or hold the handlebar with one or both hands.

g: Stand bent on saddle handstandloop

From position "stand bent on saddle" with "handstandloop" to standing with both feet on the floor.

- The handstand has to be performed with stretched arms and stretched and closed legs/feet above the handlebar. A short stop of the loop at this position is no obligation.
After the "handstand" both hands have to be released from the handlebar, after the following rotation of the body the participant has to land with both feet at the floor.
- h:** Reg. seat handstandloop
From position "regular seat" jump, without stop, with "handstandloop" to standing with both feet on the floor.
The handstand has to be performed with stretched arms and stretched and closed legs/feet above the handlebar. A short stop of the loop at this position is no obligation.
After the "handstand" both hands have to be released from the handlebar, after the following rotation of the body the participant has to land with both feet at the floor.
- i:** Fronthandlebarstand stretchjump over bike
From position "fronthandlebarstand" with stretchjump upwards, with complete stretched body and closed legs, to standing with both feet on the floor, behind the bicycle.
- j:** Fronthandlebarstand stretchjump in front of bike $\frac{1}{2}$ twist
From position "fronthandlebarstand" with stretchjump upwards, with complete stretched body and closed legs, and a $\frac{1}{2}$ twist to standing with both feet on the floor, in front of the bicycle.
- k:** Fronthandlebarstand straddlejump behind the bike
From position "fronthandlebarstand" with straddle-jump, with straddled and horizontally stretched legs, to standing with both feet at the floor, behind the bicycle.
At the "stretched-straddled position" the hands have to touch each one foot.
- l:** Handlebarstand rev. stretchjump in front of bike
From position "handlebarstand reverse" with stretchjump upwards, with complete stretched body and closed legs, to standing with both feet on the floor, in front of the bicycle.
- m:** Handlebarstand rev. stretchjump in front of bike 1 twist
From position "handlebarstand reverse" with stretchjump upwards, with complete stretched body and closed legs, and 1 twist to standing with both feet on the floor, in front of the bicycle.
- n:** Handlebarstand rev. salto bw. hooked legs
From position "handlebarstand reverse" salto-jump backwards with hooked legs to standing with both feet on the floor, in front of bicycle.
- o:** Handstand bicycle lying down
Handstand on bicycle lying down on floor with stretched arms and stretched and closed legs. The fore-arms or wrists may not lean on parts of the bicycle. The handstand has to be performed for at least 3 seconds.

- p: L-shape hold swiss handstand bicycle lying down**
From position "I-shape hold" performed on the bicycle lying down on the riding-area, which has to be shown for at least 3 seconds, going directly to handstand with stretched legs over the frame but without touching the frame and/or other parts of the bicycle with foot/feet. After passing the frame/bicycle, with stretched and straddled legs to the handstand, which has to be performed for at least 3 seconds. The fore-arms or wrists may not lean on parts of the bicycle during the whole exercise. Handstand with stretched arms and stretched and closed legs.

VI

Chapter TABLE OF EXERCISES PAIR ARTISTIC CYCLING

The values mentioned after "T" can be reached by tactical extension of the belonging exercise.

1.	Exercises with both wheels on floor on two bicycles		
2001	a	Reg. seat HC.	0,4
	b	Reg. seat C.	0,5
	c	Reg. seat frh. HC.	0,8
	d	Reg. seat frh. C.	0,9
	e	Reg. seat mill	0,5
	f	Reg. seat mill frh.	0,9
	g	Reg. seat mill s.r. frh.	1,5
2002	a	Reg. seat bw. HC.	0,8
	b	Reg. seat bw. C.	1,0
	c	Reg. seat s.r. bw.	2,4
2004	a	Reg. seat mill bw.	0,9
	b	Reg. seat mill s.r. bw.	2,0
2005	a	Reg. seat rev. HC.	0,7
	b	Reg. seat rev. C.	0,8
	c	Reg. seat rev. frh. HC.	1,1
	d	Reg. seat rev. frh. C.	1,2
2011	a	Steering with feet HC.	0,8
	b	Steering with feet C.	0,9
	c	Steering with feet frh. HC.	1,0
	d	Steering with feet frh. C.	1,2
2012	a	Lady seat HC.	0,7
	b	Lady seat C.	0,8
	c	Lady seat frh. HC.	1,1
	d	Lady seat frh. C.	1,2
2013	a	Lady seat bw. HC.	1,4
	b	Lady seat bw. C.	1,5
2021	a	Handlebarseat HC.	1,3
	b	Handlebarseat C.	1,4
	c	Handlebarseat frh. HC.	1,7
	d	Handlebarseat frh. C.	1,8

2022	a	Handlebarseat rev. HC.	0,9
	b	Handlebarseat rev. C.	1,0
	c	Handlebarseat rev. frh. HC.	1,3
	d	Handlebarseat rev. frh. C.	1,5
2026	a	Split HC.	0,7
	b	Split C.	0,8
	c	Split frh. HC.	1,1
	d	Split frh. C.	1,2
2027	a	Split rev. HC.	0,7
	b	Split rev. C.	0,9
	c	Split rev. frh. HC.	1,1
	d	Split rev. frh. C.	1,3
2031	a	Frontstand HC.	1,1
	b	Frontstand C.	1,2
	c	Frontstand frh. HC.	1,5
	d	Frontstand frh. C.	1,6
2036	a	Sidestand foot cranking HC.	0,9
	b	Sidestand foot cranking C.	1,0
2037	a	Sidestand HC.	0,8
	b	Sidestand C.	1,0
	c	Sidestand frh. HC.	1,2
	d	Sidestand frh. C.	1,4
2046	a	Stand on pins HC.	0,8
	b	Stand on pins C.	1,0
	c	Stand on pins frh. HC.	1,7
	d	Stand on pins frh. C.	1,9
2047	a	Stand bent on pin HC.	1,1
	b	Stand bent on pin C.	1,2
	c	Stand bent on pin frh. HC.	1,9
	d	Stand bent on pin frh. C.	2,1
2051	a	Bent knee seat HC.	1,2
	b	Bent knee seat C.	1,3
2052	a	Knee on saddle HC.	1,2
	b	Knee on saddle C.	1,3

2061	a	Lying on saddle HC.	1,1
	b	Lying on saddle C.	1,2
	c	Lying on saddle handlebar HC.	1,9
	d	Lying on saddle handlebar C.	2,1
2062	a	Waterscale under saddle HC.	1,5
	b	Waterscale under saddle C.	1,7
	c	Waterscale on saddle HC.	2,2
	d	Waterscale on saddle C.	2,4
2066	a	Framestand HC.	1,1
	b	Framestand frh. HC.	1,9
	c	Framestand frh. C.	2,1
2067	a	Saddle handlebarstand separat HC.	2,6
	b	Saddle handlebarstand separat C.	2,8
	c	Saddle handlebarstand HC.	2,6
	d	Saddle handlebarstand C.	2,8
	e	Saddle handlebarstand s.r.	3,6
	f	Saddle handlebarstand count. 8	4,1
2068	a	Saddle handlebarstand bw. separat HC.	5,8
	b	Saddle handlebarstand bw. separat C.	6,4
2069	a	Saddlestand separat HC.	4,2
	b	Saddlestand separat C.	4,5
	c	Saddlestand HC.	4,1
	d	Saddlestand C.	4,3
	e	Saddlestand s.r.	5,8
	f	Saddlestand count. 8	6,7
2070	a	Fronthandlebarstand separat HC.	3,7
	b	Fronthandlebarstand separat C.	3,9
	c	Fronthandlebarstand HC.	3,7
	d	Fronthandlebarstand C.	3,9
	e	Fronthandlebarstand s.r.	4,8
	f	Fronthandlebarstand count. 8	5,4
	g	Fronthandlebarstand 1/2 turn	6,8
	h	Fronthandlebarstand 1 turn T (8,0 – 8,5 – 9,0 – 9,5)	7,5
	i	Fronthandlebarstand 1 1/2 turn T (8,8 – 9,3 – 9,8)	8,3
	j	Fronthandlebarstand 2 turns T (9,5 – 10,0)	9,0
	k	Counter circle fronthandlebarstand 1/2 turn	6,5
	l	Counter circle fronthandlebarstand 1 turn T (7,7 – 8,2 – 8,7 – 9,2)	7,2
	m	Counter circle fronthandlebarstand 1 1/2 turn T (8,5 – 9,0 – 9,5)	8,0
	n	Counter circle fronthandlebarstand 2 turns T (9,2 – 9,7)	8,7

on sheet					on sheet					
	2070g	2070h	2070i	2070j		2070k	2070l	2070m	2070n	
	1/2	1	1/2	2		1/2	1	1/2	2	
performed	1/2	6,8			performed	1/2	6,5			
	1		7,5			1		7,2		
	1 1/2		8,0	8,3		1 1/2		7,7	8,0	
	2		8,5	8,8		2		8,2	8,5	8,7
	2 1/2		9,0	9,3		2 1/2		8,7	9,0	9,2
	3		9,5	9,8		3		9,2	9,5	9,7
	3		9,5	9,8		10,0				
2071	a	Handlebarstand rev. separat HC.							3,9	
	b	Handlebarstand rev. separat C.							4,1	
	c	Handlebarstand rev. HC.							3,9	
	d	Handlebarstand rev. C.							4,1	
	e	Handlebarstand rev. s.r.							5,0	
	f	Handlebarstand rev. count. 8							5,7	
2073	a	Headstand separat HC.							3,9	
	b	Headstand separat C.							4,1	
2074	a	Shoulderstand separat HC.							3,7	
	b	Shoulderstand separat C.							3,9	
2076	a	Saddle handlebar handstand separat HC.							9,2	
	b	Saddle handlebar handstand separat C.							9,6	
	c	Saddel handlebar handstand count. 8							11,4	
	d	L-shape hold sideways saddle handlebar handstand separat HC.							10,1	
	e	L-shape hold sideways saddle handlebar handstand separat C.							10,4	
	f	L-shape hold sideways saddle handlebar handstand separat count. 8							12,2	
	g	L-shape hold sdw. swiss saddle handlebar handstand separat HC.							10,8	
	h	L-shape hold sdw. swiss saddle handlebar handstand separat C.							11,1	
	i	L-shape hold sdw. swiss saddle handlebar handstand separat count. 8							12,9	
2077	a	Handlebar handstand separat HC.							9,1	
	b	Handlebar handstand separat C.							9,5	
	c	Handlebar handstand count. 8							11,3	
	d	L-shape hold handlebar handstand separat HC.							10,0	
	e	L-shape hold handlebar handstand separat C.							10,4	
	f	L-shape hold handlebar handstand separat count. 8							12,2	
	g	L-shape hold swiss handlebar handstand separat HC.							10,7	
	h	L-shape hold swiss handlebar handstand separat C.							11,1	
	i	L-shape hold swiss handlebar handstand separat count.8							12,9	

2081	a	Maute jump	10,2
2091	a	Stillstand on pedals	0,8
	b	Stillstand on pedals frh.	1,2
	c	Stillstand pedal frontwheel	1,1
	d	Stillstand pedal frontwheel frh.	1,6
2. Raiser exercises on two bicycles			
2131	a	Raiser reg. seat HC.	1,5
	b	Raiser reg. seat C.	1,7
	c	Raiser reg. seat frh. HC.	1,9
	d	Raiser reg. seat frh. C.	2,1
	e	Raiser reg. seat s.r.	3,1
	f	Raiser reg. seat s.r. frh.	3,6
2132	a	Raiser reg. seat bw. frh. HC.	2,3
	b	Raiser reg. seat bw. frh. C.	2,5
	c	Raiser reg. seat s.r. bw. frh.	4,5
2133	a	Raiser reg. seat mill	1,6
	b	Raiser reg. seat mill frh.	2,0
	c	Raiser reg. seat mill s.r.	2,7
	d	Raiser reg. seat mill s.r. frh.	3,3
2134	a	Raiser reg. seat mill bw. frh.	2,3
	b	Raiser reg. seat mill bw. s.r. frh.	4,1
	c	Raiser reg. seat mill spin. bw. frh.	5,5
2135	a	Raiser reg. seat rev. frh. HC.	2,3
	b	Raiser reg. seat rev. frh. C.	2,5
	c	Raiser reg. seat rev. s.r. frh.	4,7
2136	a	Raiser reg. seat rev. bw. frh. HC.	2,9
	b	Raiser reg. seat rev. bw. frh. C.	3,1
	c	Raiser reg. seat rev. s.r. bw. frh.	5,7
2137	a	Raiser reg. seat rev. mill frh.	2,4
	b	Raiser reg. seat rev. mill s.r. frh.	4,3
	c	Raiser reg. seat rev. mill spin. frh.	6,0
2138	a	Raiser reg. seat rev. mill bw. frh.	2,9
	b	Raiser reg. seat rev. mill s.r. bw. frh.	5,3
2147	a	Raiser lady seat s.r. bw. frh.	6,6

2151	a	Raiser stand on pin HC.	2,2
	b	Raiser stand on pin C.	2,4
2152	a	Raiser stand on pin s.r. bw.	5,4
2154	a	Raiser stand on pin mill s.r. bw.	5,0
2161	a	Raiser handlebarseat HC.	1,7
	b	Raiser handlebarseat C.	1,9
	c	Raiser handlebarseat frh. HC.	2,1
	d	Raiser handlebarseat frh. C.	2,3
	e	Raiser handlebarseat s.r. frh.	3,8
2162	a	Raiser handlebarseat bw. frh. HC.	2,5
	b	Raiser handlebarseat bw. frh. C.	2,7
	c	Raiser handlebarseat s.r. bw. frh.	4,7
2163	a	Raiser handlebarseat mill	1,8
	b	Raiser handlebarseat mill frh.	2,2
	c	Raiser handlebarseat mill s.r. frh.	3,4
2164	a	Raiser handlebarseat mill bw. frh.	2,9
	b	Raiser handlebarseat mill s.r. bw. frh.	4,3
	c	Raiser handlebarseat mill spin. bw. frh.	5,5
2165	a	Raiser handlebarseat rev. frh. HC.	2,3
	b	Raiser handlebarseat rev. frh. C.	2,5
	c	Raiser handlebarseat rev. s.r. frh.	4,4
2166	a	Raiser handlebarseat rev. bw. frh. HC.	2,8
	b	Raiser handlebarseat rev. bw. frh. C.	3,0
	c	Raiser handlebarseat rev. s.r. bw. frh.	5,0
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.	5,6
2168	a	Raiser handlebarseat rev. mill bw. frh.	3,2
	b	Raiser handlebarseat rev. mill s.r. bw. frh.	4,8
2176	a	Raiser headtube frh. HC.	1,6
	b	Raiser headtube frh. C.	1,8
	c	Raiser headtube s.r. frh.	3,2

2177	a	Raiser headtube bw. frh. HC.	2,1
	b	Raiser headtube bw. frh. C.	2,3
	c	Raiser headtube s.r. bw. frh.	4,1
2178	a	Raiser headtube mill frh.	1,8
	b	Raiser headtube mill s.r. frh.	2,7
2179	a	Raiser headtube mill bw. frh.	2,1
	b	Raiser headtube mill s.r. bw. frh.	3,7
	c	Raiser headtube mill spin. bw. frh.	5,0
2180	a	Raiser headtube rev. frh. HC.	2,4
	b	Raiser headtube rev. frh. C.	2,6
	c	Raiser headtube rev. s.r. frh.	4,2
2181	a	Raiser headtube rev. bw. frh. HC.	2,9
	b	Raiser headtube rev. bw. frh. C.	3,1
	c	Raiser headtube rev. s.r. bw. frh.	5,1
2182	a	Raiser headtube rev. mill frh.	2,5
	b	Raiser headtube rev. mill s.r. frh.	3,8
	c	Raiser headtube rev. mill spin. frh.	5,9
2183	a	Raiser headtube rev. mill bw. frh.	3,0
	b	Raiser headtube rev. mill s.r. bw. frh.	4,7
2191	a	Standraiser HC.	2,6
	b	Standraiser C.	2,8
	c	Standraiser s.r.	4,4
2192	a	Standraiser bw. HC.	2,9
	b	Standraiser bw. C.	3,1
	c	Standraiser s.r. bw.	4,9
2193	a	Standraiser mill	2,7
	b	Standraiser mill s.r.	4,0
2194	a	Standraiser mill bw.	2,9
	b	Standraiser mill s.r. bw.	4,5
	c	Standraiser mill spin. bw.	5,9
2195	a	Standraiser rev. HC.	2,9
	b	Standraiser rev. C.	3,1
	c	Standraiser rev. s.r.	4,7

2196	a	Standraiser rev. bw. HC.	3,2
	b	Standraiser rev. bw. C.	3,4
	c	Standraiser s.r. bw.	5,4
2197	a	Standraiser rev. mill	3,0
	b	Standraiser rev. mill s.r.	4,3
	c	Standraiser rev. mill spin.	6,3
2198	a	Standraiser rev. mill bw.	3,2
	b	Standraiser rev. mill s.r. bw.	5,0
3. Turns on spot on two bicycles			
2211	a	Raiser handlebarseat 1 turn	4,6
	b	Raiser handlebarseat 2 turns	6,3
	c	Raiser handlebarseat 3 turns	7,2
2212	a	Raiser handlebarseat rev. 1 turn	4,9
	b	Raiser handlebarseat rev. 2 turns	6,5
	c	Raiser handlebarseat rev. 3 turns	7,5
2213	a	Raiser headtube 1 turn	4,4
	b	Raiser headtube 2 turns	6,0
	c	Raiser headtube 3 turns	7,0
2214	a	Raiser headtube rev. 1 turn	4,9
	b	Raiser headtube rev. 2 turns	6,5
	c	Raiser headtube rev. 3 turns	7,5
2215	a	Standraiser 1 turn	5,2
	b	Standraiser 2 turns	6,9
	c	Standraiser 3 turns	7,8
2216	a	Standraiser rev. 1 turn	5,5
	b	Standraiser rev. 2 turns	7,2
	c	Standraiser rev. 3 turns	8,1
4. Passages on two bicycles			
2236	a	P. raiser reg. seat handlebarseat	1,9
	b	P. raiser handlebarseat raiser reg. seat	1,9
2237	a	P. raiser reg. seat raiser headtube	2,9
	b	P. raiser headtube raiser reg. seat	2,9
2238	a	P. raiser handlebarseat raiser headtube	2,4
	b	P. raiser headtube raiser handlebarseat	2,4

2239	a	P. raiser headtube standraiser rev.	2,1
	b	P. standraiser rev. raiser headtube	2,1
2240	a	P. standraiser raiser headtube rev.	2,1
	b	P. raiser headtube rev. standraiser	2,2
2241	a	P. raiser headtube rev. raiser handlebarseat rev.	3,4
	b	P. raiser handlebarseat rev. raiser headtube rev.	3,5
2242		P. backhang standraiser separat	5,7
2243		P. backhang raiser headtube rev. separat	4,6
5.		Final exercises on two bicycles	
2250	a	Handlebarstand rev. salto bw. hooked legs	12,1
6.		Exercises on one bicycle	
2261	a	Reg. seat / Stand on pins HC.	0,3
	b	Reg. seat / Stand on pins C.	0,4
	c	Reg. seat / Saddlestand HC.	0,7
	d	Reg. seat / Saddlestand C.	0,9
2266	a	Reg. seat / Shoulderseat HC.	0,7
	b	Reg. seat / Shoulderseat C.	0,9
	c	Reg. seat frh. / Shoulderseat HC.	1,6
	d	Reg. seat frh. / Shoulderseat C.	1,9
2267	a	Reg. seat bw. / Shoulderseat HC.	1,9
	b	Reg. seat bw. / Shoulderseat C.	2,2
2268	a	Reg. seat / Shoulderstand HC.	2,0
	b	Reg. seat / Shoulderstand C.	2,3
	c	Reg. seat frh. / Shoulderstand HC.	3,0
	d	Reg. seat frh. / Shoulderstand C.	3,4
2269	a	Reg. seat bw. / Shoulderstand HC.	3,7
	b	Reg. seat bw. / Shoulderstand C.	4,1
2270	a	Reg. seat / Chest suspended hang HC.	1,3
	b	Reg. seat / Chest suspended hang C.	1,5
	c	Reg. seat frh. / Chest suspended hang HC.	2,1
	d	Reg. seat frh. / Chest suspended hang C.	2,4

2271	a	Reg. seat bw. / Chest suspended hang HC.	2,3
	b	Reg. seat bw. / Chest suspended hang C.	2,6
2276	a	Reg. seat / Handlebarstand HC.	1,2
	b	Reg. seat / Handlebarstand C.	1,3
2277	a	Reg. seat / Handlebar handstand HC.	5,5
	b	Reg. seat / Handlebar handstand C.	5,9
2281	a	Reg. seat rev. / Shoulderseat HC.	1,1
	b	Reg. seat rev. / Shoulderseat C.	1,3
2282	a	Reg. seat rev. bw. / Shoulderseat HC.	1,9
	b	Reg. seat rev. bw. / Shoulderseat C.	2,1
2283	a	Reg. seat rev. / Shoulderstand HC.	2,7
	b	Reg. seat rev. / Shoulderstand C.	3,0
2285	a	Reg. seat rev. / Chest suspended hang HC.	1,7
	b	Reg. seat rev. / Chest suspended hang C.	1,9
2286	a	Reg. seat rev. bw. / Chest suspended hang HC.	2,5
	b	Reg. seat rev. bw. / Chest suspended hang C.	2,7
2296	a	Handlebarseat / Stand on pins HC.	1,1
	b	Handlebarseat / Stand on pins C.	1,2
	c	Handlebarseat frh. / Stand on pins HC.	1,6
	d	Handlebarseat frh. / Stand on pins C.	1,8
	e	Handlebarseat / Saddlestand HC.	1,8
	f	Handlebarseat / Saddlestand C.	2,0
	g	Handlebarseat frh. / Saddlestand HC.	2,3
	h	Handlebarseat frh. / Saddlestand C.	2,5
2301	a	Handlebarseat rev. / Stand on pins HC.	0,8
	b	Handlebarseat rev. / Stand on pins C.	0,9
	c	Handlebarseat rev. frh. / Stand on pins HC.	1,3
	d	Handlebarseat rev. frh. / Stand on pins C.	1,4
2302	a	Handlebarseat rev. / Saddle handlebarstand HC.	1,3
	b	Handlebarseat rev. / Saddle handlebarstand C.	1,4
	c	Handlebarseat rev. frh. / Saddle handlebarstand HC.	1,8
	d	Handlebarseat rev. frh. / Saddle handlebarstand C.	1,9
	e	Handlebarseat rev. / Saddlestand HC.	1,4
	f	Handlebarseat rev. / Saddlestand C.	1,7
	g	Handlebarseat rev. frh. / Saddlestand HC.	2,0
	h	Handlebarseat rev. frh. / Saddlestand C.	2,3

2303	a	Handlebarseat rev. / Shoulderseat HC.	1,3
	b	Handlebarseat rev. / Shoulderseat C.	1,5
	c	Handlebarseat rev. frh. / Shoulderseat HC.	1,9
	d	Handlebarseat rev. frh. / Shoulderseat C.	2,2
2304	a	Handlebarseat rev. / Shoulderstand HC.	2,9
	b	Handlebarseat rev. / Shoulderstand C.	3,2
	c	Handlebarseat rev. frh. / Shoulderstand HC.	3,6
	d	Handlebarseat rev. frh. / Shoulderstand C.	3,9
2305	a	Handlebarseat rev. / Chest suspended hang HC.	1,8
	b	Handlebarseat rev. / Chest suspended hang C.	2,0
	c	Handlebarseat rev. frh. / Chest suspended hang HC.	2,4
	d	Handlebarseat rev. frh. / Chest suspended hang C.	2,6
2306	a	Handlebarseat rev. / Headstand HC.	2,7
	b	Handlebarseat rev. / Headstand C.	2,9
2311	a	Frontstand / Stand on pins HC.	0,9
	b	Frontstand / Stand on pins C.	1,0
	c	Frontstand frh. / Stand on pins HC.	1,4
	d	Frontstand frh. / Stand on pins C.	1,6
	e	Frontstand / Saddlestand HC.	1,6
	f	Frontstand / Saddlestand C.	1,8
	g	Frontstand frh. / Saddlestand HC.	2,1
	h	Frontstand frh. / Saddlestand C.	2,3
2316	a	Split / Shoulderseat HC.	1,0
	b	Split / Shoulderseat C.	1,2
	c	Split frh. / Shoulderseat HC.	1,6
	d	Split frh. / Shoulderseat C.	1,8
2317	a	Sidestand / Sidestand ring grip HC.	1,4
	b	Sidestand / Sidestand ring grip C.	1,6
2319	a	Stand bent on saddle / Stand bent on handlebar rev. HC.	1,8
	b	Stand bent on saddle / Stand bent on handlebar rev. C.	2,0
2321	a	Frameseat / Stand bent on saddle HC.	1,1
	b	Frameseat / Stand bent on saddle C.	1,2
2322	a	Frameseat / Saddle handlebarstand HC.	1,5
	b	Frameseat / Saddle handlebarstand C.	1,7
	c	Frameseat / Saddlestand HC.	1,8
	d	Frameseat / Saddlestand C.	2,0

2323	a	Frameseat / Saddle support scale HC.	2,4
	b	Frameseat / Saddle support scale C.	2,8
2331	a	Fronthang / Stand bent on saddle HC.	1,0
	b	Fronthang / Stand bent on saddle C.	1,2
2332	a	Fronthang / Saddle handlebarstand HC.	1,5
	b	Fronthang / Saddle handlebarstand C.	1,7
	c	Fronthang / Saddlestand HC.	1,8
	d	Fronthang / Saddlestand C.	2,0
2334	a	Fronthang / Headstand HC.	2,8
	b	Fronthang / Headstand C.	3,0
	c	Fronthang / Saddle handlebar handstand HC.	6,6
	d	Fronthang / Saddle handlebar handstand C.	7,0
2341	a	Backhang / Stand on pins HC.	0,9
	b	Backhang / Stand on pins C.	1,0
2342	a	Backhang / Saddle handlebarstand HC.	1,4
	b	Backhang / Saddle handlebarstand C.	1,5
	c	Backhang / Saddlestand HC.	1,7
	d	Backhang / Saddlestand C.	1,9
2343	a	Backhang / Handlebarstand HC.	1,8
	b	Backhang / Handlebarstand C.	1,9
2346	a	Backhang / Headstand HC.	2,7
	b	Backhang / Headstand C.	2,9
	c	Backhang / Saddle handlebar handstand HC.	6,6
	d	Backhang / Saddle handlebar handstand C.	7,0
2351	a	Lying on handelbar / Stand bent on saddle HC	1,3
	b	Lying on handlebar / Stand bent on saddle C.1,5	
	c	Lying on handlebar / Saddlestand HC.	2,2
	d	Lying on handlebar / Saddlestand C.	2,4
2352	a	Lying on saddle / Handlebarstand HC.	1,9
	b	Lying on saddle / Handlebarstand C.	2,0
	c	Lying on saddle / Handlebar handstand HC.	6,0
	d	Lying on saddle / Handlebar handstand C.	6,4

2353	a	Waterscale / Stand bent on saddle HC.	1,5
	b	Waterscale / Stand bent on saddle C.	1,6
	c	Waterscale / Saddlestand HC.	2,2
	d	Waterscale / Saddlestand C.	2,4
2356	a	Saddle handlebarstand / Saddle handlebarstand HC.	3,0
	b	Saddle handlebarstand / Saddle handlebarstand C.	3,2
	c	Saddle handlebarstand / Saddle handlebarstand S	3,6
	d	Saddle handlebarstand / Saddle handlebarstand 8	4,1
2357	a	Saddle handlebarstand / Stand on pins HC.	2,5
	b	Saddle handlebarstand / Stand on pins C.	2,6
	c	Saddle handlebarstand / Saddlestand HC.	3,1
	d	Saddle handlebarstand / Saddlestand C.	3,2
	e	Saddle handlebarstand / Handlebarstand HC.	3,7
	f	Saddle handlebarstand / Handlebarstand C.	3,8
2358	a	Handlebarstand / Stand on pins HC.	3,2
	b	Handlebarstand / Stand on pins C.	3,4
	c	Handlebarstand 1/2 turn / Stand on pins	5,9
	d	Handlebarstand 1 turn / Stand on pins T (7,2 – 7,7 – 8,2 – 8,7)	6,7
	e	Handlebarstand 1 1/2 turn / Stand on pins T (8,0 – 8,5 – 9,0)	7,5
	f	Handlebarstand 2 turns / Stand on pins T (8,8 – 9,3)	8,3
	g	Handlebarstand out of reg. seat / Stand on pins HC.	4,0
	h	Handlebarstand out of reg. seat / Stand on pins C.	4,1
	i	Handlebarstand 1/2 turn out of reg. seat / Stand on pins	6,7
	j	Handlebarstand 1 turn out of reg. seat / Stand on pins T (8,0 – 8,5 – 9,0 – 9,5)	7,5
	k	Handlebarstand 1 1/2 turn out of reg. seat / Stand on pins T (8,8 – 9,3 – 9,8)	8,3
l	Handlebarstand 2 turn out of reg. seat / Stand on pins T (9,6 – 10.1)	9,0	

		on sheet			
		2358c	2358d	2358e	2358f
performed		1/2	1	1/2	2
	1/2	5,9			
	1		6,7		
	1 1/2		7,2	7,5	
	2		7,7	8,0	8,3
	2 1/2		8,2	8,5	8,8
	3		8,7	9,0	9,3

		on sheet			
		2358i	2358j	2358k	2358l
performed		1/2	1	1/2	2
	1/2	5,9			
	1		7,5		
	1 1/2		8,0	8,3	
	2		8,5	8,8	9,1
	2 1/2		9,0	9,3	9,6
	3		9,5	9,8	10,1

2359	a	Handlebarstand / Saddlestand ring grip HC.	3,6
	b	Handlebarstand / Saddlestand ring grip C.	3,7
	c	Handlebarstand / Saddlestand HC.	4,9
	d	Handlebarstand / Saddlestand C.	5,1
	e	Handlebarstand / Saddlestand S	5,6
	f	Handlebarstand / Saddlestand 8	6,1
2366	a	Handlebar L-shape hold / Stand on pins HC.	3,0
	b	Handlebar L-shape hold / Stand on pins C.	3,5
	c	Handlebar L-shape hold / Saddlestand HC.	3,8
	d	Handlebar L-shape hold / Saddlestand C.	4,2
	e	Handlebar L-shape hold / Saddle support straddle HC.	5,0
	f	Handlebar L-shape hold / Saddle support straddle C.	5,4
	g	Handlebar support straddle /Saddle support straddle HC.	6,0
	h	Handlebar support straddle /Saddle support straddle C.	6,4
2371	a	Headstand / Handlebarstand HC.	3,8
	b	Headstand / Handlebarstand C.	4,1
2372	a	Headstand / Frame shoulderstand HC.	5,1
	b	Headstand / Frame shoulderstand C.	5,5
2373	a	Headstand / Handlebar support straddle HC.	6,1
	b	Headstand / Handlebar support straddle C.	6,5
	c	Headstand / Handlebar handstand HC.	8,5
	d	Headstand / Handlebar handstand C.	9,0
	e	Headstand / Handlebar handstand S	9,8
	f	Headstand / Handlebar handstand 8	10,6
	g	Headstand / Handlebar support straddle handlebar handstand HC.	9,5
	h	Headstand / Handlebar support straddle handlebar handstand C.	9,9
	i	Headstand / Handlebar support straddle handlebar handstand S	10,7
	j	Headstand / Handlebar support straddle handlebar handstand 8	11,6
2376	a	Saddle handlebar handstand / Handlebarstand HC.	7,7
	b	Saddle handlebar handstand / Handlebarstand C.	8,1
	c	Handlebar handstand / Saddlestand HC.	7,6
	d	Handlebar handstand / Saddlestand C.	8,0
2377	a	Handlebar handstand / Saddle handlebar handstand HC.	10,6
	b	Handlebar handstand / Saddle handlebar handstand C.	11,0
2391	a	Stillstand on pedals / Shoulderseat	1,3
	b	Stillstand on pedals frh. / Shoulderseat	1,8
	c	Stillstand on pedals / Shoulderstand	2,7
	d	Stillstand on pedals frh. / Shoulderstand	3,2

7.	Raiser exercises on one bicycle		
2411	a	Raiser reg. seat / Stand on pins HC.	2,2
	b	Raiser reg. seat / Stand on pins C.	2,4
2412	a	Raiser reg. seat / Shoulderseat HC.	2,9
	b	Raiser reg. seat / Shoulderseat C.	3,1
	c	Raiser reg. seat frh. / Shoulderseat HC.	3,5
	d	Raiser reg. seat frh. / Shoulderseat C.	3,8
2413	a	Raiser reg. seat bw. frh. / Shoulderseat HC.	4,1
	b	Raiser reg. seat bw. frh. / Shoulderseat C.	4,4
	c	Raiser reg. seat spin. bw. frh. / Shoulderseat	6,1
2414	a	Raiser reg. seat / Chest suspended hang HC.	3,1
	b	Raiser reg. seat / Chest suspended hang C.	3,3
	c	Raiser reg. seat frh. / Chest suspended hang HC.	3,8
	d	Raiser reg. seat frh. / Chest suspended hang C.	4,2
2415	a	Raiser reg. seat bw. frh. / Chest suspended hang HC.	4,4
	b	Raiser reg. seat bw. frh. / Chest suspended hang C.	4,6
2416	a	Raiser reg. seat / Shoulderstand HC.	4,8
	b	Raiser reg. seat / Shoulderstand C.	5,1
	c	Raiser reg. seat frh. / Shoulderstand HC.	5,6
	d	Raiser reg. seat frh. / Shoulderstand C.	6,0
2417	a	Raiser reg. seat bw. frh. / Shoulderstand HC.	6,5
	b	Raiser reg. seat bw. frh. / Shoulderstand C.	7,0
2418	a	Raiser reg. seat rev. frh. / Shoulderseat HC.	3,9
	b	Raiser reg. seat rev. frh. / Shoulderseat C.	4,3
	c	Raiser reg. seat rev. spin. frh. / Shoulderseat	6,5
2419	a	Raiser reg. seat rev. bw. frh. / Shoulderseat HC.	4,9
	b	Raiser reg. seat rev. bw. frh. / Shoulderseat C.	5,3
2420	a	Raiser reg. seat rev. frh. / Chest suspended hang HC.	4,1
	b	Raiser reg. seat rev. frh. / Chest suspended hang C.	4,5
2421	a	Raiser reg. seat rev. bw. frh. / Chest suspended hang HC.	5,1
	b	Raiser reg. seat rev. bw. frh. / Chest suspended hang C.	5,5
2422	a	Raiser reg. seat rev. frh. / Shoulderstand HC.	6,7
	b	Raiser reg. seat rev. frh. / Shoulderstand C.	7,1

2426	a	Raiser handlebarseat / Shoulderseat HC.	3,4
	b	Raiser handlebarseat / Shoulderseat C.	3,7
	c	Raiser handlebarseat frh. / Shoulderseat HC.	4,0
	d	Raiser handlebarseat frh. / Shoulderseat C.	4,4
2427	a	Raiser handlebarseat bw. frh. / Shoulderseat HC	4,7
	b	Raiser handlebarseat bw. frh. / Shoulderseat C.	5,0
	c	Raiser handlebarseat spin. bw. frh. / Shoulderseat	6,9
2428	a	Raiser handlebarseat / Shoulderstand HC.	5,5
	b	Raiser handlebarseat / Shoulderstand C.	5,9
	c	Raiser handlebarseat frh. / Shoulderstand HC.	6,3
	d	Raiser handlebarseat frh. / Shoulderstand C.	6,7
2429	a	Raiser handlebarseat bw. frh. / Shoulderstand HC.	7,4
	b	Raiser handlebarseat bw. frh. / Shoulderstand C.	8,0
2436	a	Raiser headtube frh. / Shoulderseat HC.	3,6
	b	Raiser headtube frh. / Shoulderseat C.	4,0
2437	a	Raiser headtube bw. frh. / Shoulderseat HC.	4,2
	b	Raiser headtube bw. frh. / Shoulderseat C.	4,6
	c	Raiser headtube spin. bw. frh. / Shoulderseat	6,4
2438	a	Raiser headtube frh. / Shoulderstand HC.	6,0
	b	Raiser headtube frh. / Shoulderstand C.	6,4
2439	a	Raiser headtube bw. frh. / Shoulderstand HC.	7,0
	b	Raiser headtube bw. frh. / Shoulderstand C.	7,6
2446	a	Raiser headtube rev. frh. / Shoulderseat HC.	4,3
	b	Raiser headtube rev. frh. / Shoulderseat C.	4,7
	c	Raiser headtube rev. spin. frh. / Shoulderseat	7,0
2447	a	Raiser headtube rev. bw. frh. / Shoulderseat HC.	5,3
	b	Raiser headtube rev. bw. frh. / Shoulderseat C.	5,7
2448	a	Raiser headtube rev. frh. / Shoulderstand HC.	6,4
	b	Raiser headtube rev. frh. / Shoulderstand C.	6,8
2449	a	Raiser headtube rev. bw. frh. / Shoulderstand HC.	7,9
	b	Raiser headtube rev. bw. frh. / Shoulderstand C.	8,5

8. Passages on one bicycle

2471	a	P. raiser reg. seat raiser handlebarseat / Shoulderseat	4,8
	b	P. raiser reg. seat raiser handlebarseat / Shoulderstand	6,7

2472	a	P. raiser reg. seat raiser headtube / Shoulderseat	7,0
	b	P. raiser reg. seat raiser headtube / Shoulderstand	9,7
2473	a	P. raiser handlebarseat raiser headtube / Shoulderseat	5,9
	b	P. raiser handlebarseat raiser headtube / Shoulderstand	8,2

VII

Chapter EXPLANATIONS OF EXERCISES PAIR ARTISTIC CYCLING

1. Exercises with both wheels on floor on two bicycles

2001 – 2004: Reg. seat

Regular seat on saddle, both feet on each a pedal. Chest directed to handlebar.

**2005: Reg. seat rev.**

Reversed seat on saddle, both feet on each a pedal. Back directed to handlebar.

**2011: Steering with feet**

Regular seat on saddle, both feet on handlebar.

**2012 – 2013: 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 below the handlebar. The handlebar may not be touched by the leg or foot.

**2021: Handlebarseat**

Seat on handlebar, back directed to the saddle. The free leg must be stretched forward, horizontally. Other foot hooked to the down tube.

**2022: Handlebarseat rev.**

Reversed seat on handlebar, both feet each on a pedal. Chest directed to the saddle.

**2026: Split**

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



**2027: Split rev.**

Right foot standing on the left rear-pin, left foot standing on the right-frontpin (or counterwise). Chest directed to the saddle. The handlebar may not be touched with the leg.

**2031: Frontstand**

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

**2036: Sidestand foot cranking**

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

**2037: Sidestand**

Stand with one foot on left rear-pin, other foot on left front-pin (or counterwise). Chest directed to the handlebar. The handlebar may not be touched with the leg.

**2046: Stand on pins**

Standing with both feet each on a rear-pin. Both knees behind the saddle

**2047: Stand bent on pin**

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

**2051: Bent knee seat**

In squat position with one foot on top tube, free leg horizontally stretched forward, back directed to the saddle.



2052: Knee on saddle

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



2061: Lying on saddle; Lying on saddle and handlebar

a-b: Lying with front of body on the saddle, closed stretched legs to the back.

c-d: Lying with front of body on saddle, arms stretched sideways free-handed on handlebar-grips. Closed legs stretched horizontally to the back.



2062: Waterscale

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



2066: Framestand

Standing upright with one foot standing on the down tube, other foot standing on the saddle tube. Chest directed to handlebar. Feet may not touch each other, legs may not touch the handlebar.



2067 – 2068: Saddle handlebarstand

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



2069: Saddlestand

Standing free, upright stretched with both feet on saddle.

**2070: Fronthandlebarstand, Fronthandlebarstand turn T**

The tactical extension of the fronthandlebarstand turn(s) is possible from one turn up to six half turns.

a-f: Standing free, upright with both feet on handlebar-grips, back directed to the saddle.

g-j: From "fronthandlebarstand" with half or multiple front wheel turn to "fronthandlebarstand" or "handlebarstand reverse". After the last turn, the endposition must be held for at least 2 metres.

2070 k-n: Counter circle fronthandlebarstand T

From "fronthandlebarstand" with half or multiple front wheel turn to "fronthandlebarstand" or "handlebarstand reverse".

Executing of the exercise according the guidelines for counter circle. After the last turn, but before the obligated hand touch at the end of the exercise, the endposition must be held for at least 2 metres.

**2071: Handlebarstand rev.**

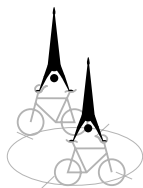
Standing, reversed, free, upright stretched with both feet on handle-bar-grips, chest directed to the saddle.

2073: Headstand

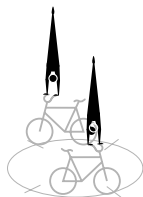
Separate performed headstand on the saddle, both hands on the handlebar. Legs closed and vertically stretched.

2074: Shoulderstand

Separate performed shoulderstand with one shoulder on saddle or top tube, boths hands on the handlebar. Legs closed and vertically stretched.

**2076: Saddle handlebar handstand**

- a-c: Separate performed handstand with one hand on handlebar and other hand on saddle. Arms stretched, legs closed and vertically stretched. The fore-arm or the wrist may not be leaned against the handlebar-grip.
- d-f: From the "L-shape hold sideways", which has to be performed for at least 2 metres, going directly to handstand without touching the frame with foot/feet. The handstand must be performed as described in exercises a-c and held through the whole stretch.
- g-i: From the "L-shape hold sideways", which has to be performed for at least 2 metres, going directly to handstand with stretched legs over the frame but without touching the frame and/or handlebar with foot/feet. After passing the frame, with stretched and straddled legs to the handstand, which has to be performed as described in exercises a-d and held through the whole stretch.

**2077: Handlebar handstand**

- a-c: Separate performed handstand with both hands on handlebar-grips. Arms stretched, legs closed and vertically stretched.
- d-f: From "L-shape hold" or "L-shape hold rev.", which have to be performed for at least 2 metres, going directly to handstand without touching the handlebar and/or frame with foot/feet. The handstand must be performed as described in exercises a-c and held through the whole stretch.
- g-i: From "L-shape hold" or "L-shape hold rev.", which has to be performed for at least 2 metres, going directly to handstand with stretched legs over the handlebar without touching the handlebar and/or frame with foot/feet. After passing the handlebar, with stretched and straddled legs to the handstand, which has to be performed as described in exercises a-c and held through the whole stretch.

2081: Maute jump

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

The jumps have to be performed simultaneously. It is only allowed to perform the jumps riding opposite to each other during execution of a circle or after a counter eight. Riders do not have to touch before and/or after the jumps.



2091: Stillstand on pedals, Stillstand pedal front wheel

- a-b: Standing with both feet, only, on each a pedal. Back directed to the saddle. The stillstand has to be performed for at least 3 seconds.
- c-d: Standing with one foot, only, on a pedal, the other foot on front wheel tyre. Back directed to the saddle. The stillstand has to be performed for at least 3 seconds.

2. Raiser exercises on two bicycles



2131 – 2134: Raiser reg. seat

Regular raiser with seat on saddle, chest directed to handlebar, both feet on each a pedal.



2135 – 2138: Raiser reg. seat rev.

Reversed regular raiser with seat on saddle, back directed to handlebar, both feet on each a pedal.



2147: Raiser lady seat

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



2151 – 2152, 2154: Raiser stand on pins

Raiser standing with left foot on left rear-pin and with right foot on right pedal (or counterwise). Chest directed to handlebar.



2161 – 2164: Raiser handlebarseat

Raiser with seat on the lower part of the handlebar (front wheel with crossed position), both feet on each a pedal. Chest directed to the front wheel.



2165 – 2168: Raiser handlebarseat rev.

Reversed raiser with seat on the lower part of the handlebar (front wheel with crossed position), both feet on each a pedal. Back directed to the front wheel.

**2176 – 2179: Raiser head tube**

Raiser sitting on the head tube, both feet on each a pedal. Front wheel in front of oneself.

**2180 – 2183: Raiser head tube rev.**

Reversed raiser sitting on the head tube, both feet on each a pedal. Front wheel behind oneself.

**2191 – 2194: Standraiser**

Raiser. Saddle pointing downwards, holding front wheel with one hand in front of oneself. Standing with both feet on each a pedal.

**2195 – 2198: Standraiser rev.**

Reversed raiser. Saddle pointed downwards, holding front wheel with one hand behind oneself. Standing with both feet on each a pedal.

3. Turns on spot on two bicycles

2211 – 2216: Turns on spot

Execution according guidelines §2 "Turn on spot".

4. Passages on two bicycles

2236 – 2243: Passages

Execution according guidelines §2 "Passages".

5. Final exercises on two bicycles

2250: Final exercises

a: Handlebarstand rev. salto bw. hooked legs

From position "handlebarstand reverse" salto-jump backwards with hooked legs to standing with both feet on the floor, in front of bicycle
Both salto have to be performed simultaneously. It is only allowed to perform the salto riding opposite to each other during execution of a circle or after a counter eight. Riders do not have to touch before and/or after the salto.

6. Exercises on one bicycle



2261: Reg. seat / Stand on pins, Saddlestand

a-b: Regular seat on saddle, both feet each on a pedal. Chest directed to handlebar. / Stand with both feet on each a rear-pin. Both knees behind the saddle.

c-d: Like a-b until slash. / Standing with both feet on saddle.



2266 – 2267: Reg. seat / Shoulderseat

Regular seat on saddle, both feet each on a pedal. Chest directed to handlebar. / Sitting on the partner's shoulders.



2268 – 2269: Reg. seat / Shoulderstand

Regular seat on saddle, both feet each on a pedal. Chest directed to handlebar. / Standing with both feet on the partner's shoulders.



2270 – 2271: Reg. seat / Chest suspended hang

Regular seat on saddle, both feet each on a pedal. Chest directed to handlebar. / 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 each on a pedal. Chest directed to the handlebar. / Standing with both feet on handlebar-grips.



2277: Reg. seat / Handlebar handstand

Regular seat on saddle, both feet each on a pedal. Chest directed to the handlebar. / Handstand on handlebar-grips, arms stretched, legs closed and vertically stretched.



2281 – 2282: Reg. seat rev. / Shoulderseat

Reversed regular seat on saddle, both feet on each a pedal. Back directed to the handlebar. / Sitting on the partner's shoulders.

**2283: Reg. seat rev. / Shoulderstand**

Reversed regular seat on saddle, both feet on each a pedal. Back directed to the handlebar. / Standing with both feet on the partner's shoulders.

**2285 – 2286: Reg. seat rev. / Chest suspended hang**

Reversed regular seat on saddle, both feet on each a pedal. Back directed to the handlebar. / Hanging with chest-grip on the partner's back, head downwards, upwards stretched legs in straight line with the body.

**2296: Handlebarseat / Stand on pins, Saddlestand**

a-d: Seat on handlebar, back directed to saddle, free leg stretched forward horizontally. Other foot hooked to down tube. / Standing with both feet each on a rear-pin. Both knees behind the saddle.

e-h: Like a-d until slash. / Standing with both feet on the saddle.

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

Reversed seat on handlebar, both feet each on a pedal. Chest directed to saddle. / Standing with both feet each on a rear-pin. Both knees behind the saddle.

**2302: Handlebarseat rev. / Saddle- handlebarstand, Saddlestand**

a-d: Reversed seat on handlebar, both feet each on a pedal. Chest directed to saddle. / Standing with one foot on saddle, other foot on the handlebar.

e-h: Like a-d until slash. / Standing with both feet on saddle.

**2303: Handlebarseat rev. / Shoulderseat**

Reversed seat on handlebar, both feet each on a pedal. Chest directed to saddle. / Sitting on the partner's shoulders.

**2304: Handlebarseat rev. / Shoulderstand**

Reversed seat on handlebar, both feet each on a pedal. Chest directed to saddle. / Standing with both feet on the partner's shoulders.



2305: Handlebarseat rev. / Chest suspended hang
 Reversed seat on handlebar, both feet each on a pedal. Chest directed to saddle. / Hanging with chest-grip on the partner's back, head downwards, upwards stretched legs in straight line with the body.



2306: Handlebarseat rev. / Headstand
 Reversed seat on handlebar, both feet each on a pedal. Chest directed to saddle. / Headstand on the saddle, hands on handlebar. Both legs closed and vertically stretched.



2311: Frontstand / Stand on pins, Saddlestand
 a-d: Stand in front of the handlebar, back directed to saddle. One foot on front-pin, other foot hooked to down tube. / Standing with both feet each on a rear-pin. Both knees behind the saddle.
 e-h: Like a-d until slash. / Standing with both feet on the saddle.



2316: Split / Shoulderseat
 Left foot standing on left rear-pin, right foot standing on right front-pin (or counterwise). Chest directed to handlebar. 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 the other foot on left front-pin (or counterwise). Chest directed to handlebar. The handlebar may not be touched with the leg. / Similar stand on the opposite side of the bike. Partners are connected by hand-in-hand grip-connection to a ring, with stretched arms.



2319: Stand bent on saddle / Stand bent on handlebar
 Stand with foot on saddle, trunk bent forward to handlebar, free leg stretched to the back in straight line with the trunk. / Stand with foot on the handlebar, trunk bent forward to saddle, free leg stretched in straight line with the trunk in moving direction.

**2321: Frameseat / Stand bent on saddle**

Pushing one foot through the frame and placing foot on front-pin. Free leg stretched forward, while sitting on the down tube. / Stand with foot on saddle, trunk bent forward to handlebar, free leg stretched to the back in straight line with the trunk.

**2322: Frameseat / Saddle handlebarstand, Saddlestand**

a-b: Pushing one foot through the frame and placing foot on front-pin. Free leg stretched forward, while sitting on the down tube. / Standing with one foot on saddle, other foot on the handlebar.

c-d: Like a-b until slash. / Standing with both feet on the saddle.

**2323: Frameseat / Saddle support scale**

Pushing one foot through the frame and placing foot on front-pin. Free leg stretched forward, while sitting on the down tube. / One hand on saddle, elbow supporting the body, other hand on handlebar (handlebar-grip may be used as support for the fore-arm). Head directed in moving-direction, closed legs stretched horizontally to the back.

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

Both hands leaning, behind the back, on the handlebar, frontwheel between the legs. Both feet on each a pedal. / Stand with foot on saddle, trunk bent forward to handlebar, free leg stretched to the back in straight line with the trunk.

**2332: Fronthang / Saddle handlebarstand, Saddlestand**

a-b: Both hands leaning, behind the back, on the handlebar, frontwheel between the legs. Both feet on each a pedal. / Standing with one foot on saddle, other foot on the handlebar.

c-d: Like a-b until slash. / Standing with both feet on the saddle.

**2334: Fronthang / Headstand, Saddle handlebar handstand**

- a-b: Both hands leaning, behind the back, on the handlebar, frontwheel between the legs. Both feet on each a pedal. / Headstand on the saddle, hands on handlebar. Both legs closed and vertically stretched.
- c-d: Like a-b until slash. / Handstand with one hand on handlebar and other hand on saddle. Arms stretched, legs closed and vertically stretched. The fore-arm or the wrist may not be leaned against the handlebar-grip.

**2341: Backhang / Stand on pins**

In front of the headtube hanging on the handlebar. Chest directed to the saddle, frame between the legs, both feet on each a pedal. / Standing with both feet each on a rear-pin. Both knees behind the saddle.

**2342: Backhang / Saddle handlebarstand, Saddlestand**

- a-b: In front of the headtube hanging on the handlebar. Chest directed to the saddle, frame between the legs, both feet on each a pedal. / Standing with one foot on saddle, other foot on the handlebar.
- c-d: Like a-b until slash. / Standing with both feet on the saddle.

**2343: Backhang / Handlebarstand**

In front of the headtube hanging on the handlebar. Chest directed to the saddle, frame between the legs, both feet on each a pedal. / Standing with both feet on handlebar-grips.

**2346: Backhang / Headstand, Saddle handlebar handstand**

- a-b: In front of the headtube hanging on the handlebar. Chest directed to the saddle, frame between the legs, both feet on each a pedal. / Headstand on the saddle, hands on handlebar. Both legs closed and vertically stretched.
- c-d: Like a-b until slash. / Handstand with one hand on handlebar and other hand on saddle. Arms stretched, legs closed and vertically stretched. The fore-arm or the wrist may not be leaned against the handlebar-grip.



- 2351: Lying on handlebar/ Stand bent on saddle, Saddle- stand**
 a-b: Lying with front of body on the handlebar, head directed to the saddle. Closed legs stretched horizontally in moving direction. / Stand with foot on saddle, trunk bent forward to handlebar, free leg stretched to the back in straight line with the trunk.
 c-d: Like a-b until slash. / Standing with both feet on the saddle.



- 2352: Lying on saddle / Handlebarstand, Handlebar- handstand**
 a-b: Lying with front of body on the saddle, closed stretched legs to the back. / Standing with both feet on handlebar-grips.
 c-d: Like a-b until slash. / Handstand on handlebar-grips, arms stretched, legs closed and vertically stretched.



- 2353: Waterscale / Stand bent on saddle, Saddlestand**
 a-b: Lying with back of body horizontally on handlebar, stretched legs or feet under the saddle. / Stand with foot on saddle, trunk bent forward to handlebar, free leg stretched to the back in straight line with the trunk.
 c-d: Like a-b: until slash. / Standing with both feet on the saddle.



- 2356: Saddle handlebarstand / Saddle handlebarstand**
 Standing with one foot on saddle, other foot on the handlebar.



- 2357: Saddle handlebarstand / Stand on pins, Saddlestand, Handlebarstand**
 a-b: Standing with one foot on saddle, other foot on the handlebar. / Standing with both feet each on a rear-pin. Both knees behind the saddle.
 c-d: Like a-b until slash. / Standing with both feet on the saddle.
 e-f: Like a-b: until slash. / Standing with both feet on handlebar-grips.



- 2358: Handlebarstand / Stand on pins**
 a-b: Standing with both feet on handlebar-grips. / Standing with both feet each on a rear-pin. Both knees behind the saddle.

2358: Handlebarstand-turn T _ - multiple / Stand on pins

The tactical extension of the fronthandlebarstand turn(s) is possible from one turn up to six halve turns.

- c-f: From "fronthandlebarstand" with half or multiple front wheel turn to "fronthandlebarstand" or "handlebarstand reverse". After the last turn, the endposition must be held for at least 2 metres. / Standing with both feet each on a rear-pin. Both knees behind the saddle.
- g-h: The participant jumps from regular seat to fronthandlebar-stand; further according exercise a-b.
- i-l: The participant jumps from regular seat to fronthandlebar-stand; further according exercise c-f.

**2359: Handlebarstand / Saddlestand**

- a-b: Standing with both feet on handlebar-grips. / Standing with both feet on the saddle. Partners are connected by hand-in-hand grip-connection to a ring, with stretched arms.
- c-f: Like a-b but without grip-connection.

**2366: Handlebar L-shape hold / Stand on pins, Saddlestand, Saddle support straddle**

- a-b: Arms stretched, hands on handlebar-grips. Legs closed and horizontally stretched in moving direction. Back directed to the saddle. / Standing with both feet each on a rear-pin. Both knees behind the saddle.
- c-d: Like a-b until slash. / Standing with both feet on the saddle.
- e-f: Like a-b until slash. / Arms stretched, hands on saddle. Legs horizontally straddled and stretched without touching the partner or the handlebar.

**2366 g-h: Handlebar support straddle / Saddle support straddle**

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

**2371: Headstand / Handlebarstand**

Headstand on the saddle, hands on handlebar. Both legs closed and vertically stretched. / Standing with both feet on handlebar-grips.

**2372: Headstand / Frame shoulderstand**

Headstand on the saddle, hands on handlebar. Both legs closed and vertically stretched. / Shoulderstand with one shoulder on saddle or top tube, both hands on the handlebar. Legs closed and vertically stretched.

**2373 a-b: Headstand / Handlebar support straddle**

Headstand on the saddle, hands on handlebar. Both legs closed and vertically stretched. / Arms stretched, hands on handlebar-grips. Legs horizontally stretched, straddled on the outside of the arms.

2373 c-f: Headstand / Handlebar handstand

Headstand on the saddle, hands on handlebar. Both legs closed and vertically stretched. / Handstand on handlebar-grips, arms stretched, legs closed and vertically stretched.

2373 g-j: Headstand / Handlebar support straddle, Handlebar handstand

Headstand on the saddle, hands on handlebar. Both legs closed and vertically stretched. / From "L-shape hold", which has to be performed for at least 2 metres (partner in headstand), going directly to handstand with stretched and straddled legs without touching the handlebar and/or frame with foot/feet. The handstand must be performed as described in exercises c-f) and held through the whole stretch.

**2376 a-b: Saddle handlebar handstand / Handlebarstand**

Handstand with one hand on handlebar and other hand on saddle. Arms stretched, legs closed and vertically stretched. The fore-arm or the wrist may not be leaned against the handlebar-grip. / Standing with both feet on handlebar-grips.

**2376 c-d: Handlebar handstand / Saddlestand**

Handstand on handlebar-grips, arms stretched, legs closed and vertically stretched. / Standing with both feet on the saddle.



2377: Handlebar handstand / Saddle handlebar handstand

Handstand on handlebar-grips, arms stretched, legs closed and vertically stretched. / Handstand with one hand on handlebar and other hand on saddle. Arms stretched, legs closed and vertically stretched. The fore-arm or the wrist may not be leaned against the handlebar-grip.



2391: Stillstand on pedals / Shoulderseat, Shoulderstand

a-b: Standing with both feet, only, on each a pedal. Back directed to the saddle. The stillstand has to be performed for at least 3 seconds. / Sitting on the partner's shoulders.

c-d: Like a-b until slash. / Standing with both feet on the partner's shoulders.

7. Raiser exercises on one bicycle



2411: Raiser reg. seat / Stand on pins

Regular raiser with seat on saddle, chest directed to handlebar, both feet on each a pedal. / Standing with one foot on one rear-pin, or both feet each on a rear-pin.



2412 – 2413: Raiser reg. seat / Shoulderseat

Regular raiser with seat on saddle, chest directed to handlebar, both feet on each a pedal. / Sitting on the partner's shoulders.



2414 – 2415: Raiser reg. seat / Chest suspended hang

Regular raiser with seat on saddle, chest directed to handlebar, both feet on each a pedal. / 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 raiser with seat on saddle, chest directed to handlebar, both feet on each a pedal. / Standing with both feet on the partner's shoulders.

**2418 – 2419: Raiser reg. seat rev. / Shoulderseat**

Reversed regular raiser with seat on saddle, back directed to handlebar, both feet on each a pedal. / Sitting on the partner's shoulders.

**2420 – 2421: Raiser reg. seat rev. / Chest suspended hang**

Reversed regular raiser with seat on saddle, back directed to handlebar, both feet on each a pedal. / Hanging with chest-grip on the partner's back, head downwards, upwards stretched legs in straight line with the body.

**2422: Raiser reg. seat rev. / Shoulderstand**

Reversed regular raiser with seat on saddle, back directed to handlebar, both feet on each a pedal. / Standing with both feet on the partner's shoulders.

**2426 – 2427: Raiser handlebarseat / Shoulderseat**

Raiser with seat on the lower part of the handlebar (front wheel with crossed position), both feet on each a pedal. Chest directed to the front wheel. / Sitting on the partner's shoulders.

**2428 – 2429: Raiser handlebarseat / Shoulderstand**

Raiser with seat on the lower part of the handlebar (front wheel with crossed position), both feet on each a pedal. / Standing with both feet on the partner's shoulders.

**2436 – 2437: Raiser head tube / Shoulderseat**

Raiser sitting on the head tube, both feet on each a pedal. Front wheel in front of oneself. / Sitting on the partner's shoulders.

**2438 – 2439: Raiser head tube / Shoulderstand**

Raiser sitting on the head tube, both feet on each a pedal. Front wheel in front of oneself. / Standing with both feet on the partner's shoulders.



2446 – 2447: Raiser head tube rev. / Shoulderseat

Reversed raiser with seat on the lower part of the handlebar (front wheel with crossed position), both feet on each a pedal. Back directed to the front wheel. / Sitting on the partner's shoulders.



2448 – 2449: Raiser head tube rev. / Shoulderstand

Reversed raiser with seat on the lower part of the handlebar (front wheel with crossed position), both feet on each a pedal. Back directed to the front wheel. / Standing with both feet on the partner's shoulders.

8. Passages on one bicycle

2471 – 2473: Passages

Execution according guidelines §2 "Passages".