

# APPENDIX A

## CHAPTER XI.

Unless otherwise specified, all applicable rules (including Horse Use), point deductions and penalties from the rules for AVA National Recognized Events apply.

### Article 1101. Eligibility.

1. At AVA Recognized Competitions, vaulters, coaches and longeurs must be registered members of the AVA in good standing.

### Article 1102. Awards.

1. Appendix A classes may be offered at AVA National Championships.
2. All Appendix A classes must be judged by an AVA Recognized Judge in order for scores to count towards high point or other Association Awards.

## CHAPTER XII. ~~BARREL INDIVIDUAL CANTER BARREL~~ EVENT

### CHAPTER XII. BARREL EVENT

#### Article 1201. Individual Barrel Event Requirements.

##### 1. ~~May~~ be divided into Open and Preliminary

a) Open — ~~Any~~ ~~canter~~ vaulter

b) Preliminary — ~~May not hold a silver or gold medal or be competing at the silver or gold level~~

##### 2. ~~May~~ be divided into Men's and Women's divisions

#### ~~Article 1201. Individual Barrel Event Requirements.~~

##### ~~1. Must be divided into Open and Preliminary~~

~~a) Open — Must hold a silver medal or above canter medal~~

~~b) Preliminary — Bronze medalist or below only~~

##### ~~2. Must be divided into Men's and Women's divisions~~

### Article 1202. Barrel ~~Free~~Freestyle.

1. Sixty (60) second ~~free~~Free-style routine, after which time judging ceases

2. Judged on: (~~these freestyle routines should follow all considerations as if they were on the horse~~)

a) Content (x1) — ~~Use of space/direction, variety of exercises, development, artistic merit, composition, originality, difficulty; appropriateness of exercises and time used, use of static, dynamic and stretch exercises; time used and use of barrel~~

b) Performance (x1) — Form, balance, security, stretch and scope, falls and failures

c) General Impression (x1) — Turnout, entry, exit, salute ~~and~~ ~~comportment~~ ~~style, presentation, flow of program, suitability of music and appropriateness of exercises~~

3. Scored as follows:

— Content (x1)

— Performance (x1)

— General Impression (x1)

4. Total is divided by 3 for final score.

5. See AVA Rules, Chapter VI, Scoring, for additional penalties and deductions.

## CHAPTER XIII. INDIVIDUAL PRELIMINARY TROT ~~HORSE~~ EVENT

### Article 1301. Requirements.

1. Consists of one round of compulsories and a ~~Free~~Freestyle performed in separate sections at the trot to the left.

~~2. Women's and Men's divisions shall be offered Open to non-medaled vaulters. Novice pin holders allowed~~

~~3. Open to non-medaled vaulters. Novice pin holders allowed. Women's and Men's divisions shall be offered~~

### Article 1302. Preliminary Trot ~~Horse~~ Compulsories.

1. All compulsory exercises are performed without dismounts.

1) Mount

2) Basic Seat

- 3) Flag
- 4) Stand
- 5) Swing Frontways legs closed
- 6) 1/2 Mill
- 7) Swing Rearways legs open, followed by dismount to inside (quarter mill around to inside off)
2. All vaulters performing on the same horse should follow one another immediately without waiting for the bell.
3. No time limit
4. Judged on:
  - a) Performance
    - 1) Mechanics
    - 2) Essence
    - 3) Form
    - 4) Scope
    - 5) Security
    - 6) Balance
    - 7) Continuity
    - 8) Harmony with the horse
  - b) Horse/General Impression
- Horse (90%):
  - 1) Quality of the gait
  - 2) Submission
  - 3) Behavior
  - 4) Way of going
  - 5) Circle size
- General Impression (10%)
  - 1) Entry
  - 2) Exit
  - 3) Salute
  - 4) Circle Size
  - 5) Longeing and presentation
  - 6) Comportment
  - 7) Turn out of vaulter and lunger
5. Falls:
  - a) The vaulter may continue after a fall. He must remount within one (1) minute in order to continue with the next exercise.
  - b) The unsuccessful exercise receives a zero (0) and may not be repeated.
6. See AVA Rules Chapter VI. Scoring, for penalties and deductions.

**Article 1303. Preliminary Trot ~~Horse Free~~Freestyle.**

1. ~~Free~~Freestyle is a one (1) minute (maximum) routine of static and dynamic exercises.
  - a) A static exercise is one where contact, support or holding points do not change.
  - b) Static exercises must be held for three (3) full trot strides.
  - c) Vaulter must stay in contact with the horse. Ground jumps and leaps above the horse (including hop from knees to feet) are NOT allowed.
  - d) Two points are deducted from the Composition score for ground jumps or leaps above the horse.
  - e) Only dismounts chosen from the List of Dismounts shown in Appendix D of this Rule Book are allowed.
  - e) Repetitions of ~~Free~~Freestyle exercises and compulsory exercises will not be counted.
2. Judged on:
  - a) Content (x1) - ~~Use of space/direction, Variety of exercises, development, artistic merit, difficulty; appropriateness of exercises and time used. Use of space, pace, variety, originality, development, music interpretation, artistic merit, appropriateness of exercises and consideration for the horse.~~
  - b) Performance (x2) – Evaluation of each exercise and the performance in its entirety shall include: Mechanics, essence, form, scope \_\_\_\_\_(elevation, width, amplitude of movement), security, balance, continuity and harmony with the horse.
  - c) Horse/General Impression (x1) – Quality of the trot, submission, behavior, way of \_\_\_\_\_going, circle size, longeing and presentation.
3. Falls:
  - a) The vaulter may continue after a fall. He must remount within one (1) minute in order to continue with the next exercise. \_\_\_\_\_The unsuccessful exercise may be repeated.
  - b) The clock may be stopped for a maximum of one (1) minute for each fall. It will be restarted when the vaulter touches the grips or the horse.

4. See AVA Rules Chapter VI. Scoring, for penalties and deductions.

## CHAPTER XIV. Preliminary TROT PAIRS-PAS DE DEUX HORSE EVENT

### Article 1401. Requirements.

1. This is a pairs event consisting of one round of FreeFreestyle.
2. Open to non medal holding vaulters~~Trot medal holders or below~~

### Article 1402. Preliminary Trot Pairs FreeFreestyle.

1. FreeFreestyle is a 2-minute~~90-second free style~~ routine consisting of static and dynamic ~~——~~ exercises performed to music at trot to the left.
  - a) A static exercise is one where contact, support or holding points do not change.
  - b) Static exercises must be held for three (3) full trot strides.
  - c) Both vaulters must stay in contact with the horse, surcingle or each other.
2. Time:
  - a) A bell will signal vaulters to begin the routine.
  - b) Begins when first vaulter touches the surcingle
  - c) A bell will signal the end of time allowed.
  - d) Vaulters must begin dismount within three (3) strides after the bell or incur a deduction from Content score.
3. Falls:
  - a) Vaulter(s) may continue after a fall. They must remount within one (1) minute in order to continue. The unsuccessful exercise may be repeated.
  - b) The clock will be stopped for a maximum of one (1) minute for each fall. It will be started when the first vaulter touches the grips.
4. Judged on:
  - a) Content (x2) — Use of space/direction, variety of exercises, development, artistic merit, difficulty; appropriateness of exercises and time used~~Use of space, pace, variety, originality, —— development, music interpretation, artistic merit, appropriateness —— of exercises and consideration of the horse~~
  - b) Performance (x3) — Mechanics, essence, form, scope (elevation, width, amplitude of movement), security, balance, continuity and harmony with the horse
  - c) Horse/General Impression (x1) — Quality of the trot, submission, behavior, way of ~~——~~going, circle size, longeing and presentation
5. See AVA Rules Chapter VI. Scoring, for additional penalties and deductions.

## CHAPTER XV. TROT TEAM 2-PHASE EVENT

A two-section event performed in separate sections

### Article 1501. Phase 1 — Horse.

1. Four (4) team members must perform all seven (7) compulsories at trot to the right. ~~No time limit~~. If a substitute enters the ring, he/she must also perform the compulsories. No time limit.
2. Each of the exercises are performed as in Trot Team Event, except that the exercises are mirror-images of the exercises to the left.
3. All rules which apply to the Compulsory section of Trot Team Event also apply to this phase.
4. Judged on:
  - a) Performance — Mechanics, essence, form, scope, security, balance, continuity and harmony with the horse
  - b) Horse/General Impression:  
Horse (90%):
    - 1) Quality of the gait
    - 2) Submission
    - 3) Behavior
    - 4) Way of going
    - 5) Circle sizeGeneral Impression (10%)
    - 1) Entry
    - 2) Exit
    - 3) Salute
    - 4) Circle Size
    - 5) Longeing and presentation
    - 6) Comportment
    - 7) Turn out of team and lunger

### Article 1502. Phase 2 — Barrel.

1. Three-minute ~~free~~Free-style routine
2. All applicable rules as for 2-Phase Team ~~Free~~Freestyle will apply.
  - No other equipment or attachments to the barrel are allowed.
  - No spotters are allowed.
  - No trampolines are allowed.
  - No more than three (3) vaulters may be in any exercises at any time.
3. Time:
  - a) Begins when the first vaulter(s) touches the barrel
  - b) Judging ends after three (3) minutes, at which time a bell will sound; the vaulters must finish the exercise in progress and dismount or incur a deduction from Content score.
4. Judged on: (these freestyles should follow all considerations as if they were on the horse)
  - a) Content (x1) — Use of space/direction, variety of exercises, development, artistic merit, difficulty; appropriateness of exercises and time used. Use of static, dynamic, stretch and balance — ~~exercises; difficulty; time used and use of barrel; originality; music interpretation~~
  - b) Performance (x1) — Form, balance, security, stretch and scope, expression and presence; falls and failures
  - c) General Impression (x1) — Turnout, entry, exit, salute and comportment ~~Turnout, entry, exit, salute, comportment, style, presentation, flow of program, suitability of music and~~ — ~~appropriateness of exercises~~
5. See AVA Rules Chapter VI. Scoring, for additional penalties and deductions.

## CHAPTER XVI. INDIVIDUAL TROT BARREL EVENT

### Article 1601. Eligibility.

1. Consists of one round of Freestyle
2. Women's and Men's divisions shall be offered
3. Open to trot medaled vaulters or below. Must be divided into Men's and Women's divisions

### Article 1602. Barrel.

1. Sixty (60) second ~~free~~Free-style routine
2. Judged on: (these freestyle routines follow all aspects of consideration as if they were on the horse)
  - a) Content (x1) — Use of space/direction, variety of exercises, development, artistic merit, difficulty; appropriateness of exercises and time used. Variety, composition, originality, use of static, dynamic, stretch, balance and strength exercises, music — ~~interpretation, time used and use of barrel~~
  - b) Performance (x1) — Form, balance, security, stretch and scope, expression and presence, flow of performance, falls and failures
  - c) General Impression (x1) — Turnout, entry, exit, salute and comportment ~~Turnout, entry, exit, salute, comportment, style and suitability of music~~
3. See AVA Rules Chapter VI. Scoring, for additional penalties and deductions.

# APPENDIX B

## CHAPTER XVII.

1. Unless otherwise specified, all applicable rules (including Horse Use), point deductions and penalties from the AVA Rules for National Recognized events apply.
2. Competitors must be Vaulters or Individual Members of the AVA [in good standing](#).
3. Competitor's scores from AVA Recognized Competitions are qualifying scores for regional awards.
4. Appendix B classes are not offered at AVA National Championship Fest.
5. Show management may allow assisted Mounts. Assisted Mounts [can be scored \(with or without a deduction\) if management chooses or](#) receive a zero.

## CHAPTER XVIII. "D" TEAM EVENT

### Article 1801. Requirements.

1. Consists of one round of Compulsories and ~~Free~~Freestyle performed at the trot or ~~the~~ canter to the left in separate sections
2. Only scores from teams of 6 vaulters performing both Compulsories and ~~Free~~Freestyle will count toward Regional Awards.

### Article 1802. Eligibility.

1. Teams comprised of 4-6 vaulters, a substitute and longeur must be members of a registered AVA Club in good standing.
2. Vaulters may not hold a canter medal.
3. Vaulters may compete at the same competition in Individual Trot, Trot Pairs, or Individual Trot Barrel events but may not compete in Trot Team Events, ~~or~~ Individual Canter Events or other Canter Team Events.

### Article 1803. Compulsories.

1. Each vaulter performs the first block of modified compulsories as follows:
  - a) Mount to astride
  - b) Basic Seat with relaxed arms and hands placed on the vaulter's \_\_\_\_\_upper thighs
  - c) Half Flag with right leg stretched backward and upward, both hands on grips
  - d) Leg Passes:
    - Right leg swings in semi-circle over horse's neck to inside side seat, then back to astride.
    - Left leg swings over horse's neck to outside side seat, then back to astride.
    - Right leg swings over horse's neck for simple dismount to inside.
    - All leg passes are done in a 4-count rhythm.
2. Each vaulter then performs the second block of modified compulsories as follows:
  - a) Mount to astride (this second mount not scored)
  - b) Back Swing (click)
    - From astride, legs swing forward for impulsion and then come together as high as possible over horse's croup, landing softly back into astride (one time only).
  - c) ~~Free~~Free Kneel on both knees behind girth with straight line from shoulders through hips to knees. The vaulter's arms and hands are relaxed and hanging down alongside of the vaulter's thighs.
  - d) Half Flank off dismount to inside
3. Time allowed:
  - a) The maximum time allowed for the performance of the modified compulsories is 7-1/2 -minutes for 6 person teams.
  - b) Exercises performed after the time limit will receive a score of zero (0).
  - c) Time for the modified compulsories is taken from the moment the first vaulter touches the grips until the last vaulter to perform touches the ground in the dismount.
4. Each of the six (6) members must perform all seven modified \_\_\_\_\_compulsories in one section before the team's ~~Free~~Freestyle begins.
5. Each vaulter must vault in order according to his number, with the \_\_\_\_\_ exception of the substitute who vaults in the position of the person he replaces.
6. Each static exercise must be held for four full canter strides.
7. No spotters or unauthorized assistance is allowed.
8. Judged on:
  - a) Quality of mount

- b) Posture and head carriage
- c) Harmony with horse (quietness of legs, softness of landings)
- d) Form and stretch
- e) Balance and security
- f) Timing of leg passes
- g) Mechanics
- h) Horse/General Impression — gaits, behavior, way of going, circle size, longeing and presentation

9. Penalties and Deductions:

- ~~a) One (1) point off for each timing failure in leg passes~~
- ~~b) One (1) point off for each stride less than 4 (Basic Seat, Half Flag, Kneel)~~
- c) Two (2) points off for starting with incorrect leg in leg passes
- ~~d) Two (2) points off for repeated clicks~~
- e) If vaulter is assisted in mount, the mount receives a zero.
- f) See AVA Rules Chapter VI. Scoring, for additional penalties and deductions.

**Article 1804. ~~Free~~Freestyle.**

1. A ~~Free~~Free-style routine of three (3) minutes is performed by all members of the team. The ~~Free~~Free style begins when the first vaulter touches the grips and ends when the bell rings or when the last vaulter touches the ground in the dismount.
2. Each member of the team must perform in the ~~Free~~Freestyle or the team will be penalized under Horse/General Impression score.
3. No more than two (2) vaulters may be on the horse at any time or in any exercise whether actually on the horse or not.
4. Both vaulters must be in contact with the horse in any double exercise.
5. No spotters or are allowed. ~~No~~ assisted mounts are allowed in the Freestyle routine.
6. Judged on:
  - a) Content (x1) — Use of space, pace, development, variety, music interpretation, artistic merit, appropriateness of exercises and \_\_\_\_\_ difficulty
  - b) Performance (x2) — Mechanics, essence, form, scope, security, posture and head carriage, balance, consideration for the horse, falls and collapses
  - c) Horse/General Impression (x1)
    - Horse (90%):
      - 1) Quality of the gait
      - 2) Submission
      - 3) Behavior
      - 4) Way of going
      - 5) Circle size
    - General Impression (10%)
      - 1) Entry
      - 2) Exit
      - 3) Salute
      - 4) Circle Size
      - 5) Longeing and presentation
      - 6) Comportment
      - 7) Turn out of team and lunges
7. See AVA Rules Chapter VI. Scoring, for additional penalties and deductions.

**CHAPTER XIX. ~~NOVICE~~PRELIMINARY TROT TEAM HORSE COMPULSORIES EVENT**

**Article 1901. Requirements.**

1. Consists of one round of modified compulsories as per Trot Team ~~performed~~ at trot to the left.

**Article 1902. Eligibility.**

1. Teams may be comprised of 4 to 6 vaulters and a longeur. They all must be members of a registered AVA club in good standing.
2. Vaulters may not hold a trot or canter medal. A Novice pin is allowed.

**Article 1903. Compulsories.**

1. The compulsory exercises are performed in one block as per Individual Trot (see Article 312). Each vaulter performs the compulsories as follows:
  - 1) Mount
  - 2) Basic Seat

- 3) Flag
  - 4) Stand
  - 5) Swing Frontways legs closed
  - 6) 1/2 Mill
  - 7) Swing Rearways legs open, followed by dismount to inside (quarter mill around to inside off)
2. No spotters or unauthorized assistance (other than the mount)
  3. No time limit
  4. Each member of the team must perform all compulsories.
  5. All static compulsory exercises must be held four full trot strides.
  6. Judged on:
    - a) Form
    - b) Posture and head carriage
    - c) Harmony with horse (quietness of legs, softness of landings)
    - d) Stretch and essence
    - e) Balance and security
    - f) Timing of leg passes
    - g) Mechanics
    - ~~h) Horse/General Impression — Quality of the trot, submission, behavior, way of going, circle size, longeing and presentation~~
  7. See AVA Rules Chapter VI. Scoring, for additional penalties and deductions.

**Article 1904. Horse/General Impression.**

1. One score is given for Horse/General Impression.
2. Judged on:
  - Horse (90%):
    - 1) Quality of the gait
    - 2) Submission
    - 3) Behavior
    - 4) Way of going
    - 5) Circle size
  - General Impression (10%)
    - 1) Entry
    - 2) Exit
    - 3) Salute
    - 4) Circle Size
    - 5) Longeing and presentation
    - 6) Comportment
    - 7) Turn out of team and lunges

**CHAPTER XX. NOVICE ~~BARREL PAIRS~~ BARREL EVENT**

**Article 2001. Requirements.**

1. A ~~2 minute 9075-second~~ Free-style barrel routine performed on ~~one~~ the barrel

**Article 2002. Eligibility.**

1. Vaulters may not hold a trot or canter medal. A Novice pin is allowed.

**Article 2003. Restrictions.**

1. No aerial exercises are allowed.
2. No trampolines are allowed.
3. No spotters are allowed.

**Article 2004. Judged on: ( these freestyle routines should follow all considerations as if they were on the horse)**

1. Content (x1) — Use of space/direction, variety of exercises, development, artistic merit, difficulty; appropriateness of exercises and time used. Use of static, dynamic, stretch, strength and balance exercises, synchrony, originality, time used, use of barrel and music interpretation
2. Performance (x1) — Good form, good posture, balance and security, style, presence, flow of program
3. General Impression (x1) — Turnout, entry, exit, salute and comportment. Appropriateness of exercises, safety, choice of music and harmony with music; turnout, entry, salute, comportment, and exit

4. See AVA Rules Chapter VI. Scoring, for additional penalties, deductions.

APPENDIX C

CHAPTER XXI. NOVICE EVENTS

The following guidelines are set up to allow vaulters of all levels and capabilities to compete in a constructive manner at all competitions. Abilities only will classify the vaulters into the particular levels. There are no age limits. These guidelines follow American Vaulting Association rules and Guidelines as closely as possible in these specially titled classes. They are designed to help and encourage handicapped or special needs vaulters who are unable to vault onto the horse without assistance, to vault and to eventually graduate into AVA recognized vaulting levels, if possible. These "specially titled" classes have been identified according to the specific abilities of each vaulter.

Article 2101. General Requirements for all events in Appendix C:

1. Vaulter must need an assisted mount onto the horse or onto the barrel. The assisted mount receives no score.
2. Vaulters may have spotters present during compulsories and freestyle, but will receive a deduction from any exercise in which the vaulter receives assistance. Exception: In Novice Walk and Novice Modified Walk level, assistance is allowed, and will receive no deduction. (See Article 2103 through 2106 for specifics).

Article 2102. Eligibility for all events in Appendix C:

1. Competitors must be a Youth or Adult Member of the AVA.
2. Competitors may not hold any medals with the exception of the novice pin.
3. Competitors must be handicapped or with special needs, and must be unable to vault onto the horse or barrel without assistance.
4. Competitors may not be entered in any higher level events at the same competition.

Article 2103. Individual Novice Trot Events:

1. This event consists of one section of compulsory exercises and one section of freestyle performed on the trotting horse.
  - a) The vaulter must have an assisted mount which is not scored.
  - b) Compulsories are performed in the same order as the Individual Trot event.
  - c) Freestyle is a one minute routine of static and dynamic exercises.
  - d) Exercises chosen for freestyle should be limited to Level M or Level E only (as defined in the current FEI Vaulting Guidelines for Judges).
  - e) Assistance of any compulsory exercise (with the exception of the mount) will result in a zero for the assisted exercise. Assistance of any freestyle exercise will result in a deduction of two points from the total performance score.

Article 2104. Individual Advanced Novice Walk Event:

1. This event consists of one section of compulsory exercises and one section of freestyle performed on the walking horse.
  - a) The vaulter must have an assisted mount which is not scored.
  - b) Compulsories are performed in the same order as the Individual Trot event.
  - c) Freestyle is a one minute (maximum) routine of static and dynamic exercises.
  - d) Exercises chosen for freestyle should be limited to Level M or E only (as defined in the current FEI Vaulting Guidelines for Judges).
  - e) Assistance of any compulsory exercise (with the exception of the mount) will result in a zero for the assisted exercise. Assistance of any freestyle exercise will result in a deduction of two points from the total performance score.

Article 2105. Individual Novice Walk Event:

1. This event consists of one section of compulsory exercises performed on the walking horse, and one section of freestyle, performed on the barrel. (There is no freestyle on the horse).
  - a) The vaulter must have an assisted mount which is not scored.
  - b) Compulsories are performed in the same order as the Individual Trot Event.
  - c) Freestyle on the barrel is a 60 second (maximum) routine.
  - d) Vaulters may have spotters present and no deductions will be taken for any assistance and/or spotting.

Article 2106. Individual Modified Novice Walk Event:

1. This event consists of one section of the first 3 compulsory exercises. Compulsories are performed in order after assisted mount: Basic Seat, Flag and Mill.
2. These exercises are judged/scored on form only.
3. No freestyle is allowed at this level.



4.—Vaulters may have spotters present and no deductions will be taken for any assistance and/or spotting.

Article 2107. Individual Novice Barrel Event.

- 1.—A 60-second free-style barrel routine
- 2.—Competitions may offer corresponding barrel events for the levels described in Articles 2103 through 2106.
- 3.—All guidelines in Articles 2103 through 2106 apply to the barrel events.

CHAPTER XXII. SPECIAL PAIRS EVENT

Article 2201. Requirements

- 1.—This is a pairs event consisting of one round of Freestyle performed either on the horse at the walk or on the barrel.
- 2.—The freestyle is a 90-second routine (maximum)
- 3.—The pair consists of one handicapped/special needs vaulter and one AVA trot or canter vaulter.
- 4.—If performed on the barrel, the footing in the barrel arena must be \_\_\_\_\_ suitable for vaulting.

Awards—Special Needs Events

For awards, it is suggested that each compulsory class and each freestyle class in the above listed articles should be set up to accommodate the number of novice vaulters in each particular class, in groups of five. Awards should be given out 1st through 5th. For example, if there are 15 vaulters in Novice Walk Compulsories, there should be a Division A, Division B and Division C, with awards 1st through 5th for each division.

Glossary of Terms—Special Needs Events

Award Division: All Novice entrants must be divided into groups of five and placed into Division “A” through “Z” according to scores. Awards of 1st through 5th are awarded to each division in each class.

Class: A competition event, which will be subdivided by level or division.

Compulsory Exercises: Required exercises for all vaulters on the horse. These exercises are Basic Seat, Flag, Mill, Scissors, Stand and Flank, to be performed in that order. Exception: The Novice Modified Walk class \_\_\_\_\_ consists of the first three compulsory exercises only: Basic Seat, Flag and Mill. In all Novice levels, the mount is assisted.

Event: A particular class at a competition.

Freestyle: Routine consisting of exercises chosen by the vaulter to show artistic abilities and originality.

Gait: For these levels, either walk or trot. (No canter work)

APPENDIX D

DESCRIPTION OF GOLD/SILVER/BRONZE AND A/B TEAM COMPULSORY EXERCISES (2\* and 3\*)

MOUNT: Vaulter runs along the longe line out to the horse’s shoulder. Before taking the grips, the vaulter’s hips and shoulders should be parallel with the horse’s shoulders. After taking the grips, the vaulter jumps forward onto both feet, lowers his head and upper body and swings his right leg up immediately, as high as possible, lifting the pelvis higher than the head. \_\_\_\_\_ The left leg should remain stretched down, and the body should remain \_\_\_\_\_ facing forward (not turned in to the horse). When the pelvis is at its highest possible point, the vaulter should lower the stretched right leg and land softly and centered on the horse’s back, upper body vertical, ready to perform the Basic Seat.

BASIC SEAT: Vaulter sits astride, erect and centered immediately behind the sureingle. The vaulter’s legs are stretched down and in contact with the horse, forming a straight vertical line through the shoulder, hip and heel. \_\_\_\_\_ The vaulter’s shoulders should be parallel to the handles of the sureingle. The vaulter’s arms are extended outward along the frontal plane, with the tips of the fingers at eye level. Legs are down and the front of the knees, ankles and toes form a straight line facing nearly forward. The vaulter should be looking straight ahead and sitting comfortably on the horse’s back. This position must be held a minimum of four strides. Upon completion of the exercise, the vaulter takes the grips with both hands simultaneously.

FLAG: From seat astride, the vaulter comes to a kneeling position with both legs simultaneously and diagonally across the horse’s back to perform the Flag. Vaulter’s weight is spread evenly over the lower leg. The lower leg, from knee to toe, remains in permanent contact with the horse’s back. The vaulter’s head should remain up and looking forward, as the right leg and left arm are raised simultaneously and stretched to an even horizontal line (at least above the vaulter’s shoulder and hip; ideally a horizontal line from fingertip to head level and toes); There is an even arc in the vaulter’s body from the hand through the foot.

Right hand holds the grip; the shoulders are directly above the grips and the vaulter’s hips and shoulders are parallel to the ground. Upon completion of the Flag (held a minimum of 4 strides), the vaulter simultaneously brings his right leg and left arm down, takes the grips, pushes weight onto his arms and stretches the left leg down and slides softly into seat position.

**MILL:** The Mill is an exercise in which the vaulter must remain seated throughout the exercise. In no phase may he/she abandon the seat position.

From forward seat astride, the vaulter makes a complete rotation on the horse's back in 4 evenly timed phases. Each leg is stretched and carried over the horse in a high, wide arc, like a semi-circle. The down leg remains stationary and in contact with the horse. The upper body stays upright, centered and nearly vertical in each phase. Head and body rotate with each leg pass. The Mill has four phases and is performed in a four stride count.

**Phase 1:** The vaulter carries his/her right leg over the horse's neck. Each grip is released and retaken as the leg passes. Phase 1 ends with the vaulter sitting in a sideways seat, facing the longeur, legs together and in contact with the horse.

**Phase 2:** The left leg is carried over the horse's croup. Phase 2 ends with the vaulter sitting rearways. The hands change position on the grips.

**Phase 3:** The right leg is carried over the croup. Phase 3 ends with the vaulter sitting in a sideways seat, facing the outside of the circle, legs together and in contact with the horse. The hands change position on the grips.

**Phase 4:** The left leg is carried over the horse's neck. Each grip is released and retaken as the leg passes. Phase 4 ends with the vaulter sitting in forward seat astride.

**SCISSORS 1st PART:** From seat astride, the stretched legs are swung upward (back) to reach nearly a handstand position with arms extended to attain maximum elevation. Without interruption in this movement, and at nearly the point of maximum elevation, the hips are turned to the left by a quarter of a turn so that the legs pass closely at an equal distance from the ground. The exercise is fulfilled by landing softly, upright and centered in reverse seat.

**SCISSORS 2nd PART:** The rotation of the body is finished before the vaulter lands softly, upright and centered in seat astride. From reverse seat, the vaulter swings the stretched legs upward, with the hips and feet reaching the highest possible point at the same time. The arms are extended to attain maximum elevation. The angle between the arms and torso is as great as possible. Without interruption of movement, the hips are turned to the right so the legs pass closely and cross at nearly the point of maximum elevation. The legs show a high arc with both feet an equal distance from the ground. The exercise is completed by landing softly, upright and centered in forward seat.

**STAND:** From seat astride, the vaulter comes softly to both knees simultaneously and immediately hops softly to both feet. Head remains up; eyes looking forward. The feet remain stationary with the vaulter's weight evenly distributed over the entire sole of the foot throughout the exercise. Feet are close at hip width and point forward. The grips are released simultaneously, as the vaulter rises to a high standing position, forming a straight line through the shoulder, hip and heel. The arms are immediately extended and stretched outward along the frontal plane, with the tips of the fingers at eye level. Upon completion of the static exercise (held for 4 strides), the arms are lowered alongside the body, and the vaulter reaches down to take the grips simultaneously with both hands. The head remains up, looking forward, while the vaulter slides smoothly with straight legs into astride position.

**FLANK FIRST PART, BACK TO SEAT ASTRIDE (GOLD & A TEAM [3\*] ONLY):** A straight axis of the body which reaches nearly the vertical is the essence of the optimal mechanics of the Flank. A straight line continues throughout the body from the arms to the feet. A straight body axis is the main criteria for judging. An arched back can be deceiving and can simulate a higher elevation.

From seat astride, the stretched legs are swung upward (back) to reach a handstand position with arms extended to attain maximum elevation. Without interruption in the movement, at the point of maximum elevation, the hips are bent sharply so that the legs come down to a near vertical position (creating a pike) during which the hips are momentarily over the sureingle. The vaulter slides softly into an upright sideways seat inside position, making contact with the horse first with the outside of the lower right leg.

#### **SWING OFF TO OUTSIDE FROM SEAT ASTRIDE (GOLD, A TEAM [3\*] ONLY):**

From seat astride, the stretched, closed legs are swung upward (back) to reach a handstand position with the arms extended to attain maximum elevation. At the maximum arm extension, the vaulter pushes against the grips (pushing back toward the rear of the

horse), and as a result of shoulder repulsion attains additional elevation and maximum flight. The vaulter lands to the outside, facing forward, on both feet.

**SWING OFF TO INSIDE FROM SEAT ASTRIDE (*SILVER, BRONZE, B & C TEAM [2\*] ONLY*):**

From seat astride, the vaulter swings to handstand position with closed legs, arms extended to attain maximum elevation. At maximum arm extension, the vaulter pushes against the grips, (pushing back toward the rear of the horse), and as a result of shoulder repulsion, attains additional elevation and maximum flight, landing to the inside of the horse, facing forward, on both feet.

**DESCRIPTION OF COPPER/TROT AND C/TROT TEAM, PRELIMINARY 2 PHASE TEAM COMPULSORY EXERCISES (1\*)**

**MOUNT:** See Compulsory 2\* and 3\* Mount

**BASIC SEAT:** See Compulsory 2\* and 3\* Basic Seat

**FLAG:** See 2\* and 3\* Compulsory Flag, except (1\*): upon completion of the static exercise (Flag), the vaulter lowers the right leg to a bench position. The 1\* Flag completes in the bench position.

**STAND:** The 1\* Stand begins from bench position. The remainder of the exercise is performed as the 2\* and 3\* Compulsory Stand.

**SWING FRONTWAYS LEGS CLOSED:** From seat astride, the stretched legs are swung upward (back) to reach a handstand position. The vaulter's arms are extended to attain maximum elevation. The vaulter's legs are closed and stretched at maximum elevation. Without interruption in the movement, and at the point of maximum elevation, the vaulter returns softly to seat astride.

A straight axis of the body which reaches nearly the vertical is the essence of the optimal mechanics of this exercise. A straight line continues throughout the body from the arms to the feet. A straight body axis is the main criteria for judging. An arched back can be deceiving and can simulate a higher elevation.

**HALF MILL:** The Half Mill has 2 phases. The vaulter may not abandon his/her seat position during either phase. The first phase is performed in a four stride count, followed immediately by the second phase.

Phase 1: See 2\* and 3\* Compulsory Mill Phase 1

Phase 2: See 2\* and 3\* Compulsory Mill Phase 2.

**SWING REARWAYS, LEGS OPEN FOLLOWED BY DISMOUNT TO INSIDE:** From reverse seat, the vaulter swings his/her stretched and opened legs (hip width) upward, with the hips and feet reaching the highest possible point at the same time. The arms are extended to attain maximum elevation and the angle between arms and torso is as great as possible. Then the vaulter softly returns to reverse seat.

The vaulter then performs a reverse ¼ mill by carrying the stretched left leg over the horse's croup, in a high wide arc to inside seat. The vaulter, while holding the inside grip, rotates to facing forward. With closed legs and stretched hips, the vaulter pushes against the grips upwards and away from the horse. He releases the grips and lands with nearly closed legs and continues in the same direction as the horse.

Note:

There is no separate score for the dismount. Faults in the dismount shall be deducted from the swing rearways.

**PROPOSED DISMOUNTS FOR INDIVIDUAL COPPER AND INDIVIDUAL TROT:**

- 1.— Simple Vault off (leg over neck to inside or to outside)
- 2.— V Sit off (any direction) landing facing frontways
- 3.— Slide off out of inside or outside press—landing facing frontways

~~4. Sliding off any seated, kneeling or lying exercise landing facing frontways~~

~~5. Roll over shoulder to outside (from forward facing kneeling position)~~

~~Note: Deviations from described dismounts may incur deductions from Content score. Performing dismounts that are Level R, D or M (with exception of 5 above) will incur a 1 point deduction from Content.~~