

Rules Amendments applying on **01.07.2021**

PART 8 INDOOR CYCLING – ARTISTIC CYCLING

Chapter III EXPLANATION OF FIGURES

§ 3 Artistic Cycling Team 4

4 f.e.o. alternate ring overlapping

All riders have to ride with equal distances between each other and at same distances to the middle circle, outside of the middle circle.

During the figure, each rider has to perform an alternate ring. Each second ring has to overlap with the first ring of the rider **riding behind or** riding ahead.

4001 i

4002 e

4004 i

Alternate ring (8.2.058)

Snake half circle / circle

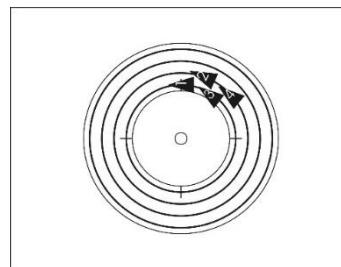
All riders have to ride around the middle circle in a left-right position, shifted in steps to the back.

Rider 1 has to grip with the right hand to the left handlebar-grip of rider 2.

Rider 2 has to grip with the left hand to the right handlebar-grip of rider 3.

Rider 3 has to grip with the right hand to the **left right** handlebar-grip of rider 4.

Rider 4 has to grip with both hands to the handlebar.



4183

Half circle (8.2.043)

Circle (8.2.042)

Compass with insidering counter direction

Two riders are within the middle circle. They are connected **by hand-in-hand-grip to each other with their left hands**. The inside compass rider has to stand in the inner circle and turn on a spot around his longitudinal axis without pedalling, while the outside compass rider has to perform a complete circle around the stationary inside compass rider. Thus, the riders form a compass. The two ring riders have to ride **in counter direction** at equal distances following each other each once through the space which is formed by the compass. They form an insidering around the compass rider in the inner circle. **One part of the figure has to be performed in clockwise direction, the other part of the figure has to be performed in anti-clockwise direction.**

4307 c

End of figure: After a complete rotation of the compass and after the insidering riders have finished the total way of stretch.

Insidering (8.2.073)

Counter direction (8.2.042)

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
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 10,8 - 11,4)	9,6 9,4
1123 g L-shape hold sdw. saddle handlebar handstand S T (11,4 - 12,0 11,6 - 12,2)	10,4 10,2
1123 h L-shape hold sdw. saddle handlebar handstand 8 T (13,0 - 13,6 13,6 - 14,2)	12,4 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.	11,4 11,2
1123 k L-shape hold sdw. Swiss saddle handlebar handstand S	12,2 12,0
1123 l L-shape hold sdw. Swiss saddle handlebar handstand 8	14,2 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.	12,0 11,8
1123 o L-shape hold sdw. German saddle handlebar handstand S.	12,8 12,6
1123 p L-shape hold sdw. German saddle handlebar handstand 8.	14,8 14,2

		Given			
Shown		1123e	1123f	1123g	1123h
	1123i	9,8			
	1123j		10,6 10,8		
	1123k			11,4 11,6	
	1123l				13,0 13,6
	1123m	10,4			
	1123n		11,2 11,4		
	1123o			12,0 12,2	
	1123p				13,6 14,2

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
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 11,0 11,6)	9,8 9,6
1124 g L-shape hold handlebar handstand S T (11,6 - 12,2 11,8 12,4)	10,6 10,4
1124 h L-shape hold handlebar handstand 8 T (13,2 - 13,8 13,8 14,4)	12,6 12,0
1124 i L-shape hold Swiss handlebar handstand HC.	10,6
1124 j L-shape hold Swiss handlebar handstand C.	11,6 11,4
1124 k L-shape hold Swiss handlebar handstand S	12,4 12,2
1124 l L-shape hold Swiss handlebar handstand 8	14,4 13,8
1124 m L-shape hold German handlebar handstand HC.	11,2
1124 n L-shape hold German handlebar handstand C.	12,2 12,0
1124 o L-shape hold German handlebar handstand S.	13,0 12,8
1124 p L-shape hold German handlebar handstand 8.	15,0 14,4
1124 q Handlebar support straddle handlebar handstand HC.	10,0
1124 r Handlebar support straddle handlebar handstand C.	11,0 10,8
1124 s Handlebar support straddle handlebar handstand S	11,8 11,6
1124 t Handlebar support straddle handlebar handstand 8	13,8 13,2

		Given			
Shown		1124e	1124f	1124g	1124h
	1124i	10,0			
	1124j		10,8 11,0		
	1124k			11,6 11,8	
	1124l				13,2 13,8
	1124m	10,6			
	1124n		11,4 11,6		
	1124o			12,2 12,4	
	1124p				13,8 14,4

Figure No. / Name of figure	Point value
1175 a Turning jump 1 turn	4,2 4,8
1175 b Turning jump 2 turns T (7,5 - 8,2 - 8,9 - 9,6 - 10,3 6,3 - 7,0 - 7,7 - 8,4 - 9,1)	5,6 6,8
1175 c Turning jump 3 turns T (9,5 - 10,2 - 10,9 - 11,6 - 12,3 7,6 - 8,3 - 9,0 - 9,7 - 10,4)	6,9 8,8
1175 d Turning jump 4 turns T (10,7 - 11,4 - 12,1 - 12,8 - 13,5 8,8 - 9,5 - 10,2 - 10,9 - 11,6)	8,4 10,0
1175 e Turning jump 5 turns T (11,8 - 12,5 - 13,2 - 13,9 - 14,6 9,9 - 10,6 - 11,3 - 12,0 - 12,7)	9,2 11,1

		Given				
Shown		1175a	1175b	1175c	1175d	1175e
		1	2	3	4	5
	1	4,8 4,2				
	2		6,8 5,6			
	3		7,5 6,3	8,8 6,9		
	4		8,2 7,0	9,5 7,6	10,0 8,1	
	5		8,9 7,7	10,2 8,3	10,7 8,8	11,1 9,2
	6		9,6 8,4	10,9 9,0	11,4 9,5	11,8 9,9
	7		10,3 9,1	11,6 9,7	12,1 10,2	12,5 10,6
	8			12,3 10,4	12,8 10,9	13,2 11,3
	9				13,5 11,6	13,9 12,0
10					14,6 12,7	