

Equestrian Australia Limited



**NATIONAL DRESSAGE RULES – PARA-EQUESTRIAN SECTIONS & ANNEXES**

This shortened version of the Australian Dressage Rules contains the rules most pertinent to **PARA-EQUESTRIAN** Competitions. Note that the rules in their entirety as per the full rulebook always apply.

**Effective  
1 January 2021**

**CLEAN VERSION**

**The Equestrian Australia National Dressage Rules may also be found on  
the Equestrian Australia website: [www.equestrian.org.au](http://www.equestrian.org.au)**

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To be read in conjunction with the EA General Regulations and other EA policies and By-Law available on the EA website [www.equestrian.org.au](http://www.equestrian.org.au) - These rules are effective from 1 Jan 2021. From this date on, all other texts covering the same matter are superseded

## Preamble

The following rules have been adopted by Equestrian Australia (EA) and must be followed by all affiliated organisations conducting dressage events on behalf of EA or under EA rules. They follow as closely as possible the rules laid down by the Fédération Equestre Internationale (FEI). Some FEI rules have been modified to suit Australian conditions. If issues arise which are not covered in the EA rules then the FEI rules apply. In the event of a conflict between EA rules and FEI rules, the FEI rules will prevail. Any modified EA rules do not apply in a FEI-sanctioned event.

These rules cannot provide for every eventuality. In any unforeseen or exceptional circumstances, it is the duty of the appropriate official(s) to make a decision in a sporting spirit and adhere as closely as possible to the intention of these rules

Notwithstanding anything stipulated in these rules, the Equestrian Australian Dressage Committee (EADC) has full discretion and complete authority to omit, amend and interpret these rules in their absolute discretion and to give or to withhold any explanation of its decision.

These rules refer to EA dressage, FEI dressage at EA events, and Eventing dressage. For the rules relating to FEI-sanctioned dressage events refer to the FEI rules at [www.fei.org](http://www.fei.org).

## Glossary and definitions

Below is a list of commonly used abbreviations and acronyms used throughout this rulebook.

### Glossary of abbreviations and acronyms

AOR	Amateur Owner Rider
CDI	Concours de Dressage International
CDI-W, Y, J or P	Concours de Dressage International including World Cup, Young Riders, Juniors, Ponies
CEO	Chief Executive Officer
EA	Equestrian Australia Ltd
EADC	Equestrian Australia Dressage Committee
EADOC	Equestrian Australia Dressage Officials Committee
EOC	Error of Course
FEI	Federation Equestre Internationale
HC	Hors Concours
JSC	Judges Sub Committee
NF	National Federation (e.g. Equestrian Australia)
NO	National Office (of EA)
OC	Organising Committee
PE	Para-Equestrian
PR	Person Responsible
SDA	State Dressage Authority (e.g. State Dressage Committee)
YH	Young Horse

## Definitions

Below is a list of definitions of commonly used terms:

- a) a **dressage test** is a series of prescribed movements performed by horse and rider and assessed by dressage judges
- b) a **dressage competition** is one or more horse and rider combinations performing the same prescribed test and assessed by dressage judges to determine the winner and ranking of performance
- c) a **dressage event** is comprised of one or more competitions between individual mounted competitors, performing specified dressage tests
  - an **Official event** is an event approved by the EA, conducted by an EA affiliated club or organisation, and comprised of Competitive and/or Participation competitions
  - a **Competitive** competition is one where grading points can be accrued and recorded
  - a **Participation** competition is one where grading points are not accrued and recorded
- d) a **Restricted event** is an event comprised of any level of test, conducted by an EA club for its own club members only and/or club activities for club members against invited EA members to a maximum level of Participation competition, up to and including current Novice test and Para-Equestrian tests
- e) the **bell** includes any device used to signal to a competitor
- f) **level** refers to the standards of tests. (See rule 4.8.2 *Definition of levels*)
- g) **Organising Committee** (OC) refers to an EA-affiliated organisation, group, society or body held to be responsible for the management of any dressage event
- h) **competition area** includes the competition arena and immediate surrounding area
- i) **exercise area** refers to the entire area covered by the park, centre, oval, showground or similar area where an event is being held
- j) **warm-up area** refers to an area designated by the OC as being the warm-up area for competitions
- k) **FEI-level** tests refer to FEI level tests run under EA rules; FEI tests refer to FEI tests run at FEI sanctioned events
- l) **horse** refers to horses and ponies unless 'pony' is otherwise specified
- m) **pony** refers to ponies not exceeding 149cm with shoes or 148cm without shoes
- n) a **Combination** refers to a horse or pony and rider combination
- o) a **Ground Jury** is made up of all of the officiating judges for an event or a competition
- p) the **Chef d'Equipe** is a person assigned to be the manager of a team
- q) **FEI-sanctioned event** refers to events that have approval from the FEI, i.e. CDI-W, Y, J or P or CDIPE
- r) a **Steward** is a trained, and currently accredited FEI or EA official responsible for ensuring that the event is conducted in accordance with the rules
- s) the **Chief Judge** is the judge positioned at C for the competition
- t) a **gear check** is having the horse and rider's equipment and attire inspected to ensure it complies with the rules
- u) Eventing Dressage – Refer to the National Eventing Rules - <https://www.equestrian.org.au/eventing-rules>
- v) **Horse Identification Numbers** are important and compulsory at events for the purpose of horse identification and can for example relate to bridle number and saddlecloth number

### **Equestrian Australian Dressage Committee (EADC)**

The EADC operates under the powers delegated to it by Section 2 of the EA Committee By-Law. The EADC reports to the EA Board. In summary it has the following responsibilities:

- a) to formulate the strategic direction of the sport of dressage in Australia and facilitate its implementation
- b) to advise and offer recommendations to the Board on national rules and policies for the sport of dressage (including Para-Equestrian)
- c) to implement FEI policy and rules applicable to the sport
- d) to work cooperatively with the High Performance Manager, National Performance Director, State Dressage Authorities and other key stakeholders
- e) in conjunction with the National Education guidelines, maintain, train and appoint adequate numbers of national and FEI-qualified officials, who must be members of EA
- f) establish sub-committees for the sport subject to approval by National Board (e.g. the Equestrian Australia Dressage Judges Committee)
- g) promote and facilitate conduct of the sport in Australia within EA National policy
- h) facilitate the development of the sport for all participants, from youth riders to international level, within the framework of the EA strategic plan
- i) assist in raising funds within the framework of national policy of the Board

### **Equestrian Australian Dressage Officials Committee (EADOC)**

The EADOC reports to the Equestrian Australia Dressage Committee (EADC) and is responsible for contributing to the development of policy and monitoring application of policy for the following:

- a) encouragement, support and ongoing education of dressage judges
- b) assessment and accreditation examinations of national dressage judges, including Para-Equestrian, in Australia
- c) selection, development of programs and mentoring of suitable National A level dressage judges who wish to become FEI accredited
- d) act as the final arbiter in issues related to judging standards and judges which have not been resolved by State Dressage Authorities (SDA) (These do not include cases that would be subject to a disciplinary tribunal established under the EA Disciplinary By-Law or related to the EA Member Protection Policy)
- e) assist in the development and implementation of the National Judges Seminars list
- f) assist in the conduct of national and international forums for judges, judge educators and mentors

## SECTION 1 GENERAL CONDITIONS

### 1.1 Acceptance of the rules

- a) all members of the EA shall accept and be bound by these rules
- b) making an entry for any event constitutes implicit acceptance of these rules
- c) competitors are responsible for knowing and complying with these rules. It remains the full responsibility of the rider to comply with the equipment rules as outlined
- d) breach of the rules may entail elimination unless other penalties are stipulated
- e) EA Dressage rules apply from the time the horse arrives on the grounds

### 1.2 Code of Conduct for the Welfare of the Horse

The following code has been developed by the FEI and adopted by the EA:

#### 1. At all stages during the preparation and training of competition horses, welfare must take precedence over all other demands

- a) *good horse management* — Stabling, feeding and training must be compatible with good horse management and must not compromise welfare of the horse. Any practices that could cause physical or mental suffering, in or out of competition, will not be tolerated
- b) *training methods* — horses must only undergo training that matches their physical capabilities and level of maturity for their respective disciplines. They must not be subjected to any training methods which are abusive, cause fear or for which they have not been properly prepared
- c) *farrery and tack* — Foot care and shoeing must be of a high standard. Tack must be designed and fitted to avoid the risk of pain or injury
- d) *transport* — During transportation, horses must be fully protected against injuries and other health risks. Vehicles must be safe, well ventilated, maintained to a high standard, disinfected regularly and driven by competent staff. Competent handlers must always be available to manage the horses
- e) *transit* — All journeys must be planned carefully and horses permitted regular rest periods with access to food and water in line with FEI guidelines

#### 2. Horses and riders must be fit, competent and in good health before they are permitted to compete

- a) *fitness and competence* — Participation in competition must be restricted to fit horses and riders of proven competence
- b) *health status* — No horse showing symptoms of disease, lameness, significant ailments or pre-existing clinical conditions should compete or continue to compete if its welfare would be compromised. Veterinary advice must be sought whenever there is any doubt
- c) *doping and medication* — Abuse of medication and doping is a serious welfare issue and will not be tolerated. After any veterinary treatment, sufficient time must be permitted for the horse's full recovery before competition
- d) *surgical procedures* — Any surgical procedures that threaten a competing horse's welfare or the safety of other horses and/or riders must not be permitted
- e) *pregnant/Recently foaled mares* — A mare must not compete after their fourth month of pregnancy or with foal at foot
- f) *misuse of aids* — Abuse of a horse using natural riding aids or artificial aids (e.g. whips, spurs, etc) will not be tolerated

### **3. Events must not prejudice horse welfare**

- a) *competition areas* — horses must only be trained and compete on suitable and safe surfaces. All obstacles must be designed with the safety of the horse in mind
- b) *ground surfaces* — All ground surfaces which horses walk, train or compete on must be designed and maintained to reduce factors that could lead to injuries. Particular attention must be paid to the preparation, composition and upkeep of surfaces
- c) *extreme weather* — Competitions must not take place in extreme weather conditions if the welfare or safety of the horse may be compromised. Provision must be made for cooling horses quickly after competing in hot or humid conditions. (Refer to Annex C EA Hot Weather Policy)
- d) *stabling at events* — Stables must be safe, hygienic, comfortable, well-ventilated and of sufficient size for the type and disposition of the horse. Appropriate feed and clean bedding, fresh drinking water and washing-down water must always be available
- e) *fitness to travel* — After competition a horse must be fit to travel in accordance with the FEIs guidelines

### **4. Every effort must be made to ensure that horses receive proper attention after they have competed and that they are treated humanely when their competition careers are over**

- a) *veterinary treatment* — Veterinary expertise must always be available at an event. If a horse is injured or exhausted during a competition, the rider must dismount and a veterinarian must check the horse
- b) *referral centres* — Wherever necessary, the horse should be collected by ambulance and transported to the nearest relevant treatment centre for further assessment and therapy. Injured horses must be given full supportive treatment before transport
- c) *competition injuries* — The incidence of injuries sustained in competition should be monitored. Ground surface conditions, frequency of competitions and any other risk factors should be examined carefully to indicate ways to minimise injuries
- d) *euthanasia* — If injuries are sufficiently severe, the horse may need to be euthanased by a veterinarian as soon as possible on humane grounds and with the sole aim of minimising suffering
- e) *retirement* — Every effort should be made to ensure that horses are treated sympathetically and humanely when they retire from competition

### **5. The FEI urges all those involved in equestrian sport to attain the highest possible levels of education in their areas of expertise relevant to the care and management of the competition horse**

## **1.3 Abuse of the horse (Article 142, FEI General Regulations and EA rules)**

No person may abuse a horse during an event or at any other time. 'Abuse' means an action or omission that causes or is likely to cause pain or unnecessary discomfort to a horse, including without limitation any of the following:

- a) whipping or beating a horse excessively
- b) subjecting a horse to any kind of electric shock device
- c) using spurs excessively or persistently
- d) jabbing the horse in the mouth with the bit or any other device
- e) competing on an exhausted, lame or injured horse
- f) 'rapping' a horse
- g) abnormally sensitise or desensitise any part of a horse
- h) leaving a horse without adequate food, drink or exercise
- i) using any device or equipment which causes excessive pain to the horse if it knocks down an obstacle

### 1.3.1 Reporting of abuse

Anyone witnessing an incident of abuse must report it in the form of a written protest (see EA General Regulations *Article 163*) in confidence to the OC immediately who will refer the matter on their behalf within 14 days to the State Branch authority to initiate action. Competitors are alerted to the fact that, as well as FEI and EA General Regulation 142, cruel application of spurs, whips or bits is illegal in some Australian states and territories.

### 1.3.2 Unable to fulfil the requirements of the test

Where the Judge at C is of the opinion that the horse and rider combination are not able to fulfil the requirements of the level of the test; and/or the performance is not in the best interests of the horse's welfare due to extreme tension; and/or clearly shows abusive riding, the combination will be eliminated. There is no appeal against this decision.

## 1.4 Bleeding

- a) if the Judge at C sights fresh blood anywhere on the horse during the test, they will stop the horse to check. If the horse shows fresh blood, it will be eliminated. The elimination is final. If the judge clarifies through examination that the horse shows no fresh blood, the test may resume.
- b) the sighting of any fresh blood on the horse at the gear check prior to or during the test will entail elimination. There is no appeal against this decision. If a gear check is carried out after the rider has completed the test, and the Steward or gear checker discovers fresh blood in the horse's mouth or any part of the horse's body, they are to inform the Judge at C, who will eliminate the horse and rider
- c) if the Steward or gear checker discover fresh blood in the horse's mouth or in the area of the spurs at the end of the test, they inform the Judge at C, who will eliminate the horse. If the Steward or gear checker discover fresh blood anywhere else on the horse's body at the end of the test, the horse is not automatically eliminated, but the Judge at C may eliminate the horse
- d) a veterinarian may inspect the horse after elimination to decide if the horse is fit to continue in another test and inform the OC in writing of the decision prior to that test. The veterinarian's opinion is final

### 1.4.1 Protective covering

Any form of protective skin covering on the horse such as plaster/tape/belly band covering or towel, whether the skin is broken or not, is strictly forbidden at an event and will entail elimination if used. Refer to 5.17.

## 1.5 Protests, reports, appeals and Yellow Warning Cards

Officials and competitors need to abide by the Codes of Conduct as contained in the EA Member Protection Policy. Refer to the EA General Regulations Articles 163, 164 and 165, EA Codes of Conduct, EA Member Protection Policy and its associated Attachment D1 Complaints Procedures, EA Disciplinary By-laws at [www.equestrian.org.au](http://www.equestrian.org.au) for processes.

Refer to EA General Regulations *Article 169.6.3* for the potential penalty in relation to complaints about incorrect behaviour towards event officials or any other party connected with the event (e.g. other rider, journalist, public member, etc).

### 1.5.1 A Yellow Warning Card may be imposed on the parties concerned or the Person Responsible (PR) for the following:

- a) abuse of horse (an action or omission involving the mistreatment of a horse). Any incidents considered to be serious Abuse of the Horse may be better dealt with through the formal Protest procedure as outlined in Dressage Rule 1.3.1. However, it is possible to both issue a Yellow Warning Card and pursue formal protest procedure

- b) abuse of an Official (including abusive or bullying behaviour directed to an Official and conduct directed toward an Official that denigrates the Official)
- c) failure to follow a direction of an Official relating to compliance with these rules
- d) serious infringements involving Abuse of Horse, Abuse of an Official or failure to follow a direction relating to compliance with these Rules must incur a Yellow Warning Card, unless lodged as a formal protest and subject to EA General Regulations (see above)

**1.5.2 An Official for the purpose of awarding a Yellow Warning Card is any of the following:**

- an FEI or National-accredited Steward
- an EA Technical Delegate
- an FEI-accredited Judge
- an EA National Judge Educator

An Official may issue a Yellow Warning Card only when officiating at an Event. They can be given either by hand or any other suitable means and will state the reason for the Yellow Warning Card-

The Official who awards the Yellow Warning Card must notify the Person Responsible, the Ground Jury where applicable and the CEO of the State Branch where the incident occurred of the Yellow Warning Card as soon as possible.

The Yellow Warning Card is to be delivered personally during the Period of the Event. If after reasonable efforts the Person Responsible cannot be notified during the Period of the Event that they have received a Yellow Warning Card, the Person Responsible must be notified in writing within fourteen (14) days of the Event. A Yellow Warning Card may be issued in addition to any other sanction(s) that may be issued in accordance with the EA General Regulations and/or the relevant Sport Rules.

**1.5.3** It is preferable for a Parent/Guardian to be present when a rider under the age of 18 is issued with the Yellow Warning Card.

**1.5.4** Should the same Person Responsible receive one (1) or more Yellow Warning Card(s) at the same or any other Event (whether Australian or International) within one year of the award of the first Yellow Warning Card, the matter shall be referred to the State Branch CEO who shall determine whether to refer the Person Responsible to a Judicial Committee

**1.5.5** The Official who awards that Yellow Warning Card, will advise the State Branch CEO (from the State the event occurred in) and State Dressage Committee (from the State that the event occurred in) of the issue of Yellow Warning Card/s and the reasons for its issue within 48 hours after the delivery of the Yellow Warning Card to the Person Responsible. The State Branch CEO shall advise EA within 72 hours thereafter. EA will arrange for the Yellow Warning Card issued to be entered into its national database.

**1.5.6** A Yellow Warning Card is a decision arising from the field of play and as such there is no Appeal against the issuing of a Yellow Warning Card

**1.6 Anti-doping and medication control**

Horses and riders may be subject to random in-competition testing. Refer to the EA and FEI Equine Anti-doping and Medication Control Rules (EADMC) and the EA (Rider) Anti-doping Policy. For more information visit [www.equestrian.org.au](http://www.equestrian.org.au), [www.fei.org](http://www.fei.org) or [www.asada.gov.au](http://www.asada.gov.au).

**1.7 Conflict of interest**

For the guidelines relating to any conflict of interest, refer to EA General Regulations, *Article 158* and please note the following additions as detailed below.

**1.7.1 People may *not* officiate as a judge of an event if:**

- a) they are officiating as a veterinary officer for the same event
- b) they are a member of the Appeal Committee for the same event
- c) they are a Chef d'Equipe or team official for competitors entered in the event

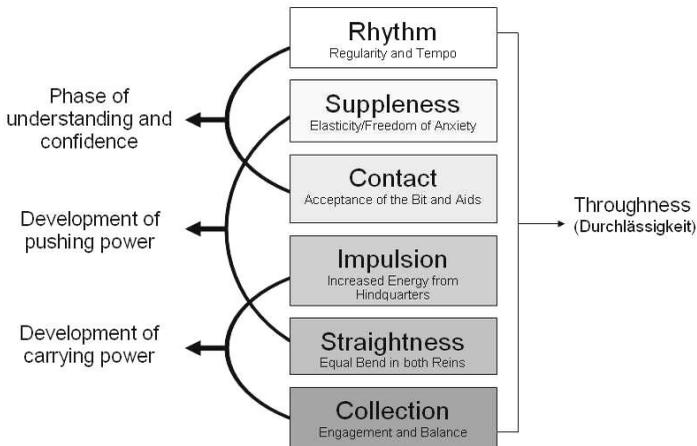
**1.7.2 People may *not* officiate as a judge of a competition if:**

- a) a rider in the competition is a family member
- b) they are in a National Elite Squad and are asked to judge a fellow member of the same squad in a Grand Prix competition
- c) they have given or ridden in a riding clinic within 2 weeks prior to the event and a rider, coach or horse who has participated in that clinic will be in the competition
- d) they are providing or receiving private billeted accommodation from/to a competitor scheduled to be in the competition they are judging
- e) they are an owner or part owner of a horse taking part in that competition
- f) they regularly give or receive training/coaching from/to a horse and/or rider taking part in the competition
- g) they have a financial interest in a horse in the competition
- h) they are an employee or employer of a competitor in the competition
- i) when accepting judging invitations, a judge must declare a conflict of interest in any person or horse who has entered if, within 12 months immediately preceding the event, they have:
  - trained
  - owned/part owned
  - or had any other business interest in that horse and/or rider
- j) Judge Educators/Mentors must also follow these principles when carrying out shadow judging/sit-in

## SECTION 2 PACES AND MOVEMENTS

This section details the paces and movements required in dressage and is taken from the FEI Rules for Dressage Events. Please refer to the *FEI Dressage Handbook Guidelines for Judging* for further assistance for judges and riders.

**The Training Scale** is a German-based training system. It the most important guideline for trainers and riders for developing correctly trained dressage horses. It consists of 6 parts, or building blocks, that must be taken in conjunction with each other. The 6 parts are outlined below:



### 1. **Rhythm** (*Takt*)

This refers to the regularity, which is the correct sequence and timing of the footfalls.

### 2. **Suppleness** (*Losgelassenheit*)

Suppleness and relaxation. The complete absence of tension and is an essential aim of the preliminary training phase. Relaxation is meant in both the mental and physical sense.

**3. Contact** (*Anlehnung*)

Contact is a soft, steady, connection between the rider's hands and horse's mouth. The horse should go rhythmically forward from the rider's driving aids and 'seek' a contact with the rider's hands.

**4. Impulsion** (*Schwung*)

This term is used to describe the transmission of energy from the hindquarters being transmitted into the athletic movement of the horse.

**5. Straightness**

A horse is said to be straight when its forehead is in line with its hindquarters; that is, when its longitudinal axis is in line with the straight or curved track it is following.

**6. Collection**

To enable a horse to be collected correctly, all the former criteria must be fulfilled. The aim of collection is to improve the balance and equilibrium of the horse, and to develop and increase the horse's ability to lower and engage the quarters for the benefit of the lightness and mobility of the forehead. If the carrying capacity of the hindquarters is sufficiently developed, the horse is then in a position to move in balance and self-carriage in all three paces.

## 2.1 Objects and general principles

The object of dressage is the development of the horse into a happy athlete through harmonious education. As a result it makes the horse calm, supple, loose and flexible, but also confident, attentive and keen, thus achieving perfect understanding with its rider. These qualities are demonstrated by:

- the freedom and regularity of the paces
  - the harmony, lightness and ease of the movements
  - the lightness of the forehand and the engagement of the hindquarters, originating in a lively impulsion
  - the acceptance of the bridle, with submissiveness throughout and without any tenseness or resistance
- a) the horse thus gives the impression of doing of its own accord what is required of him. Confident and attentive, submitting generously to the control of the rider, remaining absolutely straight in any movement on a straight line and bending accordingly when moving on curved lines
  - b) the walk is regular, free and unconstrained
  - c) the trot is regular, free, supple and active
  - d) the canter is united, light and balanced. The hindquarters are never inactive or sluggish. They respond to the slightest indication of the rider and thereby give life and spirit to all the rest of its body
  - e) by virtue of a lively impulsion and the suppleness of the joints, free from the paralysing effects of resistance, the horse obeys willingly and without hesitation and responds to the various aids calmly and with precision, displaying a natural and harmonious balance both physically and mentally
  - f) in all the work, even at the halt, the horse must be 'on the bit'. A horse is said to be 'on the bit' when the neck is more

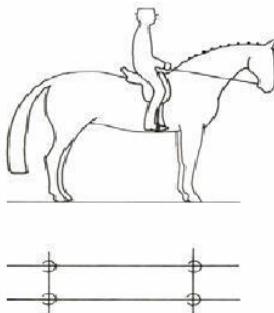
or less raised and arched according to the stage of training and the extension or collection of the pace, accepting the bridle with a light and consistent, soft, submissive contact. The head should remain in a steady position, as a rule slightly in front of the vertical, with a supple poll as the highest point of the neck, and no resistance should be offered to the rider

- g) cadence is shown in trot and canter and is the result of the proper harmony that a horse shows when it moves with well-marked regularity, impulsion and balance. Cadence must be maintained in all the different trot or canter exercises and in all the variations of these paces
- h) the regularity of the paces is fundamental to dressage

## **2.2 The halt**

- a) at the halt, the horse should stand attentive, engaged motionless, straight and square with the weight evenly distributed over all four legs. The neck should be raised, the poll as the highest point and the nose line slightly in front of the vertical. While remaining 'on the bit' and maintaining a light and soft contact with the rider's hand, the horse may quietly chew the bit and should be ready to move off at the slightest indication of the rider
- b) the halt must be shown for at least 3 seconds
- c) the halt should be shown throughout the salute
- d) the halt is obtained by the displacement of the horse's weight to the hindquarters by a properly increased action of the seat and legs of the rider, driving the horse towards a softly closed hand, causing an almost instantaneous but not abrupt halt at a previously fixed place. The halt is prepared by a series of half halts

- e) the quality of the paces before and after the halt is an integral part of the assessment



### 2.3 The walk

- a) the walk is a marching pace in a regular 4-time beat (left hind, left fore, right hind, right fore) with equal intervals between each beat. This regularity combined with full relaxation must be maintained throughout all walk movements
- b) when the foreleg and the hind leg on the same side move almost on the same beat, the walk tends to become an almost lateral movement. This irregularity, which might become an ambling movement, is a serious deterioration of the pace
- c) the following walks are recognised: Collected, Medium, Extended and Free
- d) there should always be a clear difference in the attitude and over-tracking in these variations
- e) a 'step' in walk constitutes one step by a foreleg

### **2.3.1 Medium walk**

Medium walk is a clear, regular and unconstrained walk of moderate lengthening. The horse, remaining 'on the bit', walks energetically but relaxed, with even and determined steps, the hind feet touching the ground in front of the hoof prints of the fore feet. The rider maintains a light, soft and steady contact with the mouth, allowing the natural movement of the head and neck.

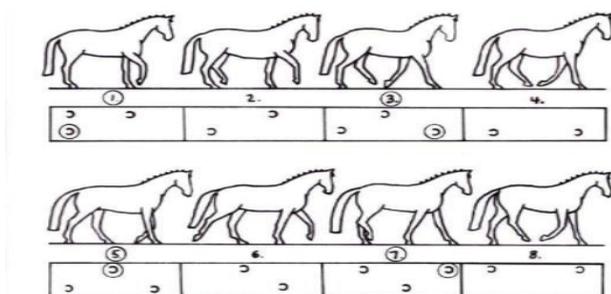
### **2.3.2 Collected walk**

In the collected walk, the horse, remains 'on the bit', moves resolutely forward, with its neck raised and arched and showing a clear self-carriage. The head approaches the vertical position and a light contact is maintained with the mouth. The hind legs are engaged with good hock action. The pace should remain marching and vigorous, the feet being placed in regular sequence. The steps cover less ground and are higher than at the medium walk, because all the joints bend more markedly. The collected walk is shorter than the medium walk, although showing greater activity.

### **2.3.3 Extended walk**

In the extended walk, the horse covers as much ground as possible, without haste and without losing the regularity of the steps. The hind feet touch the ground clearly in front of the footprints of the fore feet. The rider allows the horse to stretch out the head and neck (forward and downwards) without losing contact with the mouth and control of the poll. The nose must be clearly in front of the vertical.

**The walk is a pace in 4-beat rhythm with 8 phases - (numbers in circles indicate the beat)**



### **2.3.4 Free walk on a long rein**

The free walk on a long rein is a pace of relaxation in which the horse is permitted enough freedom to lower and stretch out his head and neck while the rider maintains a light contact through the rein.

### **2.3.5 Stretching on a long rein**

In order to execute the exercise 'stretching on a long rein' correctly:

- a) the rider allows the horse to take the reins gradually and smoothly as the horse stretches his neck forward and downward
- b) the mouth should reach more or less to the horizontal line corresponding with the point of the shoulder
- c) a light, elastic and consistent contact with the rider's hands must be maintained
- d) the horse covers as much ground as possible, without haste and with losing the regularity of his steps, the hind feet touching the ground clearly in front of the foot prints of the forefeet
- e) during the retake of the reins the horse must accept the contact without resistance in the jaw, mouth or poll

## **2.4 The trot**

- a) the trot is a 2-beat pace of alternate diagonal legs (left fore and right hind leg together and vice versa) separated by a moment of suspension
- b) the trot should show free, active and regular steps
- c) the quality of the trot is judged by the general impression, i.e. the regularity and elasticity of the steps, the cadence and impulsion in both collection and extension. This quality originates from a supple back and well-engaged hindquarters, and by the ability to maintain the same rhythm and natural balance within all variations of trot
- d) all trot-work is executed 'sitting', unless otherwise indicated in the test concerned
- e) the following trots are recognised: Working, Lengthening of Steps, Collected, Medium and Extended

### **2.4.1 Working trot**

The working trot is a pace between collected and medium trot, in which a horse's training is not yet developed enough and ready for collected movements. The horse, showing proper balance and remaining 'on the bit', goes forward with even elastic steps and good hock action with the hind feet touching the ground in front of the hoof prints of the front feet. The expression 'good hock action' underlines the importance of an impulsion originating from the activity of the hindquarters.

### **2.4.2 Collected trot**

The horse, while remaining 'on the bit', moves forward with the neck raised and arched. The hocks, being well engaged and flexed, must maintain an energetic impulsion, enabling the shoulders to move with greater mobility, thus demonstrating complete self-carriage. The horse's steps are shorter than in the other trots, but

elasticity and cadence are not lessened.

### **2.4.3 Medium trot**

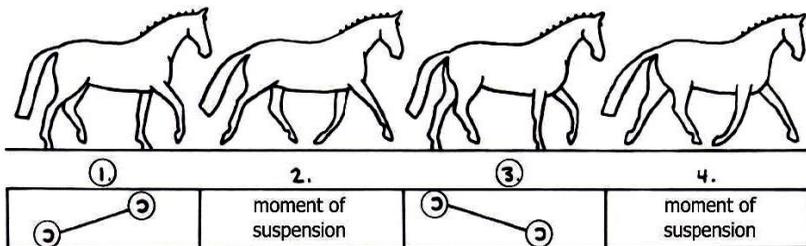
The medium trot is a pace of moderate lengthening compared to extended trot, but 'rounder' than the latter. Without hurrying the horse goes forward with clearly lengthened steps and with impulsion from the hindquarters. The rider allows the horse to carry the head a little more in front of the vertical than at the collected and the working trot, and to lower the head and neck slightly. The steps should be even, and the whole movement balanced and unconstrained.

### **2.4.4 Extended trot**

In the extended trot, the horse covers as much ground as possible. Without hurrying the steps are lengthened to the utmost as a result of great impulsion from the hindquarters. The rider allows the horse to lengthen the frame with a controlled poll, and to gain ground. The fore feet should touch the ground on the spot towards which they are pointing. The movement of the fore and hind legs should reach equally forward in the moment of the extension. The whole movement should be well balanced and the transition to collected trot should be smoothly executed by taking more weight on the hindquarters.

### **2.4.5 Lengthening of steps**

In the national (EA) tests for Preliminary and Novice and the test for 4-year-old horses, 'lengthening of steps' is required. This is a variation between the working and medium trot in which a horse's training is not developed enough for medium trot.



**The trot is a pace in 2-beat rhythm with 4 phases - (Numbers in circles indicate the beat.)**

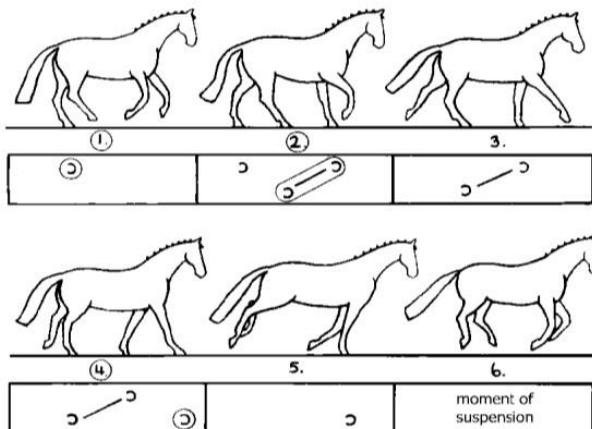
#### **2.4.6 Stretching on a long rein**

- a) the 'stretching on a long rein' exercise gives a clear impression of the 'throughness' of the horse and proves its balance, suppleness, obedience and relaxation. In order to execute the exercise 'stretching on a long rein' correctly, the rider must lengthen the reins as the horse stretches gradually forward and downward
- b) as the neck stretches forward and downwards, the mouth should reach more or less to the horizontal line corresponding with the point of the shoulder
- c) an elastic and consistent contact with the rider's hands must be maintained
- d) the pace must maintain its rhythm, and the horse should remain light in the shoulders with the hind legs well engaged
- e) during the retake of the reins the horse must accept the contact without resistance in the mouth or poll

## 2.5 The canter

- a) the canter is a 3-beat pace where, in canter to the right, the footfalls are as follows: left hind, left diagonal (simultaneously left fore and right hind), right fore, followed by a moment of suspension with all four feet in the air before the next stride begins
- b) the canter should be moved into without hesitation, and always with light, cadenced and regular strides
- c) the quality of the canter is judged by the general impression, i.e. the regularity and lightness of the steps and the uphill tendency and cadence originating from the acceptance of the bridle with a supple poll and in the engagement of the hindquarters with an active hock action – and by the ability of maintaining the same rhythm and a natural balance, even after a transition from one canter to another. The horse should always remain straight on straight lines and correctly bent on curved lines
- d) the following canters are recognised: Working, Lengthened Strides, Collected, Medium, Extended and including Counter Canter, Simple Change of Leg and Flying Change of Leg.

**The canter is a pace in 3-beat rhythm with 6 phases - (Numbers in circles indicate the beat.)**



### 2.51 Working canter

The working canter is a pace between the collected and the medium canter, in which a horse's training is not yet developed enough and ready for collected movements. The horse shows natural balance while, remaining 'on the bit', and goes forward with even, light and active strides and good hock action. The expression 'good hock action' underlines the importance of an impulsion originating from the activity of the hindquarters.

### **2.5.2 Collected canter**

In the collected canter the horse, remaining 'on the bit', moves forward with its neck raised and arched. The hocks, being well engaged, maintain an energetic impulsion, enabling the shoulders to move with greater mobility thus demonstrating complete self-carriage and an uphill tendency. The horse's strides are shorter than in the other canters, without losing elasticity and cadence.

### **2.5.3 Medium canter**

The medium canter is a pace between working and extended canter. Without hurrying the horse goes forward with clearly lengthened strides and impulsion from the hindquarters. The rider allows the horse to carry the head a little more in front of the vertical than in the collected and working canter and at the same time allows him to lower the head and neck slightly. The strides should be balanced and unconstrained.

### **2.5.4 Extended canter**

In the extended canter the horse covers as much ground as possible. Without hurrying, the strides are lengthened to the utmost. The horse remains calm, light and straight as a result of great impulsion from the hindquarters. The rider allows the horse to lengthen the frame with a controlled poll and to gain ground. The whole movement should be well balanced and the transitions to collected canter should be smoothly executed by taking more weight on the hindquarters.

### **2.5.5 Lengthening of strides**

In the national (EA) Novice tests and the test for 4-year-olds, 'lengthening of strides' is required. This is a variation between the working and medium canter in which a horse's training is not developed enough for medium canter.

### **2.5.6 Counter-canter**

The counter-canter is a balancing and straightening movement that must be executed in collection. The horse canters in correct sequence with the outside foreleg leading with positioning to the side of the leading leg. The foreleg should be aligned to the same track as the hind leg.

### **2.5.7 Simple change of leg at the canter**

Simple change of leg at the canter is a movement which, after a direct transition out of the canter into a walk, with 3 to 5 clearly defined walk steps, a transition is made into the other canter lead.

### **2.5.8 Flying change of leg**

- a) the flying change is performed in one stride with the front and hind legs changing at the same moment. The change of the leading front leg and hind leg takes place during the moment of suspension. The aids should be precise and unobtrusive
- b) the aim of the flying changes is to show the reaction, sensitivity and obedience of the horse to the aids for the change of leg
- c) flying changes of leg can also be executed in series, for instance at every 4th, 3rd, 2nd or at every stride
- d) the horse, even in the series of changes, remains light, calm and straight with lively impulsion, maintaining the same rhythm and balance throughout. In order not to restrict or restrain the lightness and fluency and groundcover of the flying changes of leg in series, enough impulsion must be maintained

### 2.5.9 Give and retake the reins in canter

Giving and retaking the reins is a test of self-carriage and whether or not the contact is correct.

In order to execute the exercise correctly, the rider moves his hands forward along the neck for the number of strides specified in the test, giving up the contact with the horse's mouth. The horse maintains the same position of head and neck throughout the exercise.

### 2.6 The rein back

- a) the rein back is a rearward diagonal movement with a two-beat rhythm but without a moment of suspension
- b) each diagonal pair of legs is raised and returned to the ground alternatively, with the forelegs aligned on the same track as the hind legs
- c) during the entire exercise, the horse, should remain 'on the bit', maintaining its desire to move forward.
- d) anticipation or precipitation of the movement, resistance to or evasion of the contact, deviation of the hindquarters from the straight line, spreading or inactive hind legs and dragging forefeet are serious faults
- e) the steps are counted as each foreleg moves back
- f) after completing the required number of steps backward, the horse should show a square halt, or move forward in the required pace immediately
- g) in tests where a rein back of one horse's length is required, it should be executed with 3 or 4 steps
- h) a rein back series (*Schaukel* or see-saw) is a combination of two rein backs with walk steps in between. It should be executed with fluent transitions and the required number of steps

## **2.7 The transitions**

The changes of pace and variations within the paces should be exactly performed at the prescribed marker. The cadence (except in walk) should be maintained up to the moment when the pace or movement is changed or the horse halts. Transitions within the pace must be clearly defined whilst maintaining the same rhythm and cadence throughout. The horse should remain light in hand, calm and maintain a correct position. The same applies to transitions from one movement to another, for instance from the passage to the piaffe and vice-versa.

## **2.8 The half-halts**

Every movement or transition should be invisibly prepared by barely perceptible half-halts. The half-halt is an almost simultaneous, coordinated action of the seat, the legs and the hand of the rider, with the object of increasing the attention and balance of the horse before the execution of the movements or transitions to lower and higher paces. In shifting slightly more weight onto the horse's hindquarters, the engagement of the hind legs and the balance on the haunches are improved for the benefit of the lightness of the forehand and the horse's balance as a whole.

## **2.9 Changes of directions**

In changes of direction, the horse should adjust the bend of its body to the curvature of the line it follows, remaining supple and following the indications of the rider, without any resistance or change of pace, rhythm or speed. Changes of direction can be executed in the following ways:

- a) right angle turns including riding through the corner (one quarter of a volte of approx 6 m diameter)
- b) short and long diagonal
- c) half-voltes and half-circles, with changes of rein

- d) half-pirouettes and turn on the haunches
- e) serpentine loops
- f) counter changes of hand in zigzag\* where the horse should be straight for a moment before changing direction.

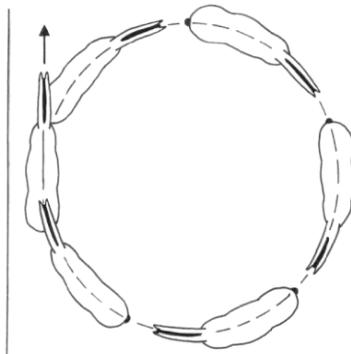
\* Zigzag: a movement containing more than two half-passes with changes of direction. See rule 2.12.5

## 2.10 Figures

The figures asked in dressage tests are the voltes, serpentines and the figures of eight.

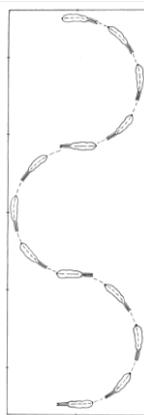
### 2.10.1 Volte

The Volte is a circle of 6, 8 or 10 metres diameter. If larger than 10 metres it is a circle.

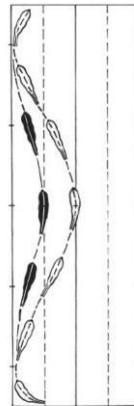


### 2.10.2 Serpentine

The serpentine with several loops touching the long side of the arena consists of half-circles connected by a straight line. When crossing the centre line the horse should be parallel to the short side (a). Depending on the size of the half-circles, the straight connection varies in length. Serpentine with one loop on the long side of the arena are executed with a 5 m or 10 m distance from the track (b). Serpentine around the centre line are executed between the quarter lines (c).



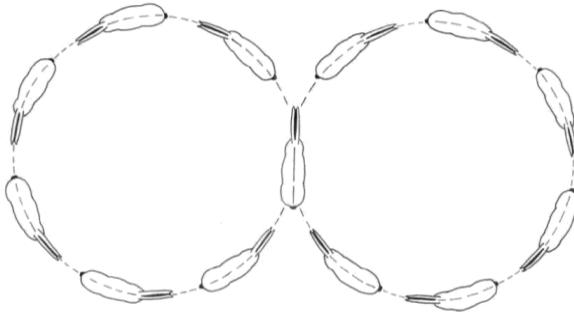
(a)  
(c)



(b)

### 2.10.3 Figure of eight

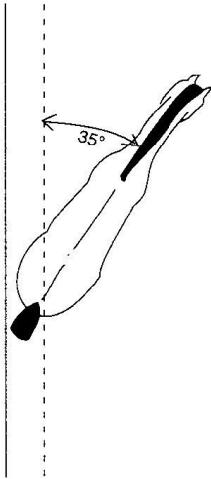
This figure consists of two voltes or circles of equal size as prescribed in the test, joined at the centre of the eight. The rider should make the horse straight an instant before changing direction at the centre of the figure.



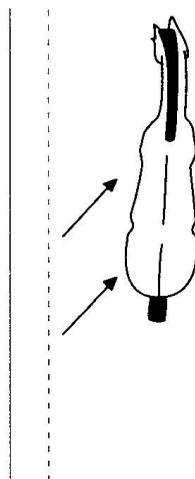
## 2.11 Leg-yielding

- a) the aim of leg-yielding is to demonstrate the suppleness and lateral responsiveness of the horse
- b) the exercise is performed in working trot
- c) the horse is almost straight, except for a slight flexion at the poll away from the direction in which it moves, so that the rider is just able to see the eyebrow and nostril on the inside
- d) the inside legs pass and cross in front of the outside legs
- e) leg-yielding should be included in the training of the horse before it is ready for collected work
- f) Later on, together with the more advanced shoulder-in movement, it is the best means of making a horse supple, loose and unconstrained for the benefit of the freedom, elasticity and regularity of its paces and the harmony, lightness and ease of its movements

- g) leg-yielding can be performed 'on the diagonal', in which case the horse should be as nearly as possible parallel to the long sides of the arena, although the forehand should be slightly in advance of the hindquarters. It can also be performed 'along the wall', in which case the horse should be at an angle of about 35 degrees to the direction in which they are moving



**Leg yielding along the wall**



**Leg yielding on the diagonal**

## **2.12 The lateral movements**

- a) the main aim of lateral movements (except leg-yielding) is to develop and increase the engagement of the hindquarters and thereby also the collection
- b) in all lateral movements (i.e. shoulder-in, travers, renvers, half-pass) the horse is slightly bent and moves with the forehand and the quarters on different tracks
- c) the bend or flexion must never be exaggerated so that it impairs the rhythm, the balance and fluency of the movement
- d) in the lateral movements, the pace should remain free and regular, maintaining a constant impulsion, yet it must be supple, cadenced and balanced. The impulsion is often lost because of the rider's preoccupation with bending the horse and pushing it sideways

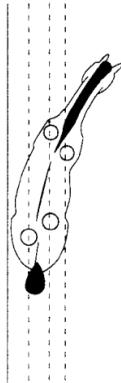
### **2.12.1 Shoulder-in**

The shoulder-in exercise is performed in collected trot. The horse is ridden with a slight but uniform bend around the inside leg of the rider, maintaining engagement and cadence at a constant angle of approximately 30 degrees. The horse's inside foreleg passes and crosses in front of the outside foreleg; the inside hind leg steps forward under the horse's body weight following the same track of the outside fore leg, with the lowering of the inside hip. The horse is bent away from the direction from which it is moving (see Illustration 1).

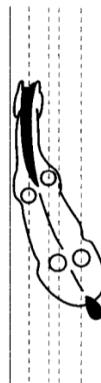
### **2.12.2 Travers**

- a) the aim of the travers is to show a fluent collected trot movement on a straight line and a correct bend. Front and hind legs are crossing, balance and cadence are maintained
- b) this exercise can be performed in collected trot or collected canter

- c) the horse is slightly bent around the inside leg of the rider but with a greater degree of bend than the shoulder-in
- d) a constant angle of approximately 35 degrees should be shown (from the front and from behind one sees 4 tracks)
- e) the forehand remains on the track and the quarters are moved inwards
- f) the horse's outside legs pass and cross in front of the inside legs. The horse is bent in the direction of movement
- g) to start the travers, the quarters must leave the track or, after a corner or circle, are not brought back onto the track
- h) at the end of the travers, the quarters are brought back on the track (without any counter-flexion of the poll/neck) as one would finish a circle (see illustration 2)



**Shoulder in** (illustration 1)



**Travers** (illustration 2)

### 2.12.3 Renvers

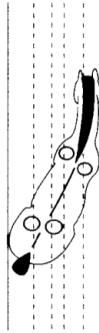
- a) the aim of renvers is to show a fluent, collected trot movement on a straight line with a greater degree of bend than in shoulder-in. The fore and hind legs cross, balance and cadence are maintained
- b) in the renvers the hindquarters remain on the track while the forehand is moved inward.
- c) this is the inverse movement in relation to travers
- d) to finish the renvers the forehand is aligned with the quarters on the track. Otherwise, the same principles and conditions that apply to travers are applicable as at renvers (see illustration 3)
- e) the horse is slightly bent around the leg of the rider
- f) the horse's outside legs pass and cross in front of the inside legs
- g) the horse is bent in the direction in whilst it is moving (see illustration 3)

### 2.12.4 Half-pass

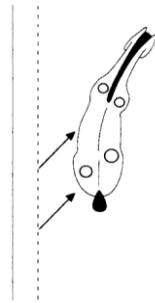
The half-pass is a variation of travers, executed on a diagonal line instead of along the wall. It can be performed in collected trot or collected canter.

- a) the aim of half-pass in *trot* is to show a fluent, collected trot movement on a diagonal line with a greater degree of bend than in shoulder-in
- b) in the half-pass the fore and hind legs cross, balance and cadence are maintained
- c) the aim of half-pass in *canter* is to both demonstrate and develop the collection and suppleness of the canter by moving fluently forwards and sideways without any loss of rhythm, balance or softness and submission to the bend

- d) the horse should be slightly bent in the direction in which it is moving and bent around the inside leg of the rider
- e) the horse should maintain the same cadence throughout the whole movement. In order to give more freedom and mobility to the shoulders, it is of great importance that the impulsion is maintained, especially the engagement of the inside hind leg
- f) in the half-pass the horse's body is nearly parallel to the long side of the arena with the forehand slightly in advance of the hindquarters (see illustration 4)



**Renvers** (illustration 3)



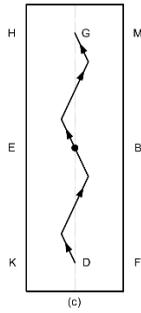
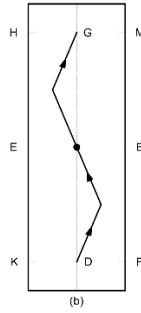
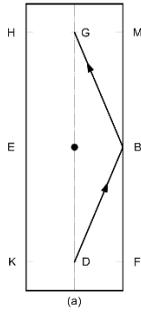
**Half-Pass** (illustration 4)

### 2.12.5 Counter changes of hand

This is a change of direction within half pass whether in trot or canter

- a) a single counter change is when the horse goes, for example, in half pass to the right and then changes direction and goes in half pass to the left (Diagram a below)
- b) two counter changes in trot or canter would mean that the horse goes for example to the right, to the left and then again to the right (Diagram b below)

In the Grand Prix, the zig zag in canter is 5 half passes either side of centre line which is 4 counter changes of hand.



## **2.13 The pirouette, the half-pirouette and turn on the haunches**

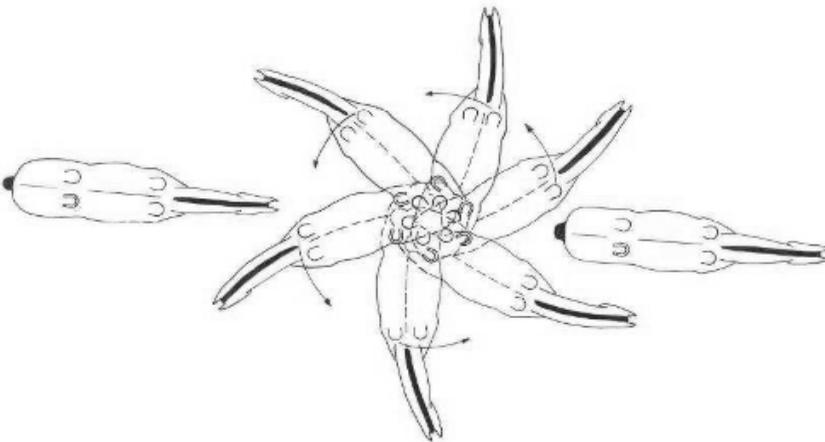
### **2.13.1 Pirouette/Half-pirouette**

The aim of the pirouette and half-pirouette in canter is to demonstrate the willingness of the horse to turn around the inside hind leg on a small radius, slightly bent in the direction of the turn while maintaining the activity and the clarity of the canter, the straightness and the balance before and after the figure, and clear canter strides during the turn. In the pirouette or half-pirouette in canter, the judges should be able to recognise a real canter stride although the feet of the diagonal – inside hind leg, outside front leg – are not touching the ground simultaneously.

- a) the pirouette is a turn of 360 degrees/180 degrees executed on 2 tracks, with a radius equal to the length of the horse and the forehand moving round the haunches
- b) pirouettes/half-pirouettes are usually carried out at collected walk or canter but can also be executed at piaffe
- c) in the pirouette/half-pirouette the fore feet and outside hind foot move round the inside hind foot. The inside hind leg describes a circle as small as possible
- d) at whatever pace the pirouette/half-pirouette is executed, the horse is slightly bent in the direction in which it is turning, remaining 'on the bit' with a light contact, turning smoothly around, maintaining sequence and timing of footfalls of that pace. The poll stays the highest point during the entire movement
- e) during pirouettes/half-pirouettes the horse should maintain its activity (walk also included) and never move backwards or sideways
- f) in executing the pirouette or the half-pirouette in canter, the rider should maintain lightness of the horse while accentuating the collection. The hindquarters are well engaged and lowered

and show a good flexion of the joints. An integral part of the movement is the canter strides before and after the pirouette. The strides should show an increased activity and collection before the pirouette and the balance being maintained at the end of the pirouette

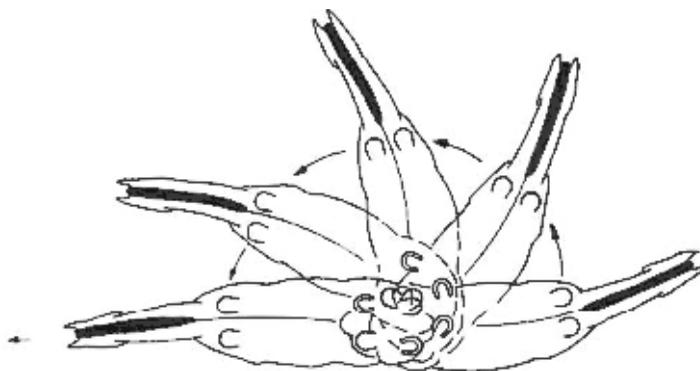
- g) the quality of pirouettes/half-pirouettes is judged according to the suppleness, lightness, cadence and regularity, and the precision and smoothness of the entrance and exit
- h) pirouettes/half-pirouettes at canter should be executed in 6 to 8 strides (full pirouette) and 3 to 4 strides (half-pirouette)



**A full pirouette** (illustration 5)

### 2.13.2 Half-pirouette in walk (180 degrees)

The half-pirouettes in walk (180 degrees) are executed out of collected walk with the collection being maintained throughout the exercise. When the horse exits the half-pirouette it returns to the initial track without crossing the hind legs.



**A half pirouette** (illustration 6)

### 2.13.3 Turn on the haunches from walk (180 degrees)

For younger horses that are still not able to show collected walk, the 'turn on the haunches' is an exercise to prepare the horse for collection. The 'turn on the haunches' is executed out of medium walk prepared by half halts to shorten the steps a little to improve the ability to bend the joints of the hindquarters. The horse does not halt before or after the turn. The 'turn on the haunches' can be executed on a larger radius (approx. 0.5 m) than the pirouette in walk, but the demands of the concerning rhythm, contact, activity and straightness are the same.

#### **2.13.4 Turn on the haunches from halt to halt (180 degrees)**

To maintain the forward tendency of the movement, 1 or 2 forward steps at the beginning of the turn are permitted. The same criteria apply as for the turn on the haunches from walk.

#### **2.14 The passage**

The passage is a measured, very collected, elevated and cadenced trot. The aim of passage is to demonstrate the highest degree of collection, cadence and suppleness in the trot.

- a) the passage is characterised by a pronounced engagement of the hindquarters, a more accentuated flexion of the knees and hocks, and the graceful elasticity of the movement. Each diagonal pair of feet is raised and returned to the ground alternately, with cadence and a prolonged suspension
- b) in principle, the height of the toe of the raised foreleg should be level with the middle of the cannon bone of the other foreleg. The toe of the raised hind leg should be slightly above the fetlock joint of the other hind leg
- c) the neck should be raised and gracefully arched with the poll as the highest point and the nose line close to the vertical. The horse should remain light, and soft 'on the bit' without altering the cadence. The impulsion remains lively and pronounced
- d) Irregular steps with the hind or front legs, swinging the forehand or the hindquarters from one side to the other as well as jerky movements of the forelegs or the hind legs or dragging the hind legs or double beat in the moment of suspension are serious faults

## 2.15 The piaffe

The piaffe is a highly collected, cadenced, elevated diagonal movement giving the impression of remaining in place. The aim of piaffe is to demonstrate the highest degree of collection while giving the impression of remaining in place.

- a) in the piaffe the horse's back is supple and elastic. The hindquarters are lowered; the haunches with active hocks are well engaged, giving great freedom, lightness and mobility to the shoulders and forehand. Each diagonal pair of legs is raised and returned to the ground alternately, with spring and an even cadence
- b) in principle, the height of the toe of the raised foreleg should be level with the middle of the cannon bone of the other supporting foreleg. The toe of the raised hind leg should reach just above the fetlock joint of the other supporting hind leg
- c) the neck should be raised and gracefully arched, with the poll as the highest point. The horse should remain 'on the bit' with a supple poll, maintaining a contact. The body of the horse should move in a supple, cadenced and harmonious movement
- d) piaffe must always be animated by a lively impulsion and characterised by perfect balance. While giving the impression of remaining in place there may be a visible inclination to advance, this being displayed by the horse's eager acceptance to move forward as soon as it is asked
- e) moving even slightly backwards, irregular or jerky steps with the hind or front legs, no clear diagonal steps, crossing either the fore or hind legs or swinging either the forehand or the hindquarters from one side to the other, getting wide behind or in front, moving too much forward or double-beat rhythm are all serious faults.

## 2.16 Impulsion

- a) impulsion is the term used to describe the transmission of an eager and energetic, yet controlled, propulsive energy generated from the hindquarters into the athletic movement of the horse. Its ultimate expression can be shown only through the horse's soft and swinging back guided by a gentle contact with the rider's hand
- b) speed, of itself, has little to do with impulsion; the result is more often a flattening of the paces. A visible characteristic is a more pronounced articulation of the hind leg, in a continuous rather than staccato action. The hock, as the hind foot leaves the ground, should first move forward rather than being pulled upwards, but certainly not backwards
- c) a prime ingredient of impulsion is the time the horse spends in the air rather than on the ground. Impulsion is, therefore, seen only in those paces that have a period of suspension
- d) impulsion is a precondition for a good collection in trot and canter
- e) if there is no impulsion, then there is nothing to collect

### 2.16.1 Submission

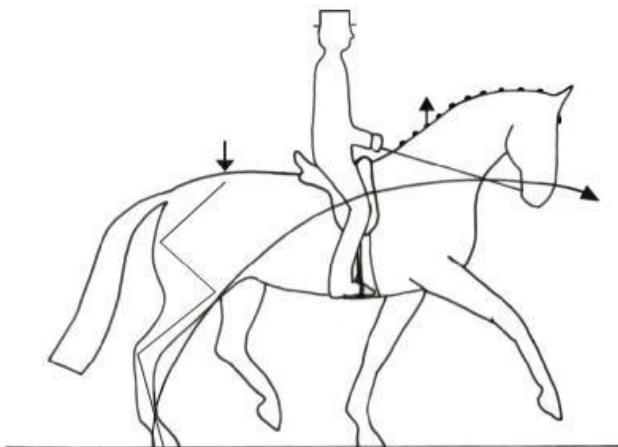
- a) fulfilling successfully the main requirements/movements of a dressage test is the main criterion for submission
- b) submission does not mean subordination, but an obedience revealing its **presence** by a constant attention, willingness and confidence in the whole behaviour of the horse, as well as by the harmony, lightness and ease that is displayed in the execution of the different movements

- c) the degree of submission is also demonstrated by the way the horse accepts the bit with light and soft contact and a supple poll. Resistance to, or evasion of, the rider's hand by being either 'above the bit' or 'behind the bit' demonstrates lack of submission. The main contact with the horse's mouth must be through the snaffle bit
- d) putting out the tongue, keeping it above the bit or drawing it up altogether, as well as grinding the teeth or agitation of the tail, are mostly signs of nervousness, tension or resistance on the part of the horse and must be taken into account by the judges in their marks for the movement concerned, as well as the collective mark for 'submission'
- e) the guiding thought for judges when considering submission is willingness; the horse understands what is being asked of it and is confident enough in the rider to react to the aids without fear or tension
- f) the horse's straightness, uphill tendency and balance enable it to stay in front of the rider's legs and go forward into an accepting and self-carrying contact with the bit. This is what really produces the picture of harmony and lightness

## **2.17 The collection**

- a) the aim of the collection is to:
  - further develop and improve the balance and equilibrium of the horse, which has been more or less displaced by the additional weight of the rider
  - develop and increase the horse's ability to lower and engage its hindquarters for the benefit of the lightness and mobility of its forehand
  - add to the 'ease and carriage' of the horse and to make it more pleasurable to ride

- b) collection is characterised by the 'ease and carriage' of the horse, as well as a lively impulsion, originating from the activity of the hindquarters
- c) collection is developed through the use of half halts and the use of the lateral movements shoulder-in, travers, renvers and half-pass
- d) collection is improved and achieved by the use the seat and legs and containing hands to engage the hind legs. The joints bend and are supple so that the hind legs can step forward under the horse's body
- e) however, the hind legs should not be engaged so far forward under the horse that they shorten the base of support excessively, thereby impeding the movement. In such a case, the line of the back would be lengthened and raised too much in relation to the supporting base of the legs, the stability would be impaired and the horse would have difficulty in finding a harmonious and correct balance
- f) on the other hand, a horse with an over-long base of support, which is unable or unwilling to engage its hind legs forward under its body, will never achieve acceptable collection
- g) the position of the head and neck of a horse at the collected paces is naturally dependent on the stage of training and, to some degree, on its conformation. It is distinguished by the neck being raised without restraint, forming a harmonious curve from the withers to the poll, with the poll being the highest point, and the nose slightly in front of the vertical
- h) at the moment the rider applies his aids to obtain a momentary and passing collecting effect, the head may become more or less vertical
- i) the arch of the neck is directly related to the degree of collection



**Illustration of collection**

## **2.18 The position and aids of the rider**

- a) all the movements should be obtained with imperceptible aids and without apparent effort of the rider. The rider should be well balanced, elastic, sitting deep in the centre of the saddle, smoothly absorbing the movement of the horse with their loins and hips, supple thighs with the legs steady and stretched well down. The heels should be the lowest point. The upper part of the body should be tall and supple. The contact should be independent from the rider's seat. The hands should be carried steadily close together, with the thumb as the highest point and a straight line from the supple elbow through the hand to the horse's mouth. The elbows should be close to the body. All of these criteria enable the rider to follow the movements of the horse smoothly and freely
- b) the effectiveness of the rider's aids determine the precise fulfilment of the required movements of the tests
- c) there shall always be the impression of harmonious cooperation between horse and rider.
- d) riding with both hands is obligatory in tests. Apart from the halt and salute, where the rider must take the reins in one hand, a discreet 'pat on the neck' for a well performed exercise, or for reassurance, is perfectly acceptable (as is the situation of a rider needing to wipe a fly from their eye, or other situations such as adjusting clothing, saddle pads etc)
- e) however, if the rider intentionally takes the reins into one hand in order to use either the reins or the other hand to produce more impulsion from the horse, or to promote applause from the spectators during the test, it will be considered a serious fault and will be reflected in the mark for both the movement and the collective mark for 'Rider'
- f) riding with reins in one hand is permitted, however, in the Freestyle tests

- g) when leaving the arena at a walk on a long rein after having finished the test, the rider may, at their own discretion, ride with only one hand

### **2.18.1 Use of voice**

The use of the voice or clicking the tongue repeatedly as an aid is a serious fault, which will incur a penalty as per 3.16

## **SECTION 11 PARA-EQUESTRIAN DRESSAGE**

### **Preamble**

Equestrian competition for Riders with a Disability, is known as Para-Equestrian (PE).

These rules (which are based on FEI Rules governing Para-Equestrian) are for use in Australian Para-Equestrian Dressage.

Unless exceptions to the rule are listed in the EA Para Dressage rules, the EA National rules for Dressage will apply.

For FEI Para-Equestrian competitions the FEI Para Rules will apply.

These rules cannot provide for every eventuality. In any unforeseen or exceptional circumstances, it is the duty of the appropriate official(s) to decide in a sporting spirit and adhere as closely as possible to the intention of these rules

### **11.0 Definitions, conditions and tests**

#### **Definitions –**

**Para-Equestrian (PE)** – used when referring to National PE Rules and tests

**FEI Para-Equestrian (FEI PE)** – used when referring to FEI Para-Equestrian Rules and tests at FEI-sanctioned events.

#### **FEI PE Classification Master List (FEI PE Master List)**

- is a list, maintained by the FEI, of all classified PE riders
- will include name, date of birth, national federation, national number, functional profile number, grade and the compensating aids and equipment that may be used, the manner of saluting and the date of classification.
- classified Para-Equestrian riders must be included on the FEI PE Master List to compete
- riders may only use the compensating aids that are included on the FEI PE Master List/ EA PE Master List or otherwise permitted under the general rules
- the OC will provide the judges and the chief steward and gear checker, with a list of compensating aids for competitors.
- PE riders should be identified on the competition draw with 'PE' beside their name
- the FEI PE Master List will be available to all National Federations when holding a Para-Equestrian event

A Para-Equestrian is a rider with a physical or visual impairment that satisfies the minimal impact criteria as detailed in the FEI Para-Equestrian Classification Manual and has been classified by an accredited National Classifier for national competitions

#### **National PE Classification Master List as per EA website (EA PE Master List)**

the following grades of Para-Equestrian Participation competitions are offered

- Grade I – walk only
- Grade II – walk and trot
- Grade III walk and trot. Canter is only permitted in the freestyle
- Grade IV – walk, trot and canter. May show lateral work in the freestyle
- Grade V– walk, trot, canter, half pass, shoulder-in, walk pirouettes

## EA PE and FEI PE events and tests:

- EA PE tests are used at club level and Regional Championships and State Championships as easier introductory tests – available on the EA website
- FEI PE tests are highly recommended to be used at State-level events
- it is mandatory to use FEI PE tests at Nationals and CPEDI events

Events will be as follows:

- PE national events
- PE state events
- Australian Para Equestrian Dressage Championships
- FEI PE event – FEI-sanctioned i.e. CPEDI3\*

## 11.1 Rules

- a) a PE rider must be an EA Participant or Competitive member to compete in EA PE competitions
- b) to compete in FEI PE-sanctioned events in Australia or overseas, or the Australian PE Dressage Championships, a PE rider must be a Competitive Member
- c) a horse on which a Para-Equestrian rider competes in Official **Participation** competitions does not need to be registered
- d) a horse on which a Para-Equestrian rider competes in Official **Competitive** competitions must be registered with EA
- e) there is no height restriction (e.g. horse and ponies compete together)
- f) where horses are mentioned throughout this section also refers to ponies
- g) all trot work may be executed in sitting or rising trot
- h) making an entry for any event constitutes implicit acceptance of these rules
- i) breaches of any of the rules may entail elimination, unless other penalties are stipulated
- j) competitors are responsible for knowing and complying with these rules
- k) horses and riders may be subject to random testing in competition. Refer to EA and FEI Anti-Doping and Medication Control rules (EADMC) and the EA (Rider) Anti-Doping Policy or rule 1.6 *Doping and Medication Control* in this document. For more information see [www.equestrian.org.au](http://www.equestrian.org.au), [www.fei.org](http://www.fei.org) or [www.asada.gov.au](http://www.asada.gov.au)

## 11.2 Code of Conduct for welfare of the horse

Refer to rule 1.2 to 1.6

## 11.3 Dressage objectives and general principles

Refer Section 2 of the EA Dressage Rules

The object of Para-Equestrian Dressage Events is to provide and develop competition opportunities for equestrian athletes with physical disabilities

Exceptions for Para Tests:

- The term “Leg-yield” to be replaced with “Diagonal-yield”  
Diagram in EA Rule 2.11- “Leg yielding along the wall on the diagonal” describes the movements “Diagonal yielding along the wall” and “Diagonal yielding on the diagonal” which are the term used when ‘Leg Yielding’ is performed in Para-Equestrian
- A discreet 'pat on the neck' for a well-performed exercise, or for reassurance, is perfectly acceptable (as is the situation of a rider needing to wipe a fly from their eye, or other situations such as adjusting clothing, saddle pads etc)
  - However, if the rider intentionally takes the reins into one hand in order to use either the reins or the other hand to produce more impulsion from the horse, or to promote applause from the spectators during the test, it will be considered a serious fault and will be reflected in the mark for both the movement and the collective mark for General Impression.

## 11.4 Para-Equestrian dressage events

The individual Para-Equestrian dressage and FEI Para-Equestrian event schedules must be read carefully to understand the specific conditions and requirements of the event. Para Participation competitions can be held in conjunction with any other EA dressage event, and all riders should have the support required to participate. The following rules apply:

- a) a rider may not enter a test other than the grade indicated by their functional profile
- b) only the current EA Para-Equestrian tests and the FEI Para-Equestrian level tests may be used – these are available from the EA and FEI websites
- c) refer to FEI rules for specific rules and conditions for different categories of disability i.e. vision impaired

## 11.5 Participation

### 11.5.1 Riders

- a) all riders must have their functional profile assessed by an EA-accredited classifier/s before they may take part in a Para-Equestrian competition
- b) riders may be officially classified from the beginning of the year in which they turn 12 years of age
- c) age of rider is from the start of the year
- d) PE riders competing in Young Horse/Pony competitions please refer to Section 9, rule 9.1 *General conditions*

### 11.5.2 Horses

- a) a rider may enter more than one horse per grade
- b) horses and ponies must be at least 5 years old to compete in EA Para-Equestrian
- c) horses for Grades I, II and III may be ridden and/or schooled for up to 30 minutes per day by the trainer/coach/groom or another rider designated by the competing rider
- d) horses for Grade IV and Grade V may only be schooled by the rider competing on those horses after arrival at the venue
- e) horses competing in Grade I, II and III may not be trained/schooled by anyone other than the rider for 15 minutes before they enter the competition arena to perform their dressage test
- f) a horse may be shared by a maximum of 2 riders in different grades
- g) under FEI Rules riders may compete in a maximum of 2 tests per day per horse
- h) horses in Grades I, II, III and IV may compete in a maximum of 4 tests per day
- i) horses in Grade V may compete in a maximum of 2 tests per day
- j) horses must be identified by a Horse Identification number corresponding to the relevant Grade, worn at all times when on the competition grounds outside the stable

#### 11.5.2.1. Sharing of horses

- a) for horses ridden by Grade I, II and III riders, the horse must only be ridden by a trainer/coach/groom for a total of 30 minutes (i.e. if 2 riders from Grades I or II share, they are only permitted 30 minutes total shared time between them, per day)
- b) arena familiarisation sessions are allocated on a horse basis, not rider basis and therefore only one session would be allocated to a horse shared by 2 riders
- c) where horses are shared by one rider from the lower Grades I, II and III and one rider from the higher Grades IV and V the following applies
  - on competition days, if the lower grade rider competes first, then 30 minutes schooling by a trainer/coach/groom/other rider will be permitted prior to the test. For the higher-grade rider, this is considered to be the 30 minutes schooling by the rider and therefore no further allocation of time will be permitted. This is on the grounds of horse welfare

- on competition days where the higher grade rider competes first, this is considered to be the 30 minutes schooling (by a trainer/coach/groom) permitted for the lower grade rider and therefore no further allocation of time will be permitted for the lower grade rider. This is on the grounds of horse welfare
- on non-competition days, the horse may be ridden by both riders, but no time will be allocated for the horse to be schooled by a trainer/coach/groom (i.e. the 30 minutes). It is considered that the higher grade rider is schooling the horse for the lower grade rider

#### 11.6 Draw

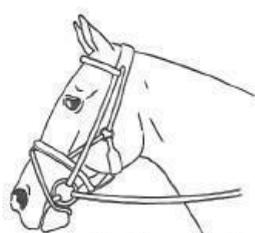
- competitions will be limited to 30 entries
- a revised draw may be necessary the day before each competition to allow for withdrawals
- the starting order will not alter and a move up system will apply
- withdrawals must be verified by documented proof, i.e. veterinary or medical certificate
- the onus is on the competitor to confirm/check their start time/s before the competition

#### 11.7 Dress, saddlery and equipment

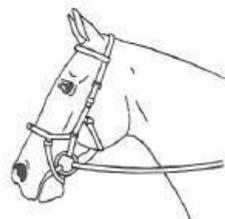
- all riders in all grades have the option of using either a snaffle or double bridle and curb bit with a curb chain
- all riders must always be neatly and correctly dressed
- approved headgear must be worn by riders, grooms, trainers, owners etc. (as well as any other person), at all times whilst mounted. Riders will not be permitted to ride until such headgear is properly secured and any rider violating this rule must immediately be prohibited from further riding until such headgear is properly in place
- for competition, hat covers may be black or another dark colour
- head gear must be as per EA rules refer rule 5.2
- hats may not be removed for salutes or mounted prize giving ceremonies
- gloves shall be worn if possible
- spurs are optional
  - spurs must be made of metal
  - shank must be either curved or straight, pointing directly back from the centre of the spur when on the rider's boot
  - spurs must not be offset, unless this is permitted as a compensating aid on the rider's FEI PE Master List
  - the arm of the spurs must be smooth and blunt
  - if rowels are used they must be blunt and free to rotate
  - level spurs with round hard plastic knobs are permitted (e.g. 'Impuls' spurs)
  - 'dummy' spurs with no shank permitted
  - riders not in control of spurs, whether intentionally or not, may be asked to remove spurs by the President of the Ground Jury or the Judge at C or Chief Steward
- ear phones are only permitted during training and warm up, except when listed as a compensating aid on the FEI PE Master List, when they can be used throughout the test with a steward also provided with a receiver via three way head set system
- vision impaired riders – special conditions apply – ~~refer to FEI PE Rules Article 8427 1.7. However,~~ vision impaired riders must wear a distinctive coloured arm band when mounted both inside and outside the competition arena
- for bridles and bits please refer to Section 5 for details
- the use of nosebands is as per EA rules in Section 5. The combined noseband can be used with a double bridle only when the lower strap of the noseband is removed. As the FEI and EA rules governing nosebands differ, it is recommended that the FEI Para-Equestrian rules be followed
- ear hoods are permitted for all Events, and may contain noise reducing materials

- n) for Horse Identification numbers please refer to rule 4.8.5
- o) use of voice is permitted as an aid for Grades I, II and III but is not permitted for Grade IV and V unless specified as an aid on their FEI PE Master List
- p) safety vests (including inflatable), dark in colour, are permitted.
- q) a rider may only ride without the use of stirrups if this is specified on the FEI Classification Master List

The FEI PE rules do not permit Micklem nosebands to be used with double bridles. They do permit combined nosebands to be used with double bridles when the lower strap of the noseband is removed.



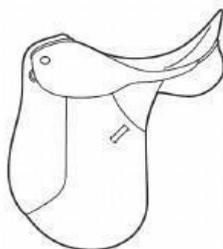
5. Combined noseband – no throat lash



6. Micklem bridle

### 11.7.1 Saddle

- a) a well-fitting, well-maintained saddle of any type, suitable to the horse and rider shall be used. (See below)
- b) at the halt there must be a clear 3 cm between any means of support and the rider's trunk
- c) any adaptations to a saddle must allow the rider to fall free of the horse. Any such adaptation must be listed as a compensating aid on the rider's FEI PE Master List or EA PE Master List. No saddle may be deeper in the seat than 12 cm with the seat pressed down. This is measured from the middle of a line from the top of the pommel to the top of the cantle
- d) the use of a soft handhold may not be more than 30 cm wide, to assist the rider to balance may be attached to the front of the saddle, in front of or above the pommel
- e) such a handhold may not be more than 10 cm above the top of the pommel when held. If a hard handhold is essential, it must be stated on the rider's FEI PE Master List or EA PE Master List
- f) plain numnahs may be used
- g) dark-coloured seat/saddle covers may be used if they are specified on the FEI PE Master List – or EA PE Master List
- h) plain saddlecloths may be used



Example of permitted dressage saddle

### 11.7.2 Whips

- a) one whip with maximum length of 1 m for ponies and 1.20 m for horses (including tassel) may be carried if required – unless permitted under FEI rules or EA PE Master List
- b) any variation from the conventional or curved whips must be **approved and recorded on the FEI or EA PE Master List of Exemptions**

### 11.7.3 Other Para-Equestrian saddlery aids permitted

- a) a copy of the rider's compensating aids as per the FEI PE Master List or EA PE Master List must be sent to the Organising Committee with the entry form at the time of entry
- b) it is the responsibility of the competitor to ensure that all special equipment/compensating aids are permitted under Para-Equestrian rules, and that any used are noted on the rider's dressage FEI PE Master List or EA PE Master List
- c) aids listed on their FEI PE Master List or EA PE Master List
- d) breast plates, neck straps and handholds are permitted
- e) any rein from any bit in the horse's mouth must be in direct contact with the rider
- f) if riding in a double bridle the 2 reins on one side must either both go to the rider's hand(s) or be connected into one rein before reaching the rider (split rein). Elastic insert reins are permitted
- g) foot reins are only permitted when no other reins are going to be controlled by arm(s) or hand(s)/fingers from the upper part of the body of the rider
- h) if the rein is not used in a conventional manner, it must be in as straight a line as possible from the rider's point of contact on the reins to the horse's mouth
- i) for riders with two very short arms, reins may be run through rings that are attached to the front of the saddle by leather straps. These rings must not be in a fixed position but shall be loose
- j) riders using such rings must have details noted on the FEI PE Master List or EA PE Master List
- k) velcro may be used on the lower limbs to assist the rider in the saddle where there is identified need as determined by the rider's functional profile and grade. The use of velcro in this way must be recorded as a compensating aid for the rider on the FEI PE Master List or EA PE Master List
- l) the total amount of overlapping velcro or similar material used by any rider must not exceed 50 square cm. Each overlap contact must not exceed the dimensions of 3 cm x 6 cm. The total area of overlapping velcro or similar material per leg must not exceed 3 cm wide by 6 cm of overlap contact. For safety reasons it is recommended that it is fastened in a 'V' shape
- m) a velcro or thin leather strap may be used to attach the stirrup leather or the stirrup iron to the girth to assist control of the lower leg where there is an identified need as determined by the rider's functional profile and grade. This must be recorded as a compensating aid on the FEI PE Master List or EA PE Master List
- n) elastic rubber bands may be used to keep the feet in the stirrups, and such elastic must be of a width and strength to allow the rider to fall free of the horse
- o) to prevent the possibility of the foot sliding through the stirrup, stirrups may be closed at the front. Andersen stirrups may be used
- p) adaptations to equipment, velcro or similar materials that assist in the balance of the rider may change the functional profile of that rider
- q) visually impaired riders should consult the organising committee regarding their requirements; however, the rider would normally supply their own equipment. Only the lead caller (who may also Command where approved by the Chief Judge may be in the centre of the arena and may not move around

#### 11.7.4 Other Para-Equestrian saddlery aids not permitted

- a) martingales, blinkers, side, balancing, running, bearing and similar reins are forbidden
- b) any rein adaptation that produces a similar effect to these forbidden reins is not permitted
- c) no 'quick release' mechanisms may be used apart from 'quick release stirrups' if they are listed as a compensating aid on the rider's-FEI PE Master List or EA PE Master List
- d) any decoration of the horse with unnatural items, such as ribbons or flowers in the tail, mane, etc, is strictly forbidden, except for the red ribbon in the tail that identifies a horse that kicks

#### 11.7.5 Outside assistance

- a) any outside assistance or intervention, including coaching by voice, signs, etc, may result in elimination, at the discretion of the Judge at C
- b) the rider's trainer or representative may stand near the competition arena to relay the judge's instructions, if necessary
- c) grades I, II and III helpers may be placed in corners outside the arena for safety reasons. In an emergency, they may give physical assistance. Penalties will be at the discretion of the Judge at C, who may eliminate the rider either at the time, or at the conclusion of the test
- d) in Grades I, II and III if circumstances allow, a companion horse may stand adjacent to the arena. The position in which it stands can be designated by the steward
- e) in cases where a rider stops the test and receives outside assistance in order to turn a temporarily unsafe situation back into a safe situation (i.e. in case of a lost stirrup) each judge should give 0 for the particular movement but allow the rider to continue the test
- f) if Grade IV rider (profile 36) is required to wear a blindfold or blacked out glasses, then permitted prior to start of test to enter arena and proceed once each way around the arena
- g) any athlete with a visual impairment is permitted to start the test from the inside' as per FEI rules

#### 11.8 Gear check

- a) a gear check is compulsory at all EA events and a steward must be appointed to check the saddlery of each horse and the compensating aids used by the rider before and/or immediately after they leave the arena. The steward must be up to date on all permitted or non-permitted equipment
- b) any discrepancy will be reported to the Judge at C and will result in elimination. The checking of the bridle must be done with the greatest caution (see FEI Manual for Para-Equestrian Dressage Stewards)
- c) the steward must use disposable surgical gloves when checking the bit (one pair of gloves per horse)
- d) the Ground Jury at any EA dressage event may check saddlery and compensating aids against the Para Dressage rider's FEI PE Master List immediately after they leave the arena
- e) sponsorship logos in total may not exceed 200 square cm
- f) for sponsorship logos on jackets the size is 80 square cm
- g) a copy of the-FEI PE Master List or EA PE Master List for the relevant competitors is to be provided to the Gear Steward.

#### 11.9 Commanders and callers

- a) commanders read a test and callers call out the letters to those visually impaired riders who need this assistance
- b) official FEI PE tests must be carried out entirely from memory, and all movements must follow in the order laid down in the test, except for those riders who may have their tests commanded and/or called as a compensating aid listed on the EA or FEI PE Master List
- c) only the printed text or extract thereof can be commanded and no other form of assistance can be given
- d) the commander may read each movement once or twice only and failure to observe this rule may entail elimination

- e) all commanders must be supervised by a steward
- f) all EA tests or FEI tests used at EA competitions can be commanded except at the following events:
- g) State Championships
- h) National Championships
- i) FEI-sanctioned events
- j) an exception to f) is if the need for commanded tests is stated as a compensating aid on a rider's FEI PE Master List.

## 11.10 Officials

### 11.10.1 Para-Equestrian Judges

- a) a list of accredited national Para-Equestrian judges is on the EA website or available from your EA state branch office
- b) there should be at least 2 judges for each competition
- c) where 2 judges are used one should be placed on the long side, if the arena layout provides for this
- d) at National Championships:
  - if 3 judges are used, it is recommended, at the least, that they comprise 1 FEI PE judge and 2 national PE judges – if a CPEDI then must have a minimum of 2 foreign FEI PE judges
  - if 5 judges are used, it is recommended, at the least, that they comprise 2 FEI PE judges and 3 national PE judges. If a CPEDI then there must be at least 3 foreign FEI PE judges
- e) at State Championships a minimum of 2 national PE judges must be used
- f) all judges judging PE must be PE accredited and at least:
  - a. D (Medium level) to judge all EA PE tests and FEI PE tests
  - b. E (Elementary) to judge EA PE tests
- g) PE seminars are to be conducted by a National PE Judge Educator
- h) seminars are to be of one-day duration
- i) for re-accreditation purposes the judge must be in attendance for the entire duration of the seminar **and** be an active participant
- j) participation certificates are to be issued to attendees
- k) for reaccreditation, judges are required to attend a specific PE seminar every 3 years
  - to become a PE Judge, you must be E level or above to judge. You must also attend and participate in a full day PE seminar, and demonstrate satisfactory skills in 2 assessments:
  - a PE written theory test with a pass of at least 80%
  - one shadow judging which must at least cover Grades I, II and III. This shadow judging may take place at the PE seminar if sufficient horses or it may take place in conjunction with another PE event
- l) a PE accreditation seminar is to be held at least every 3 years

### 11.10.2 Stewards

An accredited PE Chief Steward must be appointed for Australian and State Championships (see 11.15.6.3)

### 11.11 Arenas

- a) as per rule 3.6 the centre line must have the letter A placed in line (not offset) with C at least 10 m (preferably 15 m) back from the arena to allow horses a straight track to enter the arena
- b) grades (I, II, and III) compete in an arena 40m x 20m
- c) grades IV and V may compete in an arena 60m x 20m

### 11.12 Practice arenas

- a) at least one practice arena of 20m x 60m must be placed at the disposal of the riders from the time of the opening of the stables. If possible, this arena should be of the same consistency as the competition arena footing
- b) a 20 m x 60 m arena should have the ability to mark out a 20m x 40m arena
- c) arena space should be adequate to accommodate a maximum of 8 riders in a 20 m x 60 m arena and a maximum of 6 riders in a 20m x 40m area at any one time
- d) if possible, provision should be made for riders with visual impairment to train alone
- e) the OC should ensure that all riders are given equal training times

### 11.13 Prize Giving

- a) it is recommended that all prize giving presentations are unmounted
- b) riders' dress to be the same as in the competition
- c) daily timetables for presentations are advisable

### 11.14 Recommendation/Guidelines for organising committees

For further information refer to EA Section 7, *Rules for judges and organising committees* and Annex G *Notes for dressage event organisers*.

- a) It is advisable that the timetable for competitions to start with the Grade IV and Grade V followed by Grades- I, II and III not necessarily in that order. Timing and weather conditions may necessitate this to be varied, in the interests of the grade I, II and III riders.
- b) weather conditions are to be taken into consideration
- c) depending on entries, allow 15–20-minute breaks between competitions
- d) draw lists with judges' timetable/test and judging positions must be sent prior to start of competition to judges/classifiers (if required)
- e) daily honorarium for transport to and from, and special food requirements to be confirmed before the event
- f) notify scorers and commentator of updated draw changes – check daily before competitions commence
- g) updated draws to be available to the stewards/judges/classifiers the day before if possible and notify competitors and supporters of changes
- h) ensure that a bell (used in indoor/outdoor competitions) can be heard as some riders may have a hearing impairment
- i) provide a stopwatch for the Judge at C for all competitions
- j) make an official scratching form available for riders/owners and treating veterinary officer (if present).
- k) site plan of venue to be sent to all officials and included in the rider information pack
- l) special attention needs to be taken to provide suitable and accessible facilities for people with disabilities at appropriate areas. Where possible, near on-site accommodation, arenas and stables
- m) facilities should include:
  - accessible mounting block/ramp
  - accessible toilet
  - if classifiers are present, a room is to be allocated as per the FEI rules
  - results are to be located in an accessible location – keep in mind people in wheelchairs
- n) a pack should be provided for the Chief Judge and the Chief Steward which includes stewards' phone contacts, latest draws, stable allocations, current compensating aids list, plus a copy of current EA rules pertaining to Para Dressage

## **11.15 Australian Para-Equestrian Championships**

### **11.15.1 Administration**

The Australian Para-Equestrian Championships or CPEDI3\* may be conducted as a stand-alone competition or in conjunction with a dressage event of similar status (i.e. Australian Young Rider Championships, a State Dressage Championship, a CDI). It is strongly recommended that the Australian PE championships be run in conjunction with the Australian Dressage Championships, however if this is not always be possible, they may run in conjunction with another major event.

- a) the draft schedule must be submitted to the EADC for approval at least 6 months prior to the event
- b) all grades of FEI Para-Equestrian competitions I, II, III, IV and V and Freestyle – must be included
- c) there must be 3 FEI competitions at each grade: FEI Team test, FEI Individual test (or FEI Novice test) and FEI Freestyle test
- d) other levels and tests may also be included (e.g. National Para-Equestrian dressage tests) for each grade
- e) a horse/rider combination must compete in either the FEI tests or the National Para-Equestrian dressage tests for their grade but not both
- f) the closing date of entries must be not more than 6 weeks and not less than 4 weeks before the start of the Championships
- g) there must be a timed draw made available to competitors for EA competitions – at least 24 hours before the competition commences
  - for FEI-sanctioned competitions – as required under FEI rules
- h) the competitor's state of origin must be included in the start list, draw and program
- i) all riders competing in either FEI PE tests or EA PE dressage tests must be classified
- j) a copy of the riders FEI PE Master List and national list is to be provided to the Chief Steward and all judges

### **11.15.2 Conditions of Entry**

- a) horses may be shared by two riders in different grades. For competition run under FEI rules, FEI rules relating to shared horses and schooling will apply, otherwise see 11.15.3.1 below.
- b) all horses, owned or shared, in Grades I, II and III may only be warmed up at the competition by the trainer/coach/groom or other designated rider

### **11.15.3 Competition conditions**

- a) no test may be commanded unless specified on the Rider's FEI PE Master List or national list
- b) for the duration of the event, horses entered in the Championship may only be ridden and schooled by the rider/s competing on that horse (except for those horses of riders in Grades, I, II and III whose horses may be schooled by another rider for up to 30 minutes per day)
- c) a groom mounted in the saddle may walk the horse on a long rein for grades IV and V only
- d) lunging or work in-hand by someone other than the nominated rider is permitted
- e) Horses may not be schooled from the ground whilst a rider is mounted

#### **11.15.3.1 Sharing of horses**

- a) for horses ridden by Grade I, II and III riders, the horse must only be ridden by a trainer/coach/groom for a total of 30 minutes (i.e. if 2 riders from Grades I or II share, they are only permitted 30 minutes total shared time between them, per day)
- b) arena familiarisation sessions are allocated on a horse basis, not rider basis and therefore only one session would be allocated to a horse shared by 2 riders

- c) where horses are shared by one rider from the lower Grades I, II and III and one rider from the higher Grades IV and V the following applies
- on competition days, if the lower grade rider competes first, then 30 minutes schooling by a trainer/coach/groom/other rider will be permitted prior to the test. For the higher-grade rider, this is considered to be the 30 minutes schooling by the rider and therefore no further allocation of time will be permitted. This is on the grounds of horse welfare
  - on competition days where the higher-grade rider competes first, this is considered to be the 30 minutes schooling (by a trainer/coach/groom) permitted for the lower grade rider and therefore no further allocation of time will be permitted for the lower grade rider. This is on the grounds of horse welfare
  - on non-competition days, the horse may be ridden by both riders, but no time will be allocated for the horse to be schooled by a trainer/coach/groom (i.e. the 30 minutes). It is considered that the higher-grade rider is schooling the horse for the lower grade rider

#### **11.15.4 Withdrawals**

- a) no competitor shall withdraw from a competition within 8 hours of its commencement without the permission of the OC
- b) a written statement giving reasons for any withdrawal must be handed to the Secretary of the event prior to the commencement of the competition
- c) the penalty for non-compliance is a maximum fine of AU\$200
- d) horses withdrawn may be subject to a veterinary inspection

#### **11.15.5 State teams**

- a) team entries must be made by state branches before the closing date of entries
- b) a state teams' competition is to be held across all grades
- c) declaration of the team must be made in writing to the OC by the relevant Chefs d'Equipe by 5.00 pm the day before the start of the event
- d) the FEI Team test and the FEI Individual test (or Novice) test will count towards a state team's score
- e) a team shall consist of three horses and three riders that are residents and members of that state
- f) a horse may only compete in one team
- g) only one team per state may be nominated
- h) in the case of accident or illness, a nominated individual rider and/or horse, which have been declared as a starter, may be substituted for one of the team member riders and/or horses up to one hour before the start of the relevant competition. If the withdrawal is caused by the illness of the rider, they may take no further part on any horse in the event
- i) if the withdrawal is based on veterinary advice the horse may take no further part in the event.
- j) in the latter case the nominated rider is permitted to fulfil other riding engagements on other horses
- k) the rider and/or horse that has had to withdraw, may not then start as an individual entry from the time of withdrawal for the remainder of the event
- l) the winning team is the one having the highest total score, the second is the one with the next highest total score, and so on
- m) in case of equality of marks, the winning team is the one where the lowest level competitor has the best result
- n) where there are insufficient entries to enable a state team to be entered, the smaller states may combine to enter a mixed state team

## **11.15.6 Officials**

### **11.15.6.1 Chef d'Equipe**

- a) a state which is represented by two or more competitors at an Australian Championship must appoint a Chef d'Equipe
- b) the Chef d'Equipe is responsible for all the competitors and horses entered for that state
- c) protests may only be lodged by the relevant Chef d'Equipe
- d) please refer to Section 6 for further information on the role

### **11.15.6.2 Judges**

- a) there must be at least 2 judges from overseas or interstate
- b) Australian judges must be of at least D level and be accredited EA or FEI qualified Para-Equestrian dressage judges
- c) overseas judges must be on the official Para-Equestrian dressage judges list of the country in which they are residing
- d) there must be at least 3 judges for each competition
- e) wherever possible, different judging combinations should be used for each competition and the judges should rotate their positions
- f) accommodation and travelling expenses must be paid for all judges not residing in the host state, unless there is some special arrangement
- g) a reserve PE judge should be available at the venue each day
- h) officials remuneration as per rule 7.9

### **11.15.6.3 Stewards**

It is highly recommended that an accredited Para Dressage Steward be appointed to oversee the application of permitted compensating aids and the riding of horses belonging to riders in Grades I, II and III by other than the nominated rider.

### **11.15.6.4 Appeal Committee**

An Appeal Committee consisting of a President and 2 or 4 members must be appointed to make decisions outside the jurisdiction of the Ground Jury. Please refer to Section 6 for more information.

### **11.15.6.5 Technical Delegate**

The President of the PE Ground Jury may take on the role of the Technical Delegate (TD).

## **11.15.7 Classification**

Two FEI or EA accredited National Classifiers must be invited to the Australian Championships if this is an event that has been identified as a Classification opportunity.

- a) classification will be offered at the discretion of the OC/NF and must be announced as soon as the event is added into the Calendar of FEI Events (deadlines: refer to calendar rules). Each NF hosting an International Competition must nominate at least one International Event where Classification will be offered. In such cases FEI classifiers are required.
- b) the Classifiers must remain until the first appearance of all Classified Riders

## **11.15.8 Organising Committee report**

A written report must be submitted by the OC to the first meeting of the EADC after the conclusion of the Championships.

#### **11.15.9 Horse inspections and swabbing**

- a) all such inspections will be conducted in accordance with Article 1011 of the FEI Veterinary Regulations and Annex 1 of the FEI Dressage Rule Book
- b) horse inspections will be held for all horses whenever an Australian Championships is conducted in conjunction with a CPEDI
- c) swabbing must be conducted in accordance with the EA National Medication Control Policy and General Regulations

#### **11.15.10 Presentations and awards**

- a) the presentation areas must be accessible by all riders
- b) presentations should be unmounted, safety is paramount
- c) the Australian Champion for each grade is the combination that achieves the highest points in the Individual test and the Freestyle test
- d) championships are to be decided on points system
  - the first placed horse will be allocated 35 points
  - the second placed horse will be allocated 34 points
  - the third placed horse will be allocated 33 points and so on to the last placed horse
- e) all competing horses will be ranked on the combined results of tests at each level
- f) in the event of a tie, the Champion will be the horse with the highest aggregate percentage at that level
- g) in the event of a further tie, the horse with the highest percentage in the higher competition at that level will be deemed the Champion

#### **11.15.11 Ground facilities**

- a) stabling for visiting horses must be provided on or close to the competition grounds
- b) significant consideration must be given to accessibility with regard to stables, human accommodation, catering, trade village and venue facilities such as toilets, first aid room and event office
- c) apart from the competition arenas, a full sized, 60m x 20m that can be adapted to 40m x 20m for Grades I, II and III, of a similar surface to the competition arena shall be available for warming-up purposes
- d) Disabled toilets, showers and accessible facilities should be available.

#### **11.16 State Para-Equestrian Championships**

In regards to the State Championships:

- a) competitors must be Participant or Competitive members
- b) all PE riders must be classified
- c) a TD is no longer required. The President of the Ground Jury will carry that responsibility
- d) there must be at least 3 accredited PE judges for each competition
- e) it is advisable to have a reserve judge available

#### **11.17 FEI-sanctioned events /Competitions**

Refer to the FEI Para Dressage Rules ~~8347~~ for details re international events as well as the rules for FEI Dressage at [www.fei.org](http://www.fei.org)

## 11.18 Para-Equestrian Guidelines

RULE	GUIDELINES	
Warming up before test	Grades I, II, III – a designated person until 15 minutes before the commencement of the test	Warming up 30 minutes in total for Grade I, II and III by a designated rider - steward must be present
	Rider only for Grades IV and V	No other person permitted
Time allowed to enter arena	60 seconds after sound of bell	
Salute	One or two hands on rein, nod of the head, hats must not be removed	
Commander for FEI-sanctioned events	Can read the words twice. May not carry a whip and must stand in one place	Must be on the FEI PE Master List. Steward must stand beside and monitor the commander
Commander for EA events (in Australia usually referred to as callers)	Can read the words twice May not carry a whip and must stand in one place	All grades in all competitions except in State and National Championships and CPEDI's
Lead Caller also Commander	For Blind riders, only the lead caller may call the test and must stand still	
Use of voice	Grades I, II and III	Reservedly
	Grades IV and V	Not permitted unless on the FEI PE Master List
Live Letters (Callers)	Live letters for Grade III blind riders	Must be noted on FEI PE Master List C Judge to control use of commanders and entry procedures
Blind Riders Grade III IV and V	Grade III required to wear blacked out glasses Permitted prior to start of test to enter arena and proceed once each way around the arena	Must wear a distinctive coloured arm band when mounted both inside and outside the competition arena Callers permitted
Resistance	60 seconds	Safety factor allows for 20 seconds or less
Rising trot	Permitted in all grades	
Companion horse	Grade I, II and III only	C Judge and steward to control placement of companion horse in the arena
Spurs	permitted in all grades	Providing legs are under control
Bridle	Snaffle or double, all Grades	Split reins used with double bridle should be noted on FEI PE Master List
Whips	Length 1.2 m incl. tassel / 1 m pony	Will be on the FEI PE Master List
Compensating aids	Permitted compensating aids are now recorded on the FEI PE Master List/ or EA PE Master List	OC to provide a list of aids to Gear Steward and at least the Chief Judge
Errors of Course	Third error = Elimination	
Hats with harness secured	Compulsory to comply with EA regulations	
Gloves	If possible	
Fall of horse or rider	The rider is eliminated	

RULE	GUIDELINES	
Blood/abuse	Fresh blood visible during the test, Chief judge to check and if fresh – elimination	If not fresh blood, then after being checked the horse may continue with the test
Leaving the arena with all four feet	In a wilful manner, causing loss of control = Elimination	Unintentionally directed, allow rider to re-enter the arena and continue
Marked lameness	Elimination by Chief Judge	
Horse defecating or urinating	In Freestyle, the clock will be stopped and restarted when horse is ready to continue	
Ear Hoods <sup>1</sup>	Permitted at all permitted for all events	May also provide noise reduction. Must not cover the horse's eyes and ear plugs are NOT permitted May not be attached to the nose band
False Tails	Permitted only with the approval of the FEI	

### 11.19 Execution of the Tests

If a rider makes an error of course/Test whilst executing a movement which is to be repeated later in the test, the judge at C should, in the interests of the rider, ring the bell and put the rider right. Marks will be deducted for the error by each Judge, but the rider should remember to ride the correct movement in the repeated section, thus avoiding a second error and an additional penalty. The decision as to whether or not an Error of Course has been made will be that of the Judge at C. The other Judges' scores will be adapted accordingly.

#### 11.19.1 Penalties

Error of Course - every error of course, whether the bell is sounded or not, must be penalised, except as noted above.

For Australian PE

- a) 1st error: - 2 marks
- b) 2nd error: - 4 marks
- c) 3<sup>rd</sup> error: elimination

For CPEDI

- a) 1st error: 0.5% (zero point 5) percentage point per judge to be deducted from the total score
- b) 2nd error: 1% (one) percentage point deducted from the new total score
- c) 3rd error: elimination

#### 11.19.2 Other Errors

All of the following are considered errors and two (2) points will be deducted per error per judge. The errors defined below are not cumulative and will not result in Elimination (including for Freestyle tests):

- a) entering the space around the arena with boots on the horse's legs or with discrepancy in dress
- b) entering the Dressage arena with boots on the horse's legs or with discrepancy in dress: If the test has already started before the discrepancy has been noticed, the Judge at C stops the rider and if needed and possible, an assistant may enter the arena to remove the item(s). The rider then continues the tests, whether starting from the beginning (from inside the arena fence) or from the movement where they were stopped. The marks given before he was stopped are not changed
- c) entering the dressage arena before the sound of the bell
- d) not entering the dressage arena within sixty (60) seconds after the bell, but within one hundred and twenty (120) seconds

- e) a rider may not speak to any other person once the test has started, unless spoken to by the judge. Two (2) marks will be deducted by each judge from those that would have otherwise been awarded for the movement where this occurred
- f) for Freestyle Tests, entering the arena after more than twenty (20) seconds of music

### 11.20 Freestyle

The Freestyle to Music Tests are Competitions that can be used by all Grades at all levels.

Each Grade has its own Test.

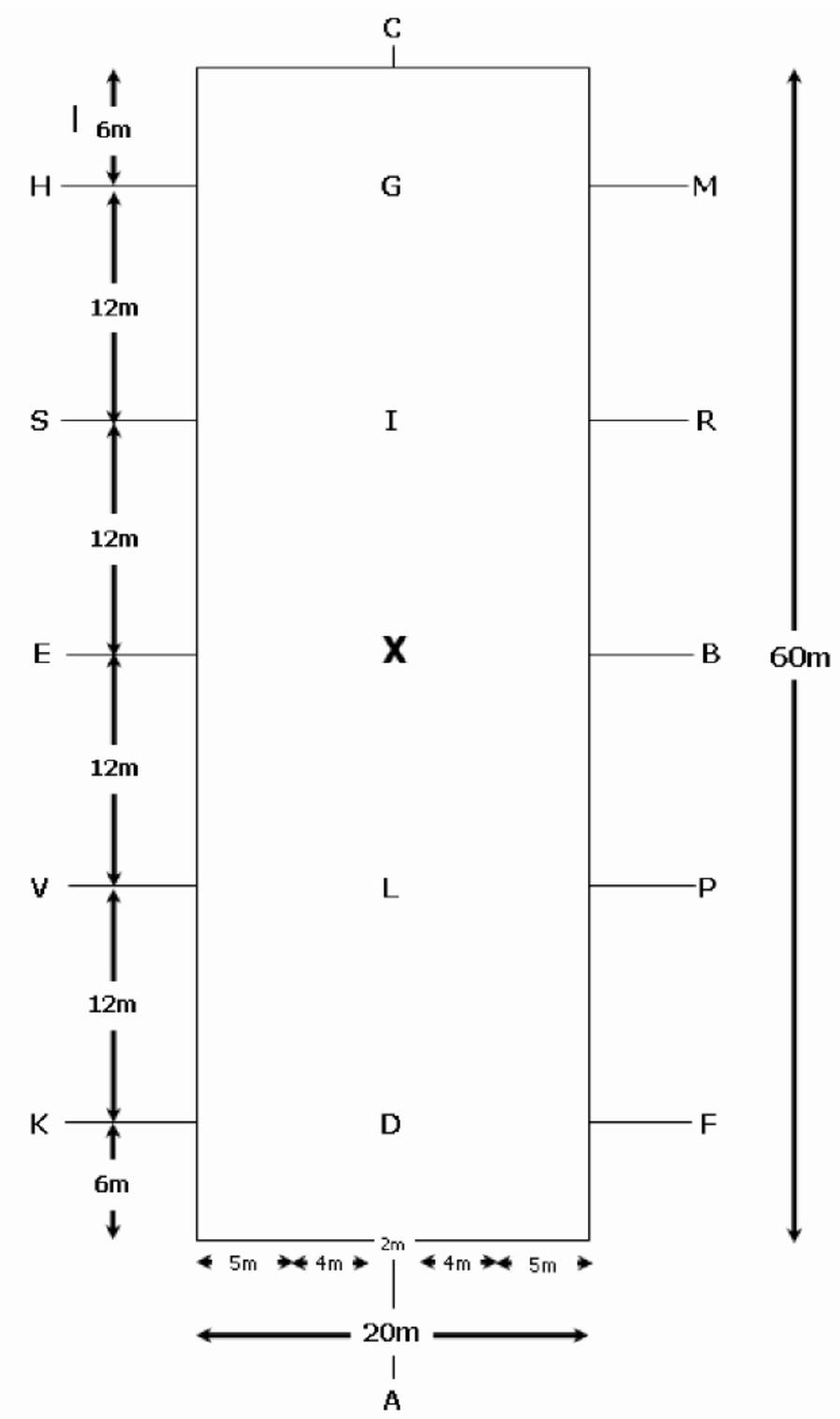
- a) in all the Freestyle Tests for all Grades, the mark for 'Rider Skills' is to assess the effect of the rider's ability ~~and~~ to enhance the performance of the horses. It is a measurement of their skill to produce the best performance of which the horse is capable of
- b) all marks in the Artistic Section of the Freestyle tests, in all Grades, will be marked using all the decimal points and not just half marks, i.e. 6.1, 7.8, 8.3 etc
- c) grades I, II and III freestyle to music tests must be no shorter than four (4) minutes and no longer than four (4) minutes and thirty (30) seconds. Tests are performed in a 20mx40m arena
- d) grades IV and V freestyle to music tests must be no shorter than four (4) minutes thirty (30) seconds, and no longer than five (5) minutes, and must be ridden in 20mx60m arena
- e) the music must not start more than twenty (20) seconds before the rider enters the arena and the music must cease at the final salute
- f) a halt and salute on the centre line facing the Judge at C at the beginning and end of the test is compulsory. The test time will start when the rider moves off from the first halt and finishes at the final halt
- g) riders in Grade I and II may not show canter, piaffe or passage
- h) riders in Grade III may not show piaffe or passage and only show canter work that does not include lateral work, flying changes, half or full pirouettes
- i) passage and piaffe may not be shown at any time during an event. Penalty will be a Yellow Warning Card
- j) a rider deliberately showing non permitted movements or paces during the execution of the test will have eight (8) marks deducted from each judge each time a non-permitted movement is shown, and the choreography mark of five (5) or below but will not be eliminated. The final decision is made by the judge at C
- k) compulsory movements omitted will receive a 0 from each judge for that movement and the choreography mark will be affected. The decision of the C judge will be final in these cases

**ANNEXES**

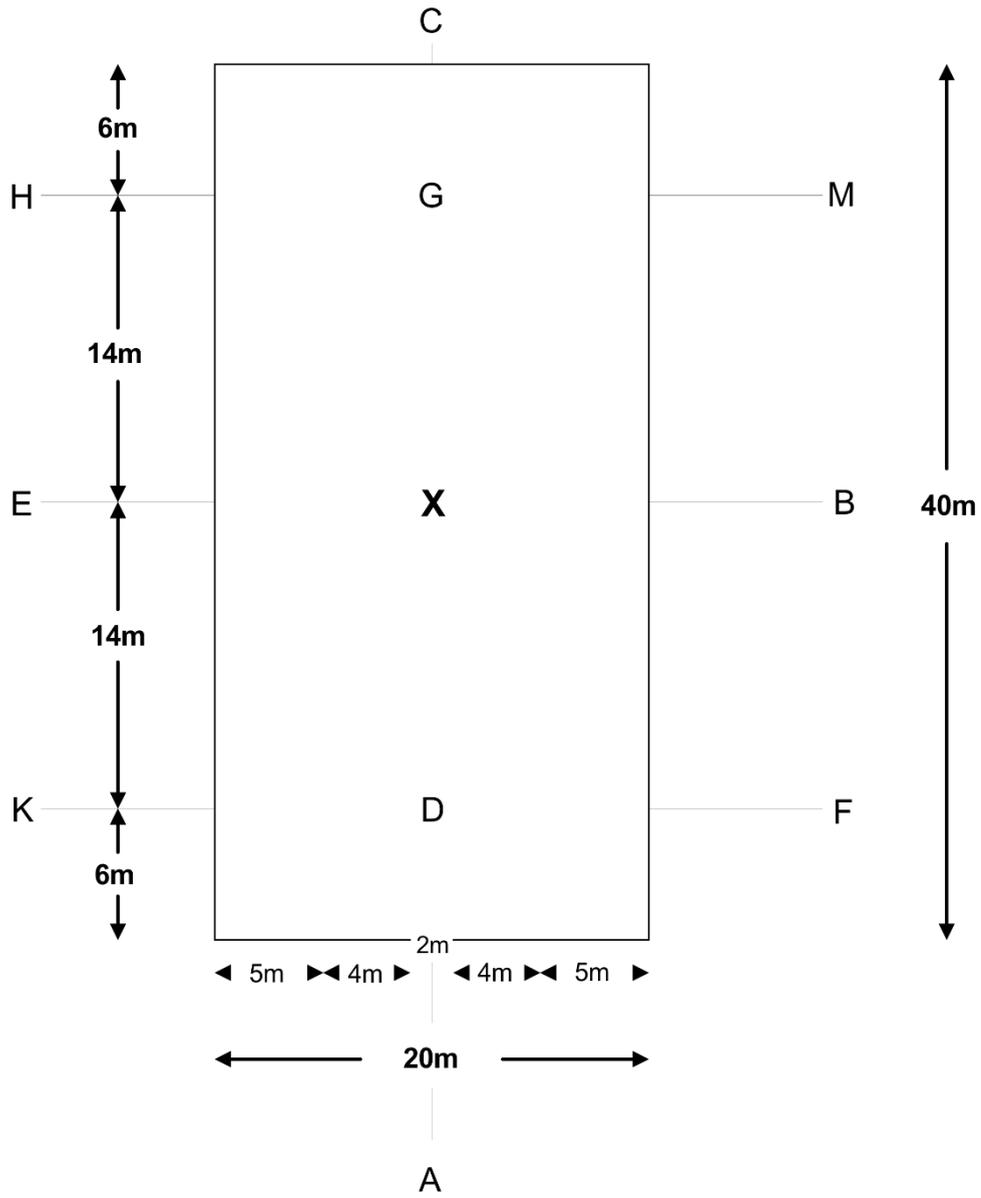
**Annex A Dressage arenas and Diagrams of the geometry of riding movements**

Below are diagrams of a 60 m x 20 m and 40 m x 20 m dressage arena showing the measurements between markers and marker position. Note entrance must be minimum of 2 metres and no greater than 4 metres.

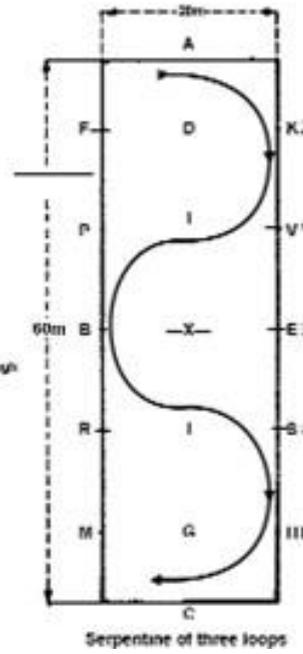
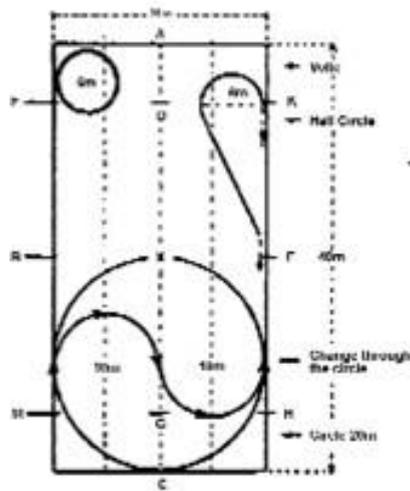
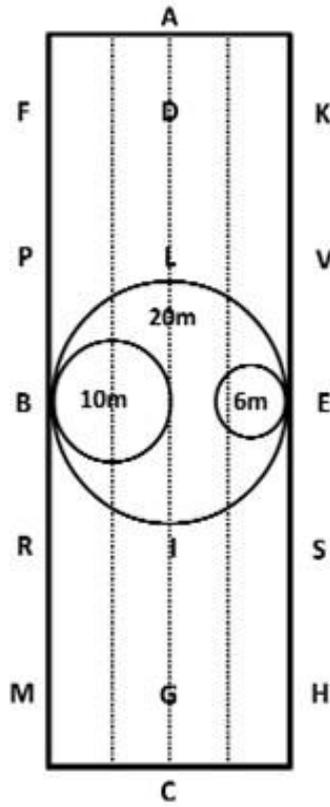
**A 60 m x 20 m dressage arena**

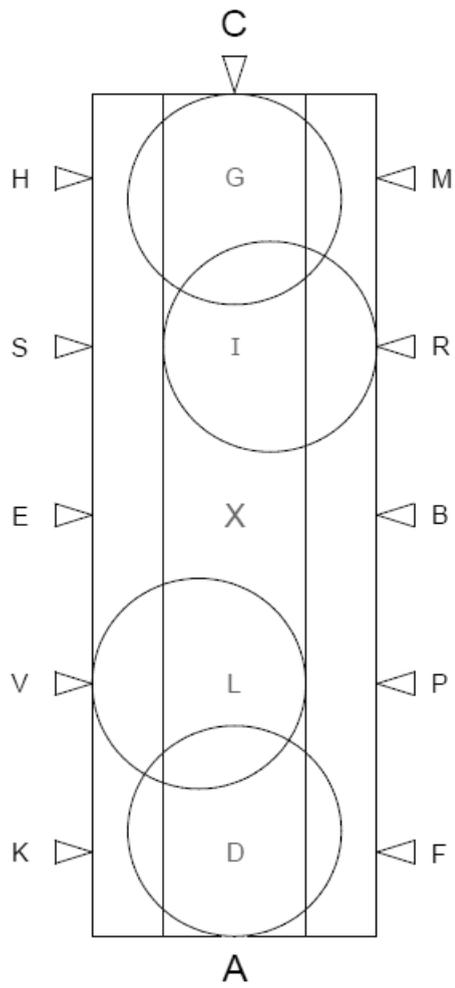


A 40 m x 20 m dressage arena

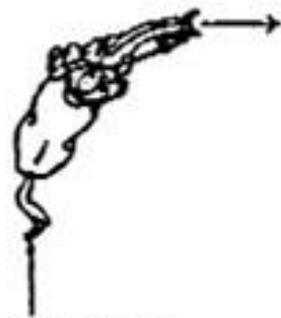


Geometry - the different size circles

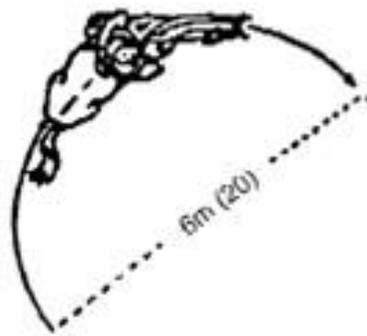




15 m circles



Turning Corner



Volte

## Annex C Hot weather policy

### C.1 Horses

Horses exercising and competing in hot environmental conditions can be affected by heat stress. When environmental heat conditions are adverse, exercising horses require appropriate cooling measures to safeguard their welfare. The primary responsibility for the welfare of horses competing and exercising during hot weather lies with the rider of the horse. Riders must always take action to prevent, manage and treat heat stress in their horses. Event organisers are responsible for providing adequate facilities and information that riders need to safeguard the welfare of horses. Access to ice and cooling water during competition is a compulsory requirement that arises under certain environmental conditions.

To assess the risk of heat stress in horses, the FEI uses the Wet Bulb Globe Temperature (WBGT) Index. WBGT information is published on the Bureau of Meteorology (BOM) website under their Thermal Comfort Observations webpages (see [http://www.bom.gov.au/info/thermal\\_stress/](http://www.bom.gov.au/info/thermal_stress/).) WBGT information is published on the BOM website for each Australian state and territory with regional indices.

		Wet Bulb Globe Temperature (WBGT) from Temperature and Relative Humidity																														
		Temperature (°C)																														
Relative Humidity (%)	0	15	16	16	17	18	18	19	19	20	20	21	22	22	23	23	24	24	25	25	26	27	27	28	28	29	29	30	31	31	32	32
	5	16	16	17	18	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	27	28	29	29	30	31	31	32	33	33	34	35
	10	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	29	30	30	31	32	32	33	34	35	36	36	37
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	20	17	18	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	31	32	32	33	34	35	36	37	38	39			
	25	18	18	19	20	20	21	22	23	24	24	25	26	27	28	28	29	30	31	32	33	34	35	36	37	38	39					
	30	18	19	20	20	21	22	23	23	24	25	26	27	28	29	29	30	31	32	33	34	35	36	37	39							
	35	18	19	20	21	22	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39								
	40	19	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39									
	45	19	20	21	22	23	24	25	26	27	27	28	29	30	32	33	34	35	36	37	38											
	50	20	21	22	23	23	24	25	26	27	28	29	30	31	33	34	35	36	37	39												
	55	20	21	22	23	24	25	26	27	28	29	30	31	32	34	35	36	37	38													
	60	21	22	23	24	25	26	27	28	29	30	31	32	33	35	36	37	38														
65	21	22	23	24	25	26	27	28	29	31	32	33	34	36	37	38																
70	22	23	24	25	26	27	28	29	30	31	33	34	35	36	38	39	WBGT > 40															
75	22	23	24	25	26	27	29	30	31	32	33	35	36	37	39																	
80	23	24	25	26	27	28	29	30	32	33	34	36	37	38																		
85	23	24	25	26	28	29	30	31	32	34	35	37	38	39																		
90	24	25	26	27	28	29	31	32	33	35	36	37	39																			
95	24	25	26	27	29	30	31	33	34	35	37	38																				
100	24	26	27	28	29	31	32	33	35	36	38	39																				

Note: This table is compiled from an approximate formula which only depends on temperature and humidity. The formula is valid for full sunshine and a light wind

WBGT	Example °C: RH%	Recommendations for competitions	Required cooling Facilities/methods
<28	30:45	No changes needed to the competition format or timing.	<ol style="list-style-type: none"> <li>1. Access to least 2 wash bays with freely running water via hoses.</li> <li>2. Shaded areas/shelters.</li> <li>3. <b>Not:</b> each horse may need to be hosed with 2 hoses for 20–40 minutes if heat stressed.</li> </ol>
28–30	29:60	<p>Some precautions to reduce heat load on horses will be necessary such as:</p> <ul style="list-style-type: none"> <li>• use shaded areas for competition and warm up areas</li> <li>• avoid non-grassed riding surfaces</li> <li>• reduction in overall effort (shorter distance, less jumping efforts, etc)</li> <li>• competition PA announcements</li> </ul>	<ol style="list-style-type: none"> <li>1. Access to least 2 wash bays with freely running water via hoses.</li> <li>2. Shaded areas/shelters.</li> <li>3. <b>NOTE:</b> each horse may need to be hosed with 2 hoses for 20–40 minutes if heat stressed.</li> </ol>
30–33	30:65	<p>Additional precautions to those above to limit overheating of horses will be necessary.</p> <ul style="list-style-type: none"> <li>• The timing of events/competition should be considered. Competitions <b>should</b> be held in cooler parts of the day (between 7 am – 11 am and/or after 4 pm).</li> <li>• Avoid non-grassed riding surfaces</li> <li>• Competition PA announcements.</li> <li>• CCI ** and CCI ***Eventing horses require <b>AGGRESSIVE COOLING MEASURES</b></li> </ul>	<ol style="list-style-type: none"> <li>1. Access to least 2 wash bays with freely running water via hoses.</li> <li>2. Shaded areas/shelters.</li> <li>3. <b>Mandatory provision of ad lib ice for use in cooling horses. AGGRESSIVE COOLING MEASURES ARE COMPULSORY FOR CCI **/** EVENTING HORSES</b></li> <li>4. <b>NOTE:</b> each horse may need to be hosed with 2 hoses for 20–40 minutes if heat stressed.</li> </ol>

>33	32:60	<p>These environmental conditions are very high risk and are probably not compatible with safe competition.</p> <p><b>Further veterinary consultation/advice will be required before continuing.</b></p> <ul style="list-style-type: none"> <li>• The timing of events/competition should be considered. Competitions or the 'high exertion phase' of the event <b><i>must</i></b> be held during cooler parts of the day (between 7 am –11.00 am and/or after 4 pm).</li> <li>• <b>Higher level competitions should be run in the coolest part of the day.</b></li> <li>• Schedule the most demanding competition/competition phases when it is cooler.</li> <li>• The lower level competitions generally make lower demands on horses.</li> <li>• Avoid non-grassed riding surfaces</li> <li>• <b>Competition PA announcements – frequently repeated. (See below)</b></li> </ul>	<ol style="list-style-type: none"> <li>1. Access to least 2 wash bays with freely running water via hoses.</li> <li>2. Shaded areas/shelters.</li> <li>3. <b>Mandatory provision of ad lib ice for use in cooling horses. AGGRESSIVE COOLING MEASURES ARE COMPULSORY FOR <u>ALL HORSES</u></b></li> </ol> <p>Additional requirements for eventing competitions:</p> <ol style="list-style-type: none"> <li>4. A shaded area with misting fans</li> <li>5. A veterinarian to monitor horses.</li> </ol>
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## **C.2 Competition PA heat risk announcements**

- a) explanations of the 6-minute threshold (see Rule C3.2 below) in any demanding exercise (not just Cross Country exercise), as being pivotal in heat overload
- b) encouraging riders to pre-cool their horses by hosing them before riding to place lower demands on the horse's cooling system while they work
- c) encouraging abbreviated warm-ups to lighten the load on the horses' cooling systems
- d) explanations of aggressive cooling until the horse's temperature returns to 38°C
- e) encouraging the use of ice and a shaded area with misting fans, to cool horses after exercise
- f) encouraging hydration of every horse with cool clean water, salt and electrolytes
- g) encourage riders to 'house' resting horses in shaded areas and/or on grass surfaces

## **C.3 Key principles**

Any organiser of an event to be held in hot weather must understand the following key principles:

### **C.3.1 Humidity and heat – a dangerous mix causing heat overload**

Combinations of high heat and humidity impact severely on a horse's main cooling mechanism of sweating and evaporation. A heat stressed horse can have multiple organ failure; it may collapse and die.

Unless cooling facilities equivalent to FEI standard are in place at an event, the FEI strongly recommends that riding activities be suspended when the WBGT Index reaches or exceeds 32–33°C.

### **C.3.2 The 6-minute threshold – heat overload for horses working in the heat**

Where the WBGT Index is high, horses that have just performed are at risk of suffering a dangerous temperature hike. When the WBGT Index is high, 6.0–6.5 minutes of continuous hard work (i.e. the 6-minute threshold) is pivotal in causing heat stress. Dressage horses do work extremely hard in both the warm up and in their tests. For showjumpers the effort is generally under 6 minutes, however for dressage and cross country, horses are at risk in heat because the effort will exceed 6 minutes.

Aggressive cooling (see below) should be used after a performance for a dressage horse when the WBGT is high, just as for horses coming off a cross country course.

### **C.3.3 Wind flow (breeze) dramatically reduces heat overload**

Wind flow significantly increases evaporation. The primary cooling mechanism for both horses and humans is evaporation of sweat. On hot days, events should be scheduled early or late, when better wind flow is likely and outside of peak temperature periods.

Horses *standing* in the sun without shade or wind flow in temperatures above 33°C start to accumulate heat. Horses *working* in the sun without wind flow at or above 33 °C are at risk.

### **C.3.4 Surface area to body mass (SA:BM)**

As body mass increases, relative surface area decreases. An 80 kg rider will have a SA:BM = 1:40, but a 500 kg horse has a SA:BM = 1:100. Surface area to body mass ratio impacts negatively on a horse's ability to shed heat through evaporation. Greater musculing in some horses, such as dressage horses, lowers their SA:BM ratios and makes them less effective than other equine athletes at shedding heat.

### **C.3.5 Arena and surfaces**

Shaded and grassy surfaces do not attract and retain as much heat as other surfaces that are soil-based or exposed to full sunlight. Horses restrained next to vehicles/floats/trucks parked on black asphalt, road base or sand are more susceptible to heat stress on hot days.

### **C.3.6 Event planning**

Event organisers **must** conduct a risk management assessment if competitions/training days are to be held during hot conditions. Decisions and actions that may be considered include:

- alteration of time of day or time of year at which an event is run
- reduction in overall effort (shorter distance, less jumping efforts, etc)
- education of riders, grooms and officials
- provision of shade
- provision of adequate means of cooling horses, including ice, fans, hoses, water baths, etc
- provision of veterinary services for heat-stressed horses.

## **Appendix A**

### **Aggressive cooling measures**

Aggressive cooling should be used where a horse's temperature is elevated after any demanding exercise such as dressage or cross country and when the WBGT Index is high.

Cooling includes use of high volumes of cold/ice water application, ice boots, repeatedly applying bucketfuls of iced/cold water, and repeatedly hosing and immediately scraping water as it warms on the horse's body.

Key areas to apply cooling/iced water to are the jugular veins (underside of neck), the femoral arteries (between hind legs) and the heat sink (lower abdomen). Aggressive cooling should continue until water is no longer heating up on the horse, or until the horse's temperature is back to a healthy 38° C (rather than heading up to a dangerous 40° C).

## **Appendix B**

### **Anhydrosis in horses**

This condition is also called drycoatedness, or 'the puffs'. Only two species, humans and horses, rely on evaporating sweat to shed excess heat. Horses naturally have a very efficient cooling mechanism as part of their thermoregulation system.

Hindgut fluid reserve acts as a 'heat sink' (the hind gut stores 60 litres of fluid where some heat can be diverted to reduce damage to vital organs).

During humid weather when the relative humidity exceeds 85%, the efficiency of sweat evaporation from the skin decreases by 5% for every 2% increases in relative humidity, which greatly increases the risk of heat stress.

Some people think that when a horse's coat is dry or has only patchy sweat when worked on a hot day, this indicates that the horse is handling the heat. In fact, a dry coat is a cause for great concern as the horse could be losing the ability to sweat (anhydrosis), indicating a faulty or a completely broken cooling system. As a result the horse may suffer heat stroke and collapse.

Unlike dogs, horses are not designed to pant. When a horse pants or 'puffs' this means it is suffering heat stress and requires immediate cooling.

## **Appendix C**

### **Cooling systems in horses**

- **Evaporation and convection:** This makes up for 60% of cooling. Horses shed excess heat through sweating and having air moving over them. Horses standing in the sun without shade or wind flow (breeze) in temperatures above 33° C, start to accumulate heat.
- **Radiation and conduction:** Once the air temperature is over 33°C, even a horse at rest needs to shed heat. A horse that has a large size and mass finds this harder than smaller animals, or even a lighter framed horse.

- **Respiratory loss:** This makes up 15% of cooling for horses during exercise.

## Appendix D

### The FEI standard cooling facilities

To enable aggressive cooling to be carried out when the WBGT exceeds 32–33 °C, the following should be available at an event:

- multiple hoses and wash bays for cooling/hosing
- large bins (ideally wheelie bins) full of water and bags of ice for aggressive cooling
- free ice ad lib, an abundance of bags of ice for ice boots or for riders to add to water to cool horses after exercise
- a shaded area with misting fans
- an equine veterinarian

### Acknowledgements

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- Dr Warwick Vale (BSc BVMS (Hons II)) and
- Dr Margot Seneque (B VSc, Hons, Grad Dip Animal Chiro).

Their assistance is greatly appreciated.

### References

- 1) *The effect of thermal environmental conditions on the health and performance of horses*, Dr David J Marlin (BSc, PhD), 2007
- 2) *Comfort Index: Impact of heat and humidity on competition horses*, Liz Owens for EADC, 2011
- 3) *Helping horses to handle the heat*, Dr John Kohnke (B.VSc)
- 4) *Better Coaching, Advanced Coaches' Manual*, Frank S Pyke, Australian Sports Commission

The impact of heat and humidity on dressage horses has been poorly understood by many in the industry in Australia. There have been instances of horses dying and/or requiring intensive veterinary care following dressage competition or clinics in such conditions in Australia.

Heat overload (heat stress or even heat stroke) occurs when an individual cannot shed sufficient heat to maintain a normal core temperature (38°C for a horse and 38°C for a person). Definitive research on this subject by Dr David Marlin recommends:

*'The Bureau of Meteorology (BOM) forecast is based on the temperature **in the shade**. The temperature for horses and riders warming up and competing **in the sun**, and for judges in cars, will be **much** higher than this.*

## **Annex F                      Notes for dressage competitors**

At some stage every rider has had to compete for the first time. This is a step-by-step document that follows the order of preparation for both you and your horse. The majority of the information is procedure rather than rules. You should have a rule book handy at all times whilst competing.

There are various rules and sections from the EA Dressage rules referred to in this document. This document *must* be read in conjunction with the rules and is not intended to replace the rules.

Please make sure that you have read and are familiar with the EA Competitor's Code of Conduct.

### **F.1      Setting goals**

A lot of riders go to trainers with the expectation of becoming an Olympian or at least being able to ride like one. There is nothing wrong with being ambitious. However, with the help of your trainer you should set **achievable** short-term goals.

In this case, an achievable goal is that you are going to prepare for your first competition and ride at least one but hopefully two tests. To achieve this goal you might:

- a) set a time-frame of about two/three months in order to work towards that goal
- b) find a local competition where you feel within your comfort zone
- c) enter a test that suits your level of training and competency
- d) try to time your competition to coincide with training or practice days at the venue where you will be competing

### **F.2      Welfare of the horse**

Be aware of the EA's requirement for the welfare of the horse (refer to Section 1).

### **F.3      Membership/Registration requirements**

- a) refer to the EA General Regulations for membership requirements
- b) obtain an entry form for the competition you feel is appropriate
- c) the entry form will point out the conditions of entry which are fairly standard but sometimes may have some local rules

### **F.4      Entries**

- a) refer to Section 4 for information about entries
- b) keep a copy of your entry in order that you can refer back to it if necessary

### **F.5      Verifying which Preparatory and Freestyle tests apply**

There are different versions of Preparatory tests and Freestyles used throughout Australia. Therefore, you should obtain from the organisers of the event a copy of the test you have entered, including time permitted.

### **F.6      Learning the test**

Refer to the EA rule book for the diagram of the arenas. If a caller is used, you must still know the test. Refer to the EA rules for information.

## **F.7 Pre-Competition requirements**

Important paperwork required includes:

- a) EA Dressage Rules and test sheet which you should read. It is your responsibility to know the rules
- b) horse registration papers, if applicable
- c) the time draw from the event organiser
- d) conditions of entry for the local event and
- e) copy of entries
- f) check that your dress and the horse's equipment comply with the rules as the legality and use of some equipment is restricted to specific areas (see Section 5)

## **F.8 Transport requirements**

- a) do not leave it until the day of competition to see if your horse will load
- b) do you need to borrow a horse trailer? If so, try and arrange to have a practice run to the event venue
- c) is your vehicle legally able to tow the trailer?

## **F.9 Competition day**

- a) leave yourself plenty of time to arrive and be at the venue before you ride
- b) on arrival report to the event office and obtain your identification number if applicable
- c) check if there are any scratchings/withdrawals.
- d) if arenas are already going, are they running to time?
- e) check location of gear check area
- f) check location of your competition area, your warm-up and exercise areas
- g) locate the area set aside for lunging, if required
- h) keep hydrated at all times

## **F.10 Warm-up techniques**

For further information regarding warm-up techniques, please refer to Annex B, FEI Hyperflexion Guidelines, which is available on the FEI website [www.fei.org](http://www.fei.org)

### **F.10.1 Preparation and mounting**

- a) only the nominated rider can ride a horse at an event, with the exception of a groom who, when mounted, may walk on a comfortable long rein
- b) riders must be neatly dressed at all times when mounted. It is best that once you mount the horse you are correctly attired (see Section 5), with the exception of a competition jacket
- c) once you have finished your final warm-up go straight to the competition area via the Gear Steward

### **F.10.2 Etiquette for the warm-up arena**

As there are many horses warming up in a restricted area it is important that all riders have knowledge of the etiquette required in group riding. This ensures safe riding and achieves harmony in busy areas.

- a) safety is paramount and a collision should be avoided at all times
- b) before entering the warm-up area make sure the gateway and immediate track are clear
- c) riders should pass left shoulder to left shoulder when on the outside track
- d) when not on the outside track, e.g. on a diagonal line, riders should give way to horses on their left
- e) the more progressive gait has priority on the track (e.g. horses trotting should give way to horses cantering)
- f) a halt should not be on the track

- g) walking should not be on the track and does not have right of way
- h) trot has priority over walk
- i) canter has priority over trot
- j) lateral work has priority over **all** paces
- k) when circling, anticipate your return to the track so as to not stop the flow of other riders
- l) mounting, dismounting and gear adjustment should be done off the track
- m) consideration should be given to behaviour of other horses in the arena that may upset your horse
- n) it may be necessary to leave the area if your horse is upsetting others
- o) if a horse is upsetting the majority, an official should be sought with a view to requesting that horse's removal for safety's sake
- p) be aware of stallions wearing green stallion discs

### **F.10.3 Gear check**

Section 5 refers to the areas in which certain gear is allowable. Be familiar with these rules. Report to the gear check area 10 to 15 minutes before your test. Gear check is required before each test.

### **F.11 Entering the competition area**

Care must be taken to get no closer than 15 m, if possible, to the competition arena (as defined in Section 3) whilst there is a competitor in that arena.

### **F.12 Reporting to the judge and riding the test**

The time draw allocates you a time for riding. You cannot be forced to ride before this time. However, if the horse prior to you is scratched and you are ready to ride, consideration should be given to approaching the judge.

By presenting to the judge, even if you are early, you are indicating that you are ready to ride. Therefore, if you are not ready to enter the arena immediately, wait away from the competition area until such time as you are ready or your start time arrives. The reason for this is to allow all competitors equal warm-up time around the arena, therefore, not benefiting any particular combination.

#### **F.12.1 Reporting to the judge**

- a) if Horse Identification numbers have been issued there is no need to stop and talk to the judge; simply ride past each judge ensuring that your Horse Identification number can be clearly seen
- b) if you have a medical problem that restricts your hearing let the judge know so that they can make a clear indication when to start the test
- c) if Horse Identification numbers are not issued, once the horse before you leave the arena, progress to the Chief Judge at C and await instructions
- d) a judge's instruction may be 'I have a bell' or 'I will ring the bell and hold my hand out the window' to let you know when to enter the arena
- e) if you do not have a Horse Identification number make sure all judges know your name and the name of your horse
- f) once you have given this, recommence warming up around the arena
- g) once the judge rings the bell you have 45 seconds to enter the arena. The penalty is 2 marks per judge if this exceeded. If you are not sure if you heard the bell, circle again and re-present to the Chief Judge
- h) entering the arena before the bell may entail a penalty of 2 points per judge

### **F.12.2 Riding the test**

- a) at the salute competitors must take the reins in one hand. A whip may be held in either hand at the salute
- b) the requirement is to only salute the Judge at C
- c) salute, then pick up the reins and continue when ready
- d) only at the salute at the beginning and end of a test and when exiting the arena may the reins be held in one hand (except for Freestyles as part of the degree of difficulty)
- e) in Preliminary and Novice tests a rider has the option of doing sitting or rising trot
- f) in all higher tests, trot work is executed sitting unless otherwise stated
- g) see Section 2 for the rules on how to perform a movement
- h) if riders elect to retire before the completion of a test, the protocol is to raise a hand to the judge at C (if safe to do so) indicating retirement and to leave the arena immediately

### **F.13 Elimination and penalties**

Refer to Section 3 and Annex E for information on riding the test and the various penalties for errors of course and other types of penalties, including elimination.

### **F.14 Callers and video operators**

- a) callers should stand with their back to the wind so riders can hear them. This can be at either E or B
- b) it is advisable for riders to have a predetermined subtle signal to give to their callers if they need the movement to be re-called
- c) riders must not speak to their callers but the rules permit the repeating once only of the calling of a movement
- d) calling with too loud a voice should be avoided
- e) videoing from the centre line at A gives you the reverse of the judge's point of view
- f) any recording or camera equipment and operators must be at least 10 m from the judge's car and not restrict the judges view

### **F.15 After the competition**

- a) once the placings are posted for the test you rode you can pick up your test sheets
- b) check that there is a point in each box. If you are unsure of the result you can check the adding up
- c) if a protest is to be lodged it must be within 30 minutes of the posting of the placings
- d) officials and competitors need to abide by the Codes of Conduct as contained in the EA Member Protection Policy (located on the EA website <http://www.equestrian.org.au/sites/default/files/Equestrian%20Australia%20Member%20Protection%20policy.pdf>)
- e) if a rider would like to discuss their marks with the judge/s concerned then they should do this in a polite non-confrontational manner and have test sheets with them for reference. The discussion should take place in a private area. Refer to EA General Regulations 169.6.3 for the penalty in relation to incorrect behaviour towards event officials or any other party connected with the event (other rider, journalist, public, etc)
- f) if you are unable to stay at the event venue to collect your test the organisers will post the test to you if you provide a stamped, self-addressed envelope
- g) remember to thank the organisers before you leave the ground, it may encourage them to run another competition for you

## F.16 Role of stewards

Under EA and FEI rules stewards are required to stop riders if they have observed:

- a) neck stretching achieved through forced or aggressive riding
- b) the use of extreme flexion if it does not comply with the definition of stretching
- c) a rider deliberately maintaining a sustained fixed head or neck carriage longer than 10 minutes
- d) in cases where the horse is showing signs of general stress and/or fatigue

The steward may also ask the rider to walk for a certain amount of time in situations where the rider's stress may cause undesired riding (refer to Annex B).

A maximum duration of pre-competition warm-up of one hour is the standard; riders require permission from the Chief Steward (which will be granted only in exceptional circumstances) to extend a training session beyond one hour. The training session must include relaxation periods. They do not include walking on a loose rein, to or from stables, or for exercise prior to or post-test warmup.

Riders are also reminded that post-test repetition of movements may not exceed 10 minutes.

**NOTE:** Chief Steward in consultation with OC may reduce maximum duration due to welfare of horse e.g., extreme weather conditions

If you are competing at an FEI-approved event (i.e. CDI, CDIY, CDIJ, CDIP) it is essential that you make yourself aware of rules that specifically relate to FEI events. In particular, riders are reminded that no one, other than the rider may carry a whip in training or warm-up areas.