

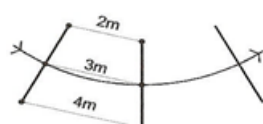
## APPENDIX D – EQUITATION MOVEMENTS

### **BOUNCES ON CURVE**

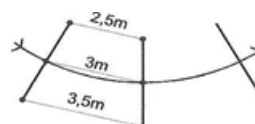
Canter 3 bounces set on a curve.

At **Open level**, the movement requires the athlete to approach on an approximately 10m curve.

At **all other levels**, the movement requires the athlete to approach on an approximately 20m curve.



**OPEN LEVEL**



**ALL OTHER LEVELS**

The dimensions are based on a 3,6m pole length.

Heights should be set at 50cm for ponies and 60cm for horses.

### **CIRCLES**

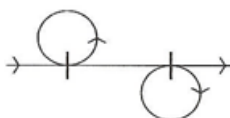
#### ❖ **CIRCLES RIDDEN ON THE FLAT**

Circles are 20m in diameter unless otherwise specified. Circles must start and end at the same point.

#### ❖ **TROT CIRCLES OVER POLES ON THE GROUND**

The exercise can be ridden in either direction. Approach the poles on a straight line in trot. Trot over the first pole and immediately ride one circle in any direction finishing over the same pole. Continue in trot in a straight line towards the second pole, trot over the second pole and immediately ride one circle in the opposite direction to the first circle finishing over the same pole. Leave the exercise in trot in a straight line.

The circles should be between **10m** and **15m** in diameter and both circles must be of equal size.



### **DEEP 'S'**

The Deep 'S' is to be ridden in trot or canter as directed in the test.

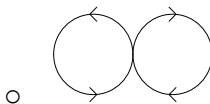
The 'S' is ridden on circular tracks of 15 to 20m with the athlete doubling back in the change of direction. Both loops must be of equal size.



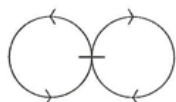
## FIGURE 8

### ❖ FIGURE 8 RIDDEN ON THE FLAT

- The figure 8 should be ridden as 2 conjoining circles. Circles should not be more than **20m** in diameter and must be of equal size.
- The movement should begin and end at the centre point of the figure 8.



### ❖ FIGURE 8 RIDDEN OVER A POLE ON THE GROUND (always 3 efforts over the pole)

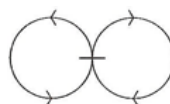


### ❖ JUMP A SINGLE VERTICAL ON A FIGURE 8 TRACK

- This exercise must be ridden from canter. Three (3) Jumping efforts.



**OPEN LEVEL**



**ALL OTHER LEVELS**

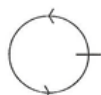
## GYMNASTICS

The height of any gymnastic exercise should be set at approximately 10cm lower than the recommended height of the fences for each age group and level as set out in Appendix C. Approach to the gymnastic should be as stipulated in each test.

## JUMPS ON A CIRCULAR TRACK

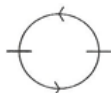
### ❖ CANTER ONE JUMP ON A CIRCULAR TRACK

The circle must be approximately 20m in diameter. There will be at least 2 efforts.



### ❖ CANTER TWO JUMPS ON A CIRCULAR TRACK

Jumps to be set at approximately 20m centre to centre. Number of jumping efforts will be stipulated on the test.



### ❖ CANTER TWO JUMPS ON A CIRCULAR TRACK WITH A CHANGE OF DIRECTION

Jumps to be set at approximately 15 to 20m apart, centre to centre.

Canter the two jumps on a circular track on either rein.

Change rein through the circle maintaining the canter and showing a flying change.

Canter both jumps in the opposite direction as shown in the diagram.

The circular track must be maintained over the jumps. Two (2) efforts on each rein.



## LEG YIELDING

The leg yield is a lateral movement which involves simultaneous forward and sideways steps. Performed correctly, the horse/pony should maintain forward energy and engagement of the hindquarters, while executing small steps sideways. The forward steps should always be bigger than the sideways steps, with the 'inside' feet stepping regularly and evenly in front of and across the 'outside' feet, where 'inside' relates to the direction of flexion. The horse/pony should remain fairly straight throughout his body with a slight flexion away from the direction of travel – i.e if leg yielding to the left, the horse should have a slight flexion to the right and thus the right would be referred to as the 'inside'.

It is recommended that leg yielding movements should be ridden in clear view of the judges.

## LENGTHENING AND COLLECTION ON A CIRCLE

**Lengthening** refers to the horse/pony working on a longer stride with added suspension or lift, along with a lengthening of the frame, without falling onto the forehand.

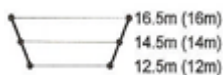
**Collection** refers to a horse/pony carrying increased weight on its hindquarters with the hocks well engaged, thereby increasing the impulsion that comes from the hindquarters but with an increased lightness and mobility of the shoulders and with the horse / pony remaining on the bit.

For this exercise, the lengthening and collection shown should be instant than gradual.

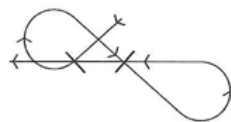
## LOOPING STAR

Approach in canter and jump either fence to start. Ride a half circle and jump the second fence. Loop back on oneself, without losing forward momentum, and jump both fences in a straight line.

Dimensions shown are based on 3,6m pole lengths for horses (Pony dimensions are shown in brackets).



Dimensions



How to ride the exercise

## MERCEDES

The Mercedes consists of three (3) vertical jumps resembling a Mercedes symbol.

The athlete may start on either rein and in any direction. The pattern is as follows:

- Jump one element.
- Go around the element nearest to you and jump the second element
- Change rein and jump the final element.



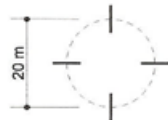
## ONE HAND MOVEMENTS

The athlete places both reins and the whip in one hand and the other hand remains along the side of the athlete, behind the thigh in a **relaxed** manner at the start of the movement. The reins are re-taken once the movement is complete.

## POLE/S ON A CIRCLE

### ❖ CANTER 4 POLES ON A CIRCULAR TRACK

Poles are to be 20m apart, centre to centre. The athlete should aim to put the same number of strides between each pole, while maintaining balance, rhythm and the circular track.



### ❖ CANTER TWO POLES ON A CIRCULAR TRACK WITH A CHANGE OF DIRECTION

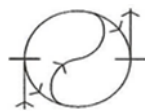
Poles to be set at approximately 15 to 20m apart, centre to centre.

Canter the two poles on a circular track on either rein.

Change rein through the circle as stipulated on the test

Canter both poles in the opposite direction as shown in the diagram.

The circular track must be maintained over the poles. Two (2) efforts on each rein.



## RELATED DISTANCE

A related distance is defined as two obstacles set at a distance of 3 to 6 ridden strides apart, unless otherwise specified. It is to be ridden from canter.

If, when riding a related distance as an exercise in Parts 1, 3 or 4, the athlete incurs a refusal at the second fence in the related distance, as this is treated as a closed obstacle, both fences will need to be re-taken in order to show the required number of strides. Failure to do so will result in elimination.

### ❖ Jump a related distance twice, adding a stride the second time

Any two (2) **VERTICALS** set at 3 to 6 ridden strides apart on a straight line may be chosen.

As above, should the athlete incur a refusal at the second vertical on either of the 2 rides, both verticals must be re-taken in order to show the required number of strides.

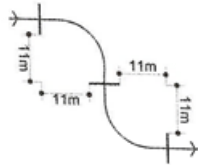
\* If the refusal is at the second vertical on the second ride, it is only the second ride showing the added stride that needs to be re-taken. (i.e. you do not need to redo the entire exercise)

In some instances, the judges may nominate which two (2) verticals they would like to see used. In this case, the announcer will announce which 2 verticals are to be used.

## 'S' BEND

Canter two (2) related distances (set at 5 to 6 ridden strides apart) on the curve.

The exercise may be jumped in either direction. It should ideally be jumped showing as smooth and accurate a track as possible between fences 1 and 2 and fences 2 and 3.

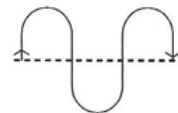


## SERPENTINES

### ❖ SERPENTINES RIDDEN ON THE FLAT

The shape is slightly variable depending on the shape and size of the arena available.

All loops should be equal in size. The movement starts and finishes on an imaginary centre line.



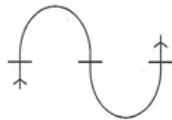
*OPEN LEVEL*

*ALL OTHER LEVELS*

### ❖ SERPENTINE OVER THREE (3) VERTICALS SET IN A STRAIGHT LINE – 3 EFFORTS

To be ridden from canter. Loops should be equal in size.

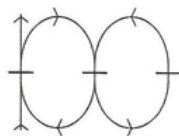
Jumps to be set 15 to 20m apart, centre to centre.



### ❖ SERPENTINE OVER THREE (3) VERTICALS SET IN A STRAIGHT LINE – 5 EFFORTS

To be ridden from canter. Loops should be equal in size. The first 3 efforts are ridden as the exercise above and finishing as per the diagram below.

Jumps to be set 15 to 20m apart, centre to centre.



## TROTting POLES

There should be between 4 and 6 poles set at **1,40m** apart for horses and **1,20m** apart for ponies.

### ❖ TROTting POLES ON A CURVE

This exercise requires the athlete to approach and leave the poles on a curve. The exercise may be ridden on either rein.

Dimensions for horses: 0.90m apart on the inside edge; 1.40m apart on the outside edge

Dimensions for ponies: 0.80m apart on the inside edge; 1.20m apart on the outside edge

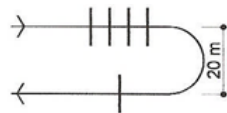
Dimensions are based on 3,6m pole length.



### ❖ TROTting POLES AND CANTER JUMP

The exercise may be ridden on either rein. There may be 3 or 4 trotting poles as specified in the test. The poles and the jump should be set at a distance of 20m apart, centre to centre.

Approach the trot poles in trot. Pick up the canter before the jump on the circular track and canter the jump.

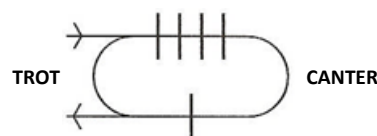


### ❖ TROTting POLES AND CANTER JUMP WITH A REPEAT OF THE EXERCISE

The exercise may be ridden on either rein. There may be 3 or 4 trotting poles as specified in the test. The poles and the jump should be set at a distance of 20m apart, centre to centre.

Approach the trot poles in trot. Pick up the canter before the jump on the circular track and canter the jump.

Return to the trot on a circular track and repeat the exercise.



## ZIG-ZAG

The zig-zag consists of three (3) vertical jumps set at right angles. The exercise must be ridden from canter. The athlete may start on either rein at one end of the zig-zag and jump each vertical at the centre, landing on the correct leg and looping around the outside of the right angle corner as shown in the diagram below.

There are 3 jumping efforts in total and the loops between the jumps should be of equal size.

As this exercise aims to prepare the horse/pony for a jump-off in show-jumping, the aim is for the loops not to be too large.

