

Unicycling Society of America Flatland Levels 1-5

Testing for levels

- Anyone may be a level tester for levels 1 and 2, anything higher will require you to become a certified flatland level tester.
- You may switch unicycles or parts as long as your wheel size is no smaller than 19"
- You may only test for each level once per day. Should you pass, you may test for the next level in the same day.
- If the rider fails the attempted trick/combo and exceeds the number of faults allowed, they may still complete the level by landing enough of the remaining tricks.
- All tricks listed may begin in any seat orientation unless specified.
- Push-mushes are allowed between rolls in combos, but correction hops are not.
- Hop twists don't need to be perfectly 180° or 360° and are at the tester's discretion.
- In order for a trick to be considered 'landed', the rider must demonstrate control.

Faults allowed per level

Levels 1-4 / 1 fault per trick

Levels 5-7 / 2 faults per trick

Levels 8-10 / 3 faults per trick

Key:

/ = Land the combo in the order listed
OR = Complete one of the listed tricks

Level 1 (Choose 6 of 7)

- Jump mount
- Ride seat in front 10 meters
- Hop seat in front 15 times
- No footer
- Tire grab
- 180° hop twist
- Half rev

Level 2 (Choose 6 of 8)

- Suicide mount
- 180° unispin mount
- Hop on tire 5 times (can start/end on floor)
- Push-mush
- Leg wrap
- Aerial
- Footjam
- Rev

Level 3 (Choose 7 of 9)

- 180° unispin
- 90° unispin / hop on tire 10 times / 90° unispin
- Crankflip
- Rolling wrap
- Back roll
- 360° hop twist
- 180° rev
- 180° body varial
- Seat wrap

Level 4 (Choose 9 of 11)

- 360° unispin
- 270° unispin up
- Outspin OR Inspin
- 180° unispin / Rolling wrap OR Rolling wrap / 180° unispin
- Hick flip
- 180° crankflip
- Bay flip
- Rolling wrap / Backroll
- Back roll / Rolling wrap
- Varial roll OR Outside roll
- No push rolling wrap

Level 5 (Choose 11 of 14)

- 540° unispin
- 360° sidespin
- 270° unispin down
- 180° unispin on tire
- Trey flip
- Out flip OR In flip
- Double crankflip
- Backflip
- Backroll 1.5 flip
- Overflip OR Underflip
- Sex change
- Varial roll / Outside roll
- Inward backroll
- Scuff coast 1 rev minimum

Unicycling Society of America Flatland Levels 6-10

Level 6 (Choose 10 of 13)

- 360° unispin / rolling wrap OR rolling wrap / 360° unispin
- Trey side flip
- Hick double flip
- Hick overflip OR Hick underflip
- Rev flip
- Schultz walk 2 revs
- Inward varial roll
- Inward rolling wrap
- Back stepover roll
- Super roll / Back roll
- Varial roll / 360° unispin
- Roll combo with 4 unique rolls
- Side jump OR In to in side jump

Level 7 (Choose 12 of 15)

- 720° unispin
- 540° sidespin
- 450 unispin up or down
- 360° unispin on tire
- Out backside spin
- Fifth flip
- Trey double flip
- 360° unispin / Rolling wrap / 360° unispin
- Triple crankflip
- Double backflip
- Jump roll
- Back x- roll
- Back inward varial roll
- Scuff coast 3 revs minimum

Level 7 (continued)

- Forward scuff coast 2 revs minimum

Level 8 (Choose 10 of 13)

- 720° sidespin
- 540° secret sidespin
- In fifth flip
- Trey side double flip
- Hick triple flip
- Inward fullout backside spin OR flip
- Flip-underflip
- Side jump flip OR In to in side jump flip
- Mega side jump
- Back inward varial roll / Back x-roll
- Roll combo with 6 unique rolls
- Ludwig roll
- Josef coast 1 rev minimum

Level 9 (Choose 10 of 12)

- 900° unispin
- Seventh flip (Sej flip)
- Fifth double flip
- Trey triple flip
- Varial roll / 540° unispin
- Trey overflip OR Trey underflip
- Fullout backside spin OR flip
- Anti-side spin
- Quad crankflip
- Backroll 2.5 flip
- 3 x-roll combo
- Forward x-roll

Level 10 (Choose 10 of 13)

- 900° sidespin
- 540° on tire
- Treyside triple flip
- Hick quad flip
- Rolling wrap / 540° unispin
- Anti-side flip
- Triple backflip
- 180° flip-underflip
- Goodnight combo
- Forward x-rolling wrap OR Backward x-rolling wrap
- Wolfgang roll
- Josef coast 2 revs minimum
- Scuff coast 8 revs minimum

These levels can change!

In the event that these levels seem to fall out of date or need rebalancing, they can be updated by a group of no less than 3 expert level flatland riders within the USA. Each level will have a pass rate as close to 75-80% as possible. There will be no more than 15 available tricks per level at any time and no less than 10 with the exception of the first 3 levels. In the event that the levels change, riders who have passed levels that have changed will be grandfathered in.

Last updated 5/30/2019

USA Flatland Trick Definitions Levels 1-3

Level 1

Jump mount - Begin with your cranks parallel, both feet on the ground, the cycle upright, and your hand(s) on the seat. Jump with both feet leaving the ground at the same time and land on the seat in with both feet on the cranks or pedals.

Seat in front - Riding with the seat in front of your body while holding onto it with one, or both hands. The seat may rest against your body, but not underneath.

Seat in front hopping - Jumping with both feet on either the cranks or on the pedals while holding onto the seat with your hand(s). The seat may rest against your body, but not underneath.

No footer - Jump into the air with both of your feet leaving the pedals while the tire remains on the ground.

Tire grab - Jump into the air with the seat underneath you and both feet on the pedals, then touch the tire with your hand.

180° hop twist - Jump into the air and twist your body 180° with both of your feet remaining on the pedals.

Half rev - Jump into the air and rotate the cranks half of a revolution forward with both feet remaining on the pedals.

Level 2

Suicide mount - Begin with your cranks parallel, your cycle upright, and with both feet on the ground. Jump with both feet leaving the ground at the same time, and land with both feet on the cranks or pedals. You are not allowed to touch the seat from when you jump until you land on the seat and pedals or cranks.

180° unispin mount - Begin with your cranks parallel, and with both feet on the ground. Jump into the air and spin the unicycle 180° (generally towards your front foot), and land with both feet on the pedals or cranks. You may not begin to spin the unicycle before you jump.

Hop on tire - Begin with the unicycle turned 90° either direction. Place one foot on the wheel against the crown. Then bring the other foot onto the wheel and against the opposite side of the crown and begin jumping. You can also just jump onto the wheel both feet at the same time.

Push-mush - While hopping on your cranks seat in front, bring your back foot behind the seat and in between your front foot and the seat. Place your foot on the tire in front of the crown, and push it half of a revolution forward. Then bring the same foot back

Push-mush (continued) between the seat and your tire and place your foot behind the crown and push the tire half of a revolution backward. Then return your foot to the crank or pedal.

Leg wrap - While hopping on your cranks seat in front, move your back foot behind the seat and in between your front foot and the seat. Complete the leg wrap by bringing your foot in front of the seat, then return it to the crank.

Aerial - Jump into the air with both of your feet leaving the pedals with your tire also leaving the ground.

Footjam - Place one of your feet on the tire against the crown with the other foot not touching the pedals or crank. There are many different ways to complete this trick.

Rev - Jump into the air and rotate the cranks one revolution forward with both feet remaining on the pedals.

Level 3

180° unispin - While jumping seat in front either on cranks or pedals, jump into the air and spin the unicycle 180° and return your feet to the pedals/cranks (typically turn the unicycle clockwise if you hop right foot in front, or counterclockwise if you hop left foot in front).

USA Flatland Trick Definitions Levels 3-4

Crankflip - While riding, jump into the air and force the cranks to move one revolution forwards with both feet leaving the pedals. Land with both feet on the pedals or cranks.

Rolling wrap - While hopping on cranks seat in front, remove your back foot from the crank and move it behind the seat, then bring it between your front foot and the seat. Place your foot on the tire, near the crown, and push it half of a revolution forward. Next, place that same foot back onto the crank and the seat should now be behind you. Now remove your other foot from the crank and use the momentum from the first push to continue another half revolution. While in motion, bring your foot between your leg and the seat and return it to the crank or pedal.

Back roll - While hopping on cranks, remove your front foot from the crank and place it behind the crown on the tire. Push the tire half of a revolution backward. Then bring your foot back to the top against the crown on the tire, and push another half revolution. While in motion, jump with your back foot over the crank and return both feet to cranks or pedals.

180° rev - A 180° rev is a combination of a 180° hop twist and a rev.

180° body varial - Typically while riding, jump off of your unicycle with both feet leaving the pedals, and twist your body 180° while leaving the unicycle in place. Land with both feet on either pedals or cranks.

Seat wrap - While hopping seat in front with both feet on cranks, remove your back foot and wrap the seat around the outside of that leg until it is directly behind you. Place your foot back onto the crank and grab the seat from behind you with the opposite hand and remove your other foot from the crank. Wrap the seat around the front of your leg. You should now be seat in front with both feet on pedals/cranks.

Level 4

Outspin - An outspin is a 180° unispin that begins seat in and ends seat out

Inspin - An Inspin is a 180° unispin that begins seat out and ends seat in.

180° unispin / Rolling wrap - 180° unispin to rolling wrap with only your front foot landing on the crank after the 180° unispin. The other foot may touch the tire but not the pedals or cranks.

Rolling wrap / 180° unispin - You must jump off of only your back foot after the rolling wrap, your front foot cannot return to the pedals or cranks to help with the 180° unispin.

Hick flip - A hick flip is a crankflip and a 180° unispin happening simultaneously.

180° crankflip - A 180° crankflip is a crankflip and a 180° hop twist happening simultaneously.

Bay flip - While riding seat in with one hand on the front of the seat, and one hand on the back of the seat, jump and place one foot on the tire in front and one in back (typically the back foot is on the back of the tire). Next jump into the air while applying pressure with your front foot and force the wheel to flip 1 time. Land seat in with both feet on pedals/cranks.

Rolling wrap / Back roll - You cannot place your foot back onto the crank after the rolling wrap.

Back roll / Rolling wrap - You can only land with your front foot on the crank after the back roll. Your other foot is allowed to touch the wheel for stability, but not the crank/pedal.

Varial roll - Begin by hopping seat in front on your cranks. Bring your back foot behind the seat and in between your leg and the seat. Place your foot on the tire and push the tire half a revolution forwards. Then twist your foot 180° and place it on the crank. Swing your other foot behind you and use the momentum to finish the roll.

USA Flatland Trick Definitions Levels 4-6

Outside roll - Start with what is usually your back foot on the outside of the front crank. Push the tire half a revolution forward with the other foot, then another half revolution.

No push rolling wrap - A rolling wrap in which your feet do not touch the wheel at any point. You instead move the unicycle using your weight on the cranks.

Level 5

360° sidespin - Spin the unicycle 360° around, typically, your front leg.

270° unispin down - While hopping on tire, spin the unicycle 270° and land on the pedals or cranks.

Trey flip - A trey flip is a 360° unispin and a crankflip happening simultaneously.

Out flip - An out flip is a hick flip that begins seat in and ends seat out.

In flip - An in flip is a hick flip that starts seat out and ends seat in.

Backflip - While riding, jump into the air and force the cranks to flip one revolution backward with both feet leaving the pedals.

Backroll 1.5 flip - Get into backroll position (front foot on the wheel, back foot on the crank, and both hands on the seat in front of you). Begin a backroll, except when you push the wheel a second time, apply a lot of

pressure to the wheel and flip the wheel 1.5 revolutions in the air. Land with both feet on cranks/pedals seat in front or seat in.

Overflip or Underflip - While riding seat in, grab the handle with your dominant hand. Jump into the air with both feet leaving the pedals. Then pull up on the handle while kicking down with only one foot. Kick down with your front foot for an overflip, or your back foot for an underflip. Land back on the crank/pedals seat in.

Sex change - A sex change is a 180° body varial and a crankflip happening simultaneously.

Inward back roll - Similar to a back roll but during the second push, spin the unicycle 180° into your front foot.

Scuff coast - Place one of your feet on the frame (right foot on right side of the frame, left foot on left [preferably the foot that is in back when you hop]). Grip the seat with both hands however is comfortable, and place the other foot on the wheel against the back of the frame. Then push the wheel backward with your foot, and extend your leg to balance. Your foot may not touch the wheel after the initial push. You must coast for a minimum of 1 revolution, and can be more.

Level 6

360° unispin / rolling wrap - Your back foot may not touch the crank or pedal after the spin. It may touch the tire for stability.

Rolling wrap / 360° unispin - Your front foot may not return to the crank or pedal to help with the 360° unispin.

Trey side flip - A trey side flip is a 360° sidespin with a crankflip.

Hick overflip - Start with a 180° unispin, then kick the front pedal to make the cranks flip 1 revolution forwards.

Hick underflip - Start with a 180° unispin, then kick the back pedal to make the cranks flip 1 revolution backward.

Rev flip - A rev immediately followed by a crankflip in one motion in the air.

Schultz walk - Consecutive no push rolling wraps while the seat remains behind your back (2 revs required).

Inward varial roll - Similar to a varial roll except you bring your leg behind and over the seat instead of in front and around after you push the tire.

Inward rolling wrap - Similar to a rolling wrap, with the seat position inverted (Ex. start seat in back instead of in front, move the seat counterclockwise instead of clockwise).

USA Flatland Trick Definitions Levels 6-8

Back stepover roll - Similar to a back roll, but during the second push, plant your foot between the tire and the crown, and bring your other foot over the top of the seat onto the opposite crank.

Super roll / Back roll - A super roll is a leg wrap, rolling wrap, leg wrap.

Roll combo with 4 unique rolls - Rolls may be repeated throughout the combo but must have 4 unique rolls. The rolls do not have to be listed in these levels.

Side jump - Typically riding with your seat in front and backward, jump off of the pedals and wrap your leg around your seat in the air. Then land seat in with both feet on pedals or cranks.

In to in side jump - Similar to a side jump except you start and end with the seat in.

Level 7

Out backside spin - Start riding seat in, then start a 180° unispin that wraps behind one of your legs, and land seat in front.

Fifth flip - A fifth flip is a 540° unispin and a crankflip happening simultaneously.

Jump roll - Start by hopping on cranks seat in front. Push the wheel forward a half rev, then another half rev. During the second push, jump over the crank.

Back x-roll - Start with your front foot on your back crank. Use your other foot to push the tire backward half of a revolution, then

Back x-roll (continued) bring your foot over the top of the seat onto the opposite crank.

Back inward varial roll - Start in back roll position. After the first push, bring the foot you push with behind the seat, and place it on the crank. Both feet should be facing opposite directions. Then use your momentum to roll the cycle half a revolution and finish the roll.

Forward scuff coast - Begin riding seat in front with both hands on the seat comfortably. When comfortable, jump from the pedals and place your foot onto the frame (right foot on the right side, left foot on the left side) and extend your other leg for balance. Your foot may not touch the wheel. You must coast for a minimum of 3 revs.

Level 8

540° secret sidespin - Jump into the air and spin the unicycle 360° around the side of your leg (typically into your front foot). When the seat has reached 360°, grab the seat with the opposite hand and pull it 180° around your other leg and in front of you. The unicycle should spin 540°, and you should land seat in front with both feet on the cranks/pedals. The seat should be under your legs, not behind your back.

In fifth flip - An in fifth is a fifth flip starting seat backward, and ending with the seat underneath you.

Inward fullout backside spin/flip - Begin riding seat in. If you are spinning around your right leg, place your left hand on the handle, and right hand on the handle if you are spinning to the left (this trick is generally easier into your back foot). Assuming you ride left foot forward, jump into the air and push the seat out behind you with your left hand, while you are twisting your body 180° to the right, then reach behind you with your right hand and pull the seat around your right leg so that you land seat in with the handle in front of you. Some people find that a fullout backside flip (fobf) is easier than a fullout backside spin (fobs). You may choose either one.

Flip-underflip - Begin with a crankflip, but while the cranks are finishing the flip, kick the back pedal and force it to flip 1 revolution backward.

Side jump flip - a side jump flip is a side jump and a crankflip happening simultaneously.

In to in side jump flip - an in to in side jump flip is a side jump flip that starts and ends seat in.

USA Flatland Trick Definitions Levels 8-10

Mega side jump - Typically done after a varial roll, wrap what is normally your front foot around the seat (clockwise if left foot forward, or counterclockwise if right foot forward) and simultaneously jump off the crank and return both feet to the cranks/pedals. Both feet must be in the air while the wrap is beginning and ending.

Ludwig roll - Start in the outside roll position. After the first push, move the pushing foot behind your front leg on the crank and over the top of the wheel, then place it on the opposite crank. Use your momentum to finish the roll.

Josef coast - Place one of your feet on the outside of the frame (left foot on right-hand side, or right foot on left-hand side), then apply pressure to the crank or pedal with your other foot, and coast for a minimum of one revolution.

Level 9

Trey overflip - Start with a 360° unispin, then kick the front pedal to flip the cranks one revolution forwards.

Trey underflip - Start with a 360° unispin, then kick the back pedal to flip the cranks one revolution backward.

Fullout backside spin/flip - A fullout backside spin or flip starts with the seat under you. Jump into the air and push the

Fullout backside spin/flip (continued)
seat behind you and wrap the seat 360° around, typically, your back leg.

Anti-sidespin - Spin the unicycle 180° the opposite direction you normally would for a sidespin. Ex. an anti-sidespin that spins left will go around your right leg.

3 x-roll combo - 3 x-rolls in the same combo. An x-roll must have one foot start on the opposite side of the crank and have the other foot end on the opposite crank as well. The x-rolls do not need to happen back to back, other rolls may be in between but it must be in the same combo. Ex. Ludwig roll or back x-roll but not back inward varial roll or back stepover roll.

Forward x-roll - Start in the outside roll position. After the first push, move your pushing foot over the seat and place it on the crank. Use momentum to finish your roll.

Level 10

Goodnight combo - A goodnight combo is a 360° unispin / rolling wrap / back stepover / varial roll / rolling wrap / back inward varial roll / back x-roll / 360° unispin / inward varial roll / 540° unispin.

Forward x-rolling wrap - Start in outside roll position. Push the unicycle a half revolution forward, then bring your foot over the tire in front of your leg and place it on the crank and roll half a rev forwards.

Backward x-rolling wrap - Get into back x-roll position. Push the unicycle half a revolution backward, then bring that foot over the front of the wheel and onto the other crank. Finish the roll by rolling half a revolution backward.

Wolfgang roll - This roll is very similar to a forward x-roll except the pushing foot goes behind the wheel instead of over the seat.

Were any of these definitions confusing?

Well, good news! There are videos on the Unicycling Society of America's YouTube channel showing all of the tricks listed in these levels!

