



*Developing the skills and knowledge  
to be a more confident competitor*

# Kicking off With Confidence

Week 6



# Rules/Etiquette

## ***Dressage***

- You can ride around the outside of the ring as soon as the rider before you has done their final salute
- In Dressage - reader allowed. Eventing - no reader allowed. Reader should stand behind E or B
- Say hello to the judge - state your number and test you'll be riding
- Once bell rings - 45 seconds to start test (time your horse beforehand)
- Bell (or designated sound) also can indicate rider needs to stop test
- Scoring starts when you enter ring
- Remember to salute (with an empty hand - no reins or whip)
- Voice commands are not allowed (words, clucking, etc..)
- Take your time and use the whole ring - you paid for that time so use it!
- Say "thank you" after the final salute



# Rules/Etiquette

## ***Show Jumping***

- No salute necessary
- Do not cross the start line before starting the course (you should have your start plan in place)
- Bell signals the 45 second countdown. You either need to cross the start line in the 45 seconds, or your time will start.
- Bell also signals competitor to stop (because of an issue with the course, because a refusal results in a jump rebuild, to signal restart of the course, or because rider has been eliminated)
- Leave the ring at the designated location at a walk



# Rules/Etiquette

## ***Cross Country***

- You will be sent to the start box by warm-up stewards
- Starter will give you your times. Use your plan about chilling/doing transitions/etc...
- They will usually give you 2 min, 1 min, 30 seconds, 15 seconds, and a countdown from 10 - don't hurry. 10 seconds is a LOT of time
- Take a breath and thank the starter - this will make you breathe
- Watch out for jump judges flagging you down
- Don't be afraid to yell for spectators to get out of your way
- Practice good horsemanship at the end of the course



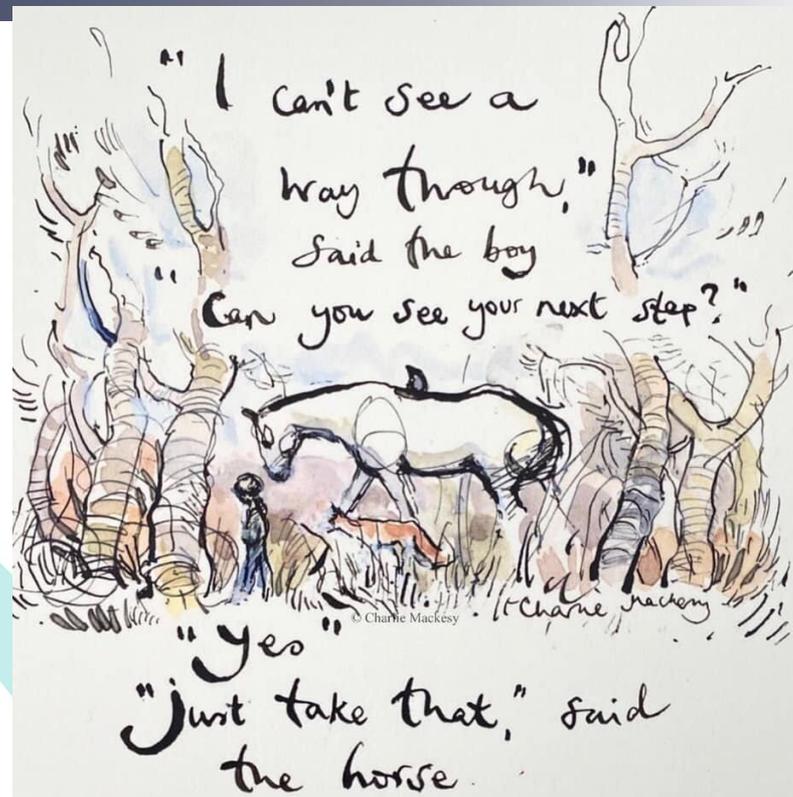
# Dressage Scoring

- Different judges have different biases (breed, order, memory), are sitting at one point, and blink
- Each dressage score has a start point (based on the horse's movement score. The center line is the only one that does not
- Training scale based - Ways that things are scored from 4-10
  - 'Basic Attempt', the horse offers an approximation of the correct response.
  - 'Obedience', the horse offers an immediate response to a light aid.
  - 'Rhythm', the horse maintains rhythm and tempo from a single light aid.
  - 'Straightness', the horse maintains line and is straight.
  - 'Contact', the horse maintains connection and outline; refinement of contact develops into engagement as the horse develops physically.
  - 'Harmony' displayed between horse and rider



# Handling Nerves

- Smile at everyone
- Make a list of the things that make you nervous. Highlight the things that you can control and focus on those. The other things are what you've prepared for, but still have no control over.
- Breathe - talking to yourself on course (not in dressage) will keep you breathing
- Know your plan. Know your test. Know your course. Feel free to have cheater notes in your pocket.





# What can go wrong

You won't be the first one to make a mistake - sorry, you are not that original :)

## **Dressage**

Starting test before bell

Going off course and knowing it

Going off course and not knowing it

Completely blanking on course

Stepping out of the ring

Having a bad movement

Horse disobedience

Falling off (before or after test starts)



# What can go wrong

You won't be the first one to make a mistake - sorry, you are not that original :)

## **Show Jumping**

Starting course before buzzer

Crossing start line before beginning course

Getting lost

Going off course

Refusal

Refusal while knocking down jump

Crossing path

Falling off

Unauthorized assistance



# What can go wrong

You won't be the first one to make a mistake - sorry, you are not that original :)

## **Cross Country**

Starting late out of start box

Missing a jump

Going off course

Getting Lost

Falling off

People in your way

Doing something non-typical

Unauthorized assistance



**Good Luck!**

**Have a great time, and a great ride!**