Trials Skill Levels 5-Aug-11

Basic Testing Rules

* Testers

- * Fully certified testers can test skills in all ten levels
- * Other skill level testers can only test riders one level below their level
- * A fully certified tester needs to go through the testing requirements with other testers
- * A tester needs to be at least age 12

* Levels can be passed by either of these two methods:

- 1. Rider must perform all skills (regardless if they have skills that have been passed using method #2) in the level at the first attempt except for three skills maximum which must be performed at the second attempt. Only one mistake for skill and maximum of 3 per level.
- 2. The rider can do the level one skill at a time (over as many days as they need) but if they do it that way, then they have to do the skill 2 out of 3 times, or another way to say it, they have three tries and need to complete it twice. Once they have all the skills signed off then the level is completed. The advantage of this is the rider can focus on a skill to accomplish and can go toward the street, jumping, or skinny skills. Having them do it 2 out of 3 tries makes sure it wasn't just luck.

* For method #1:

- 1. All preceding levels must be passed prior to testing for a higher skill level.
- 2. All skills within a level must be performed within 1 hour of the beginning of the test.

* For method #2:

- 1. In method #2, there could be a situation where a higher skill level is completed before a lower skill level. The rider's skill level is the highest skill level without any gaps. For example, if skill level 1, 2 and 4 have been passed, the rider would still be level 2 until level 3 has been completed.
- 2. When the rider passes a skill, the date and tester name is noted next to that skill level.
- 3. The time limit for testing all three attempts of a skill is 30 minutes

* For method #1 and #2:

- 1. All skills (except mounts) must begin and end with the rider sitting on the seat, feet on the pedals, and riding on the ground in control for at least 3 revolutions (complete cycles of the wheel).
- 2. Skills in each level can be performed in any order.
- 3. Rider cannot use any external aids during any part of the test. These include walls and other people.
- 4. The rider can switch unicycles during testing.
- 5. During the test, the rider may not practice any skills for that level. (They should not be allowed on their unicycle unless they are definitely testing!)
- 6. Riders may only test once per day. For method #1 the rider can test until failing on a level. For method #2 if the rider's fails on a skill, the rider can not test on that skill for the remainder of the day but can test on another skill. Exceptions made for special situations.
- 7. In seat out figures, the seat may touch the rider's body but no weight may rest upon it. The seat may be held with 1 or 2 hands.
- 8. During hopping, the seat may be held with one, two, or no hands.
- 9. One idle is a complete back and forth motion of the wheel.
- 10. When riding a skinny the rider must ride the whole skinny. For some of the skinnies the rider will need to hop up before starting to ride, in those cases the rider must hop and land on the skinny no more than 3 inches from the starting end.
- 11. Pedal and Crank grab unless noted, when performing the pedal grab the clearance between the bottom of the wheel and ground should be at least 2 inches
- 12. Turning to the left or right in a 1 meter circle (3 feet circle) Inside the circle the rider may ride, hop, twist, or idle; as long as they complete the required turning amount.
- 13. Grandfather clause. If a level or skill has been passed and the level or skill is modified at a later date the rider does not need to retest that level or skill.

8/5/11 Trials Skill L

* Levels can be passed by either of these two methods:

- 1. Rider must perform all skills (regardless if they have skills that have been passed using method #2) in the level at the first attempt except for three skills maximum which must be performed at the second attempt. Only one mistake for skill and maximum of 3 per level.
- 2. The rider can do the level one skill at a time (over as many days as they need) but if they do it that way, then they have to do the skill 2 out of 3 times, or another way to say it, they have three tries and need to complete it twice. Once they have all the skills signed off then the level is completed. The advantage of this is the rider can focus on a skill to accomplish and can go toward the street, jumping, or skinny skills. Having them do it 2 out of 3 tries makes sure it wasn't just luck.

* For method #1:

- 1. All preceding levels must be passed prior to testing for a higher skill level.
- 2. All skills within a level must be performed within 1 hour of the beginning of the test.

* For method #2:

- 1. In method #2, there could be a situation where a higher skill level is completed before a lower skill level. The rider's skill level is the highest skill level without any gaps. For example, if skill level 1, 2 and 4 have been passed, the rider would still be level 2 until level 3 has been completed.
- 2. When the rider passes a skill, the date and tester name is noted next to that skill level.
- 3. The time limit for testing all three attempts of a skill is 30 minutes

	LEVEL 1
	mount unicycle unassisted
	ride 50 meters (on 20" unicycle it is 35 revolutions)
	dismount gracefully with unicycle in front

LEVEL 2
hop 2 times (ride in and out)
ride over 1X4
ride a figure eight (no size restriction)
ride down curb or 4X4
make a 90 degree turn to the left inside a 1 meter circle (3 feet circle)
make a 90 degree turn to the right inside a 1 meter circle (3 feet circle)

LEVEL 3
mount with left foot
mount with right foot
come to a stop, pedal half a revolution backward and continue forward
make a 180 degree turn to the left within a 1 meter circle (3 feet circle)
make a 180 degree turn to the right within a 1 meter circle (3 feet circle)
hop 5 times
ride/hop over 1 2X4
jump/ride down a 1 foot drop
skinny - ride 1 foot on wide side of 2X4

LEVEL 4
jump mount
rolling mount
hop 20 times left foot back
hop 20 times right foot back
hop-twist 90 degrees, minimum of 90° and less than 135°
idle 5 times
hop 5 times seat in front
make a 360 degree turn to the left inside a 1 meter circle (3 feet circle)
make a 360 degree turn to the right inside a 1 meter circle (3 feet circle)
high jump - hop over 2 2X4, stacked up, freestanding, can't knock over
jump down a 2 foot drop
skinny - ride 3 feet on wide side of 2X4
crank grab - jump up, crank grab, jump off and ride away

LEVEL 5
jump mount to seat in front
ride with seat out in front for 10 meters
ride backward 10 meters
idle with left foot down 25 times
idle with right foot down 25 times
hop 20 times seat in front, left foot back
hop 20 times seat in front, right foot back
hop standing on wheel 5 times, don't need to ride in and out
hop-twist 90 degrees to the left, minimum of 90° and less than 135°
hop-twist 90 degrees to the right, minimum of 90° and less than 135°
high jump - hop over 3 2X4, stacked up, freestanding, can't knock over. Seat in
high jump - hop over 3 2X4, stacked up, freestanding, can't knock over. Seat in front
long jump - hop over 3 2X4, side by side, can't touch boards on start or landing. Seat in
long jump - hop over 3 2X4, side by side, can't touch boards on start or landing. Seat in front
platform jump - jump up 6 inches to platform, can jump any way
jump down a 2.5 foot drop
skinny - ride 6 feet on wide side of 2X4
skinny - ride 1 foot on narrow side of 2X4, need to jump/ride up to 2X4
pedal grab - jump up, pedal grab, jump off and ride away
stillstand - stillstand on ground for 3 seconds

LEVEL 6
mount on the wide side of 2X4, 1 foot off the ground, ride at least 4 feet on skinny, no hopping
high jump - hop over 5 2X4, stacked up, freestanding, can't knock over. Seat in
high jump - hop over 5 2X4, stacked up, freestanding, can't knock over. Seat in front
long jump - hop over 5 2X4, side by side, can't touch boards on start or landing. Seat in
long jump - hop over 5 2X4, side by side, can't touch boards on start or landing. Seat in front
platform jump - jump up 1 foot to platform, can jump any way
jump down a 3 foot drop
skinny - 3 feet on narrow side of 2X4, need to jump or ride up to 2X4
hop-twist 180 degrees, minimum of 180° and less than 225°
crank grab - crank grab to rubber - jump up, crank grab, hop up to rubber
stillstand - stillstand on ground for 5 seconds

LEVEL 7
mount on the narrow edge of 2X4, 1 foot off the ground, ride at least 4 feet on skinny, no hopping
high jump - hop over 7 2X4, stacked up, freestanding, can't knock over. Seat in
high jump - hop over 7 2X4, stacked up, freestanding, can't knock over. Seat in front
long jump - hop over 7 2X4, side by side, can't touch boards on start or landing. Seat in
long jump - hop over 7 2X4, side by side, can't touch boards on start or landing. Seat in front
platform jump - jump up 1.5 feet to platform, can jump any way
jump down a 3.5 foot drop
hop-twist 180 degrees to the left, minimum of 180° and less than 225°
hop-twist 180 degrees to the right, minimum of 180° and less than 225°
skinny - 6 feet on narrow side of 2X4, need to jump/ride up to 2X4
skinny - jump up 1 foot to skinny, ride 4 feet on wide side of 2X4
skinny/gap - 4X4 6 feet long, in the middle gap 2 foot to parallel 4X4 and finish distance
pedal grab - pedal grab to rubber - jump up, pedal grab, hop up to rubber
stillstand - on wide side of 2X4, 1 foot off the ground, stillstand for 5 seconds

LEVEL 8
high jump - hop over 10 2X4, stacked up, freestanding, can't knock over. Seat in
high jump - hop over 10 2X4, stacked up, freestanding, can't knock over. Seat in front
long jump - hop over 10 2X4, side by side, can't touch boards on start or landing. Seat in
long jump - hop over 10 2X4, side by side, can't touch boards on start or landing. Seat in front
platform jump - jump up 1.5 feet to platform, rubber to rubber (no crank or pedal grab)
jump down a 4 foot drop
hop-twist 180 degrees, minimum of 180° and less than 225° on the wide side of a 2X4, 1 foot off the ground
hop-twist 270 degrees, minimum of 270° and less than 315°
skinny - jump up 1 foot to skinny, ride 4 feet on narrow edge of 2X4
skinny/gap - 4X4 6 feet long, in the middle gap 2 feet to parallel 4X4 and finish distance, 1 foot off the ground
skinny/gap - 2X4 6 feet long on narrow edge, in the middle gap 2 foot to parallel 2X4 and finish distance
pedal or crank grab - pedal/crank grab up to 2 foot platform, hop up to rubber
stillstand - on wide side of 2X4, 2 foot off the ground, stillstand for 5 seconds

LEVEL 9
high jump - hop over a 1.5 foot high obstacle, freestanding, can't knock over. Seat in
high jump - hop over a 2 foot high obstacle, freestanding, can't knock over. Seat in front
long jump - hop over a 3.5 foot long obstacle, can't touch boards on start or landing. Seat in
long jump - hop over a 3.5 foot long obstacle, side by side, can't touch boards on start or landing. Seat in from
platform jump - jump up 2.5 feet to platform, rubber to rubber (no crank or pedal grab)
jump down a 4.5 foot drop
hop-twist 180 degrees, minimum of 180° and less than 225° on the narrow edge of a 2X4, 1 foot off the grou
hop-twist 270 degrees, minimum of 270° and less than 315°
skinny - jump up 1 foot to pipe (size of hand rail), ride at least 4 feet
skinny/gap - 4X4 6 feet long, in the middle gap 3 foot to parallel 4X4 and finish distance, 1 foot off the ground
skinny/gap - 2X4 6 feet long on edge, in the middle gap 2 feet to parallel 2X4 and finish distance, 1 foot high
pedal or crank grab - pedal/crank grab up to 3 foot platform, hop up to rubber
pedal/crank grab/skinny - using wide side of 2X4, pedal grab up to rubber, ride at least 2 feet, 2 feet high
stillstand - on narrow edge of 2X4, 1 foot off the ground, stillstand for 5 seconds

LEVEL 10
high jump - hop over a 2 foot high obstacle, freestanding, can't knock over. Seat in
high jump - hop over a 3 foot high obstacle, freestanding, can't knock over. Seat in front
long jump - hop over a 4 foot long obstacle, can't touch boards on start or landing. Seat in
long jump - hop over a 4 foot long obstacle, side by side, can't touch boards on start or landing. Seat in front
platform jump - jump up 3.5 feet to platform, rubber to rubber (no crank or pedal grab)
jump down a 5 foot drop
hop-twist 360 degrees, minimum of 360° and less than 405°
skinny/gap - 4X4 6 feet long, in the middle gap 4 foot to parallel 4X4 and finish distance, 1 foot off the ground
skinny/gap - 2X4 6 feet long on edge, in the middle gap 3 feet to parallel 2X4 and finish distance, 1 foot high
pedal or crank grab - pedal/crank grab up to 4 foot platform, hop up to rubber
pedal/crank grab/skinny - using narrow side of 2X4, pedal grab up to rubber, ride at least 2 feet, 2 feet high
stillstand - on narrow edge of 2X4, 2 foot off the ground, stillstand for 10 seconds