

B. Technical Exercises (Ref. *Guidelines for Judges*) *Effective 1 January 2011 – revised version 24 March 2011*

1. JUMP FORCE

Shoot-up Mount

Shoot-up Mount from the inside (or outside) to seat backwards on the horse's neck. May be shown as a mount or as a ground jump.

Mechanics

The shoot-up movement of the body is around the horizontal axis. During the first part of the rotation, the centre of gravity approaches the highest point with bent hips. After powerful stretching movements of the hip and shoulder joints, the center of gravity will lead away from the rotation point.

From the jump, the body is turned and the roll movement is initiated immediately, lifting the center of gravity **fluently** as high as possible over the surcingle. Following the impulsion the axis of the shoot-up movement is nearly horizontal and nearly parallel to the shoulder axis of the horse.

During the entire shoot-up movement, the vaulter's shoulders, hips and the roll axis are parallel.

~~Throughout the entire movement, the legs must be stretched.~~ The landing after the shoot-up is in an upright seat backwards on the horse's neck with both legs in front of the surcingle.

Essence

Harmony with the horse
Coordination of movement and landing
Height and position of the centre of gravity

Basic Scores:

Basic score 10

~~The centre of gravity is at the highest point over the (nearly) stretched arms, with stretched legs, uninterrupted movement and soft landing rearways on the neck.~~

The movement is uninterrupted through a handstand position with a soft landing rearways on the neck.

Basic score 8

Arms are not stretched at the highest point of the movement

Basic score 7

~~The hips do not touch the horse or the surcingle but the legs are not stretched throughout the whole movement.~~

Basic score 5

~~The hips touch the horse or the surcingle~~

~~A vertical roll axis which entails dislocation towards either the inside or the outside of the horse~~

Basic score 4

The hips touch the horse or the surcingle.

A vertical roll axis, which entails dislocation towards either the inside or the outside of the horse.

Score of 0

If the shoot-up movement has not been initiated before the centre of gravity reaches the level of the horse's back.

Deductions:

1 point:

- Steps in ground jump
- Landing with inside or outside leg in front of the surcingle
- ~~Lack of stretch of the legs.~~

2. TIMING/COORDINATION

Roll forward from the croup to seat forward on the neck (**NEW**)

The movement starts from kneeling forward on the croup. Both hands are flat on the pad or the croup. During the entire roll movement the head remains centered and the vaulter's spine follows the spine of the horse. **The legs are closed and stretched during the roll movement and open for the landing.**

The final position is an upright seat facing forward on the horse's neck. Both hands must take hold on the grips after the legs are in front of the surcingle and the upper body is nearly in an upright position.

Essence:

Harmony with the horse

Coordination of the roll movement and balance

Basic Scores:

Basic score 10:

Fulfillment of the correct mechanics in harmony with the horse

Basic score 7:

Head is not centered

Movement is not flowing

Basic score 5

~~Hands take hold on the grips before the legs are in front of the surcingle and the upper body is nearly upright.~~

The roll on the horse begins below the vaulter's cervical area of the spine (vaulter lands on their back).

Deductions:

1 point

- Hand/foot touches the neck

2 points:

- ~~• Hands support other than described~~
- Gripping the pad
- Hands take hold of the grips before the upper body is nearly upright
- Movement is off center

3. SUPPLENESS

Stand Split

Stand Split sideways on the horse's back facing inside or outside on the back of the horse, one hand on top of a grip, other hand flat on top of the back/pad.

Mechanics

Entire sole of supporting foot is on the top of the horse's back. Other leg stretched as high as possible. The line of the upper body and the raised leg should come as close to the vertical as possible. The shoulder and hip axis of the vaulter is parallel to the longitudinal axis of the horse.

To be held for 4 canter strides

Essence:

Harmony with the horse
Suppleness
Posture
Stretch

Basic Scores:

Basic score 10

The angle between the legs is 180°.

Basic score 7

The angle between the legs is 150° or less.

Basic score 4

The angle between the legs is 90° or less.

Deductions

1 point:

- the line of the upper body and the raised leg is broken (at 180°)

2 points:

- position of hands other than described

4. BALANCE

4.1 Reverse Stand with free arm movement

Reverse Stand with free arm movement – Stand on horse's back, facing rearwards; arms may be in any position. (See description of Team 2*, Individual 2* stand for mechanics.)

Must be held for 4 canter strides.

Essence:

Harmony with the horse
Balance and posture

4.2 Sideways Stand

Sideways Stand facing outside with static arm position

Mechanics:

The feet remain stationary with the weight evenly distributed over the entire sole of the foot throughout the exercise. The hip axis of the vaulter is parallel to the longitudinal axis of the horse. Feet are close at hip width and point sideways. The vaulter rises into a high standing position forming a straight line through the shoulder, hip and heel. The head/face is showing sideways and the vaulter is standing on the back pad.

To be held for 4 canter strides.

Essence:

Harmony with the horse
Balance and Posture

The essence of the sideways stand is the ability to maintain the balance in an unstable equilibrium on the horse.

Loss of balance is judged depending on whether the fault is a minor, medium or major one.

Basic Scores:

Basic score 10

Erect upper body forming a vertical line through shoulders, hips and ankle with knees in optimum extension.

Basic score 5

Upper body about 45° in front of the vertical.

Deductions:

1 point:

- feet and/or knees not facing sideways
- feet wider than hips
- Head/face not looking sideways

2 points:

- arms are not static
- one foot is on the croup (not on the pad)

5. STRENGTH

5.1 Shoulders stand rearways with closed legs

Mechanics:

Both hands are on the grips of the surcingle. Vaulters' left or right shoulder rests on the horse's back/pad. The vaulter's centre of gravity lies vertically over the shoulder that is resting on the horse's back/pad. The vaulter's shoulder axis and hip axis are parallel to the horse's shoulder axis and the vaulter's hips and legs are stretched, with the legs closed and parallel to each other.

The exercise is to be held for 4 canter strides.

Basic Scores:

Basic Score 5

If the supporting area is someplace other than the shoulder (i.e. upper arm or chest).

Deductions:

Up to 1 point:

- Minor deviations

Up to 3 points:

- Major deviations

5.2 Push up rearways

Mechanics:

The exercise is supported by both arms and one leg. Hands are on the top of the grips. The vaulter's body is facing upwards and forms a straight line from the supporting leg to the head. The **head is the extension of the longitudinal body axis**. The other leg is raised at a right angle to the vaulters body.

The exercise is to be held for 4 canter strides.

Essence:

Harmony with the horse

Balance and Posture

Basic Scores:

Basic score 10

Straight longitudinal axis of the head, body, and supporting leg. The angle between the upper body and the supporting leg is 180 degrees. Angle between head, upper body and raised leg is 90 degrees to upper body. Arms are stretched.

Basic Score 7

Straight longitudinal axis of the head, body, and supporting leg. The angle between the upper body and the supporting leg is 180 degrees. Angle between head, upper body and/or supported leg, raised leg is 45° degrees. Arms are stretched.

Basic Score 5

Straight longitudinal axis of the head, body, and supporting leg. The angle between the upper body and the supporting leg is 180 degrees. Arms are stretched. Angle of raised leg is below 45° to the upper body or supported leg.

Basic Score 4

Broken longitudinal axis of the head, body, and supporting leg. The angle between the upper body and the supporting leg is less than 180 degrees. Arms are stretched. Leg is raised above the supported leg.

Deductions:

Up to 1 point:

- Head in other position than in the longitudinal axis of the body and supporting leg.

2 points:

- position of hands other than described