

Australian Preliminary and Pre-Novice Compulsories 2020

Description and Guidelines

Preliminary compulsories are performed in walk

Pre-novice compulsories are performed in canter

Please see FEI Vaulting Guidelines for additional biomechanical descriptions of the Vault-on and Basic Seat, diagrams, Basic Scores and Deductions.

Vault -On

Essence: Harmony with the horse; Height and position of the centre of gravity.

Mechanics: The Vault -on leads to forward seat on the Horse. It comprises 4 phases

1. Jump phase
2. Swing phase
3. Stem phase
4. Lowering phase.

The height of horse, vaulter and assistant all need to be considered for the optimal helper assisting performance. Coaches need to understand the correct mechanics of the exercise so they select the person to do the legging up who provides the vaulter with the most beneficial muscle memory opportunities. The most important learning for the beginner vaulter is the hips should be higher than the shoulders and they should try to swing the outside leg to vertical. The helper may find that holding the hip rather than the lower leg may assist correct mechanics.

After jumping on the feet/ the foot closest to the horse, the vaulter is assisted by another person to create swing to carry the hips higher than the head while the vaulter lifts their outside leg as high as possible while the inside leg remains stretched down. The shoulders and hips should remain parallel to the shoulder axis of the horse. When the pelvis is at the highest point, the vaulter lowers the stretched outside leg and lands softly, erect and centred in the seat astride with the upper body vertical. The pre-novice vaulter may also be assisted for no penalty but the choice for assistance or not should be made in consideration of the ability of both the vaulter and the horse.

Basic seat

Essence: Harmony with the horse; Seat, Balance and Posture.

Mechanics: The vaulter sits astride, erect and centred directly behind the surcingle with legs down and in contact with the horse, forming a straight vertical line through the shoulder hip and heel. The arms are extended and stretched outward along the frontal plane with the tips of the fingers at eye level. Legs are down and the front of the knees, ankles and toes form a straight line facing nearly forward. The arms must be held stretched for at least four strides. Upon completion, the vaulter takes the handles with both hands simultaneously.

Half Flag

Essence: Harmony with the horse Balance and Suppleness (particularly shoulder and hip)



Mechanics: From seat astride, the vaulter comes to the kneel, with both legs simultaneously, landing softly with the legs diagonally across the horse's back. The inside knee is inside of the horse's spine and the inside toes are outside of the horse's spine. The elbows should be bent and shoulder width apart so that the movement of the horse can be absorbed by the elbows and shoulders. The knees are slightly forward of the hips so the movement of the horse can be absorbed in the knee and hip joint.

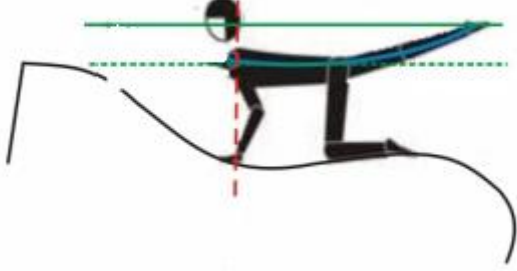
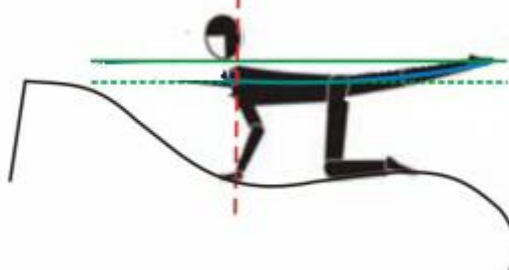
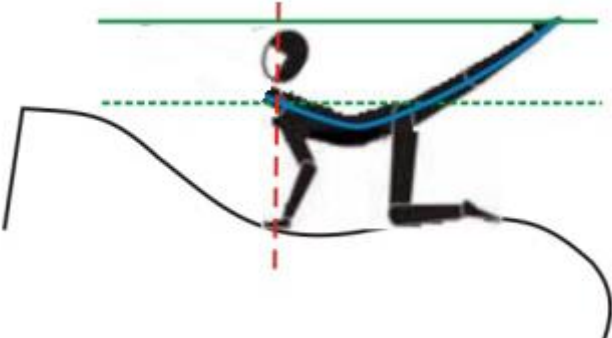
The lower leg remains in permanent contact with the horse's back, taking an equal weight spread from knee to toe. Head remains up facing forward. Both hands hold on top of the handles. The outside leg is raised and stretched out behind the vaulter. (at least above the Vaulter's hip height, ideally toes in line with the level of the top of the head). The sole of the foot faces upwards. The hips should remain level on a horizontal line. The shoulders are directly above the handles and hips and shoulders are parallel to those of the horse. There is an even arc in the vaulter's body from the neck through to the foot. The longitudinal axis of the vaulter corresponds to the longitudinal axis (spine) of the horse. Must be held for at least four strides.

Upon completion of the static exercise, the vaulter lowers the outside leg to rest on the horse's hindquarters.



Basic Scores

10		<ul style="list-style-type: none">• Correct technique and elevation with an unbroken curved line from the shoulders to the tip of the toe. The horse's movement is absorbed totally.
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8		<ul style="list-style-type: none"> • Correct mechanics, but less elevation.
6		<ul style="list-style-type: none"> • Correct mechanics, but with little elevation
5		<ul style="list-style-type: none"> • Outside hip extremely turned out
4		<ul style="list-style-type: none"> • Extreme bend in the spine - (arched back)

Deductions

1 point	<ul style="list-style-type: none"> • Right leg is stretched down before it is raised • Each stride less than four; strides are not counted before the exercise is set up or displayed (Letter C) • Failure to kneel before the half flag (Letter K)
Up to 2 points	<ul style="list-style-type: none"> • Supporting down leg is not entirely in contact with the Horse (knee to toes). • Shoulders are significantly higher than the hips
2 points	<ul style="list-style-type: none"> • Hands not on top of the handles • Retaking the handles once (Letter R) • Repeating the half flag (e.g. incorrect pace (Half Flag can be repeated from a bench or seat astride position.))

Plank

Essence: Harmony with the horse, straightness, tension and height of the hips.



Mechanics: (from half flag, outside raised leg lowered to horse's rump)

The inside leg is placed parallel to the outside leg (legs closed). Both legs are extended and together. A straight line should run from the head in neutral position, through the body to the toes. Arms should be straight with the majority of the weight on the handles. Hands must be on the top of the handles. Position must be held for at least 4 strides. From this position the hips are pulled up and forward (pike position) so that the legs are almost vertical, aiming for the hips to be as high as possible, then sliding softly into supple seat astride.

Basic scores

- 10 Straight axis from the shoulders over the closed legs to the feet with maximally stretched arms. Pulling the hips high above the shoulders and sliding softly into seat astride.
- 7 Straight axis from the shoulders over the closed legs to the feet with maximally stretched arms. Pulling the hips up slightly to about shoulder level and sliding softly into seat astride.
- 5 Axis not straight; bent arms; No elevation of hips toward pike position

Deductions

1 point	<ul style="list-style-type: none">• Each stride less than four; strides are not counted before the exercise is set up or displayed (Letter C)
2 points	<ul style="list-style-type: none">• Hands not on top of the handles• lack of straightness of the body -arched back or elevated hips• Insufficient arm extension
3 points	<ul style="list-style-type: none">• Collapse on the horse's neck

Inside Seat

Essence: Harmony with the horse, Seat, Balance, Posture, Scope and Timing

Mechanics: From seat astride the vaulter lifts the outside leg over the handles to the inside in a semi circle, as in a ¼ mill (as described in the mill in FEI Vaulting guidelines). This motion should take approximately four strides. Once facing the inside with the centre of gravity over the horse's spine, the vaulter releases and extends the rear arm toward the rear of the horse, raised to approximately eye level. (half the basic seat position). The vaulters body and both legs should be facing directly to the inside and resting closely to the horse's side along the length of the vaulters legs. This should be held for four strides. The rear hand then retakes the handles and the leg is carried back to seat astride (as for mill) once again using approximately four strides.

Mill Picture 1



Mill Picture 2



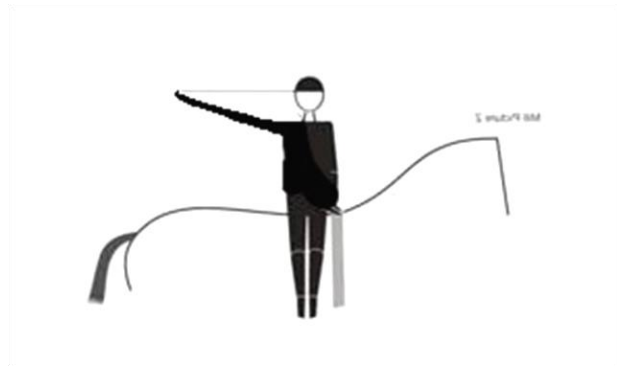
Deductions

1 point	<ul style="list-style-type: none"> • Each stride less than four; strides are not counted before the exercise is set up or displayed (Letter C)
Up to 2 points	<ul style="list-style-type: none"> • Poor form in mill phase of exercise. This may take into account poor scope, loss of seat, loss of posture, and significant deviations from timing. • Not facing directly to inside • Unstable resting legs • Not centred over the horse's spine • Upper body does not turn simultaneously with the leg

Outside seat

Essence: Harmony with the horse, Seat, Balance, Posture, Scope and Timing

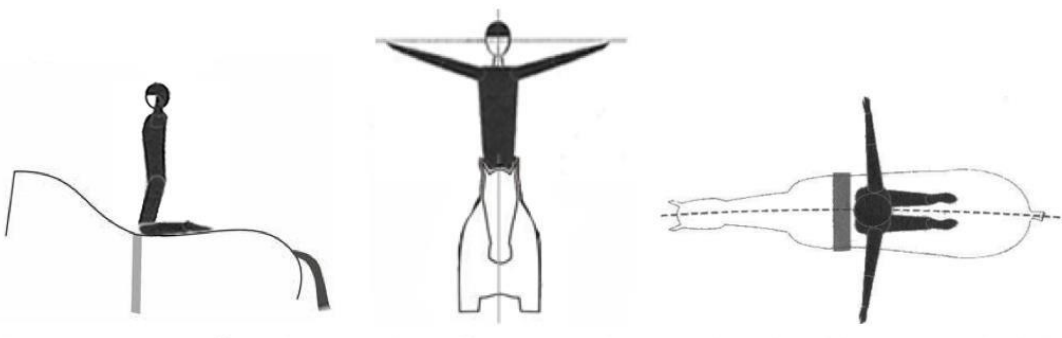
Mechanics: From seat astride the vaulter lifts the inside leg over the handles to the outside in a semi circle, as in a reverse ¼ mill (as described in the mill in FEI Vaulting guidelines). This motion should take approximately four strides. Once facing the outside with the centre of gravity over the horse's spine, the vaulter releases and extended the rear arm toward the rear of the horse, raised to approximately eye level. (half the basic seat position). The vaulters body and both legs should be facing directly to the inside and resting closely to the horse's side along the length of the vaulters legs. This should be held for four strides. The rear hand then retakes the handles and the leg is carried back to seat astride (as for mill) once again using approximately four strides.



Deductions

1 point	<ul style="list-style-type: none"> • Each stride less than four; strides are not counted before the exercise is set up or displayed (Letter C)
Up to 2 points	<ul style="list-style-type: none"> • Poor form in mill phase of exercise. This may take into account poor scope, loss of seat, loss of posture, and significant deviations from timing. • Not facing directly to outside • Unstable resting legs • Not centred over the horse's spine • Upper body does not turn simultaneously with the leg

Free Kneel



Essence: Harmony with the horse Balance and posture

Mechanics: From seat astride the vaulter swings in time with the horse to land lightly on the lower legs in a kneeling position. Weight is spread evenly across the lower legs which are parallel and hip width apart. The arms are then lifted from the handles to the side at eye level. The vaulters centre of gravity should be centred over the lower legs with the upper body in upright position (shoulder and hip forming a vertical line) The horse's movement is absorbed by the knees and hips. Position must be held for at least four strides. Arms are then lowered to the handles. Weight is taken onto the hands and the vaulter slides softly into seat astride.

Deductions

1 point	<ul style="list-style-type: none">• Each stride less than four; strides are not counted before the exercise is set up or displayed (Letter C)• Lower legs not parallel to horse's spine• Lower legs wider than hip width
Up to 2 points	<ul style="list-style-type: none">• Hip and shoulder not on a vertical axis
2 points	<ul style="list-style-type: none">• Weight not spread evenly over lower legs• Excessive leaning back with hip joint not flexed

Dismount to the inside

Essence: Harmony with the horse, Scope and timing

Mechanics: The vaulter performs a $\frac{1}{4}$ mill by carrying the stretched outside leg over the handles to the inside, in a high wide arc to inside seat. Immediately the vaulter, with closed legs and stretched hips, rotates to face forward pushes against the handles upwards and off the horse. The vaulter releases the handles and lands with nearly closed legs and continues in the same direction as the horse.

Deductions

Up to 2 points	<ul style="list-style-type: none">• Poor form in mill phase of exercise. This may take into account poor scope, loss of seat, loss of posture, and significant deviations from timing.• Held seat between mill and dismount phase• Sliding down the horse, no clearance demonstrated
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