

## 2B.8 Technical Disciplines

~~In general, and as relevant, the rules above described for Track Racing Disciplines also apply to the Technical Disciplines below. These include, but are not limited to, rules describing false starts, lane use, dismounts, and sections such as “Riders Must Be Ready” and “Second Attempt After Hindrance or Interference.”~~

### 2B.8.1 IUF Slalom

Figure 2B.1: IUF Slalom Course

1. Pictured here is the IUF Slalom, in which you must ride around 10 cones in the correct pattern. ~~Remounting is not allowed.~~ *No remounting after a dismount is allowed.* Riders get two attempts.
2. The rider has to start directly behind the Start line. The Starter gives the opening, and then the ~~competitor~~*rider* has to start during the next 3 seconds. The timer is started when any defined point of the tire (for example the part that crosses a low light beam) crosses the start line, and stops when a similar point of the tire crosses the finish line. If the rider has not yet started after 3 seconds, the timer will start counting anyway. The rider is not disqualified for this. Time measurement at start and finish line must be identical to insure accurate time measurement. It must be secured that riders do not gain momentum before crossing the start line (no flying starts).
3. Cones may be hit, but not knocked over. The course must be followed correctly, including the direction of turns. Arrows marked on the ground should indicate the direction of the turns for riders unfamiliar with the course. The last cone must be completely circled before the rider's time is taken at the finish line. Riders who go the wrong way around a cone can go back and make the turn the correct way with the clock still running.
4. The cones used are plastic or similar material traffic cones. Cones must be between 45 and 60 cm tall and the base plate must fit in a square with side length 32 cm.  
**Note:** The cones should be stable enough to stay put even in a stiff wind.
5. The course must be set up accurately. The proper positions of the cones should be marked on the ground for a cone to be replaced quickly after it has been knocked over.

### 2B.8.2 Track Coasting

1. An event to determine which rider coasts the furthest distance. ~~Remounting is not allowed.~~ *No remounting after a dismount is allowed.* Riders get two attempts.
2. Crank arm rules do not apply.

3. There is a 30 meter speed-up distance. Riders' coasting distances are measured from a 'starting line' with a 5 meter minimum, which will be marked by a 'qualifying line.' The distance is measured to the rearmost part of the rider that touches the ground when dismounting, or to the tire contact point where the rider stops coasting. The farthest distance from the ~~line~~ 'starting line' wins.
4. If the rider does not cross the qualifying line it will count as ~~a failed~~ *an invalid* attempt. If a rider crosses the coasting line (tire contact point) not in coasting position, ~~he or she is disqualified in that~~ *it will count as an invalid* attempt.
5. The event should be held on a track or other very level, smooth surface that is as clean as possible. The track may be straight or curved.
6. Ample time must be allowed for all ~~competitors~~ *riders* to make some practice runs on the course before the official start.
7. Wind must be at a minimum for records to be set and broken.

### 2B.8.3 Track Gliding

1. *An event to determine which rider glides the furthest distance.* In Gliding, the balance has to be kept all the time by the braking action between one or both feet and the top of the tire. If, for example, the foot loses contact with the tire due to small bumps, the contact must be restored immediately. *No remounting after a dismount is allowed. Riders get two attempts.*
2. It is held on a track with the same rules as Track Coasting (~~see above~~) *paragraphs 2. to 9. (2B.8.2)*, with the addition that the riding surface must be dry.

### 2B.8.4 Downhill Gliding

1. A downhill race *in gliding* for speed. In Gliding, the balance has to be kept all the time by the braking action between one or both feet and the top of the tire. If, for example, the foot loses contact with the tire due to small bumps, the contact must be restored immediately. Riders start from a standstill, or speed up to the 'starting line' ~~Riders and~~ are timed over a measured distance to the finish line. *No remounting after a dismount is allowed. Riders get two attempts.*
2. *Crank arm rules do not apply.*
3. Helmets are mandatory.
4. *The timer is started when any defined point of the tire (for example the part that crosses a low light beam) crosses the start line, and stops when a similar point of the tire crosses the finish line.*
5. *In case of a dismount before the finish line, it will count as an invalid attempt. Dismounts before the finish line disqualify the rider in that attempt.*

## 2B.8.5 Slow Balance Forward

1. In Slow Balance Forward, the rider rides a distance of 10 meters in a continuous forward motion as slowly as possible without stopping, going backward, hopping or twisting more than 45 degrees to either side. Any age group with riders of 11 years or older must use a board of 15 cm wide. Any age group with no riders of 11 years or older must use a board of 30 cm wide at Unicon; in other conventions the host may choose to use either a 15 cm wide board or a 30 cm wide board for this age group. Tires may overlap the edges of the board, but if the tire contacts the ground next to the board, that would be the end of that attempt.
2. There are no crank arm length or wheel size restrictions for this event.
3. *The only required safety gear is shoes.* ~~Riders must wear shoes. No other safety gear is required.~~

### 2B.8.5.1 Timing

1. The position of the unicycle during Slow Balance is defined by the tire contact point.
2. In Slow Balance, the rider starts behind the starting line. On command by the starter, the rider has 10 seconds to start forward motion and let go off the starting post. The timer starts recording time when the tire contact point crosses the starting line. At this moment, the rider may not be in contact with the starting post anymore. Timers must watch the hands and the feet/wheel at the same time at that moment. The time stops when the tire contact point crosses the finish line.

### 2B.8.5.2 Optional Penalty Rules

1. At any bigger conventions where there is a large pool of judges (such as Unicon) it is recommended that the host uses a system wherein the judges may give penalties to riders who seem to make “micro-errors” or if the judges are in doubt whether an error was made. Examples of micro-errors are twisting about 46 or 48 degrees, or vibrations of the wheel. Each penalty subtracts one second from the ridden time. Using these penalty rules is especially discouraged for possible errors for which a reliable objective detection system is being used.
2. Riders are still disqualified for clear errors, such as riding off the board, dismounting or twisting 90 degrees.

### 2B.8.5.3 Age Group and Final Rounds

1. Age Group and Final rounds are always required.
2. **Age Group Round:**
  - 2.1 All riders must participate in the Age Groups. Riders get two attempts.
  - 2.2 The best 8 female and the best 8 male riders qualify for the finals.

2.3 For Unicon a minimum of 20 seconds is required to achieve a valid result. For any age group with no riders of 11 years or older the minimum time is 15 seconds. Riders who don't reach this threshold are automatically disqualified. If your net time after penalties brings you below the minimum time, you are also disqualified. For other competitions than Unicon, the host may adjust the threshold to a lower time or have no threshold at all.

### 3. Final Round:

3.1 The Judging team for the Finals must consist of a single group of people that watch every rider, or (insofar available) an accurate and reliable technical means to check adherence to the rules.

3.2 Riders get two attempts.

3.3 The champion is the rider who performs the best result in the final round.

## 2B.8.6 Slow Balance Backward

1. This is the same as Slow Balance Backward, with the following differences *in italic*:

1.1 Riders ride *backward*.

1.2 It is an error to ride *forward*.

1.3 Any age group with riders of 11 years or older must use a board of *30 cm* wide. Any age group with no riders of 11 years or older must use a board of *60 cm* wide at Unicon; in other conventions the host may choose to use either a *30 cm* wide board or a *60 cm* wide board for this age group.

1.4 For Unicon a minimum of *15 seconds* is required to achieve a valid result. For any age group with no riders of 11 years or older the minimum time is *10 seconds*.

## 2B.8.7 Stillstand

1. Stillstand is a competition in which the rider attempts to balance as long as possible ~~—The rider cannot hop or turn the tire more than 45 degrees, and must remain~~ on a 25 cm long, 10 cm wide, and 3 cm tall block of wood *without hopping or turning the tire more than 45 degrees. Riders get two attempts.*

2. The competition should take place indoors on a level surface.

3. The only required safety gear is shoes.

4. ~~Each participant has 2 attempts that~~ *The 2 attempts* can be done at any time during the time window set by the host. The host can decide to add to each of the 2 attempts a window up to 20 seconds, in which the ~~competitor~~ *rider* can start the number of tries needed.

5. The starting post is placed anywhere the ~~participant~~*rider* prefers. Time starts running when the ~~competitor~~*rider* lets go of the starting post. After time starts running, the starting post will be taken away. Time stops at the moment when the ~~participant~~*rider* rides off the board, dismounts, starts hopping or turns the tire more than 45 degrees.
6. There are no finals for the Stillstand competition. The overall results will be determined by the best results for males and females respectively.