

## 13 IUF Achievement Skill Levels

These achievement skill levels have been compiled from years of research and surveys among unicyclist from all over the world. They are intended to encourage unicyclists to progress at an even pace over a wide variety of unicycling skills. These levels are not connected to the competition rules, other than in descriptions of how the skills are to be performed. Skill levels are useful for helping riders determine a sequence of skills to learn, and to give them ideas for things to try.

**ELIGIBILITY:** In order to be eligible to achieve a level a rider must have passed all previous levels.

**RIDERS MUST GET INTO AND OUT OF ALL SKILLS:** All riding skills start with the rider riding forward, seated with both feet on the pedals except for side ride (level 10). All skills end with rider riding forward at least 3 full revolutions of the wheel, seated with both feet on the pedals.

**MAXIMUM THREE MISTAKES PER LEVEL:** In order to pass an exam a rider must perform all skills in that level at the first attempt, except for a maximum of three skills that must be performed at the second attempt. This allows for three mistakes per level, but no more than one mistake per skill.

**EXPLANATIONS OF SKILLS:** The correct execution of the skills is described in STANDARD SKILL DESCRIPTIONS, section 7.2 in the IUF REGULATIONS FOR INTERNATIONAL COMPETITION.

**VARIETY OF MOUNTS:** At each level starting from level 3, riders must add one new mount to those they have previously demonstrated. Repeating the same mount with the opposite foot does not constitute a different type of mount. A listing of some of the known mounts can be found in the STANDARD SKILL DESCRIPTIONS (see above).

**RECOGNITION OF LEVEL ACHIEVEMENT:** To formally achieve a skill level a rider must pass a skill level exam with an authorized examiner. Examiners are authorized by the IUF, the USA or other connected unicycling organizations. If no authorized examiner is available, riders can send a video tape, with no edits per level, to an authorized examiner in their country, or to the IUF Skill Levels and Rules Committee. Videos must clearly show all the necessary details of each skill.

### LEVEL 1

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

### LEVEL 2

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

### LEVEL 3

demonstrate 3 types of mounts  
ride a figure eight with circle diameters smaller than 1.5 meters  
come to a stop, pedal half a revolution backward and continue forward  
ride with the stomach on the seat for 10 meters  
make a 180 degree turn to the left within a 1 meter circle

make a 180 degree turn to the right within a 1 meter circle  
hop 5 times  
ride or hop over a 10 x 10 cm. obstacle

### LEVEL 4

demonstrate 4 types of mounts  
ride backward for 10 meters  
ride one footed for 10 meters  
idle with left foot down 25 times  
idle with right foot down 25 times  
ride with seat out in front for 10 meters  
ride with the seat out in back for 10 meters  
make a 360 degree turn to the left inside a 1 meter circle  
make a 360 degree turn to the right inside a 1 meter circle

### LEVEL 5

demonstrate 5 types of mounts ride backward in a circle  
ride one footed in a figure eight  
idle one footed with the left foot 25 times  
idle one footed with the right foot 25 times  
ride with seat out in front in a circle

ride with the seat out in back in a circle  
ride with the seat on the side in a circle  
hop-twist 90 degrees to the left  
hop-twist 90 degrees to the right  
walk the wheel for 10 meters

### LEVEL 6

demonstrate 6 types of mounts  
ride backward in a figure eight  
ride with the seat out in front in a figure eight  
ride with the seat out in back in a figure eight  
ride backward with the seat out in front for 10 meters  
hop standing on wheel 5 times  
ride with the seat on the side in a circle to the left  
ride with the seat on the side in a circle to the right  
ride one footed with the left foot for 10 meters  
ride one footed with the right foot for 10 meters  
backspin  
frontspin  
spin

### LEVEL 7

demonstrate 7 types of mounts  
ride backward with the seat out in front in a circle  
ride one footed with the left foot in a circle  
ride one footed with the right foot in a circle  
walk the wheel in a circle  
walk the wheel one footed for 10 meters  
hop-twist 180 degrees to the left  
hop-twist 180 degrees to the right  
ride backward with the seat out in back for 10 meters  
spin to the left  
spin to the right

### LEVEL 8

demonstrate 8 types of mounts  
ride one footed with the left foot in a figure eight  
ride one footed with the right foot in a figure eight  
walk the wheel in a figure eight

walk the wheel one footed in a circle  
ride backward one footed for 10 meters  
glide for 10 meters  
hand wheel walk for 10 meters  
pirouette  
backward spin

### LEVEL 9

demonstrate 9 types of mounts  
walk the wheel one footed in a figure eight  
ride backward one footed in a circle  
ride backward with the seat out in front in a figure eight  
ride backward with the seat out in back in a circle  
walk the wheel one footed with the left foot for 10 meters  
walk the wheel one footed with the right foot for 10 meters  
walk the wheel backward for 10 meters  
drag seat in front for 10 meters  
drag seat in back for 10 meters  
ride backward one footed with the left foot for 10 meters  
ride backward one footed with the right foot for 10 meters  
one footed with the seat out in front for 10 meters  
backward pirouette

### LEVEL 10

demonstrate 10 types of mounts  
ride backward with the seat out in back in a figure eight  
ride backward one footed in a figure eight  
walk the wheel one footed with the left foot in a circle  
walk the wheel one footed with the right foot in a circle  
walk the wheel backward in a circle  
180° uni spin  
sideways wheel walk for 10 meters  
coast for 10 meters  
side ride for 10 meters  
walk the wheel one footed backward for 10 meters