

1D.1 Definitions

[...]

Dismount: In the Track disciplines, a dismount is any time a rider's foot or other body part touches the ground.

[...]

2B.7.2.4 **Dismounts** *Remounting* and Assisting Racers

1. Except for the 800m, Relay races, and other races where this is announced in advance, *remounting after a dismount is not allowed.*
2. *In all races:*
 - 2.1 *in which remounting after a dismount is not allowed*, after a dismount the race may not be continued and will be considered as not finished (DNF - Did Not Finish).
 - 2.2 ~~In races where riders are allowed to remount and continue~~ *in which remounting after a dismount is allowed*, riders must immediately remount at the point where the unicycle comes to rest, without running. If a dismount puts the rider past the finish line, the rider must back up and ride across the line in control, in the normal direction. ~~In races where riders are allowed to remount, the r~~ Riders must mount the unicycle completely unassisted. Spectators or helpers may help the rider to ~~his or her~~ *their* feet and/or retrieve the dropped unicycle, but the rider (and the unicycle) may not have any physical contact with any outside object or person, including a starting block under the wheel, when mounting.