

Regulation amendments applying on **01.01.25**

PART 8 INDOOR CYCLING – ARTISTIC CYCLING

CHAPTER II SPECIFIC RULES

§ 4 Way of stretch

Complement for single and pair artistic cycling

8.2.025

L-shape hold, scales and straddles

1. L-shape hold has to be performed with closed and horizontally stretched legs.
2. Scales have to be performed with closed and horizontally stretched legs. The legs and the upper part of the body have to build a straight line.
3. At straddles the stretched legs have to be in a horizontally position to the floor or at right angle to the bicycle. The opening angle of the straddle has to be at least 70°. **Exceptions: No 70 degrees required with free support balance legs spread.**

(text modified on 01.01.16; 01.01.20; 01.01.25)

CHAPTER III EXPLANATIONS OF FIGURES

§ 1 Single artistic cycling

8.3.001 Figures with both wheels on the floor

Reg. seat

Seat on the saddle, chest directed to the handlebar, feet on the pedals.

1002c: with continuous handlebarspinning, a complete single ring has to be performed free-hand.



1001
1002

Reg. seat rev.

Seat on the saddle, back directed to the handlebar, feet on the pedals.

1004e: with continuous handlebarspinning, a complete single ring has to be performed free-hand.



1003
1004

Steering with feet

Seat on the saddle, chest directed to the handlebar, feet on the handlebar.



1011

Lady seat

Seat on the saddle, chest directed to the handlebar, one foot on a pedal. The free leg stretched over the crossbar to the opposite side of the bicycle and below the handlebar, without touching the handlebar with the leg.



1012
1013

Handlebarseat

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



1016

Handlebarseat rev.

Seat on the handlebar, chest directed to the saddle, feet on the pedals.



1017

Split

Left foot standing on the left rear-pin, right foot standing on the right front-pin (or counterwise). Chest directed to the handlebar, without touching the handlebar with the leg.



1021
1022

Split rev.

Right foot standing on the left rear-pin, left foot standing on the right-frontpin (or counterwise). Chest directed to the saddle, without touching the handlebar with the leg.



1023
1024

Frontstand

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



1031

Backstand

Stand with one foot on the frontpin, handlebar in front of the rider, chest directed to the saddle. The free leg has to be stretched in moving direction, without touching the handlebar with the legs.



1032

Side pedal stand

Stand with feet and closed legs on one pedal, chest directed to the handlebar.



1036

Sidestand foot cranking

Stand with one foot on the left rear-pin, other foot on the left pedal (or counterwise), chest directed to the handlebar.



1037

Sidestand

Stand with one foot on the left rear-pin, other foot on the left front-pin (or counterwise), chest directed to the handlebar, without touching the handlebar with the leg.



1038

Sidestand rev.

Stand with one foot on the left rear-pin, other foot on the left front-pin (or counterwise), chest directed to the saddle, without touching the handlebar with the leg.



1039

Side kneeling foot cranking

Knee of one leg across the saddle, without extending the outer edge of the saddle. Foot of the other leg on a pedal.



1040

Frameseat

Pushing one foot through the frame and placing foot on the front-pin. Free leg stretched forward, seat in the frame.



1041

Stand on pins

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



1046

Stand bent on pin

Stand with one foot on the rear-pin, trunk bent-forward to the handlebar, free leg stretched backwards.



1047

1048

Bent knee seat

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



1051

Knee on saddle

Knee on the saddle, trunk bent-forward to the handlebar, free leg stretched backwards in straight line with trunk and head.



1053

1054

Stand bent on saddle

Stand with one foot on the saddle, trunk bent-forward to the handlebar, free leg stretched backwards.



1061

1062

Stand bent on frame

Stand with one foot on the crossbar, trunk bent-forward to the handlebar, free leg stretched backwards.



1063

1064

Stand bent on frame rev.

Stand with one foot on the crossbar, trunk bent-forward to the saddle, free leg stretched in moving direction.



1065

Stand bent on handlebar rev.

Stand with one foot on the handlebar, trunk bent-forward to the saddle, free leg stretched in moving direction, one hand on the saddle, other hand on the handlebar.



1066

Pedal side stand rev.

One leg through the frame, feet standing on the pedals, chest directed to the saddle.



1071

Framestand

Standing upright with one foot solely on the down tube, other foot solely on the saddle tube, chest directed to the handlebar. Without touching the feet each other and without touching the handlebar with the leg.



1076

Framestand rev.

Standing upright with one foot solely on the down tube, other foot solely on the saddle tube, chest directed to the saddle. Without touching the feet each other and without touching the handlebar with the leg.



1077

Fronthang

Both hands behind the back on the handlebar, frontwheel between the legs, feet on the pedals.



1081

1082

Backhang

In front of the headtube hanging on the handlebar, chest directed to the saddle, frame between the legs, feet on the pedals.



1083

1084

Lying on handlebar

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



1091

Lying on saddle, Lying on saddle and handlebar

a-b: Lying with front of on the saddle, closed legs stretched horizontally backwards.

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



1092

Waterscale

Lying with back of the body in a straight line on the handlebar, stretched legs or feet under (**a** and **b**), or on (**c** and **d**) the saddle.



1093

Walk on front wheel ¼ circle

Walking with feet on the front wheel tyre, both hands on the handlebar, chest directed to the saddle. The way of stretch for this figure has to be ¼ circle.



1096

Saddle handlebarstand

Stand free with one foot on the saddle and the other foot on the handlebar.

1101
1102**Saddlestand**

Stand free with feet on the saddle.



1103

Fronthandlebarstand, Fronthandlebarstand turn (T)

Stand free with feet on the handlebar-grips, back directed to the saddle.

From one turn a tactical enlargement of the fronthandlebarstand turn(s) is possible up to four half-turns in maximum.

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

i - l: From fronthandlebarstand with half or multiple front wheel turn(s) to the fronthandlebarstand or handlebarstand reverse. After the last turn, the end position has to be held for at least 2 metres.

m - p: The rider jumps from regular seat to the fronthandlebarstand; further according figure **i - l**.



1104

Handlebarstand rev.

Stand free with feet on the handlebar-grips, chest directed to the saddle.



1105

Saddle support scale

One hand on the saddle, elbow supporting the body, other hand on the handlebar (handlebar-grip may be used as support for the forearm). Head in moving direction, legs stretched backwards.



1111

Handlebar support scale

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



1112 a
1112 b
1112 c

Handlebar grip scale, legs front

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



1112 d
1112 e
1112 f
1112 g

Handlebar grip scale, legs rear

Both hands on the handlebar, elbows supporting the body. Head in moving direction, legs stretched above the saddle.



1112 h
1112 i
1112 j
1112 k

Free support balance one leg extended

The free support balance one leg extended must be performed for at least 2 seconds. Both hands on the handlebars. The arms are stretched. Upper body and one leg are stretched horizontally and form a straight line. The other leg is bent. The bike and the outstretched arms must not touch the bent leg.



1113a

Free support balance legs spread

The free support balance legs spread must be performed for at least 2 seconds. Both hands on the handlebars. The arms are stretched. The upper body and the stretched and spread legs are stretched horizontally in one line.



1113b

Free support balance closed legs

The free support balance closed legs must be performed for at least 2 seconds. Both hands on the handlebars. The arms are extended. The upper body and the outstretched, closed legs are horizontally in a line.



1113c

Handlebar L-shape hold

Arms stretched, hands placed on the handlebar-grips, legs stretched, back directed to the saddle.



1115

Handlebar L-shape hold rev.

Arms stretched, hands placed on the handlebar-grips, legs stretched, chest directed to the saddle.



1116

L-shape hold sideways

1117

Arms stretched, one hand placed on the saddle, other hand placed on the handlebar. Legs stretched, without leaning against the handlebar-grip with the forearm or wrist.

Handlebar support straddle, Saddle support straddle.

1118

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

c-d: Arms stretched, hands placed on the saddle. Legs stretched, straddled on the outside of the arms, without touching the handlebar.



Headstand

1121

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



Shoulderstand

1122

Shoulderstand with one shoulder on the saddle or crossbar, both hands on the handlebar. Legs closed and stretched straight upwards.



Saddle handlebar handstand

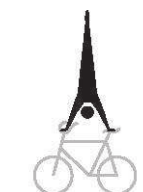
1123 a

Handstand with one hand on the handlebar and other hand on the saddle. Arms stretched, legs closed and stretched straight upwards, without leaning against the handlebar-grip with the forearm or wrist.

1123 b

1123 c

1123 d



L-shape hold sideways saddle handlebar handstand (T)

1123 e

1123 f

1123 g

1123 h

From L-shape hold sideways, which has to be performed for at least 2 metres, going directly to the handstand without touching the frame with foot/feet. The handstand has to be performed as described in **1123a-d**. The way of stretch HC., C., S or 8 starts in the position of the saddle handlebar handstand.

The tactical enlargement is possible for the kind of execution as Swiss saddle handlebar handstand which has to be performed as described in **1123i-l**.

The tactical enlargement is possible for the kind of execution as German saddle handlebar handstand which has to be performed as described in **1123m-p**.

L-shape hold sideways Swiss saddle handlebar handstand

1123 i
1123 j
1123 k
1123 l

From L-shape hold sideways, which has to be performed for at least 2 metres, going directly to the handstand with stretched legs over the frame but without touching the frame with foot/feet. After passing the frame, with stretched and straddled legs and stretched arms to the handstand, which has to be performed as described in **1123a-d**. The way of stretch HC., C., S or 8 starts in the position of the saddle handlebar handstand.

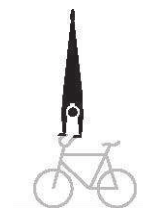
L-shape hold sideways German saddle handlebar handstand

1123 m
1123 n
1123 o
1123 p

From L-shape sideways, which has to be performed for at least 2 metres, going directly to the handstand with stretched legs over the frame without touching the frame or else with foot/feet. After passing the frame with stretched, closed legs and stretched arms to the handstand, which has to be performed as described in **1123a-d**. The way of stretch HC., C., S or 8 starts in the position of the saddle handlebar handstand.

Handlebar handstand

Handstand with both hands on the handlebar-grips. Arms stretched, legs closed and stretched straight upwards.



1124 a
1124 b
1124 c
1124 d

L-shape hold handlebar handstand (T)

1124 e
1124 f
1124 g
1124 h

From L-shape hold or L-shape hold rev., which has to be performed for at least 2 metres, going directly to the handstand without touching the handlebar and/or frame with foot/feet. The handstand has to be performed as described in **1124a-d**. The way of stretch HC., C., S or 8 starts in the position of the handlebar handstand.

The tactical enlargement is possible for the kind of execution as Swiss handlebar handstand, which has to be performed as described in **1124i-l**.

The tactical enlargement is possible for the kind of execution as German handlebar handstand, which has to be performed as described in **1124m-p**.

L-shape hold Swiss handlebar handstand

1124 i
1124 j
1124 k
1124 l

From L-shape hold or L-shape hold rev., which has to be performed for at least 2 metres, going directly to the 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 and stretched arms to the handstand, which has to be performed as described in **1124a-d**. The way of stretch

HC., C., S or 8 starts in the position of the handlebar handstand.

L-shape hold German handlebar handstand

From L-shape hold or L-shape hold rev., which has to be performed for at least 2 metres, going directly to the handstand with stretched legs over the handlebar without touching the handlebar or else with foot/feet. After passing the handlebar with stretched, closed legs and stretched arms to the handstand, which has to be performed as described in **1124a-d**. The way of stretch HC., C., S or 8 starts in the position of the handlebar handstand.

1124m

1124n

1124o

1124p

Handlebar support straddle handlebar handstand

From handlebar support straddle, which has to be performed for at least 2 metres, with stretched legs and stretched arms directly to the handstand, which has to be performed as described in **1124a-d**. The way of stretch of HC., C., S or 8 starts in the position of the handlebar handstand.

1124q

1124r

1124s

1124t

Stillstand on pedals, Stillstand pedal front wheel

a-b: Stand with feet, solely, on the pedals, back directed to the saddle. The stillstand has to be performed for at least 3 seconds.

c-d: Standing with one foot, solely, on a pedal, the other foot on the front wheel tyre, back directed to the saddle. The stillstand has to be performed for at least 3 seconds.



1141

(text modified on 01.01.12; 01.01.16; 01.01.17; 01.01.20; 01.01.25)

8.3.005

Final figures

A final figure can only be performed as last figure of the riding performance. The rider has to finish the figure standing on the competition surface (except for figure o and p), holding the bicycle in one hand. The other arm has to be stretched, horizontally sideways.

Reg. seat handlebar squat

From position regular seat squat over the handlebar with feet standing on the floor. During the jump, the handlebar has to be held with both hands.

1301 a

Side pedal stand squat over the bicycle

Feet on one pedal, squat over the frame with feet standing on the floor. During the jump the handlebar has to be held with both hands.

1301 b

- Reg. seat handlebar straddle** 1301 c
From position regular seat jump with straddled legs over the handlebar with feet standing on the floor. The handlebar has to be released during the jump.
- Reg. seat handlebar squat ½ twist** 1301 d
From position regular seat squat over the handlebar with a ½ twist with feet standing on the floor. The ½ 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 ½ twist.
- Handlebarseat rev. handlebar squat** 1301 e
From position handlebarseat reverse squat over the handlebar with feet standing on the floor. During the jump the handlebar has to be held with both hands.
- Handlebarseat rev. handlebar straddle** 1301 f
From position handlebarseat reverse jump with straddled legs over the handlebar with feet standing on the floor. The handlebar has to be released during the jump.
- Stand bent on saddle handstandloop** 1301 g
From position stand bent on saddle with handstandloop with feet standing on the floor in front of the handlebar. The handstand has to be performed with stretched arms, stretched and closed legs 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 around the body width axis the rider has to land on the floor.
- Reg. seat handstandloop** 1301 h
From position regular seat jump, without an intermediate position, with handstandloop to standing with feet on the floor in front of the handlebar. The handstand has to be performed with stretched arms, stretched and closed legs 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 rider has to land with feet on the floor.
- Fronthandlebarstand stretchjump behind the bicycle** 1301 i
From position fronthandlebarstand with stretchjump upwards, with complete stretched body and closed legs, to stand on the floor with feet behind the bicycle. At the highest position of the jump the arms have to be stretched vertically upwards.
- Fronthandlebarstand stretchjump ½ twist in front of the bicycle** 1301 j
From position fronthandlebarstand with stretchjump upwards, with complete stretched body and closed legs, and a ½ twist to stand on the floor with feet in front of the bicycle. At the highest position of the jump the arms have to be stretched vertically upwards.

Fronthandlebarstand straddlejump behind the bicycle 1301 k

From position fronthandlebarstand with straddle-jump, with straddled and horizontally stretched legs, to stand on the floor with feet behind the bicycle. At the stretched-straddled position the hands have to touch the feet.

Handlebarstand rev. stretchjump in front of the bicycle 1301 l

From position handlebarstand reverse with stretchjump upwards, with complete stretched body and closed legs, to stand on the floor with feet in front of the bicycle. At the highest position of the jump the arms have to be stretched vertically upwards.

Handlebarstand rev. stretchjump 1 twist in front of the bicycle 1301 m

From position handlebarstand reverse with stretchjump upwards, with complete stretched body and closed legs, and 1 twist, to stand on the floor with feet in front of the bicycle. At the highest position of the jump the arms have to be stretched vertically upwards.

Handlebarstand rev. somersault bw. hooked legs 1301 n

From position handlebarstand reverse somersault-jump backwards with hooked legs, to stand on the floor with feet in front of the bicycle.

Handstand bicycle lying down

Handstand, on the frame of the bicycle, which is lying on the floor, with stretched arms, legs closed and stretched straight upwards without leaning on the handlebar, saddle or pedal with the forearms or wrists. The handstand has to be performed for at least 3 seconds.



1301 o

L-shape hold swiss handstand bicycle lying down

From position L-shape hold performed on the frame of the the bicycle, which is lying-on the floor. The L-shape hold has to be shown for at least 3 seconds, then going to the handstand with stretched legs, without touching the bicycle with foot/feet. After passing the frame/bicycle, with stretched and straddled legs and stretched arms direct to the handstand, which has to be performed as described in **1301o**. The handstand has to be performed for at least 3 seconds.

1301 p

Fronthandlebarstand rev. somersault bw. hooked legs

From position fronthandlebarstand reverse somersault-jump backwards with hooked legs, to stand on the floor with feet behind the bicycle.

1301 q

(text modified on 01.01.16; 01.01.17; 01.01.25)

CHAPTER IV EVALUATION

§ 2 Evaluation of difficulty

Complement for single and pair

8.4.013 Body posture

1. Stretched legs: Deviations of stretched knees (that means straight line) of more than 20° have to be devalued: **100%**
2. Bendstands, backstand and knee on saddle: Deviations of the free leg more than 20° downwards in comparison with the prescribed straight line have to be devalued: **100%**
3. Bendstands and backstand: the foot of the free leg is lower than the foot of the supporting leg, it has to be devalued: **100%**
4. Waterscale **and free support balance**: Deviations of the upper part of the body more than 10° of the prescribed straight line have to be devalued: **100%**
5. Scales and **free support balance**: Deviations of the prescribed straight line from more than 10° have to be devalued: **100%**
6. L-shape holds and all other figures with a mandatory horizontally, stretched position of the leg(s):
 - a) Deviations of the position of the legs downwards in comparison with the prescribed position have to be devalued: **100%**
 - b) Deviations of the position of the legs more than 20° upwards in comparison with the prescribed position have to be devalued: **100%**
7. Straddles
 - a) Deviations of the position of the legs downwards in comparison with the prescribed position have to be devalued: **100%**
 - b) Deviations of the position of the legs more than 20° upwards in comparison with the prescribed position have to be devalued: **100%**
 - c) The angle of the straddle ("opening angle" of the legs) must have a minimum of 70°. Deviations have to be devalued: **100%**
8. **Free balance support: Deviation of the upper body leg line downwards from the prescribed position have to be devalued: 100%**

(text modified on 01.01.25)

Chapter V LIST OF FIGURES

§ 1 Single artistic cycling

8.5.002 Figures with both wheels on the floor

Figure No. / Name of figure	Point value
1001 a Reg. seat HC.	0,5
1001 b Reg. seat C.	0,7
1001 c Reg. seat frh. HC.	0,7
1001 d Reg. seat frh. C.	0,9
1002 a Reg. seat bw. HC.	2,1
1002 b Reg. seat bw. C.	2,3
1002 c Reg. seat bw. frh. handlebar spinning s.r.	3,0

Figure No. / Name of figure	Point value
1003 a Reg. seat rev. HC.	1,2
1003 b Reg. seat rev. C.	1,4
1004 a Reg. seat rev. bw. HC.	1,9
1004 b Reg. seat rev. bw. C.	2,1
1004 c Reg. seat rev. bw. S	2,8
1004 d Reg. seat rev. bw. 8	3,6
1004 e Reg. seat rev. bw. frh. handlebar spinning s.r.	3,6
1011 a Steering with feet HC.	0,7
1011 b Steering with feet C.	0,9
1011 c Steering with feet frh. HC.	0,9
1011 d Steering with feet frh. C.	1,1
1012 a Lady seat HC.	0,8
1012 b Lady seat C.	1,0
1012 c Lady seat frh. HC.	1,2
1012 d Lady seat frh. C.	1,4
1013 a Lady seat bw. HC.	2,5
1013 b Lady seat bw. C.	2,7
1016 a Handlebarseat HC.	1,8
1016 b Handlebarseat C.	2,0
1016 c Handlebarseat frh. HC.	2,0
1016 d Handlebarseat frh. C.	2,2
1016 e Handlebarseat frh. S	2,6
1016 f Handlebarseat frh. 8	3,4
1017 a Handlebarseat rev. HC.	1,2
1017 b Handlebarseat rev. C.	1,4
1017 c Handlebarseat rev. frh. HC.	1,4
1017 d Handlebarseat rev. frh. C.	1,6
1021 a Split HC.	0,9
1021 b Split C.	1,1
1021 c Split frh. HC.	1,1
1021 d Split frh. C.	1,3
1022 a Split bw. HC.	2,6
1022 b Split bw. C.	2,8
1023 a Split rev. HC.	1,3
1023 b Split rev. C.	1,5
1023 c Split rev. frh. HC.	1,5
1023 d Split rev. frh. C.	1,7
1024 a Split rev. bw. HC.	2,6
1024 b Split rev. bw. C.	2,8
1031 a Frontstand HC.	1,8
1031 b Frontstand C.	2,0

Figure No. / Name of figure	Point value
1031 c Frontstand frh. HC.	2,0
1031 d Frontstand frh. C.	2,2
1031 e Frontstand frh. S	2,6
1031 f Frontstand frh. 8	3,4
1032 a Backstand HC.	2,0
1032 b Backstand C.	2,2
1036 a Side pedal stand HC.	1,3
1036 b Side pedal stand C.	1,5
1037 a Sidestand foot cranking HC.	1,2
1037 b Sidestand foot cranking C.	1,4
1038 a Sidestand HC.	1,2
1038 b Sidestand C.	1,4
1038 c Sidestand frh. HC.	1,4
1038 d Sidestand frh. C.	1,6
1039 a Sidestand rev. HC.	1,6
1039 b Sidestand rev. C.	1,8
1039 c Sidestand rev. frh. HC.	1,8
1039 d Sidestand rev. frh. C.	2,0
1040 a Side kneeling foot cranking HC.	1,2
1040 b Side kneeling foot cranking C.	1,4
1041 a Frameseat HC.	1,3
1041 b Frameseat C.	1,5
1046 a Stand on pins HC.	1,3
1046 b Stand on pins C.	1,5
1046 c Stand on pins frh. HC.	2,1
1046 d Stand on pins frh. C.	2,3
1046 e Stand on pins frh. S	2,7
1047 a Stand bent on pin HC.	1,6
1047 b Stand bent on pin C.	1,8
1047 c Stand bent on pin frh. HC.	3,0
1047 d Stand bent on pin frh. C.	3,2
1048 a Stand bent on pin bw. HC.	3,0
1048 b Stand bent on pin bw. C.	3,2
1051 a Bent knee seat HC.	1,3
1051 b Bent knee seat C.	1,5
1053 a Knee on saddle HC.	1,9
1053 b Knee on saddle C.	2,1
1054 a Knee on saddle bw. HC.	3,8
1054 b Knee on saddle bw. C.	4,0

Figure No. / Name of figure	Point value
1061 a Stand bent on saddle HC.	1,7
1061 b Stand bent on saddle C.	1,9
1062 a Stand bent on saddle bw. HC.	3,4
1062 b Stand bent on saddle bw. C.	3,6
1063 a Stand bent on frame HC.	1,7
1063 b Stand bent on frame C.	1,9
1064 a Stand bent on frame bw. HC.	3,4
1064 b Stand bent on frame bw. C.	3,6
1065 a Stand bent on frame rev. HC.	2,1
1065 b Stand bent on frame rev. C.	2,3
1066 a Stand bent on handlebar rev. HC.	2,2
1066 b Stand bent on handlebar rev. C.	2,3
1071 a Pedal side stand rev. HC,	1,2
1071 b Pedal side stand rev. C.	1,4
1076 a Framestand HC.	1,1
1076 b Framestand C.	1,3
1076 c Framestand frh. HC.	2,5
1076 d Framestand frh. C.	2,7
1076 e Framestand frh. S	3,1
1077 a Framestand rev. frh. HC.	3,1
1077 b Framestand rev. frh. C.	3,3
1081 a Fronthang HC.	1,5
1081 b Fronthang C.	2,1
1082 a Fronthang bw. HC.	3,4
1083 a Backhang HC.	1,3
1083 b Backhang C.	1,5
1083 c Backhang frh. HC.	1,5
1083 d Backhang frh. C.	1,7
1084 a Backhang bw. HC.	2,4
1091 a Lying on handlebar HC.	2,1
1091 b Lying on handlebar C.	2,3
1092 a Lying on saddle HC.	1,3
1092 b Lying on saddle C.	1,5
1092 c Lying on saddle handlebar HC.	1,5
1092 d Lying on saddle handlebar C.	1,7
1093 a Waterscale under saddle HC.	1,6

Figure No. / Name of figure	Point value
1093 b Waterscale under saddle C.	1,8
1093 c Waterscale on saddle HC.	1,8
1093 d Waterscale on saddle C.	2,0
1096 a Walk on frontwheel $\frac{1}{4}$ circle	2,4
1101 a Saddle handlebarstand HC.	2,9
1101 b Saddle handlebarstand C.	3,1
1101 c Saddle handlebarstand S	3,6
1101 d Saddle handlebarstand 8	4,1
1102 a Saddle handlebarstand bw. HC.	6,5
1102 b Saddle handlebarstand bw. C.	6,9
1102 c Saddle handlebarstand bw. S	7,8
1102 d Saddle handlebarstand bw. 8	9,2
1103 a Saddlestand HC.	5,7
1103 b Saddlestand C.	6,1
1103 c Saddlestand S	6,5
1103 d Saddlestand 8	7,3
1104 a Fronthandlebarstand HC.	4,0
1104 b Fronthandlebarstand C.	4,2
1104 c Fronthandlebarstand S	4,7
1104 d Fronthandlebarstand 8	5,2
1104 e Fronthandlebarstand HC. out of reg. seat	4,6
1104 f Fronthandlebarstand C. out of reg. seat	4,8
1104 g Fronthandlebarstand S out of reg. seat	5,3
1104 h Fronthandlebarstand 8 out of reg. seat.	5,8
1104 i Fronthandlebarstand $\frac{1}{2}$ turn	5,1
1104 j Fronthandlebarstand 1 turn T (6,4 - 6,9 - 7,4 - 7,9)	5,9
1104 k Fronthandlebarstand $1\frac{1}{2}$ turn T (7,2 - 7,7 - 8,2 - 8,7)	6,7
1104 l Fronthandlebarstand 2 turns T (8,0 - 8,5 - 9,0 - 9,5)	7,5
1104 m Fronthandlebarstand $\frac{1}{2}$ turn out of reg. seat	5,7
1104 n Fronthandlebarstand 1 turn out of reg. seat T (7,0 - 7,5 - 8,0 - 8,5)	6,5
1104 o Fronthandlebarstand $1\frac{1}{2}$ turn out of reg. seat T (7,8 - 8,3 - 8,8 - 9,3)	7,3
1104 p Fronthandlebarstand 2 turns out of reg. seat T (8,6 - 9,1 - 9,6 - 10,1)	8,1

		Given			
Shown		1104i	1104j	1104k	1104l
		½	1	1 ½	2
	½	5,1			
	1		5,9		
	1½		6,4	6,7	
	2		6,9	7,2	7,5
	2½		7,4	7,7	8,0
	3		7,9	8,2	8,5
	3½			8,7	9,0
	4				9,5

		Given			
Shown		1104m	1104n	1104o	1104p
		½	1	1 ½	2
	½	5,7			
	1		6,5		
	1½		7,0	7,3	
	2		7,5	7,8	8,1
	2½		8,0	8,3	8,6
	3		8,5	8,8	9,1
	3½			9,3	9,6
	4				10,1

Figure No. / Name of figure	Point value
1105 a Handlebarstand rev. HC.	4,4
1105 b Handlebarstand rev. C.	4,6
1105 c Handlebarstand rev. S	5,1
1105 d Handlebarstand rev. 8	5,6
1111 a Saddle support scale HC.	2,5
1111 b Saddle support scale C.	3,1
1111 c Saddle support scale S	3,5
1111 d Saddle support scale 8	5,1
1112 a Handlebar support scale HC.	2,5
1112 b Handlebar support scale C.	3,1
1112 c Handlebar support scale S	3,5
1112 d Handlebar grip scale, legs front HC.	3,5
1112 e Handlebar grip scale, legs front C.	4,2
1112 f Handlebar grip scale, legs front S	4,6
1112 g Handlebar grip scale, legs front 8	6,4
1112 h Handlebar grip scale, legs rear HC.	4,1
1112 i Handlebar grip scale, legs rear C.	4,8
1112 j Handlebar grip scale, legs rear S	5,2
1112 k Handlebar grip scale, legs rear 8	7,0
1113 a Free support balance one leg extended (2 seconds)	6,0
1113 b Free support balance legs spread (2 seconds)	7,5
1113 c Free support balance closed legs (2 seconds)	9,0
1115 a Handlebar L-shape hold HC.	2,8
1115 b Handlebar L-shape hold C.	3,2
1115 c Handlebar L-shape hold S	3,6
1115 d Handlebar L-shape hold 8	4,8
1116 a Handlebar L-shape hold rev. HC.	3,2
1116 b Handlebar L-shape hold rev. C.	3,6
1116 c Handlebar L-shape hold rev. S	4,0
1116 d Handlebar L-shape hold rev. 8	5,2

Figure No. / Name of figure	Point value
1117 a L-shape hold sideways HC.	3,8
1117 b L-shape hold sideways C.	4,4
1117 c L-shape hold sideways bw. HC.	6,5
1117 d L-shape hold sideways bw. C.	7,1
1118 a Handlebar support straddle HC.	3,3
1118 b Handlebar support straddle C.	3,9
1118 c Saddle support straddle HC.	4,2
1118 d Saddle support straddle C.	4,8
1121 a Headstand HC.	4,4
1121 b Headstand C.	4,6
1122 a Shoulderstand HC.	4,2
1122 b Shoulderstand C.	4,4
1123 a Saddle handlebar handstand HC.	7,0
1123 b Saddle handlebar handstand C.	7,8
1123 c Saddle handlebar handstand S	8,6
1123 d Saddle handlebar handstand 8	10,2
1123 e L-shape hold sdw. saddle handlebar handstand HC. T (9,8 - 10,4)	8,6
1123 f L-shape hold sdw. saddle handlebar handstand C. T (10,6 - 11,2)	9,4
1123 g L-shape hold sdw. saddle handlebar handstand S T (11,4 - 12,0)	10,2
1123 h L-shape hold sdw. saddle handlebar handstand 8 T (13,0 - 13,6)	11,8
1123 i L-shape hold sdw. Swiss saddle handlebar handstand HC.	10,4
1123 j L-shape hold sdw. Swiss saddle handlebar handstand C.	11,2
1123 k L-shape hold sdw. Swiss saddle handlebar handstand S	12,0
1123 l L-shape hold sdw. Swiss saddle handlebar handstand 8	13,6
1123 m L-shape hold sdw. German saddle handlebar handstand HC.	11,0
1123 n L-shape hold sdw. German saddle handlebar handstand C.	11,8
1123 o L-shape hold sdw. German saddle handlebar handstand S.	12,6
1123 p L-shape hold sdw. German saddle handlebar handstand 8.	14,2

		Given			
Shown		1123e	1123f	1123g	1123h
	1123i	9,8			
	1123j		10,6		
	1123k			11,4	
	1123l				13,0
	1123m	10,4			
	1123n		11,2		
	1123o			12,0	
	1123p				13,6

Figure No. / Name of figure	Point value
1124 a Handlebar handstand HC.	7,2
1124 b Handlebar handstand C.	8,0
1124 c Handlebar handstand S	8,8

Figure No. / Name of figure	Point value
1124 d Handlebar handstand 8	10,4
1124 e L-shape hold handlebar handstand HC. T (10,0 - 10,6)	8,8
1124 f L-shape hold handlebar handstand C. T (10,8 - 11,4)	9,6
1124 g L-shape hold handlebar handstand S T (11,6 - 12,2)	10,4
1124 h L-shape hold handlebar handstand 8 T (13,2 – 13,8)	12,0
1124 i L-shape hold Swiss handlebar handstand HC.	10,6
1124 j L-shape hold Swiss handlebar handstand C.	11,4
1124 k L-shape hold Swiss handlebar handstand S	12,2
1124 l L-shape hold Swiss handlebar handstand 8	13,8
1124 m L-shape hold German handlebar handstand HC.	11,2
1124 n L-shape hold German handlebar handstand C.	12,0
1124 o L-shape hold German handlebar handstand S.	12,8
1124 p L-shape hold German handlebar handstand 8.	14,4
1124 q Handlebar support straddle handlebar handstand HC.	10,0
1124 r Handlebar support straddle handlebar handstand C.	10,8
1124 s Handlebar support straddle handlebar handstand S	11,6
1124 t Handlebar support straddle handlebar handstand 8	13,2

		Given			
Shown		1124e	1124f	1124g	1124h
	1124i	10,0			
	1124j		10,8		
	1124k			11,6	
	1124l				13,2
	1124m	10,6			
	1124n		11,4		
	1124o			12,2	
	1124p				13,8

Figure No. / Name of figure	Point value
1141 a Stillstand on pedals	1,0
1141 b Stillstand on pedals frh.	1,2
1141 c Stillstand pedal frontwheel	1,3
1141 d Stillstand pedal frontwheel frh.	1,5

(text modified on 01.01.12; 01.01.16; 01.01.20; 01.01.25)

8.5.006

Final figures

Figure No. / Name of figure	Point value
1301 a Reg. seat handlebar squat	1,4
1301 b Side pedal stand squat over the bicycle	1,9
1301 c Reg. seat handlebar straddle	3,5
1301 d Reg. seat handlebar squat ½ twist	2,5
1301 e Handlebarseat rev. handlebar squat	1,6
1301 f Handlebarseat rev. handlebar straddle	3,7
1301 g Stand bent on saddle handstandloop	9,1

Figure No. / Name of figure	Point value
1301 h Reg. seat handstandloop	10,2
1301 i Fronthandlebarstand stretchjump behind the bicycle	4,3
1301 j Fronthandlebarstand stretchjump ½ twist in front of the bicycle	5,1
1301 k Fronthandlebarstand straddlejump behind the bicycle	4,7
1301 l Handlebarstand rev. stretchjump in front of the bicycle	4,6
1301 m Handlebarstand rev. stretchjump 1 twist in front of the bicycle	6,2
1301 n Handlebarstand rev. somersault bw. hooked legs	11,1
1301 o Handstand bicycle lying down	4,1
1301 p L-shape hold Swiss handstand bicycle lying down	6,1
1301 q Fronthandlebarstand rev. somersault bw. Hooked legs	11,1

(text modified on 01.01.16; 01.01.25)

PART 8 INDOOR CYCLING - CYCLE BALL

Chapter VII TECHNICAL CONDITIONS

§ 2 Jury

8.7.002 ~~Cycle-ball competitions shall have a competition jury which consists of at least one commissaire, one time-keeper and a secretary. There can be several commissaires as well as linesmen. Linesmen must hold a commissaires license.~~ Cycle-ball competitions shall have at least two commissaires on the field acting with the same power, one time-keeper and a secretary.

(text modified on 01.01.25)

8.7.005 ~~The linesmen have the task of following the entire game. They sit on the elongated goal line diagonal opposite the coaching zone. (See match field plan). They shall inform the commissaire and make observations by raising their hand. The Commissaire and linesmen assure communication and use, if necessary, hand signs. The commissaire may consult the linesman.~~

[abrogated on 01.01.25]

8.7.006 The time-keeper is responsible for the length of both halves and should indicate the end of each half with a clearly audible whistle **or horn**. He shall stop the clock when determined by the commissaire. The time recorded by the time-keeper shall be definitive. He shall keep track of the time between the two halves and inform the commissaire after 1'45".

(text modified on 01.01.25)

§ 12 Age categories / Game time and additional playing time

8.7.045 A game of decision shall comprise only a single half (without changing ends). 1 x 7, 1 x 6 or 1 x 5 minutes as per normal game time. ~~The game of decision will start with a neutral ball.~~

(text modified on 01.01.25)

8.7.048 ~~If the finishing signal of the first half is given too early or too late, the second half shall be extended or shortened by the appropriate time to compensate.~~
In case of differences of opinion regarding the exact time remaining it shall always be the time keepers' time that is definitive. At half time and the end of the match it is the beginning of the timekeeper's signal which determines the end of play. Any goal scored during an accidental extension of play shall not be cancelled. If the end signal is given too early, the remaining match time shall be played after an

announcement of the remaining time. In case of a dispute concerning the time the commissaire shall decide after consulting the timekeeper.

[text modified on 01.01.25]

Chapter VIII GAME RULES

§ 1

General rules

8.8.005

Inside the match field or on the field boarding the ball may not be blocked ~~or played back and forwards~~ unless an opponent is obstructing.

If a player is not obstructed by an opponent and fails to continue the game after the commissaire gives a warning it shall be considered a breach of the rules.

(text modified on 01.01.25)