

2B.6 Racing Disciplines

2B.6.1 100m Race

~~In the 100m race, riders must stay in their lane.~~

1. *Lane-bound race over 100m, where riders are started in separate lanes but from a common start line. No remounting after a dismount is allowed.*

2B.6.2 200m Race

1. ~~The 200m race is started~~*Lane-bound race over 200m* with a stagger start, where riders are started in separate lanes, at separate locations. *No remounting after a dismount is allowed.* ~~In the 200m race, riders must stay in their lane.~~

2B.6.3 400m Race

1. ~~The 400m race is started~~*Lane-bound race over 400m* with a stagger start, where riders are started in separate lanes, at separate locations. *No remounting after a dismount is allowed.*

~~In the 400m race, riders must stay in their lane.~~

2B.6.4 800m Race

1. There are two different ways to run ~~an 800m race~~*the race over 800m*, remounting after a dismount is allowed in both ways:

1.1 800m Race with Stagger Start:

Riders are started in separate lanes, at separate locations. The race shall be run ~~in lanes~~*as lane-bound race* as far as the nearer edge of the breakline where riders may leave their respective lanes. After the breakline, ~~non-lane racing rules apply (see section ??)~~*the race shall be run as non-lane-bound-race*. The breakline shall be an arced line marked after the first bend across all lanes other than lane 1. To assist athletes identify the breakline, halved tennis balls can be placed on the lane lines immediately before the intersection of the lines and the breakline.

1.2 800m with Waterfall Start:

Riders are started at a curved starting line that places all riders an equal distance from the first turn. *The race shall be run as non-lane-bound-race from the start.* ~~If a waterfall start is used, non-lane rules apply from the start.~~

2B.6.5 One Foot Race

~~The distance of the One Foot Race is 50m.~~

1. *Lane-bound race over 50m, where* riders may pedal with both feet for the first 5 meters, but must be pedaling with only one foot after crossing the 5m line. *All riders start in separate lanes but from a common start line. No remounting after a dismount is allowed.*
2. The non-pedaling foot must have left the pedal when the tire contact point crosses the 5m line on the track. The non-pedaling foot may or may not be braced against the unicycle fork.

2B.6.6 Wheel Walk Race

1. *Lane-bound race, where riders* propel the unicycle only by pushing the tire with one or both feet. Riders in age groups with a maximum age of 10 or younger will race a 10m Wheel Walk. All other riders will race a 30m Wheel Walk. Riders start *in separate lanes but from a common start line*, mounted, with one or both feet on the tire. *No remounting after a dismount is allowed.*
2. No contact with pedals or crank arms is allowed.
3. No crank arm restrictions.

2B.6.7 Relay (Track)

1. The relay distances shall be 4 x 100m or 4 x 400m like in athletics. *Remounting after a dismount is allowed in all relays.*
2. In the 4 x 100m relay each takeover zone shall be 30m long, in the 4 x 400m relay each takeover zone shall be 20m. The takeover zones must be marked on the track. (The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction.) In the 4 x 100m relay, riders are not permitted to line up outside their takeover zones, and shall start within the zone. In the 4 x 400m relay, there is no defined preparation area for the next riders as long as they stay within their lanes.
3. The handover of the baton must be within the takeover zone. This means that before the baton crosses the start mark of the takeover zone only the incoming rider is in touch with the baton and at the end of the takeover zone only the outgoing rider is in touch with the baton. Riders may not throw the baton to make a pass and may not touch the ground with any part of their body while making a pass. If the baton is not handed over within the marked takeover zone, the team will be disqualified. Leaving of the lane within the takeover zone or when remounting does not result in disqualification as long as the riders do not obstruct, impede or interfere with another riders progress.
4. ~~Riders may remount if necessary, and must pick up the baton if it is dropped.~~ *If the baton is dropped, riders must pick it up.*

5. Mixed male/female teams may be used, and reasonable age groups may be used depending on the number of expected competitors of the event. Each relay team may have any mix of ages, the age of the oldest rider determines the age group.

2B.6.8 Other Wheel Size Races

1. The host can choose to offer additional track events based upon other wheel size requirements. Two examples include 700c racing and Unlimited. Exclusive of unicycle requirements, all other track racing rules apply.
 - 1.1 In the 700c wheel category, unicycle wheels must be larger than 618mm in diameter, have a maximum bead seat diameter (BSD) of 622 mm, and there are no restrictions on crank length.
 - 1.2 An unlimited race is one in which there are no unicycle size restrictions. Any size wheels, any length crank arms, giraffes or any types of unicycles (see definition in chapter ??) are allowed.