

NATIONAL INTERCOLLEGIATE EQUITATION CHAMPIONSHIP RULE BOOK



American National Riding Commission

Updated June 2011

About the American National Riding Commission

Background

The American National Riding Commission (ANRC) was established in 1936 to initiate a standardized method to educate riders and a system to assess riding ability based on the teachings of Captain Vladimir Littauer, a Russian who came to the United States in the thirties and established a riding school. Littauer's Forward Riding System has influenced many professional riders and trainers, including Jane Dillon, George Morris, Joe Fargis, Lendon Gray, Pam Baker and Bernie Traurig. The ANRC uses the concepts of the Forward Riding System as a foundation for its educational programs reflecting the changes and developments that are ongoing in today's world of equestrian sport.

Statement of Purpose

The purpose of the ANRC is to promote the highest quality of educated riding and related services within schools, colleges, universities, and public and private concerns by providing the following programs:

- Instructional riding clinics
- A Rider Certification Program called "*Rider Certification Levels*" to strengthen riding knowledge and equitation skills
- A competitive riding experience through the *USHJA/ANRC Horsemanship Program*, which is designed to improve hunter performance and equitation skills
- An apprentice judging program for future ANRC judges and clinicians
- Sponsoring the *ANRC National Intercollegiate Equitation Championship* annually
- Publishing the "Riding Highlights" newsletter with information on ANRC activities
- Offering forums and symposiums on related topics
- Cooperating with other organizations whose purposes are in accord with those of the ANRC

Goals and Objectives

The goal of the ANRC is to focus on a contemporary, systematic approach to riding that is aimed towards riders, trainers, or instructors who want to improve equitation and teaching skills, gain a better understanding of riding theory, and improve the performance of a field hunter, show hunter, jumper or pleasure horse. To achieve this goal, the ANRC provides qualified judges and clinicians to conduct ANRC Rider Certification Centers, instructional Clinics, intercollegiate competition, and competition provided through the USHJA/ANRC Horsemanship Program. These programs are designed for horses and riders at various stages of training, and emphasis is placed on developing a cooperative effort between the horse and rider to achieve a quality level of performance.

For more information about ANRC activities and programs, visit the website: www.anrc.org.

ANRC NATIONAL INTERCOLLEGIATE EQUITATION CHAMPIONSHIP RULES AND SPECIFICATIONS

OVERVIEW

The ANRC Intercollegiate Equitation Championship is generally held in April on a Thursday through Sunday. Colleges generally compete on their own horses. If needed in case of distance, the host college may arrange for leased horses. Entered college teams compete in the following phases:

- Program Ride – a program ride with USEF Hunter Equitation tests
- Medal Phase
- Derby Phase
- A written test on riding theory and a specified stable management topic

Weather permitting, schooling is allowed in each riding phase on Thursday and/or Friday. The competition officially begins with the written test on Thursday and the Novice (2'6") Division Program Ride Phase on Friday. The Nationals 3' Program Ride Phase is held on Saturday and the Medal Phase and Derby Phase for both divisions are held on Sunday. The awards ceremony immediately follows the last phase of the competition.

PERFORMANCE EXPECTATIONS

In each phase, competitors will be expected to demonstrate a strong intermediate level of riding (*refer to description in the study guide*). Competitors will be judged on their ability to demonstrate a secure, working position and use of intermediate techniques to achieve a good performance.

Basic Position

- The rider should demonstrate the four fundamentals of a good working position:
 - security of the rider
 - unity of the rider and horse
 - non-abuse of the horse
 - effective and efficient use of the aids and controls plus the seven physical qualities which contribute to them.

Control

- Each phase should be performed on soft contact throughout unless otherwise specified, arms following the balancing gestures of the horse's head and neck. Soft and precise control is required at all gaits, transitions, movements, and jumps. The primary aim is soft but definite cooperation of rider's hands and legs with the horse's efforts and reactions.

Performance

- The horse should be relaxed, alert, and connected, have impulse forward at all speeds, move with long, low strides, maintain an even pace, jump with even arcs, jump out of stride, and fold evenly. The horse should move on the line and should accept the bit with head and neck extended and mouth closed.

PHASE SPECIFICATIONS AND REQUIREMENTS

Program Ride Phase

- The required ring size is 100' x 175' minimum and 200' x 300' maximum.
- There is one trotting fence between 2' and 2'6".
- There is one cantering fence at 3' for Nationals riders and 2'6" for Novice riders.
- The Meet Director will provide demonstration ride(s) for the judges to observe and confer on prior to the first competitor. The number of demonstration rides will be determined by the Meet Director, but the maximum is three.
- The official program rides for the competition will be included in the prize list and can also be found on the ANRC website: www.anrc.org.

Derby Phase (10-12 Fences)

- The course may include any of the following when terrain permits:
 - Downhill fence
 - Uphill fence
 - Vertical fence
 - Spread
 - Bank - maximum height 2'3"
 - Ditch - maximum width 2 ft., maximum depth 12"
 - Trakehner - maximum height 3'; maximum width 2'6"
- Fences will be 3' maximum in height for Nationals riders and 2'6" for Novice riders, except for banks and ditches.
- USEF Hunter Seat Equitation rules will be used where applicable.

Medal Phase

- The course will consist of 8-10 fences or not more than 12 jumping efforts with at least two changes of direction and one combination.
- Fences will be 3' maximum in height for Nationals riders and 2'6" for Novice riders.
- USEF rules for Hunter Seat Equitation will be used where applicable.

Written Test

- A written theory examination provided by the ANRC will be made up questions relating to the theory of forward riding and horse science/horse management. There will be a specific topic for the horse science/horse management questions. A list of recommended texts and/or reference articles will be provided by the Meet Director. A study guide for the riding theory portion of the test is provided in this booklet. The study guide can also be found on the ANRC website: www.anrc.org.
- The point value of each question will be given.
- The questions will be predominantly true/false, multiple choice, matching, and listing.
- There will be one essay question to serve as a tiebreaker.

TACK

- Hunter-type saddle must be used in all phases.
- The competitor will be eliminated for improper tack or equipment.
- The following are prohibited at all times including in all phases and schooling:
 - Side reins
 - Draw reins
 - Chambons

- German martingales
- Bitting rigs.
- Dropped nosebands, abrasive nosebands, figure eights and/or flashes
- Hackamores
- Hoods or blinkers
- Any bit that is overly severe (e.g. twisted wire, gag bit, elevators, or any bit with similar action)
- Boots and exercise bandages are permitted in all the phases during schooling and competition.
- A crop over 30" in length is permitted **ONLY** during schooling.

Any questions on the acceptability of tack must be directed to the Steward who will make an immediate decision. An appeal must be made no later than 30 minutes before the starting time of the first horse.

Program Ride Phase

- A leather bridle with a snaffle (see USEF Rule Book, DR 21) is required. Martingales are forbidden.

Derby and Medal Phases

- The following are permitted: A snaffle bit (including twisted metal and Dr. Bristol), Tom Thumb pelham (straight or jointed); standing martingale; however, the judges may penalize an excessively tight martingale.

RIDER APPOINTMENTS

- Hunting attire or hunter horse show attire must be worn for all mounted phases.
- Shadbellies are permissible in the Derby Phase.
- All riders must wear ASTM approved protective headgear with secured harness at all times when mounted.
- Boots and breeches, or chaps and riding boots when schooling, must be worn at all times when mounted.
- Blunted spurs (Prince of Wales or Hammerhead or Impuls) and/or a crop less than 30" long may be used in all phases of the competition.

ELIGIBILITY

- A rider must be a full-time undergraduate student at the time of the Championships.
- The entered college must be a current ANRC member.
- An entered rider must be an amateur according to USEF rules.
- A rider will have four years eligibility, not necessarily in succession
- The registrar must sign entries from each competing college, and each rider's signature is required on the entry blank to verify that he/she is a full-time undergraduate.
- Each college may enter one team at each level and will designate a maximum of three riders who will represent the school. The top two scores from each riding phase will count toward team overall points. The team riders must be designated at the coach's meeting that is held after schooling but prior to the start of the competition. After that time, changes will be allowed only with a doctor's/vet's certificate stating horse or rider's inability to compete prior to the commencement of the first riding phase.
- A college may enter additional riders to compete as individuals. Individuals will be accepted on a space-available basis.

QUALIFICATIONS

- Entries may be limited to 50 horses. Those entries made by the closing deadline will be accepted with priority to:
 - Previous year National Champions and Reserve Champions
 - Riders with National/State records in other competitions
 - Geographical representation
- The ANRC will make the final decision on the acceptance of entries.

ENTRIES AND FEES

- Entry forms and fees must be sent in by the deadline set by the host college.
- The prize list will state the refund policy in case of riders entered and not exhibiting.

DRAW PROCEDURE

- The Steward shall perform an independent draw for each phase.
- The name of each college competing will be drawn randomly to determine the college's order of go. This will be done for each of the three phases, so that a college may be first in one phase and last in another phase.
- An individual competitor from a college fielding a team or an individual competitor who is the sole representative of a college will be included in the team draw. Individual competitors will compete in the beginning of the order, before all other team competitors.
- The coach will designate the order of go of their riders. The riders will compete in that order for each phase, although the team order may vary in each phase.

GENERAL RULES FOR COMPETITORS AND COACHES

- Schooling will normally be allowed in all three phases.
- **An officially designated coach must be present with their team during all mounted schooling sessions and riding phases.** If the school does not send a coach with the team, then either a rider or someone accompanying the team must be designated in writing by an authorized agent of the college or university to act as coach for the riders and assume the coach's responsibilities.
- Schooling times will be provided and scheduled on the two days prior to the competition by the Steward or Meet Director. Earlier schooling must be requested in writing or by phone from the Meet Director prior to that date.
- Once the competition areas have been approved by the designated stewards(s) and/or meet director, jumps may be adjusted during scheduled schooling, but no permanent alterations may be made to any part of the jumping courses, schooling areas or arenas.
- No schooling in a phase is allowed once that phase has started. Practice fences and a warm-up area meeting USEF specifications for hunter shows will be provided for each phase.
- Poling and rapping are prohibited.
- ASTM approved protective headgear with a secured harness is required for all competitors while mounted.
- Only entered riders may ride entered horses on the grounds.
- Coaches, trainers, and others may not ride/school entered horses on the grounds.
- No person will be allowed in the competition area during the time of judging, except those with official duties to perform.
- Competitors may not hold official positions during the competition.

- Horses will have a mandatory trot area as part of the two jumping phases (Derby and Medal) to be evaluated for soundness by the judges.
- Entered horses must be declared at check-in. Another horse may be substituted if an entered horse is unable to compete.
- A written program will be provided at the competition. All entries will be listed in the program and will include the rider's college and hometown.
- Exhibitors' numbers will be provided at the competition and must be worn in such a way as to be clearly visible to the judges during the competition.
- Any infraction of the rules on the competition grounds could result in elimination. Ruling on any alleged violation will be made by the ANRC Intercollegiate Committee.
- An ambulance or emergency service provider (EMT) will be present at all riding phases.
- **The host of the Championship or the ANRC will not be responsible for any accident which may occur to or be caused by any person or animal at the show; neither will the college riding teams or the stable be responsible. Each college team will be responsible for the health and safety of its own members.**

JUDGING AND SCORING

Program Ride Phase

- Program rides furnished by the ANRC will be used.
- Judges may sit wherever they choose but the location must be the same for all competitors. Each judge must have a separate vantage point.
- Each movement will be given a score from 0-10 with 10 being the highest. The score given for each part of the general impressions will be multiplied by the appropriate coefficient indicated on the scoring sheet. The scores for each movement and general impressions will be added together for the total score. The two judges' scores are averaged, converted to be based on 100 points and then multiplied by 40% and ranked in descending order. Scores will be computed then posted. Ties will be resolved first by the Position of Rider score, then Quality of Performance score, then by the total of General Impression scores. If a tie still exists, it must be broken by the judges.

0 = movement not performed

Elimination = fall of horse or fall of rider

Elimination = failure to enter the ring within 60 seconds after bell or whistle has sounded

Penalties for errors:

1st error = 3 points

2nd error = 6 points

3rd error = elimination

- Score sheets will be available for one hour after the **last** Program Ride has been computed and posted.
- Coaches may read and return score sheets.
- No protests on the Program Ride Phase scoring will be considered after this one hour viewing.
- The score sheets will be held by the Show Secretary during the competition. A college representative may pick up the score sheets and official results from the Show Secretary when the entire competition is completed
- The use of voice will not be penalized.
- The ride may not be called.
- If the rider forgets a movement it is considered an error and a whistle will be blown. The rider should stop immediately and return to a point indicated by the judge.

Derby Phase

- USEF rules for hunter seat equitation over fences will be used in this phase.
- A score from 1-100 will be awarded for the rider's hunter seat equitation over an outside course. Two scores will be given for each round and announced after each round.
- The two scores are averaged then multiplied by 30% and ranked in descending order.
- Ties will be resolved by the judges.

Medal Phase

- USEF rules for hunter seat equitation over fences will be used in this phase.
- A score from 1-100 will be awarded for the rider's hunter seat equitation performance over a Medal type course and will follow the rules for that class. One score will be given for each round and announced after each round.
- The judges' score is multiplied by 30% and ranked in descending order.
- Ties will be resolved by the judges.

Written Phase

- The Meet Director will be responsible for having someone available to administer the written test.
- The judge selected by the ANRC will score the written test according to the answer key given.
- If it is necessary to score the essay question to break a tie, a value of .1 will be added to the winning test score. If three scores are tied, .2 will be added to the best score and .1 will be added to the next best score. If four scores are tied, .3 will be added to the best score, then .2 to the next best, etc. A competitor with a written test score below 70% will have .8 deducted from his or her score in the Program Ride Phase and .6 deducted from his or her score in the Derby Phase and the Medal Phase. The deduction will be made to the score following the 40% or 30% multiplication.
- A competitor with a written test score of 95% and above will have .4 added to his or her score in the Program Ride Phase and .3 added to his or her score in the Derby Phase and the Medal Phase. The addition will be made to the score following the 40% or 30% multiplication.
- Written tests will be available for one hour after the **last** Program Ride has been computed and posted.
- Coaches may read and return written tests.
- No protests on the Written Test Phase scoring will be considered after this one hour viewing.
- The written tests will be held by the Show Secretary during the competition. A college representative may pick up the tests from the Show Secretary when the entire competition is completed

Overall Scoring

- The top two scores in each phase are used to determine the overall team score.
- Ties for Team Champion or Reserve Champion will be broken by taking the highest team score in the Derby Phase. If there is still a tie, it is broken by taking the highest team score in the Program Ride Phase. The judges will break any tie thereafter. Ties for Individual Champion or Reserve Champion will be broken in the same manner. Ties for team and individual scores for all placings will be broken in the same manner as for the Champion and Reserve.

AWARDS

- Overall High Point Nationals Team receives the Betty Belser Memorial Trophy and a ribbon for each team member and coach. Teams placing 2-6 receive a ribbon for each team member and coach.
- Overall High Point Nationals Individual receives the Jon Conyers Memorial Trophy, a championship ribbon and the USHJA Equitation Award . Individuals placing 2-10 receive a ribbon. The top ten finishers receive a USHJA keepsake to recognize excellence in equitation.
- Overall High Point Novice Team receives a perpetual trophy courtesy of USEF and a ribbon for each team member and coach. Teams placing 2-6 receive a ribbon for each team member and coach.
- Overall High Point Novice Individual receives a championship ribbon. Individuals placing 2-10 receive a ribbon.
- Teams ranked 1-6 in each phase of the National Division and Novice Division receive ribbons for each team member and coach.
- Individuals ranked 1-10 in each phase of the National Division and Novice Division receive a ribbon.

ANRC Certifications

Riders competing at Nationals who score 70% or better on each of the riding phases and 80% or better on the written test will be awarded ANRC Certifications – Level Two for Novice Riders and Level Three for Nationals Riders. Their names will be announced at the awards ceremony immediately following the ANRC National Collegiate Championship.

USHJA AFFILIATE AWARDS

ANRC Equitation Award

As an affiliate of the United States Hunter/Jumper Association, ANRC is participating in the USHJA Affiliate Equitation Awards. Our National Intercollegiate Equitation Championship will be considered a Medals Final, and USHJA will provide an award to the highest scoring rider overall. The top ten individual finishers will receive a “keepsake” from the USHJA.

ANRC Amateur Rider Award

As an affiliate of the United States Hunter / Jumper Association, the ANRC Board of Directors will present the ANRC Collegiate Amateur Rider Award to an individual or team competitor at the ANRC Intercollegiate National Championship beginning in 2006. The recipient of this award will best represent the spirit of intercollegiate competition in all phases of the championship, and will demonstrate outstanding horsemanship and sportsmanship. An ANRC Board member or an official coach may nominate a competitor at any time during the competition, but no later than the conclusion of the final mounted phase. A designated committee consisting of at least three ANRC board members will determine the recipient of the award based on feedback received from coaches, stewards and judges. The winner will be announced at the awards ceremony immediately following the championship.

ANRC Professional Service Award

As an affiliate of the United States Hunter / Jumper Association, the ANRC Board will recognize annually an outstanding individual who has contributed significantly to the ANRC organization and has personified the Forward Riding System in his or her professional area, whether it involves teaching, riding, training, judging or technical support. A designated committee consisting of at least three ANRC board members will determine the recipient of this award based on feedback from ANRC members and the equestrian community at large. The winner will be announced at the awards ceremony immediately following the ANRC National Intercollegiate Championship.

ANRC Instructor award

As an affiliate of the United States Hunter / Jumper Association, the ANRC Board will recognize annually an outstanding riding instructor who is dedicated to teaching the Forward Riding System. This award is designed to recognize a dedicated teacher who has spent time “in the ring” encouraging love and growth of forward riding to entry level riders, primarily at unrecognized competition level. The recipient of this award must be at minimum an Outreach member of the USHJA, at least 18 years of age and in good standing with USHJA. A designated committee consisting of at least three ANRC board members will determine the recipient of this award based on feedback from ANRC members. The winner will be announced at the awards ceremony immediately following the ANRC National Collegiate Championship.

ANRC STUDY GUIDE FOR CERTIFICATION CENTERS AND COLLEGIATE CHAMPIONSHIPS

Forward Riding is a modern system of training for hunters, jumpers and cross-country horses consisting of three major parts:

- Position
- Control
- Schooling

The Rider's Position

Four Fundamentals of a Good Working Position

- Unity - of the horse and rider while standing or in motion
- Non-abuse to the horse by the rider's weight and the aids
- Security of the rider in the saddle
- Use of the aids efficiently and effectively to control the horse quickly and softly

Physical Qualities Needed to Achieve the Fundamentals of a Good Position

1. **Correct Design of Position**

Profile - Rider close to the pommel, legs bent at knee, heels pulled down, stirrup leathers straight to the ground, rider upright or inclined slightly forward (depending on the gait), rider's back straight, shoulders open, head up, rider's arms bent at elbow and close to the sides so that the forearm and the rein form a straight line from elbow to bit.

Front - Weight evenly distributed in each stirrup, ball of the foot resting near the inside branch of the stirrup, ankles flexed and rotated toward the horse sufficiently to allow the upper calves to be in contact, rider looking between the horse's ears, hands about 6 inches apart, slightly above and in front of the withers.

2. **Correct Distribution of Weight**

Rider's center of gravity should coincide with that of the horse, influenced by the gait and speed.

3. **Balance in Motion**

The stability of the rider in the saddle without gripping and regardless of the horse's motion.

Balance depends on relaxation and is achieved by unconscious compensating movements of the body, especially the torso.

4. **Spring**

The ability of the rider to absorb a part of the effects of the shocks of locomotion by maintaining three important angles: the hip, knee and ankle and by the instinctive, timely opening and closing of these angles—for instance, posting from the stirrups, rather than the knees.

5. **Rhythm**

Rhythm consists of instinctive movements of the rider's torso and arms which adjust his self-balancing efforts with those of the horse.

6. **Physical and Mental Relaxation**

These are interdependent. By developing confidence and physical skill, the body can become alert and ready to follow the movements of the horse without being sloppy or stiff.

7. **Grip**

Frictional and muscular grip are dependent on a correct design of position that allows the lower inner thigh, the inner knee and the upper inner calf to be in contact with the saddle and the horse's sides. Muscular grip should be used only when necessary to maintain unity with the horse's efforts and reactions. Frictional grip is always present.

Levels of Schooling and Control

Schooling is the physical and mental education of the horse. The basic aim of schooling is to maintain and restore the natural balance of the "free" horse under the weight and influence of the rider. Schooling develops the horse physically and mentally to the point where the horse performs efficiently and is pleasant to ride. In short, schooling improves the horse's athletic development, and teaches the horse signals, obedience and cooperation, thereby enhancing performance.

Stabilization is a key concept in schooling. The goal of stabilization is to teach the horse to maintain even speeds in each gait using elementary control techniques, whether being ridden in the ring or over uneven terrain, on the flat or jumping. The horse remains mentally and physically calm while being ridden alone or in the company of other horses. Stabilization provides the foundation for both horse and rider to facilitate further training.

Littauer set up three classifications of control to describe stages of training for the horse as well as the rider.

1. *Elementary Level*

The elementary level is used by beginning riders while developing their positions and by intermediate and advanced riders when schooling or re-training horses.

The elementary level means authority over the horse through quick and definite control. Emphasis is placed on teaching the horse obedience. The rider's goal is to ride on loose or semi-loose reins, teaching the horse to respond to the elementary control techniques described below. This schooling process will promote the elements of "stabilization", encouraging the horse to be responsive and move forward freely with even speeds of gait, while remaining mentally and physically relaxed. Elementary control techniques are characterized by:

- Hands - loose or semi-loose reins used in a check-release fashion for control and direction of the horse
- Legs - tapping or kicking
- Voice - used liberally
- Gaits – in schooling, the horse should be working toward stabilization. For beginning riders, the horse should already be stabilized.

2. *Intermediate (equivalent to Level Three and the National Championships Level)*

Having worked through the "stabilization" process, the horse is mentally and physically ready to advance in its training. The horse's performance is enhanced by the rider's ability to create impulse and connect the horse's movement through the use of contact. Emphasis is placed on a cooperative effort between horse and rider. At this level, the horse should move forward freely with

impulse, accept contact softly, and respond to the rider's aids without resistance. The intermediate level encompasses a large part of the rider and horse's education. Both horse and rider at this level learn to establish contact and then move from passive contact to a sophisticated level of contact that allows for soft and precise controls. The horse develops longitudinal and lateral flexibility and the rider refines his or her use of the aids so that he or she can effectively influence the horse by "riding the horse's feet". Intermediate control implies the horse and the rider are equally educated to the use of the five rein aids and three leg aids. Intermediate control techniques are characterized by:

- Hands - use of rein contact with following hands, give and take; use of reins in cooperation with the horse's movement.
- Legs - squeezing leg aids in timing with the horse's efforts
- Voice - used as a schooling aid
- Gaits - the horse should be stabilized on contact, move forward with impulse and connection, work with cooperation and efficiency.

3. *Advanced Level*

The primary emphasis of riding at this level is to achieve the highest quality performance on the flat and over fences. The advanced rider's goal is to assess the horse's mental and physical capabilities and to develop appropriate schooling techniques that will strengthen performance. At this stage of schooling, the rider allows the horse to become confident in his work, athletic, and willing to perform to the best of its ability. Advanced level control techniques are characterized by:

- Hands - use of the five rein aids with excellent timing and feel; knowledge and use of aids at all schooling levels.
- Legs - use of the three leg aids with excellent timing; knowledge and use of aids at all schooling levels.
- Voice - used as a schooling aid
- Gaits - the horse should demonstrate quality of movement, connection, athletic jumping with occasional flexion and semi collection.

Five Rein Aids

1. Two reins of direct opposition - two hands straight back to slow down, stop, turn or back the horse. There should be a direct line from the bit to the rider's elbow.
2. One rein of direct opposition - one hand straight back to turn the horse and position the head slightly in the direction of the turn.
3. Leading rein - one hand to the side and slightly forward to lead the horse's head in the direction of the turn.
4. Indirect rein of opposition in front of withers - a corrective rein that acts toward the opposite shoulder to shift the horse's weight to the opposite shoulder.
5. Indirect rein of opposition behind the withers - a corrective rein that acts toward the opposite haunch to shift the horse's weight to the opposite haunch.

Three Leg Aids

1. Urging leg - the rider's legs act at or just behind the girth to move horse forward, increase speed or create reserve energy.
2. Holding leg - the rider's leg acts just behind the girth to hold the horse's body on the line particularly when turning.
3. Displacing leg - the rider's leg acts 4-6 inches behind the girth to displace the haunches, hold the haunches in place, or move the horse's body laterally.

VOCABULARY

All disciplines have a specialized language, which allows for more efficient communication of important ideas and concepts. Knowledge of the following terms should enable one to better grasp the theory of the forward riding system.

Advanced Control – aims at achieving the highest quality of a horse's performance in schooling, hunting, or showing that the horse is able to produce. This would require a horse that is mentally and physically relaxed yet alert and responsive to the rider's aids with an acceptable degree of athletic ability.

Aids - what the rider uses to communicate with the horse.

- Natural Aids : hands, weight/seat, voice, legs
- Artificial Aids: crop, spurs, martingales, etc.

Abuse – is the unintentional mistreatment of the horse due to uneducated riding, such as the rider inadvertently pulling on the reins due to loss of the rider's balance or unsteady hands while posting.

Balancing Gesture - The horse uses his head and neck to help him keep his balance when in motion. At the trot there is almost no gesture because a diagonal pair of legs is always on the ground lending the gait stability. At the walk, canter, gallop and jump the balancing gesture is significantly more pronounced.

Behind the Motion - Riders who sit too upright are behind the horse's forward balance. Their upper body may be behind the vertical at the canter and could cause the rider to get left at the jumps. The rider may pump with the upper body or shove with the seat which can agitate the horse or cause it to invert.

Contact – The feeling of the horse's reserve energy in the rider's hands through the reins thus establishing connection. The urging leg creates this energy or impulse and the rider captures the energy with an elastic feel of the horse's mouth. The horse's head and neck should be extended. Through the use of contact, the rider can achieve softer and more precise transitions than is possible on the elementary level. A rider is ready to learn contact when he/she has mastered the elementary level of control and has a strong enough working position that his/her hands can function independently of his/her body.

Cavaletti – a series of poles that the horse crosses at a walk, trot or canter to help in his physical development. They may be on the ground or slightly raised.

Connection – Unity between the horse's front end and hind end resulting from the horse's energetic movement captured by the rider's elastic feel of the horse's mouth.

Crest Release – The intermediate (level three) jumping release. The rider presses his hands on either side of the horse's crest. This release may be short, medium or long, depending on the rider and/or the horse's level.

Disengagement - The thrusting of the horse's hind foot off the ground and the swinging of the leg back preparing to re-engage. Optimally, the degree of engagement and disengagement should be equal.

Driving Rein - The rein is held as if driving horses in a cart. The rein goes from the bit down through the hand from the thumb to the little finger rather than up through from the little finger to the thumb.

Dynamic Balance -The horse's balance in motion. It is the constant losing and regaining of his equilibrium.

Elementary Level Control – aims at establishing authority over the horse with the rider's use of quick and definite control. This level is initially used for a beginning rider but is also useful for the advanced, educated rider when starting a young horse in the early stages of training.

Engagement - The swing of the hind leg under the horse's body and the placing of the foot on the ground.

Equitation - In the show ring, an equitation class is judged on the rider's position and his/her ability to produce a good performance of the horse against whatever standard is being used.

Following Arms - The advanced level jumping release, that is also used at the walk, canter, and gallop. The rider follows the horse's head and neck gesture in the air over the jump or in the gaits, maintaining a constant soft contact with the horse's mouth, and keeping a direct line from the horse's mouth to the rider's elbow.

Four Phases of the Jump - approach, take-off, flight, and landing.

Good Hunter Movement – The horse moves with long, low, efficient, ground-covering strides, traveling on the line.

Impulsion - The horse's reserve energy, energy that is there when asked for, so that the horse moves freely and energetically forward. Sometimes impulse will be natural and at other times it will have to be created by the use of the rider's urging legs.

Intermediate Control – aims at soft and precise control with a soft but definite cooperation of the rider's hands and legs with the horse's efforts and reactions. Contact helps to achieve better control with connected movement.

Jumping Release

- Elementary level rider uses an early release and holds the mane.
- Intermediate level rider uses the crest release (short, medium or long).
- Advanced level rider uses following arms in the air.

Lateral Agility - The horse's ability to bend and turn with suppleness. This may be improved by practicing circles, half circles, serpentines, etc.

Longitudinal Agility - The horse's ability to lengthen and shorten his stride within a gait. Exercises to develop this ability include: 1) ordinary trot, slow trot, ordinary trot, 2) lengthening and shortening the stride up and down hills, and 3) jumping gymnastics.

On the Line –The horse's hind feet track in the path of the fore feet whether the horse is traveling on a straight or curved line. The horse's head and neck are bent slightly in the direction of travel.

Passive Contact – is the beginning level of contact. The rider shortens the reins sufficiently so that he or she has a soft, consistent connection or feel of the horse's mouth. There should be a straight line from the rider's elbow to the horse's bit. The horse accepts this feeling without resistance keeping his mouth closed and head and neck extended.

Perched – Riders who are consistently ahead of the horse's motion because their upper body is too far forward. It may result from over-practicing two-point position.

Pinches at the Knee - Describes a rider that tightens through the thigh and knee and does not allow his or her weight to fall into the heel. This rider is often insecure and perched. The lower leg may pivot or swing from the knee down.

Potential Rider Qualities - suitable physique, boldness and willingness, quick mind, sympathy for the horse and the ability to work hard, logically and patiently.

Punishment – The intentional use of a strong aid to correct or discourage inappropriate behaviors.
Example: using the crop behind the rider's leg to move the horse forward if he balks.

Stabilization - The horse's ability and willingness to maintain by himself a steady, even pace set by the rider on loose reins, in all gaits and transitions, alone or in company, on the flat or over fences, in a ring or outside.

Static Balance - The horse when standing still carries approximately 60% of his weight on his forelegs and about 40% on his hind legs; he is exhibiting static balance.

Two Point, Galloping or Jump Position – The rider rises slightly out of the saddle, closing the hip angle and balancing over his or her lower leg. At the elementary level, the rider should hold the mane to help maintain balance.

Transitions - A change from gait to gait or within a gait.

- Sequence for a downward transition: rider's weight, voice, hand, supporting leg
- Sequence for upward transition: weight, voice, urging leg, follow-up with stick or spur if the response is not achieved.

Jumping Information

When riding a course of jumps, riders should be aware of their major responsibilities. They are responsible for choosing the pace relative to the height of the fences and the terrain. They are responsible for keeping the horse on the line, to facilitate good turns and approaches. As the rider's skill develops, he or she learns to regulate the length of the horse's stride in relation to the jump.

The rider should be familiar with cavaletti and simple gymnastics and the most common distances for setting these.

Cavaletti

Walk - 3' apart
Trot - 4'6" apart
Canter - 12' apart

One Stride Combinations

Trot in - 18' to 2nd element
21' to 22' to 3rd element
Canter in - 24' to 2nd element

Bounce

Trot in - 9'-10'
Canter in - 12'

The average length of the horse's stride at the canter is 12'. When setting a course of jumps at 3' or higher, there should normally be 60' between two fences to have four cantering strides between them. This distance allows 6' for the horse to land inside the line from the first fence, then four 12' cantering strides, and then 6' for take-off before the next obstacle.

The Horse's Gaits

WALK	TROT	CANTER		BACK		GALLOP	
2	4	1	2	3	2	4	3
1	3	2	1	2	1	2	1
4 beats lateral		2 beats diagonal		3 beats left lead		2 beats diagonal	
						4 beats	

The Speeds of the Gaits (All speeds given are approximate)

The ordinary walk	4 miles per hour
The ordinary trot	8 miles per hour
The ordinary canter	10 miles per hour
The slow or semi-collected walk	2 1/2 miles per hour
The slow or semi-collected trot	5 miles per hour
The slow or semi-collected canter	6 miles per hour
The hunting pace	18 miles per hour

Lungeing Techniques

Reasons for lungeing:

- Training - to teach the horse voice commands, cooperation and stabilization
- Retraining - to stabilize an upset or nervous horse
- Allow a horse to expend excess energy before the rider mounts
- Exercise
- Work with a mounted rider on position

How to lunge:

- (1) Use a lunge line, whip and lungeing cavesson or leather halter. If a horse is ridden in boots, it should also be lunged in the boots. If lungeing in a bridle, put the halter over the bridle or put the lunge line through side of the bit on the inside, over the horse's poll and attach it to the other side of the bit. This prevents the bit from being pulled through the horse's mouth. It is safest to wear gloves when lungeing to prevent rope burns on your hands should the horse pull.
- (2) Lunge in an enclosed area if possible. If one is not available, use a corner of the ring and set up standards or some kind of portable barricade to define your lungeing area.
- (3) In the "lungeing triangle" the lunger is the top point of the triangle, the whip and the lunge line are two sides and the horse is the bottom. The lunge line should be neatly organized with the excess in the whip hand. It should be folded rather than wrapped to prevent it from getting wrapped around the lunger's hand. The person lungeing should stand opposite the horse's shoulder or slightly behind the shoulder with the whip pointing toward the horse's hip. If the horse is afraid of the whip it can be held behind the lunger's body by turning it around in the hand.

(4) When starting to lunge, the lunger may be close to the horse walking a large circle with the horse. The tone of the voice is extremely important, as this is what will carry over to the riding. As the horse begins to walk well on the circle the line may be let out. To increase the pace, step slightly behind the horse's shoulder and increase the tone of the voice. To decrease the pace, step in front of the shoulder and use a softer slower voice. Use short checks on the line to reinforce the voice command if necessary. These short checks are carried over to the riding. To keep the horse from coming to the center when stopping, step toward the horse rather than pulling the horse's head in to the middle. Be alert that a frisky horse can sometimes kick out. Keep the horse's head on the line of the circle so that the hind legs stay away from the lunger, being careful not to reel the horse in to the middle. Be sure to lunge in both directions.

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