

## Technical Exercises – Seniors 3\* (Ref. *Guidelines for Judges*)

Effective 1 January 2019 (updated 16.01.2019), (updated 13.03.2019)

Two of the five exercises were reviewed by the FEI Vaulting Technical Committee and will be replaced for Vaulting season 2019 by new “**Strength**” and “**Jumping force**” exercises.

### 1. BALANCE

#### KNEELING FORWARD TO STAND BACKWARDS

Stand backward with static arm position.

##### **Mechanics:**

Kneeling forward on horse's back behind the surcingle with both lower legs parallel to each other and to the horse's spine, with the legs hip width apart. The upper body is upright and the arms in a free position.

The vaulter springs into stand backwards behind the surcingle.

A 180 degrees rotation is completed prior to landing softly in a stand backwards. Arms must be static in any position. (See description of compulsory exercise STAND for mechanics).

Stand is to be held for ~~four~~ two canter strides. The Technical Exercise is completed after the ~~4th~~ 2nd canter stride. Faults after the ~~4th~~ 2nd canter stride will be marked as performance faults (e.g. fall within the ~~5th~~ 3rd canter stride).

##### **Essence:**

Harmony with the horse

Balance and Posture at landing backwards

The essence of the stand backwards 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**

Upon landing erect upper body forming a vertical line through shoulders, hips and ankle with knees in optimum extension and in total balance.

###### **Basic score 8**

Upon landing upper body is near the vertical and the knees are extended at least 90 degrees.

###### **Basic score 5**

Upon landing upper body about 45 degrees in front of the vertical and the knees extended less than 90 degrees

###### **Basic score 0**

- No stand backwards position shown (not even for one stride)
- No spring into stand backwards from kneeling forwards with a landing only on feet.
- No spring into stand backwards from kneeling forwards (turn of 90 degrees or less)
- Coming off the horse (fall) during the exercise (repetition is not possible)

**Deductions:**

**Up to 1 point:**

- Not landing with both feet simultaneously (one foot after the other)

**1 point:**

- For each missing canter stride (Letter C)

**Up to 2 points:**

- 180 degree turn not completed
- Step(s) after landing

## 2. TIMING/COORDINATION

### ROLL FORWARD FROM THE CROUP TO SEAT FORWARD ON THE NECK

The forward roll is a rotation around the lateral axis. During the roll movement are momentary points of contact between the body and the supporting area.

#### **Mechanics:**

The movement starts from kneeling forward on the croup or back pad. 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 handles immediately after the legs are in front of the surcingle in full contact with the Horse's shoulder 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 fluid and continuous

##### **Basic score 5**

- The roll on the horse begins below the vaulter's cervical area of the spine (vaulter lands on their back).
- Interrupted movement by lying on the flat back

#### **Deductions:**

##### **Up to 0,5 points**

- The legs are in the final position down, but not full in contact with the horse's shoulder

##### **1 point**

- Hand/foot touches the neck

##### **1 to 2 points:**

- Open legs during the roll
- Legs are in full contact with the Horse's shoulder before the body is in an upright position (legs are pulling the body into an upright position giving the impression of a tilt movement and not a roll movement).

##### **2 points:**

- Gripping the pad
- Hands take hold of the handles before the upper body is nearly upright
- Movement is off center

### 3. STRENGTH

#### LOWER ARM STAND

##### Mechanics:

The exercise is a head-down-stand supported by one lower arm and one hand with the vaulter's body nearly 90 degrees to the horizontal line of the horse.

~~Both hands each hold a separate handle and the support is on the lower arm from the handle to the elbow on the pad. The elbow of the higher arm is nearly vertical over the supporting higher hand, which is holding on or at the handle. The vaulter's stomach is facing either to the outside or the inside of the circle, depending on which side is chosen for the exercise. If the exercise is performed on lower right arm, then the vaulter's body is facing to the inside of the circle. If it is performed on lower left arm, then the vaulter's body is facing to the outside of the circle. The vaulter's head is facing down and looking at the hand of the bottom lower arm.~~

Each hand holds a separate handle; the weight is mainly supported by the lower arm and is evenly spread out between handle to the elbow; lower arm flat on the pad. The elbow of the other arm is nearly vertical over the supporting hand, which is holding on top of the handle. The vaulter's chest is facing either to the outside or the inside of the circle. If the exercise is performed on the lower right arm, then the vaulter's chest is facing to the inside of the circle. If it is performed on the lower left arm, then the vaulter's chest is facing to the outside of the circle. The head is an extension of the longitudinal axis of the body, whilst the vaulter is looking at the supporting lower arm.— The vaulter's legs are stretched up and closed for an optimum score. If the vaulter's legs are in any other position, the score will be 8 or lower. (see deductions)

To be held for 4 canter strides. The count begins at the first static position of the legs.

- If the legs are closed, highest possible score 10
- If the legs are open and held static in any position/variation, highest possible score 8 (deduction of 2 points, see deductions)

##### Essence:

- Harmony with the horse
- Balance and posture

##### Basic Scores:

##### Basic score 10

Straight longitudinal axis of the stable body from the shoulders to the feet, nearly at the vertical. Arms are holding while absorbing the movement of the canter. The knees, heels and toes of both legs are stretched and stay together.

Hips, knees, and feet are facing correctly sideways (inside/outside).

~~Higher hand is holding on top of the handle.~~

##### Basic Score 9

Minor deviation of the described body position: ~~Lightly broken longitudinal axis of the body:~~

- Slightly ~~Lightly~~ overstretched and/or slightly sagging waistline with little movement visible throughout the whole body.
- Hips are bent so that body is not vertical
- Body turned, twisted or leaning to any side

##### Basic Score 7

Medium deviation of the described body position: ~~Visible broken longitudinal axis of the body:~~

- Slightly a rched back and/or visible sagging waistline with movement visible throughout the whole body

- Hips are slightly bent so that body is not vertical
- ~~Body turned, twisted or leaning to any side~~

### Basic Score 5

~~Major deviation of the described body position: Broken longitudinal axis of the body:~~

- Arched back ~~and/or sagging waistline with movement visible throughout the whole body.~~
- Hips are clearly bent so that the vaulter's body is not vertical
- ~~Clearly visible sagging waistline with clearly visible movement throughout the whole body~~
- ~~Body turned, twisted or leaning to any side~~

### Deductions:

#### Up to 1 point:

- Legs are not closed throughout (intention of the vaulter to hold legs together is visible, but legs briefly come apart).

#### 1 point:

- each missing canter stride

#### 2 points:

- legs are held apart in any other static position than closed.

#### 3 points:

- ~~Higher~~ hand not held ~~through/in~~ on top of handle

## 4. JUMPING FORCE

### MOUNT TO REVERSE SHOULDER STAND

Mount to Reverse Shoulder Stand

(May be shown as a mount or as a ground jump, inside or outside)

#### Mechanics:

The mount to reverse shoulder stand is an exercise starting from the ground by jumping with both feet from a forward position. The hands grip one handle. The knees, heels and toes stay close together from the moment the feet leave the ground. During the first part of the elevation, the center of gravity will move vertically away from the ground with the legs in a tuck position. While rising, the shoulders begin to move in the direction of the horse's back and the hips lift higher than the shoulders. The shoulder that is closer to the horse must land softly on the horse's back while the hips are moving further upward. In a fluent move one hand changes to the other handle so that each hand holds a separate handle. Immediately after the vaulter's shoulder has landed, the hips, knees and feet are stretched up and out of the tuck position. The vaulter's shoulders stay parallel with the axis of the shoulders of the horse. The vaulter's stomach chest is facing toward the horse's neck. Both upper arms are held close to the vaulter's upper body. The final position is the reverse shoulder stand on the horse's back. This position must be reached within the third canter stride from the start of the jump phase. In the final position, the exercise is to be held for a minimum of two canter strides with legs closed.

#### Essence:

- Harmony with the horse
- Coordination of movement and landing

#### Basic Scores:

##### Basic score 10

Fluent movement with clearly visible rising center of gravity with a soft landing on the horse's back within the third canter stride. The reverse shoulder stand is held for a minimum of two canter strides.

##### Basic score 8

- Center of gravity not rising immediately.
- Vaulter lands on lower part of the shoulder blade and then moves into reverse shoulder stand position.

##### Basic score 7

- The execution to reach the final position takes four canter strides.

##### Basic score 5

- Executing the shoulder stand with open legs.
- The execution to reach the final position takes five canter strides.

##### Basic score 4

Vaulter raises one leg after the other (90 degrees open or more) is clearly opening his legs on the way up.

The execution to reach the final position takes longer than five canter strides.

The final position is reached through lying sideways on the horse's side and from there to the shoulder stand.

##### Basic score 3

The final position is reached through lying sideways on the horse's side and from there to the shoulder stand.

**Score of "0" for:**

- Vaulters is landing flat on their back on the horse's back, neck or surcingle before moving into reverse shoulder stand
- Landing in the Shoulder Hang sideways before moving into reverse shoulder stand
- Final position reached, but shoulder stand not held for at least one full canter stride

**Deductions:****Up to 1 point:**

- the upper arms are not held close to the upper body (executed on the lower arm)
- legs not in tuck position
- in reverse shoulder stand the spine/pelvis is not parallel to the shoulders of the horse
- shortly/briefly touching the surcingle to gain balance

**1 point:**

- ~~Steps in ground jump~~
- one for each missing canter stride (Letter C)
- taking hold on both handles from the beginning

**Up to 2 points:**

- Vaulters' knees/feet are apart on the way up into the tuck position
- The Legs hips touch the horse or the surcingle on the way up

**3 points:**

- final position reached, but shoulder stand not held for one full canter stride
- Collapse

## 5. SUPPLENESS

### STAND SPLIT BACKWARDS

Stand Split backwards on the back of the horse, both hands flat on the back/pad/croup.

#### **Mechanics:**

Entire sole of supporting foot is on the horse's back. The stretched supporting leg is in line with the horse's vertical axis. The stretched leg points upward and forms a line with the down leg. The shoulder of the vaulter is parallel to the lateral axis of the horse.

To be held for 4 canter strides.

#### **Essence:**

Harmony with the horse  
Suppleness

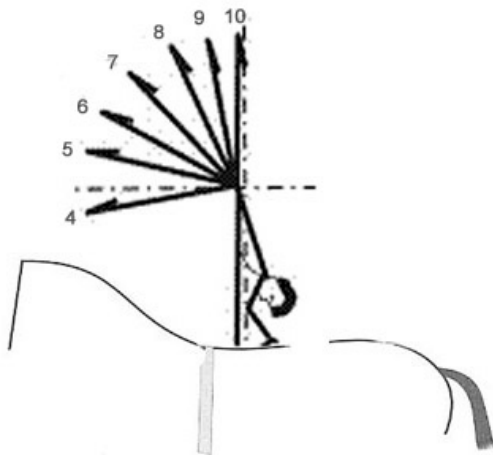
#### **Basic Scores:**

##### **Basic score 10**

The angle between the legs is 180°.

The angle between the upper body and the supporting leg is not more than 20°

#### **Basic scores**



#### **Deductions**

##### **up to 2 points:**

- the center of gravity is outside of the supporting area
- shoulder axis is not parallel to the horizontal axis of the horse
- supporting foot is in contact with the surcingle
- gripping the pad