

Equestrian Australia Limited



**NATIONAL DRESSAGE RULES – YOUNG HORSE SECTIONS & ANNEXES**

This shortened version of the Australian Dressage Rules contains the rules most pertinent to **YOUNG HORSE COMPETITIONS**. Note that the rules in their entirety as per the full rulebook always apply.

Effective  
1 July 2021  
CLEAN VERSION

The Equestrian Australia National Dressage Rules may also be found on the Equestrian Australia website: <https://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 July 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 From this date on, all other texts covering the same matter are superseded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-sanction 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 officials
- 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
- g) in-conjunction with the EA Pathways Officer for Officials - foster the development, mentoring, education, assessment and accreditation of Dressage Judges, Stewards and Technical Delegates

## 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) *farriery 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 euthanised 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
- 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

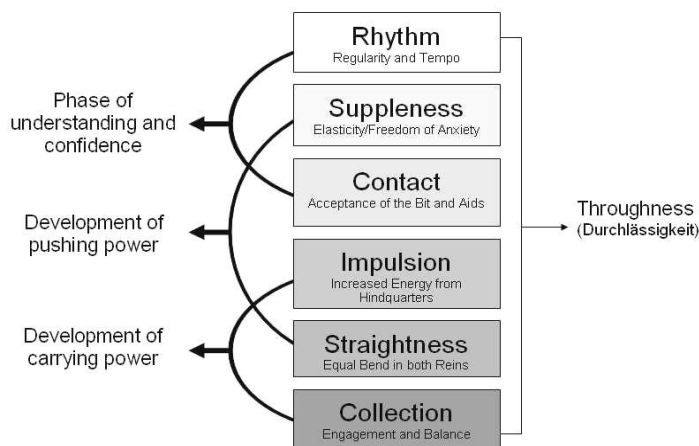
**1.7.2 People may *not* officiate as a judge of a competition if:**

- 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 are 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.

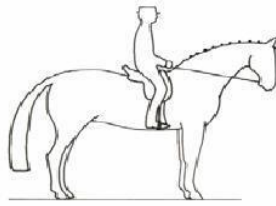
## 2.1 Objects and general principles

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



The Halt

## 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

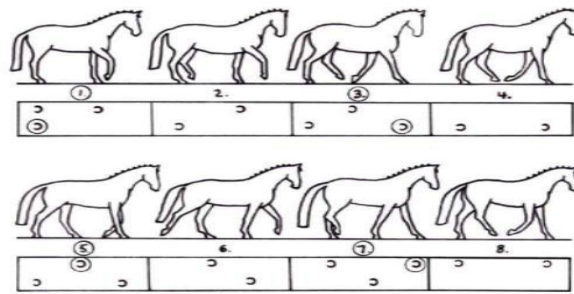
In the collected walk, the horse, remains 'on the bit', moves resolutely forward, with its neck raised and arched and showing a clear self-carriage. The head approaches the vertical position and a light contact is maintained with the mouth. The hind legs are engaged with good hock action. The pace should 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.

### 2.3.4 Free walk on a long rein

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



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:

- the rider allows the horse to take the reins gradually and smoothly as the horse stretches his neck forward and downward
- the mouth should reach more or less to the horizontal line corresponding with the point of the shoulder
- a light, elastic and consistent contact with the rider's hands must be maintained
- 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
- during the retake of the reins the horse must accept the contact without resistance in the jaw, mouth or poll

## 2.4 The trot

- 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
- the trot should show free, active and regular steps
- 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
- all trot-work is executed 'sitting', unless otherwise indicated in the test concerned
- 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

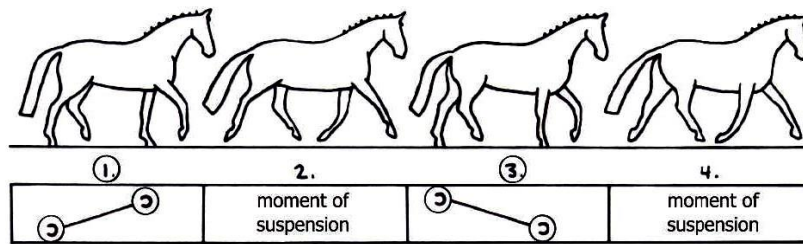
The medium trot is a pace of moderate lengthening compared to extended trot, but 'rounder' than the latter. Without hurrying the horse goes forward with clearly lengthened steps and with impulsion from the hindquarters. The rider allows the horse to carry the head a little more in front of the vertical 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

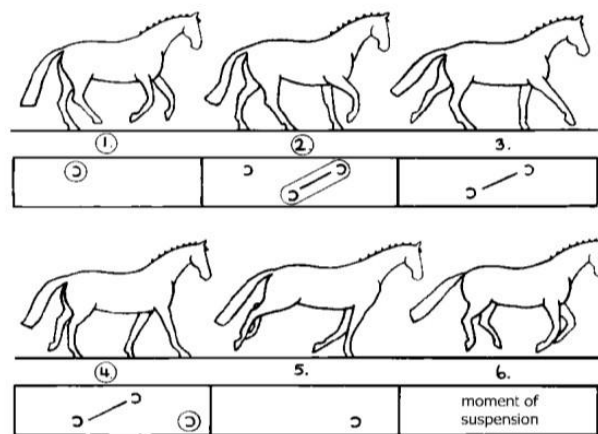
- the 'stretching on a long rein' exercise gives a clear impression of the 'throughness' of the horse and proves its balance, suppleness, obedience and relaxation. In order to execute the exercise 'stretching on a long rein' correctly, the rider must lengthen the reins as the horse stretches gradually forward and downward
- 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
- an elastic and consistent contact with the rider's hands must be maintained
- the pace must maintain its rhythm, and the horse should remain light in the shoulders with the hind legs well engaged
- 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.)**



### 2.5.1 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.

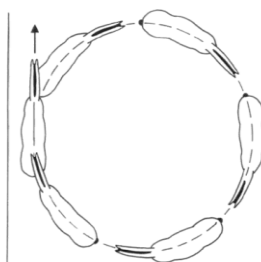
\* Zigzag: a movement containing more than two half-passes with changes of direction. See rule 2.12.5

## 2.10 Figures

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

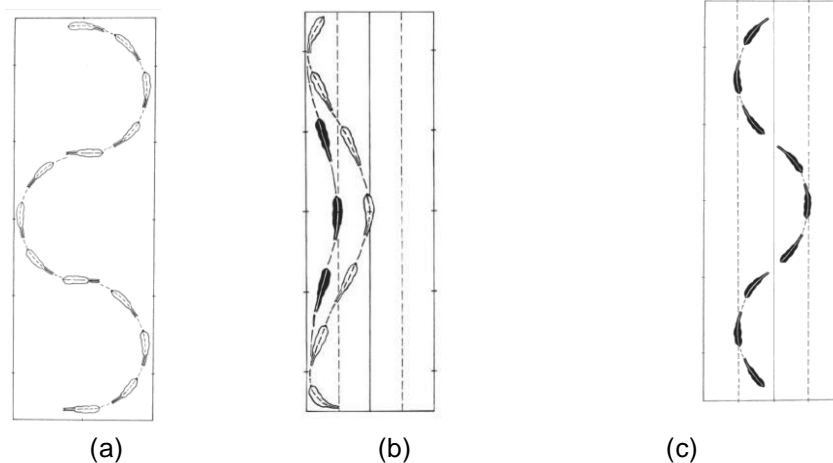
### 2.10.1 Volte

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



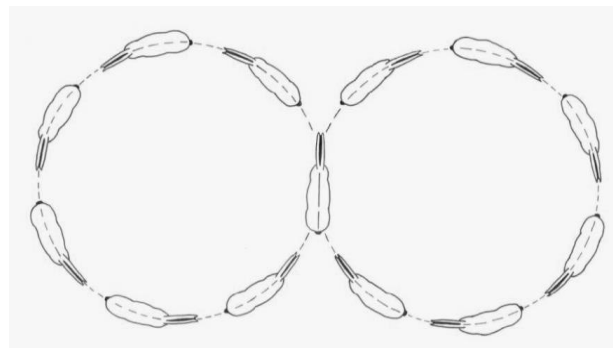
### 2.10.2 Serpentine

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).



### 2.10.3 Figure of eight

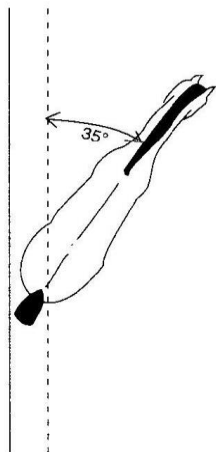
This figure consists of two voltes or circles of equal size as prescribed in the test, joined at the centre of the eight. The rider should make the horse straight an instant before changing direction at the centre of the figure.



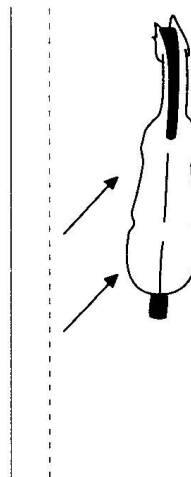
### 2.11 Leg-yielding

- the aim of leg-yielding is to demonstrate the suppleness and lateral responsiveness of the horse
- the exercise is performed in working trot
- 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
- the inside legs pass and cross in front of the outside legs
- leg-yielding should be included in the training of the horse before it is ready for collected work
- 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**

- the main aim of lateral movements (except leg-yielding) is to develop and increase the engagement of the hindquarters and thereby also the collection
- 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
- the bend or flexion must never be exaggerated so that it impairs the rhythm, the balance and fluency of the movement
- 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

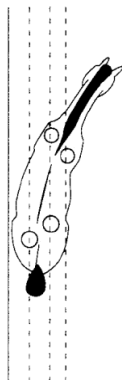
### **2.12.1 Shoulder-in**

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).

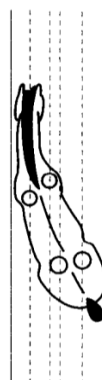
### **2.12.2 Travers**

- 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
- this exercise can be performed in collected trot or collected canter
- the horse is slightly bent around the inside leg of the rider but with a greater degree of bend than the shoulder-in
- a constant angle of approximately 35 degrees should be shown (from the front and from behind one sees 4 tracks)
- the forehand remains on the track and the quarters are moved inwards
- 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)

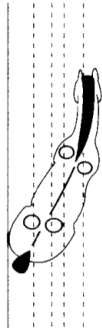
### 2.12.3 Renvers

- 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)

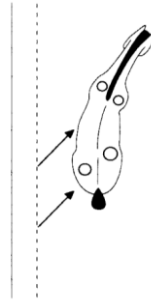
### 2.12.4 Half-pass

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)



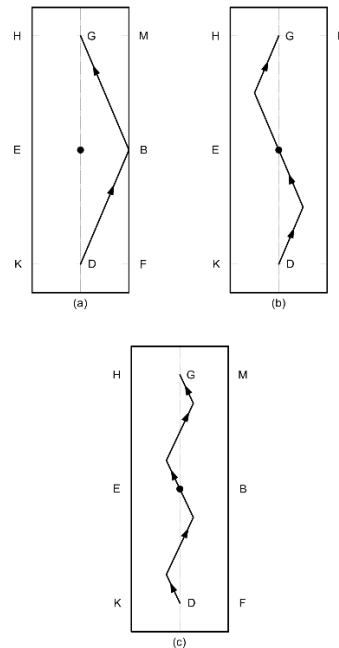
**Half-Pass** (illustration 4)

### 2.12.5 Counter changes of hand

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

- a 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)
- 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.



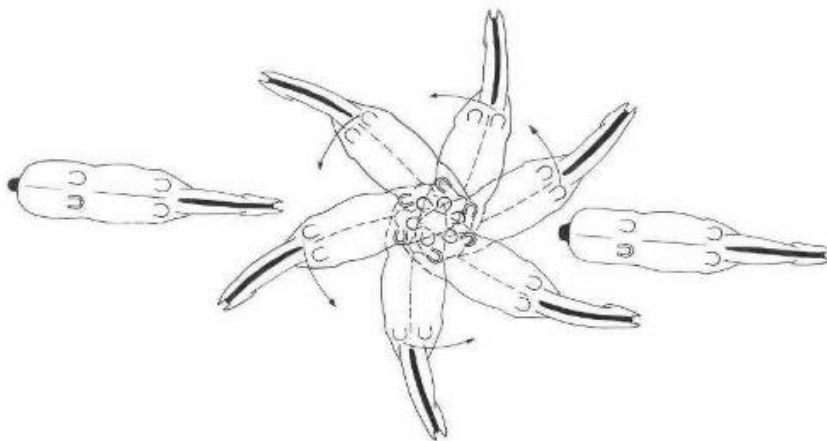
## 2.13 The pirouette, the half-pirouette and turn on the haunches

### 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)

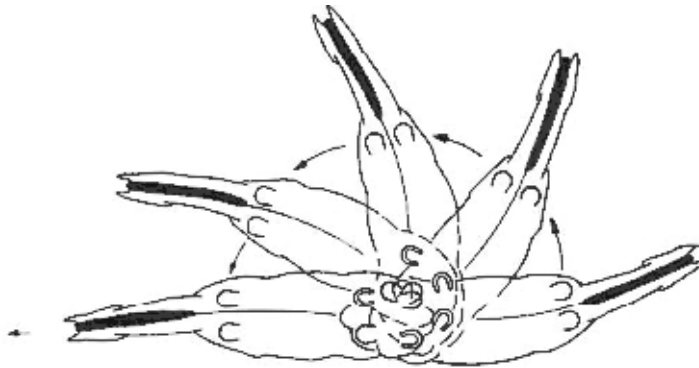
**A full pirouette** (illustration 5)





#### 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

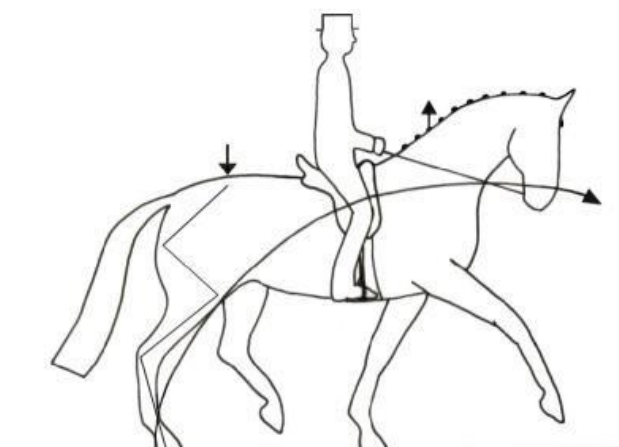
### 2.16.1 Submission

- 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 9 YOUNG HORSE and YOUNG PONY

National Young Horse (YH) competitions are a series conducted throughout Australia composed of qualifying competitions and an Australian final. Applications from the SDA to conduct the annual Australian Young Dressage Horse Championships must be submitted to the EADC the year prior to the final and before the mid- year EADC meeting. These rules also apply to Young Pony competitions.

### 9.1 General conditions

In relation to Young Horse and Young Pony competitions the following rules apply:

- a) Para-Equestrian riders are welcome to ride young horses/ponies in Young Horse competitions but the use of compensating aids is not permitted. Test calling will be permitted for riders with the appropriate exemption card
- b) birth dates for all horses and ponies will be as at 1 August (see rule 4.8.4 for calculation of age). Horses and ponies must not be younger than the age group entered. e.g. 3yo not permitted in 4yo competition
- c) in principle, the YH competitions will consist of one mandatory round at qualifiers and two mandatory rounds at the State Championships and Australian Young Horse Championships
- d) in all 5, 6 and 7 year old YH FEI tests the trot is to be executed sitting unless specified rising
- e) in 4 year old FEI YH tests the trot work is rising unless sitting is specified
- f) a third round where a guest rider rides the horses is optional
- g) judging score sheets to be used for 4, 5, 6 and 7 year old YH competitions are available on the EA website
- h) at all 4,5, and 6 year old competitions, the judges must sit together, in 7 year old competition the technical judge/s sits at C and the judges assessing the quality sit together at E or B
- i) horses will be judged on walk, trot, canter, submission and perspective as a future dressage horse, including standard of training on the basis of the Training Scale
- j) competitions will be Official but will not attract grading points
- k) horses must be registered with EA and hold a current Dressage Performance Card/Competition Licence
- l) horses must exceed 149cm with shoes
- m) ponies must not exceed 149cm with shoes or 148cm without shoes
- n) horses may qualify for the Australian Young Horse Championships from 1 August of the year they turn 4, 5, 6 or 7 until the closing date of entries to the Australian Young Horse Championships
- o) riders must be current Competitive members of the EA, horse owners must be at least supporter members of EA
- p) riders must turn 10 years of age or over in the calendar year of competition
- q) all Young Horse results must be forwarded to EA for recording on the EA data base
- r) the competitor's state of origin must appear in the results
- s) results for all competitions and rounds showing the mark for trot, walk, canter, submission and perspective for each horse and the technical mark for 7 year old's must be available online and in hard copy
- t) if a horse leaves the arena with all four feet during a 4-year-old state qualifying competition this will not entail elimination but will incur a 2 point penalty to be deducted before the score is divided by 5. This rule does not apply to the Australian YH Championships
- u) Errors of Course to be subtracted once score has been converted to a percentage score:
  - 1st error – 0.5 percentage point
  - 2nd error – 1.0 percentage point
  - 3rd error – Elimination
  - 0.5% to be deducted per other error
- v) where two rounds are held the mark from the first round will *not* carry forward to the second round
- w) to determine the placing if there is an equal percentage for the first three (3) places: add the marks for "submission" and "perspective" and divide by two; the rider/horse combination with the higher average mark will be ranked highest. If still tied, the "submission" mark will decide. If still tied, the combinations will be equally placed

### 9.1.1 Judge requirements

In general:

- a) 4, 5 and 6 year old Young Horse competitions must *only* be judged by at least 2 EA or FEI-accredited Young Horse judges
- b) 7 year old Young Horse competitions require one technical judge of at least B level at C to judge the technical execution of the test. Plus, two other judges who must be at least EA YH qualified sitting together at E or B to judge the quality and standard of training as per the usual Young Horse assessment. – if one is a D level judge the 2<sup>nd</sup> judge must be at least C level
- c) in commanded tests, the judges will sit together at E or B. However, where the arena layout does not provide room for this positioning the judges may sit at C
- d) in all FEI Young Horse tests (including qualifying events) the judges will sit together at C
- e) judges and YH specialists must adhere to the requirement of Rule 1.7 *Conflict of interest* and declare any conflict of interest

#### 9.1.1.2 State Championships

For State Championships, all competitive rounds must be judged by either FEI Young Horse judges or EA accredited Young Horse judges. There may be a third judge who is a recognised foreign Young Horse specialist. In the 7 year old competition there must be a third judge to assess the technical components who must be at least EA B level.

#### 9.1.1.3 Australian Championships

The appointment of all judges for the Australian Championships must be approved by the EADC. In relation to judging at these events:

- a) for 4,5 and 6 year old competitions and rounds (excluding Consolation rounds) the Ground Jury must consist of 3 judges with 2 being accredited FEI Young Horse judges (for 5 and 6 year old's one must be a foreign judge). The third judge can either be an FEI Young Horse judge, an EA Young Horse judge or a foreign Young Horse specialist
- b) for 7 year old Young Horse competitions, the Ground Jury must consist of three judges, two must be FEI Young Horse judges plus one other technical judge who must be at least EA A level
- c) Consolation rounds for horses are to be judged by 2 EA or FEI Young Horse judges, or a combination of both

#### 9.1.1.4 Ponies

In regards to Pony competitions:

- a) in all 4,5 and 6 year old competitions and all rounds excluding Consolation rounds, the Ground Jury must consist of 3 judges, including a minimum of 1 FEI-accredited Young Horse judge (Australian or foreign) and 2 EA Young Horse judges
- b) Consolation rounds for ponies are to be judged by 2 EA or FEI Young Horse judges, or a combination of both

### 9.1.2 Dress and saddlery

Approved safety helmets are to be worn in all 4, 5, 6 and 7 year old competitions. This includes qualifying events and State/Australian National Championships. The following conditions apply:

- a) a whip is permitted to be carried in all age groups at qualifying events
- b) for Young Horses a total maximum length of 120 cm is permitted
- c) for Ponies, a maximum length of 100 cm is permitted
- d) in the practice area, the use of one whip is permitted for all age groups
- e) a whip is permitted to be carried in the 4 year old age group (only) at the State and Australian Championships

- f) a whip is not permitted to be carried in the 5, 6, 7 year old competition arena at the State and Australian Championships. The whip must be dropped before entering the space around the competition arena or the rider will entail a penalty of 2 points from the total score out of 100 prior to conversion to a percentage
  - g) 4,5 and 6 year old horses are to be ridden in a snaffle bridle as defined in Section 5
  - h) 7 year old horses may be ridden in a snaffle or double bridle as defined in Section 5
  - i) the minimum diameter of the mouthpiece of the snaffle bit must be at least:
    - o 14mm for horses – refer to rule 5.11.3.2
    - o 10mm for ponies – refer to rule 5.11.3.2
  - j) the Mexican/Crossed noseband is not permitted
  - k) all other dress and recognised requirements are as stated in Section 5
- See also ANNEX E

### 9.1.3 Non-State Championship events

In regards to holding non-State Championship events:

- a) organisers are permitted to utilise the format of the State Championships
- b) such events can consist of just one or two rounds
- c) where the State Championship formula is used both rounds may be used as qualifiers providing completely different judges are used for each round
- d) events can be held over more than one day

## 9.2 Conduct of qualifying events

In the case of holding qualifying events:

- a) callers are permitted for 4,5 and 6 year old competitions
- b) the age of horses is taken from the 1st August (see rule 4.8.4)
- c) they are to be ridden one horse at a time in the arena
- d) decimal points may be used
- e) for 4,5 and 6 year old FEI Young Horse tests (including at qualifying events) the judges will sit together at C. For 7 year old FEI Young Horse the technical judge will sit at C and the two judges assessing the quality will sit together at B or E
- f) qualifying events must consist of one round and use the tests outlined in the table below:

Age	Mandatory round
4YO	FEI Young Horse test for 4-year-olds
4YO Pony	FEI Young Horse test for 4-year-olds
5YO	FEI Young Horse Preliminary test for 5-year-olds
5YO Pony	FEI Young Horse Preliminary test for 5-year-olds
6YO	FEI Young Horse Preliminary test for 6-year-olds
6YO Pony	EA test for 6-year-old Ponies
7YO	EA Young horse tests for 7-year-olds

### 9.3 State Young Horse Championships

For 4, 5, 6 and 7 year old horses and 4,5 and 6 year old ponies:

- a) the age of horses/ponies is taken from the 1st August
- b) Ponies must not exceed 149cms with shoes or 148cm without shoes. A current EA approved height certificate must be supplied upon request
- c) only first round test as outlined in rule 9.3.1 below may be commanded
- d) states may conduct their own championships each year; however, horses may qualify for the Australian Championships without attending a State Championship
- e) competitions will be offered for 4, 5 and 6 year old horses/ponies and 7 year old horses

- f) the judge's and competitors' state of origin must be included in the start list, draw, program and results
- g) for judges please refer to rule 9.1.1

### 9.3.1 Tests to be ridden at State Young Dressage Horse Championships with two rounds

AGE	First round	Second round
4YO	EA YH commanded test for 4-year-olds	FEI Young Horse test for 4-year-olds
4YO Pony	EA YH commanded test for 4-year-olds	FEI Young Horse test for 4-year-olds
5YO	EA YH commanded test for 5-year-olds	FEI Young Horse Preliminary test for 5-year-olds
5YO Pony	EA YH commanded test for 5-year-olds	FEI Young Horse Preliminary test for 5-year-olds
6YO	EA YH commanded test for 6-year-olds	FEI Young Horse Preliminary test for 6-year-olds
6YO Pony	EA YH commanded test for 6-year olds	EA test for 6-year-olds
7YO	EA YH test for 7year olds	FEI 7-year-olds Preliminary Test

### 9.3.2 First qualifying round

The first qualifying round is:

- a) to be ridden one or two horses at a time in the arena under the direction of a caller
- b) decimal points may be used in judging
- c) the mark from the first round will *not* carry forward to the second round

### 9.3.3 Second qualifying round

In the second qualifying round:

- a) the top 10 combinations from the first round are eligible for the second round. If there is equality of placings for 10th place, equal horses must be included in the second round provided they have attained a score of no less than 6.5 (65%) in the first round
- b) the mark from the second round will determine the final placings

### 9.3.4 Commentary

Ideally there should be commentary by the judging panel made available to the public on the second round or, if possible, both rounds.

## 9.4 Australian Young Dressage Horse Championships

In Australian Young Dressage Horse Championships for 4, 5, 6 and 7 year old horses and 4,5 and 6 year old ponies:

- a) only the first round tests may be commanded
- b) ponies must not exceed 149cm with shoes or 148cm without shoes and a current EA approved height certificate must be supplied upon request
- c) commentary for the public is to be provided after each horse for the first, second and third rounds

### 9.4.1 Administration

In relation to administration:

- a) the draft schedule must be submitted to the EADC for approval at least 6 months prior to the event
- b) the EADC must appoint the TD and approve the judges
- c) the TD must provide a report to the EADC within 21 days of the event
- d) the OC must provide a report to the EADC within 21 days of the event
- e) the judge's and competitors' state of origin must be included in the start list, draw and programme



#### 9.4.2 Judge requirements

Please refer to rule 9.1.1

#### 9.4.3 Eligibility for Australian Young Dressage Horse Championships

In relation to eligibility requirements:

- a) horses must exceed 149cm with shoes or 148cm without shoes
- b) horses must qualify by achieving at least 6.5 (65%) at a Young Horse qualifying competition conducted under these rules at the age group they are entering
- c) competitors are to submit on the entry from 2 performances in the above-mentioned competitions for eligibility as detailed above. If performances are at events with 2 rounds, the entry form must state in which round the score was achieved
- d) horses may qualify with one performance; however, preference will be given to horses with 2 performances
- e) to verify the performance, a copy of the test paper or result sheet must be submitted with the entry
- f) competitors will be ranked from the highest average of the two performances to the lowest
- g) the first round will be limited to 36 horses from each age group
- h) a ballot will take place of the highest ranked horses to determine order of starting
- i) a reserve list in ranking order will be established
- j) in special circumstances, the OC can request permission from the EADC to increase the number of entries to the final
- k) imported horses that only have international qualifications may be accepted, provided proof of appropriate qualification in one or more overseas YH competitions accompanies the entry

#### 9.4.4 Tests to be Ridden at Australian Young Dressage Horse Championships

The tests to be ridden at Australian Young Dressage Horse Championships are outlined in the table below:

AGE	First round	Second round
4YO	EA 4-year-old Australian Championships test (commanded)	Current FEI Dressage test for 4-year-olds
4YO Pony	EA 4-year-old Australian Championships test (commanded)	Current FEI Dressage test for 4-year-olds
5YO	EA YH commanded test for 5 year olds	Current FEI Dressage test for 5-year-olds – Final
5YO Pony	EA YH commanded test for 5 year olds	Current FEI Dressage test for 5-year-olds - Final
6YO	EA YH commanded test for 6 year olds	Current FEI Dressage test for 6-year-olds – Final
6YO Pony	EA YH commanded test for 6-year-olds	EA test for 6-year-olds
7YO	FEI 7YO Preliminary Test	FEI 7YO Dressage Test for 7 year olds - Final

#### 9.4.5 First round for 4 year old horses and ponies

- a) to be ridden 1 or 2 horses or ponies at a time in the arena will be commanded
- b) each group will be allocated at least 10 minutes
- c) each horse or pony will be awarded a mark for each of the requirements on the judging sheet and a final score calculated
- d) the mark from the first round will *not* carry forward to the second round
- e) all judges will sit together at E or B
- f) commentary to be provided – refer to rule 9.4

#### 9.4.6 Second round 4 year old horses and ponies

- a) top 10 placings (including equals) from the first round will go forward into the second round provided

- they have attained a score of no less than 6.5 (65%) in the first round
- b) judges will sit together at C
- c) to be ridden one horse at a time
- d) commentary to be provided – refer to rule 9.4

#### **9.4.7 First round 5 and 6 year old horses and ponies**

- a) to be ridden 1 or 2 horses or ponies at a time in the arena and will be commanded
- b) each group will be allocated at least 10 minutes
- c) each horse or pony will be awarded a mark for each of the requirements on the judging sheet and a final score calculated
- d) the mark from the first round will *not* carry forward to the second round
- e) all judges will sit together at E or B
- f) commentary to be provided – refer to rule 9.4

#### **9.4.8 Second round 5 and 6 year old horses and ponies**

- a) top 10 placings (including equals) from the first round will go forward into the second round provided they have attained a score of no less than 6.5 (65%) in the first round
- b) judges will sit together at C
- c) to be ridden one horse at a time
- d) commentary to be provided – refer to rule 9.4
- e) the 5 and 6 year-old Young Horses who win the second round are qualified to be selected to represent Australia at the annual World Championships for Young Horses as long as they meet the criteria outlined in rule 9.6 below

#### **9.4.9 First round 7 year old horses**

- a) the technical judge will sit at C. The judges assessing the quality will sit together at E or B
- b) each horse will be awarded a mark for each of the requirements on the judging sheet and a final score calculated
- c) the mark from the first round will *not* carry forward to the second round
- d) commentary to be provided – refer to rule 9.4

#### **9.4.10 Second round 7 year old**

- a) top 10 placings (including equals) from the first round will go forward into the second round provided they have attained a score of no less than 6.5 (65%) in the first round
- b) judges will sit at C (technical) and two judges together at E or B (to assess the quality)
- c) to be ridden one horse at a time
- d) commentary to be provided – refer to rule 9.4
- e) the 7 year old Young Horse who wins the second round is qualified to be selected to represent Australia at the annual FEI World Breeding Championships for Young Horses as long as they meet the criteria outlined in rule 9.6 below

#### **9.4.11 Third guest rider round for 5, 6 and 7 year old horses**

The top 3 horses in each age group are to be ridden by a guest rider whose independent score out of 10 will be added to the second round score. This third round for 7 year olds is at the discretion of the OC.

#### 9.4.12 Champion of Champions prize

There may be a separate Champion of Champions prize for **4, 5, 6 and 7 year old horses and 4, 5 and 6 year old ponies**. It is up to the OC to determine how the Champion of Champions is conducted and assessed.

#### 9.5 Consolation finals

Any 4, 5, 6 and 7 year old horses and 4, 5 and 6 year old ponies that are not eligible to compete in the second round will be eligible to compete in the Consolation final providing they have scored at least 6.0 (60%) in the first round. The Consolation final is to be judged by 2 accredited Young Horse judges sitting at C. The tests to be ridden will be as follows:

Age	Consolation final
<b>4YO</b>	Current FEI Dressage test for 4 year olds
<b>4YO Pony</b>	Current FEI Dressage test for 4 year olds
<b>5YO</b>	Current FEI Dressage test for 5 year olds – Preliminary
<b>5YO Pony</b>	Current FEI Dressage test for 5 year olds – Preliminary
<b>6YO</b>	Current FEI Dressage test for 6 year olds – Preliminary
<b>6YO Pony</b>	EA test for 6 year olds
<b>7YO</b>	FEI 7yo Dressage Test for 7 year olds - Preliminary

#### 9.6 Selection of Young Horses to represent Australia overseas

The EA National Dressage Selectors will select the Australian representatives for the FEI World Breeding Championships for Young Dressage Horses based on merit and with reference to any EA Selection Policy and in addition to the rules of the FEI/World Breeding Federation for Sport Horses. In particular, horses must be registered with a stud book recognised by the WBFSH.

For five and six year old young horses to be considered for endorsement to the FEI World Breeding Championships for Young Dressage Horses they must have a minimum of 2 performances of at least 80% in an official young horse competition with at least 7.5 for each pace.

For seven year old young horses to be considered for endorsement they must have a minimum of 2 performances of at least 70%, a minimum of one performance is required in an official young horse competition, and one performance may be from an official competitive Prix St-Georges.

- for Australian based horses, at least one of these scores must be achieved in the second round of the Australian Young Dressage Horse Championships
- for young horses not domiciled in Australia, performances must be from official Young Horse qualifiers with preference given to shows using the FEI tests for 5, 6 & 7 year old's. If submitting performances using national tests the onus is on the applicant to provide proof that the level of the national test used for qualifying scores is equivalent to the level of the FEI tests for 5, 6 & 7 year old's

Competition results, including a link to the results section of the event website and the judging sheets (complete with date, venue and names & signatures of judges) must be forwarded to the EA National Office as proof of performances.

If selected to represent Australia horses and riders are required to be FEI registered and hold a valid FEI Passport or FEI Recognition Card.

Providing they fulfil the scoring criteria, the winners of the Five Year Old Championship and Six Year Old Championship at the AYDHC will be automatically offered a place in the FEI World Breeding Championships for Young Dressage Horses. This offer is also conditional on the horses achieving at least one (1) more qualifying performance as per 5.6.

## 9.7 Guide for riders and judges

Judges will award a mark out of 10 (decimal points are permitted) for walk, trot, canter, submission and perspective as a dressage horse. Judges must consider the following questions when making their assessments:

- a) is the horse clearly demonstrating correct education according to the training scale?
- b) does the horse demonstrate a desirable picture of a dressage horse?

The fundamental criteria of paces, submission and perspective as a dressage horse are evaluated as follows:

- c) the steps and strides must be in a regular rhythm and free from tension
- d) keeping in mind the training level of the horse, special emphasis should be placed on:
  - a smooth and steady contact
  - the willing acceptance of the bit
  - a submissive poll in the three basic paces and in the different tempi and the transitions
  - flexion and bending
  - the harmonious development on both reins
  - suppleness
  - desire to go forward
  - ability to engage the hindquarters
  - potential to collect
- e) during the initial movements of the test, horses that still show signs of tension and concentration lapses, or even shying or unsettled, should be judged more benevolently than in a normal dressage competition
- f) minor mistakes should not be given weight if, in principle, the horse is demonstrating good movements *and* is demonstrating the adoption by the trainer of desirable training technique
- g) it is recommended that one of the judges provides a commentary after the completion of each horse's test in at least the second round but preferably for both the first and second round. This commentary is mainly for the benefit of spectators and the main purpose is to explain the rideability and strengths of the individual horse in relation to the demands at each level of competition, the quality of the three basic paces, and the horse's ability to perform as a high level dressage horse
- h) see FEI Dressage Handbook for further notes on the purpose of and judging of Young Horse competition
- i) for the 7 year old competitions the technical judge is looking at the way the horse copes with the demands of the test and the adjustability shown with the more difficult exercises asked for and the demand for collection, engagement and mobility. All judges have a clear focus on basics, a clear rhythm, sufficient swing in the back and engagement of the hindquarters, acceptance of the contact, lateral bend and suppleness. That the horse is balanced and straight in the work without tension and able to execute the flying changes and 1/2 pirouettes correctly
- j) the technical and quality scores are added together

## 9.8 Young Horse tests

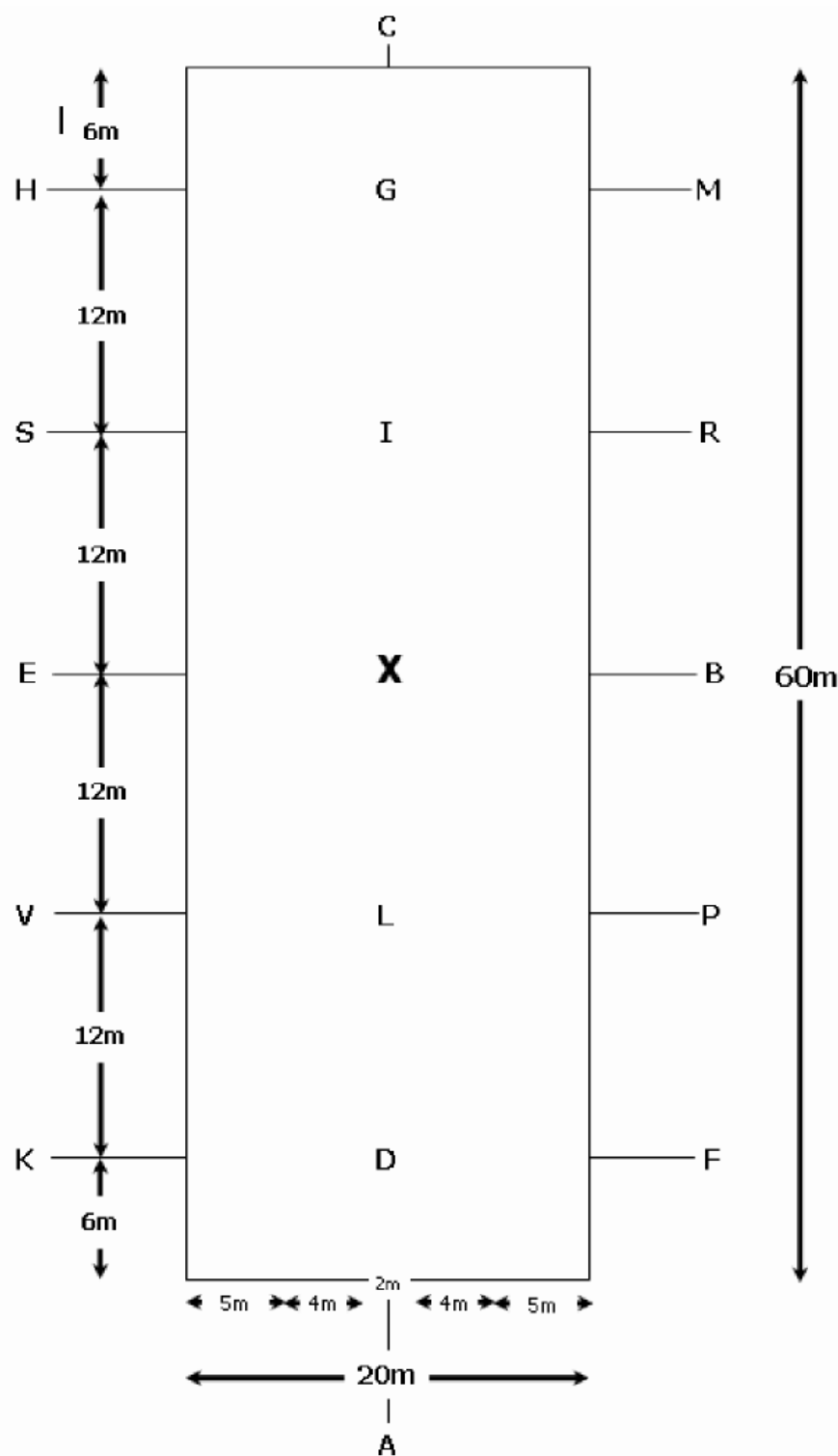
All Young Horse tests and scoresheets are available for download from the Equestrian Australia website <see [www.equestrian.org.au](http://www.equestrian.org.au)>

## ANNEXES

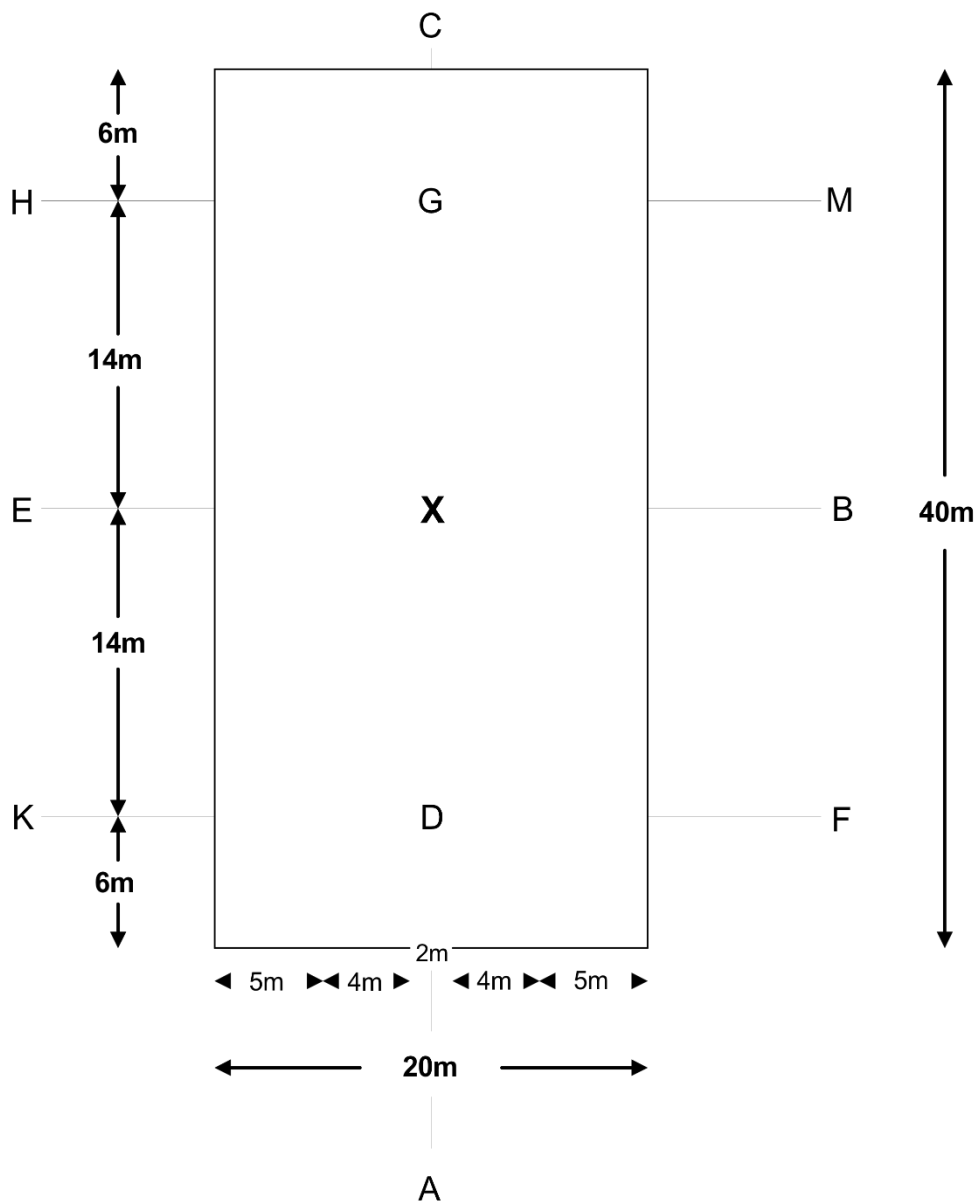
### Annex A Dressage arenas and Diagrams of the geometry of riding movements

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.

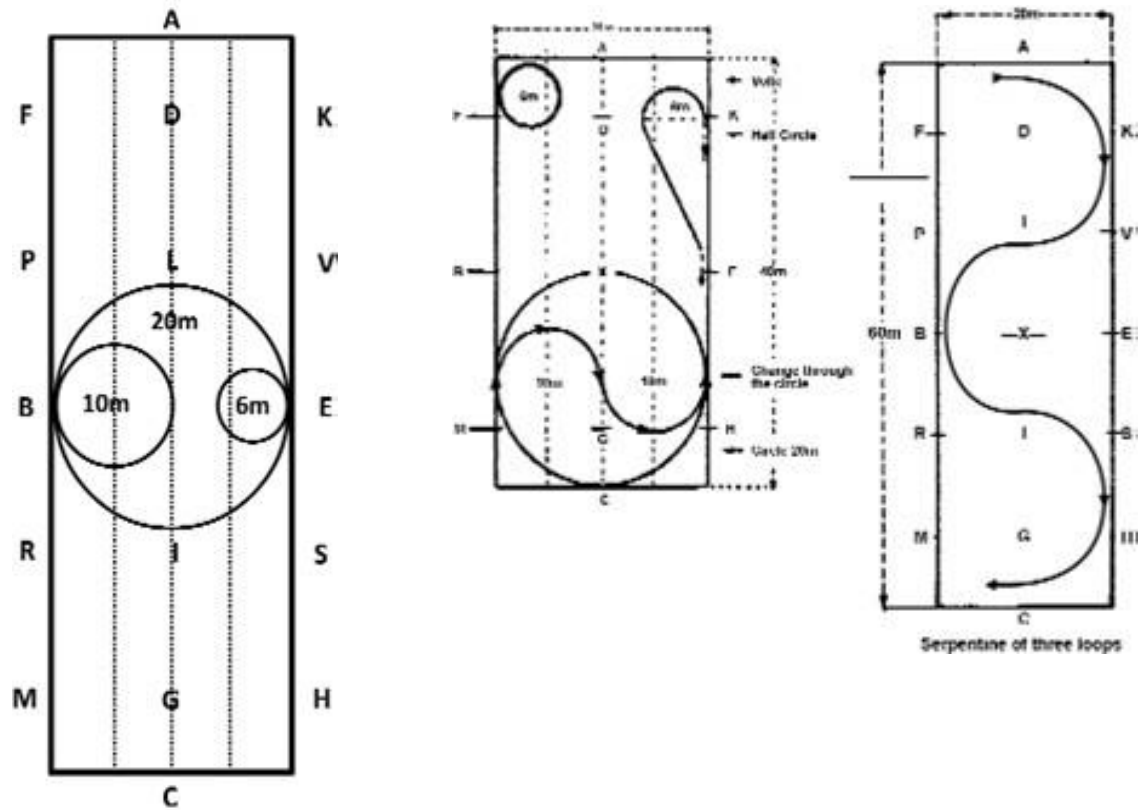
#### A 60 m x 20 m dressage arena

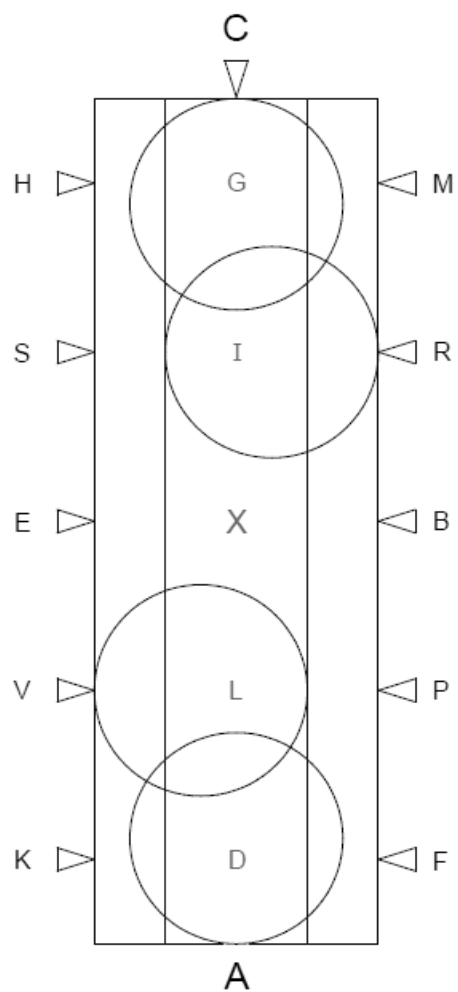


**A 40 m x 20 m dressage arena**



## Geometry - the different size circles

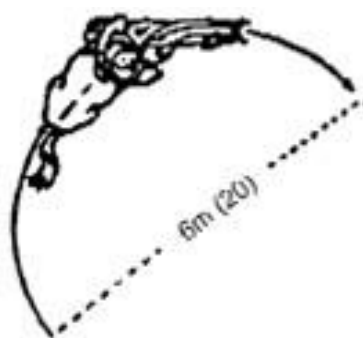




15 m circles



Turning Corner



Volte



## **Annex B      FEI guidelines for pre- and post-competition training techniques**

(position of the horse's head in stretching)

### **1. Background**

The use of correctly executed stretching techniques, both before and after training and competition, is recognised as an important and long-established practice in almost every physical sport. In equestrian sport it is used for the on-going suppleness and health of the horse.

### **2. Permitted stretches**

Stretching principally involves the lengthening of the horse's ligaments and muscles (soft tissue) and can be done at the halt (statically) or in motion (dynamically). Riders should aim to stretch all the relevant groups of muscles within the horse's body, especially the muscles involved in hind leg locomotion, but the part that will be most visual to both stewards and the public will most likely be the horse's neck.

Neck stretches may take several different forms. 'Long, deep and round' (see diagram 1), 'low, deep and round' (see diagram 2) and 'long and low' (see diagram 3) are just three commonly used examples but there are other variations involving both longitudinal and lateral flexion which result in different neck positions.

### **3. Extreme flexion**

In assessing the position of the head carriage the steward will be mindful of each horse's natural conformation, especially in relation to native breeds or ponies, and will therefore use discretion in determining this.

Deliberate extreme flexions of the neck involving either high, low or lateral head carriages, should only be performed for very short periods. If performed for longer periods, the steward will intervene.

Movements which involve having the horse's head and neck carriage in a sustained or fixed position should only be performed for periods not exceeding approximately 10 minutes without change. Change may constitute a period of relaxation and lengthening or a movement which involves stretching the head and the neck of the horse.

Diagram 1  
**Long, deep and round**

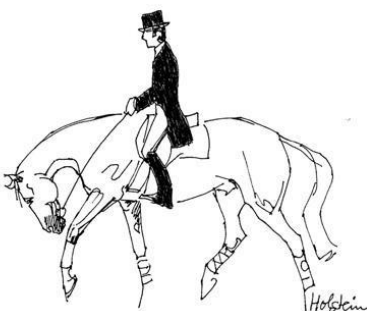


Diagram 2  
**Low, deep and round**

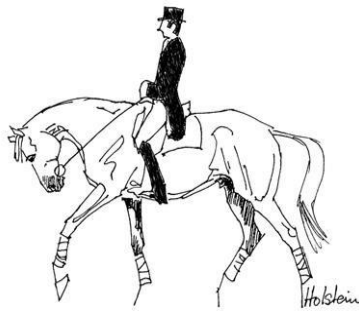
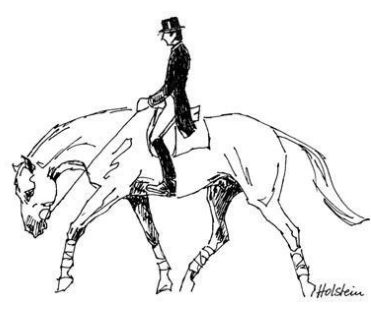


Diagram 3  
**Long and low**



It is the steward's responsibility to ensure that riders respect the above procedure and intervene if required.

#### **4. Variation of stretches and neck positions**

Stretches of the horse's neck may be specific and appropriate to each horse and equestrian discipline, but no single neck position should be maintained which may lead to tiredness or stress.

#### **5. Method of achieving stretches**

It is imperative that stretching should be executed by unforced and non-aggressive means. By 'unforced' it is meant that the rider is not permitted to use rough, or abrupt aids or apply constant unyielding pressure on the horse's mouth through a fixed arm and hand position. It is the responsibility of the steward to intervene if these requirements are not respected.

#### **6. Action by the steward in the case of incorrect flexion of the head and neck**

The steward will intervene should they observe:

- neck stretching achieved through forced, or aggressive riding
- the use of extreme flexion if it does not comply with the above
- a rider deliberately maintaining a sustained fixed head and neck carriage longer than approximately 10 minutes
- in cases when the horse is in a state of general stress and/or fatigue

The steward may also ask the rider to walk for a certain period in situations where the rider's stress may cause undesired riding.

#### **7. Maximum duration of pre-competition warm-up and post-competition cool down periods**

Only in exceptional circumstances and with the permission of the Chief Steward, may a training session exceed one hour. The training session must include a number of relaxation periods.

Riding the horse at the walk whether prior to, or following the training session, is not considered to be part of the one hour training session. There should be at least one-hour break between any training/warm-up periods.

Repetition movements carried out in the practice arena, following a rider's performance in the competition arena, may not exceed a period of 10 minutes.

#### **8. Exercise / Training arena**

All training sessions, including pre-competition warm-up, may only be performed in the official training arena while under the supervision of stewards. Use of a training arena outside the official training period, and/or in an unsupervised arena, may at the discretion of the Ground Jury lead to the rider's disqualification.

During competition preparation periods, and the duration of the competition itself, the Chief Steward must be present in the training arena, or be in a position to observe the training arena at events where numerous training arenas are in use.

If the Chief Steward is unable to be present himself, it is their responsibility to ensure that a steward with the required experience and knowledge is appointed to supervise the training arena.

## 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)																																	
	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50			
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		
	15	17	17	18	19	19	20	21	21	22	23	23	24	25	26	26	27	28	29	29	30	31	32	33	33	34	35	36	37	38	39			
	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	Some precautions to reduce heat load on horses will be necessary such as: <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>• <u>competition PA announcements</u></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	Additional precautions to those above to limit overheating of horses will be necessary. <ul style="list-style-type: none"> <li>• The timing of events/competition should be considered. Competitions <b><i>should</i></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>must</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 muscling 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 (anhidrosis), 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 John Kohnke (B VSc)
- 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 D      Arena familiarisation and altered circumstances at EA events**

These are guidelines for competition organisers and judges (refer also to rule 3.7). The safety of horse and rider is paramount at all times.

### **Arena familiarisation**

- where possible, allow competitors a designated time to ride around and in the competition arenas on the day of the competition, if this has not been possible on the previous day
- if conditions are suitable, time may also be allocated during the day, but this will depend on the organisers and venue requirements
- OCs should specify the arena familiarisation arrangements in the competition draw and also specify at what pace horses are permitted to travel. For example, *Arenas will be available from 7.30 am to 8.15 am on the day of the competition for familiarisation. Please make sure that you ride only at (pace to be noted here by OC if there is a restriction)*
- warm-up areas should be supervised by a steward

### **Altered circumstances**

- if the wind becomes strong enough to blow down the arena surrounds, it is preferable to leave it on the ground, so that horses are not accidentally frightened when the arena blows down again. Obviously the conditions may be different for some riders in the competition but common sense should prevail
- if arenas or arena surrounds are covered in water either at the start of the day, or at some point later in the day, please arrange for riders to commence their tests from inside the arena. This gives the horses the opportunity to become familiar with the varying conditions in the arena
- some arenas have insufficient surrounding space and unsuitable footing for horses to work safely and comfortably around the outside before entering the test. In these circumstances please make sure that riders commence their tests from inside the arena

### **Protocol for entering the arena in exceptional circumstances**

If the area surrounding the competition arena is unsuitable for riding on, the Chief Judge, in consultation with the OC, will make a decision as to whether competitors will be permitted to commence their test from inside the arena. Such a decision *must* be announced at least 30 minutes prior to the commencement of the competition or, in the case of a sudden downpour, as soon as possible. Please note that this is Judge/OC/TD only decision.

If such approval is given the competitor is to enter the arena and when the bell has been rung (e.g. car horn sounded) the competitor is required to come down the centre line at A (via the shortest route) and judging commences once the rider is on the centre line.

The next horse in the competition can enter the arena as soon as the previous horse has left the arena.

## Annex E Elimination and penalties

The following table is provided for judges as a quick reference for incidents that result in elimination or where a competitor 'may' be eliminated or given a penalty.

Will entail elimination	
1.3	Excessive use of whip or spur, bit or hands.
1.3.2	Unable to fulfil the requirements of the level and the test and/or shows abusive riding. No appeal against this decision
1.4	Fresh blood in the test – no appeal
1.4.1 & 5.17	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
3.10	Resistance for 20 seconds or more
3.10	Resistance that is a safety issue/dangerous to horse and/or rider, can be less than 20 seconds
3.10	Leaving the arena with all 4 feet during a test between beginning and end of a test (except 4yoYH State Qualifiers)
3.11	Unauthorised assistance
3.11	Horses may not be attached to a lead line in or around the competition arena – this is considered outside assistance
3.12	Riding in or entering competition arena without permission
3.15	Holding reins in one hand while using whip with other hand in competition arena
3.17, 5.1	Third error of course
3.18	Marked lameness – no appeal
3.7	Not entering the arena after a further 45 seconds (total 90 seconds) after the bell has rung (first penalty of – 2 pts for not entering after 45 sec)
3.8	Leaving the arena unmounted
3.8	Fall of horse and/or rider between entry at A and the final salute
4.2	Riding out of order in the draw without the OC or C Judge approval
4.4	Failure to have a gear check
5.0	Riding with non permitted equipment or not wearing required equipment
5.2	Safety helmet must be worn and have harness secured. See option for FEI level rule 5.1.4
5.10	Wearing a western saddle will entail elimination
5.11	Wearing a bitless bridle
5.12	False tails with metal in them
5.12	Blinkers, ear plugs, nasal strips, nose nets (without approval refer to Rule 5.15), bit guards, bearing, running or balancing reins, chambon, deGogue etc, not permitted at event
5.12	Decoration on the horse including mane/tail with items such as ribbons, flowers, glitter
5.12, 5.16, 5.17	Permitted in warm-up and exercise area but NOT into competition area – running martingale (with snaffle bridle), removable over boots (Easy Boot, Hoof Boot, Mac Boot), saddle covers, headphones or similar devices
5.13 3.12.1	Lunging with more than one lunge rein, lunging with rider in the saddle, long reining. Lunging outside of designated area, lunging with lunge rein attached to the curb bit
5.10.1	Wearing lock-in stirrups, stirrup tie downs or magnetised stirrup irons
5.11.1	Wearing a one eared bridle
5.11.1	Not wearing a noseband
5.11.1	Wearing more than one noseband
5.3	Unsafe footwear is worn
5.5	Wearing spurs that point inwards, tip points upwards or incorrect spurs. (swan neck spurs
5.5	Pony riders wearing spurs that are longer than 4 cm
5.6	Carrying a whip that exceeds the required length – 1 m for ponies or 1.2 m for horses
5.6	Carrying a whip for more than 3 movements in FEI comps at State/Australian C'Ships
5.11.1	Wearing non approved noseband –see rule 5.19
5.11.1.3	Wrapping of the bit with any material
5.11.1.3	Wearing Incorrect sizes or types of bits
5.11.2.3	Not wearing cavesson noseband with double bridle (no lower strap to be worn)
8.1	Failure to enter arena after 90 sec freestyle
9.1.2	Not wearing safety helmet in ALL 4-, 5-, 6-year-old Young Horse competitions

<b>May Entail Elimination</b>	
1.1	Breach of rules as outlined in Rule 1.1
3.12.1d	Non-compliance with lunging in a designated area
3.14	Calling test – caller can read or 2 times only

<b>Penalties will be Incurred</b>		
Rule	Points deducted	
3.7	2 per judge	Exceeding 45 seconds to enter the arena
3.7	2 per judge	Failure to salute at the entry halt or final halt
3.7	2 per judge	Entering the arena before the bell is sounded
3.17	2 per judge	1st error of course
3.17	4 per judge	2nd error of course
4.8.5h	2 per judge	Enters competition area not wearing correct identification numbers
5.1, 5.2 5.7, 5.8	2 per judge	Incorrect dress where a penalty is provided for
5.4	2 per judge	Wearing gaiters in FEI-level competitions
5.6	2 per judge	FEI-level comps at Australian and State C'Ships - Entering the space around the arena carrying a whip
5.6	2 per judge	FEI -level Comps at Australian and State Championships – Entering the arena carrying a whip
5.10	2 per judge	Saddle or bridle not black or brown
5.10.1	2 per judge	Stirrups not black or silver or same colour as rider's boots
5.11	2 per judge	Fleece or other visible padding on the upper side of bridle
5.12, 5.17	2 per judge	Wearing boots, bell boots and/or bandages in the space around the arena
5.12	2 per judge	Wearing boots, bell boots and/or bandages if worn in the arena
8.1	0.5% per judge	Not giving the signal for the music to start within 45 seconds of the bell
8.1	0.5% per judge	Entering the arena after 30 seconds of music
8.1	0.5% per judge	If the rider enters the arena clearly late
8.1	0.5% per judge	If the test is longer or shorter than stipulated
9.1	0.5%	1st error Young Horse
9.1	1.0%	2nd error Young Horse
9.1	2 per judge	4-year-old YH competition – if horse leaves arena with all 4 feet
9.1.2	- 2pts 0.1	Carrying a whip in the space around the arena at Australian YH Championships in 5, 6 and 7 year-old competition. To be deducted after score has been multiplied by 2 for a score out of 100

#### **Deduction from Marks in Movements**

- Holding reins in one hand – see 3.15.1
- Use of Voice – 3.16
- Tongue – whenever seen

## **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 and 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 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 judge's view

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

- a) Should an error be suspected by the organising committee or scorer prior to the posting of scores, consultation with the appropriate judge to confirm should occur.
- b) once the placings are posted for the test you rode you can pick up your test sheets
- c) check that there is a point in each box. If you are unsure of the result you can check the adding up
- d) if a protest is to be lodged it must be within 30 minutes of the posting of the placings
- e) 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>)
- f) 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)
- g) 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
- h) 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.



