

**Request for adaption of UCI regulations
Part 8 Indoorcycling**

Content

Chapter VI

Table of exercises pair artistic cycling

3.Turns on spot on two bicycles

Extensions/adaptions

2211	b	Raiser Handlebarseat 2 turns T (6,8 - 7,3)	6,3
	c	Raiser Handlebarseat 3 turns T (7,8)	7,2
2212	b	Raiser Handlebarseat rev. 2 turns T (7,0 - 7,5)	6,5
	c	Raiser Handlebarseat rev. 3 turns T (8,1)	7,5
2213	b	Raiser Headtube 2 turns T (6,5 - 7,0)	6,0
	C	Raiser Headtube 3 turns T (7,6)	7,0
2214	b	Raiser Headtube rev. 2 turns T (7,0 - 7,5)	6,5
	c	Raiser Headtube rev. 3 turns T (8,1)	7,5
2215	b	Standraiser 2 turns T (7,4 - 7,9)	6,9
	c	Standraiser 3 turns T (8,4)	7,8
2216	b	Standraiser rev. 2 turns T (7,7 - 8,2)	7,2
	c	Standraiser rev. 3 turns T (8,7)	8,1

1.Exercises with both wheels on floor on two bicycles

Extentions

Existing numbers 2070 a - n : unchanged

2070	a	Fronthandlebarstand separat HC.		3,7
	aa	Fronthandlebarstand separat HC out of regular seat		4,5
	b	Fronthandlebarstand separat C.	3,9	
	ba	Fronthandlebarstand separat C out of regular seat		4,7
	c	Fronthandlebarstand HC		3,7
	ca	Fronthandlebarstand HC out of regular seat		4,5
	d	Fronthandlebarstand C.		3,9
	da	Fronthandlebarstand C out of regular seat		4,7
	e	Fronthandlebarstand s.r.		4,8
	ea	Fronthandlebarstand s.r. out of regular seat		5,6
	f	Fronthandlebarstand count. 8		5,4
	fa	Fronthandlebarstand count. 8 out of regular seat		6,2
	g	Fronthandlebarstand ½ turn		6,8
	ga	Fronthandlebarstand ½ turn out of regular seat		7,6
	h	Fronthandlebarstand 1 turn T (8,0 - 8,5 - 9,0 - 9,5)		7,5
	ha	Fronthandlebarstand 1 turn out of reg. seat T (8,8 - 9,3 - 9,8 - 10,3)		8,3
	l	Fronthandlebarstand 1½ turns T (8,8 - 9,3 - 9,8)		8,3
	ia	Fronthandlebarstand 1½ turns out of reg. seat T (9,6 - 10,1 - 10,6)		9,1
	j	Fronthandlebarstand 2 turns T (9,5 - 10,0)		9,0
	ja	Fronthandlebarstand 2 turns out of reg. seat T (10,3 - 10,8)		9,8
	k	Counter circle Fronthandlebarstand ½ turn		6,5
	ka	Counter circle Fronthandlebarstand ½ turn out of reg. seat		7,3
	l	Counter circle Fronthandlebarstand 1 turn T (7,7 - 8,2 - 8,7 - 9,2)		7,2
	la	Count. C Fronth.barstand 1 t. out of reg. seat T (8,5 - 9,0 - 9,5 - 10,0)		8,0
	m	Counter circle Fronthandlebarstand 1½ turns T (8,5 - 9,0 - 9,5)		8,0
	ma	Count. C Fronth.barstand 1½ t. out of regular seat T (9,3 - 9,8 - 10,3)		8,8
	n	Counter circle Fronthandlebarstand 2 turns T (9,2 - 9,7)		8,7
	na	Count. C Fronth. barstand 2 t. out of regular seat T (10,0 - 10,5)		9,5

Extension of existing matrixes (become 4 pieces)

Existing matrixes do not change

In new matrixes the word “performed” on left side (text 90 degrees turned like layout of existing matrixes)

on sheet

	2070ga	2070ha	2070ia	2070ja
½	7,6			
1	8,3			
1½	8,8	9,1		
2	9,3	9,6	9,8	
2½	9,8	10,1	10,3	
3	10,3	10,6	10,8	

on sheet

	2070ka	2070la	2070ma	2070na
½	7,3			
1	8,0			
1½	8,5	8,8		
2	9,0	9,3	9,5	
2½	9,5	9,8	10,0	
3	10,0	10,3	10,5	

Chapter VII

Explanations of exercises pair artistic cycling

1 Exercises with two wheels on floor on two bicycles

Extension of text at end of already existing texts.

2070: Fronthandlebarstand, Fronthandlebarstand turn T

aa-ea; ga-ja:

The participants jump from regular seat to fronthandlebarstand; further execution according exercise a-e; g-j

fa: Exercise starts with performing jump from regular seat (simultaneous by both participants) and followed with hand touch according the rules in Chapter II (3.2.5). Both actions are obliged at the start the exercise. Further execution according exercise f; k-n.

2070: k-n Counter circle fronthandlebarstand T

ka-na: Exercise starts with performing jump from regular seat (simultaneous by both participants) and followed with hand touch according the rules in Chapter II (3.2.6). Both actions are obliged at the start the exercise. Further execution according exercise k-n.

3.Turns on spot on two bicycles

Whole text at this rule have to be exchanged; new text:

2211-2216: Turns on spot T

The tactical extension of the turns on spot is possible from 2 turns up to 4 turns.

Execution according guidelines §2 "Turn on spot"

Chapter I

Preliminary notes

10 Judgement of difficulty valid for pair

Exchange rule 10.2;

New text:

10.2 Passages/out of regular seat

Passages and jumps out of regular seat on two bicycles which are not performed synchronously ; a participant starts with a passage/jump out of regular seat after the partner already reached the end position of that passage/jump out of regular seat, are to be devaluated with 50%

Exchange rule 10.4;

New text:

10.4 Turns on spot

Turns on spot have to be performed by each participant on a own spot with a maximum diameter of 50 cm. The participants are allowed to move the pedals forwards and backwards $\frac{1}{4}$ crankturn from the starting position.

Deviations, by one or more participant, have to be devaluated with: 50%

It is allowed to move the pedals in both directions $\frac{1}{4}$ turn more than once.