

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

Effective 1 January 2015

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 to be held for four canter strides.

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

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 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 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

2 points:

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

3. STRENGTH

PUSH UP BACKWARDS

Mechanics:

The exercise is supported by both arms and one leg. Hands are on the top of the handles. 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 vaulter's body.

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 or lightly broken (convex like a bridge) 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 or lightly broken (convex like a bridge) 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.

1 point:

- Hips not parallel to the shoulders and croup of the horse

2 points:

- position of hands other than described

4. 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 vertically 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.

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

Coordinated movement through handstand position with a soft landing backward on the neck.

Basic score 7

Shoot-up movement with the body from shoulders to feet is nearly straight at the highest point. Shoulders and/or arms are not stretched.

Basic score 6

By stretching the hips a basic shoot-up movement is initiated and the centre of gravity moves up.

The body from shoulders to feet is not straight at the highest point. Shoulders and/or arms are not stretched.

Basic score 5

No shoot-up movement by stretching the hips and the shoulders is initiated (only a roll mount)

Basic score 4

Roll axis nearly vertical, which entails dislocation towards either the inside or the outside of the horse.

Deductions:

1 point:

- Steps in ground jump
- Landing with inside or outside leg in front of the surcingle
- The hips touch the horse or the surcingle

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

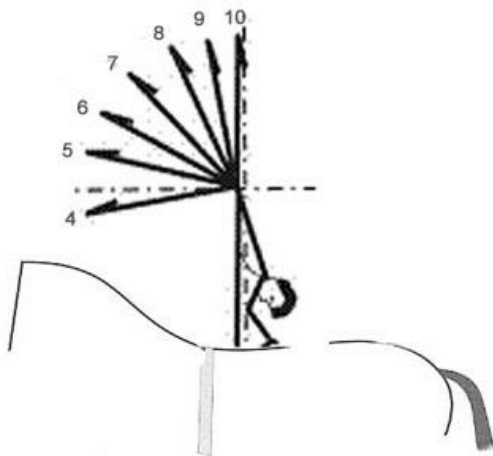
Basic Scores:

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