

Handbook and Rules for



Vaulting - 2014

USPC[®] Handbook and Rules for



Vaulting 2014

Effective January 1, 2014

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THE FORMATION OF VAULTING

Vaulting is gymnastics on a moving horse, an ancient sport which had its beginnings in the bull vaulting of the ancient Minoans. It was used in the training of cavalry troops since Roman times, throughout the Middle Ages and into the Twentieth Century. Vaulting became an Olympic event in the 1920 Olympic Games in Antwerp, where the competitors were cavalry teams.

Vaulting is officially recognized as an international equestrian discipline by the Fédération Equestre Internationale (FEI), which is the world governing body for international equestrian sports. It is one of the seven disciplines offered at the World Equestrian Games (in addition to Jumping, Dressage, Three-Day Eventing, Reining, Endurance Riding and Driving). This sport is divided into two sections by the FEI - Juniors (up to 18 years of age) and Seniors (from 16 years of age).

Vaulting competitions are divided into two major categories: 1) compulsory, or required exercises and 2) free-style exercises. Competitions are offered for teams, pairs and individuals. (See Section IV, for description of types of competitions.)

The following are some applications of this sport:

SAFETY is the first and most important application of vaulting. By increasing confidence and balance, it decreases falls; by teaching proper vault-offs from every position as well as good landings, it reduces chances of injury from a fall. Helmets and boots are not worn for vaulting because they alter a vaulter's balance. (Refer to USPC Policy 0125 Attachment A - Safety Requirements for Pony Club.)

RIDER TRAINING is enhanced with the improvement of confidence, suppleness, balance and rhythm. Using vaulting techniques, the time required in learning to ride safely can be cut in half. It is also good for Pony Club Games competitors because they learn to dismount and remount more quickly and safely.

VIRTUALLY INSTANT SUCCESS is more often the rule than the exception when learning basic vaulting. Unlike riding, which requires many months from beginning to even slight accomplishment, vaulting competence, up to the novice award level, often can be achieved in a matter of weeks. As a **RAINY DAY ACTIVITY** vaulting is ideal. Work on the barrel is a must for vaulters of every level and it can be made fun and exciting when run as a mini-competition or as games. Unmounted meetings can be dynamic and appealing.

HORSE SHORTAGES, whether caused by lack of funds or lack of transportation, need not doom some Pony Club Members to the role of onlookers. A dozen Pony Club Members can share one vaulting horse for a half-day's activities.

EXPENSE is minimal for each Pony Club vaulter because the expenses can be divided many ways for one horse, its equipment and transportation.

COMPETITIONS AND EXCHANGES can be arranged even for beginner vaulters. Local, National and International competitions are held every year.

HORSE MANAGEMENT is an integral part of Pony Club. This is also true for Vaulting activities and competitions. The proper care of the horse is always taken into consideration.

Both as a **TEAM AND INDIVIDUAL ACTIVITY**, vaulting is structured to offer opportunity for accomplishment to both the child who wants to become an individual star and to the person who gains confidence from acceptance by teammates.

PONY CLUB MEMBERS OF ALL AGES AND LEVELS OF ABILITY can work in the same lesson without rushing beginners or holding back the more accomplished students.

CERTIFICATIONS AND MEDAL EXAMINATIONS:

medal examinations offered by the American Vaulting Association (AVA) are available to Pony Club Members who are also AVA members. USPC does not currently have Vaulting specific certifications.

INTRODUCTION

MISSION STATEMENT OF THE UNITED STATES **PONY CLUBS:**

The United States Pony Clubs, Inc., develops character, leadership, confidence and a sense of community in youth through a program that teaches the care of horses and ponies, riding and mounted sports.

CORE VALUES:

orsemanship with respect to healthcare, nutrition, н stable management, handling and riding a mount safely, correctly and with confidence

- rganized teamwork including cooperation, communica-() tion, responsibility, leadership, mentoring, teaching and fostering a supportive yet competitive environment
- espect for the horse and self through horsemanship; for **R** land through land conservation; and for others through service and teamwork
- S

ervice by providing an opportunity for members, parents, and others to support the Pony Club program locally, regionally and nationally through volunteerism

ducation at an individual pace to achieve personal goals E and expand knowledge through teaching others

Article 1 – Barrel:

A barrel is an inexpensive and invaluable surrogate horse. It can be made out of empty 55-gallon drums or other suitable materials. It will prove its worth repeatedly, not only in teaching vaulting, but when teaching riding as well. The use of a vaulting barrel saves the real horse from unnecessary discomfort and fatigue and makes practice indoors and at home both feasible and productive. The vaulter's progress is hastened because confidence and mastery of the mechanics of the exercises can be developed under optimum conditions of security. For specifications of a vaulting barrel, see Appendix A.

Article 2 – Horse:

A horse is not an essential item at first since a vaulting program can function quite well without a horse for many months. In fact, if the ground and barrel work are interesting, the horse hardly will be missed.

Acquisition of a suitable vaulting horse should not present too great a difficulty. With a bit of sorting out and a little sensible training, it is feasible to find at least one or two Pony Club mounts at least six years of age who will work agreeably at the trot, possibly the canter as well, in a club. Long lists of qualifications such as broad back, good gaits and a well set-on neck are academic. The primary consideration is that the horse will good-naturedly tolerate being touched all over and to allow shifting of weight and body position on its back. Gaits, carriage and way of going can be improved by training and pads can soften lumpy conformation. NO STAL-LIONS.

Once a suitable vaulting horse is found, it is critical to protect him from being hurt by beginning vaulters. It is up to the instructor to emphasize kindness to the horse by emphasizing it on the barrel, referring to the barrel as the horse. Vaulters must learn to put their weight on their shins, not their knees and toes; to stay squarely over the horse, not off to one side; and to come down softly on the horse by squeezing his sides gently as they come down. A vaulter should be given a leg up on the horse until he demonstrates on the barrel he can mount quickly, correctly and without dragging on the surcingle. All vaulters are given a leg up at the walk regardless of vaulting skill level. All this, including the leg up, must be perfected on the barrel "horse" before allowing a vaulter onto the living horse. A good horse can quickly sour if these considerations are not met. The horse is the most important member of the team. Without him, you have nothing. Remind the vaulters of this frequently and make being on the horse a privilege.

Vaulting can be learned and practiced at walk, trot, or canter. Availability, training and willingness of horses are generally the main factors in deciding which gait to use for training. Horses tire less quickly at trot than at canter. Official events offer competitions at both trot and canter. International competitions are always at canter.

Article 3 – Facility:

- A. From the Barrel: The barrel should be placed on either a clean, flat surface that is free of rocks and other debris, and has soft footing such as carpets or mats over the feet, or it can be put in an arena on soft footing. It should be positioned far enough away from walls on all sides so as to have plenty of clearance for safe dismounts and, if indoors, be where the ceilings are sufficiently high to allow for full extension on high flight exercises and standing and jumping freestyle work.
- B. From the Horse: A proper vaulting arena is essential for safety. It should be a clean, flat surface, free of rocks and dirt clods. It also should be on soft, springy footing such as sand, shavings, or well-worked ground that is neither too slick nor too deep. This arena should be sufficiently large to allow for safe dismounts to the outside of the longe circle. The vaulting horse should be longed in a 42.5-50 foot diameter circle. Therefore, a 60-80 foot diameter arena with good footing is required. Sand is good in areas of moderate to heavy rainfall; sand and (used) shavings are good in areas with dry weather most of the year. Spectators must be located a reasonable distance from the vaulting circle and judges booth. For Judges, steps and protection from elements must be provided. Refer to the AVA Rulebook for more details on suitable vaulting arenas.

Article 4 – Equipment and Turnout:

The horse equipment should include a smooth snaffle bridle with no more than 2 joints; longeing cavesson is allowed; a vaulting surcingle with rigid handles and cossack straps; a vaulting pad; side reins (with rubber doughnuts preferred); a cotton (not nylon) longe line; and a longe whip long enough to reach the horse. Two thick Western type saddle pads and foam or sheepskin padding under the surcingle can be used in lieu of a vaulting pad, especially for beginning vaulters. Put the Western pads together inside a fitted cover made of terry cloth towels. Maximum pad thickness should be 2 inches when compressed. Pad may not extend more than 8 inches in front and the surcingle nor past the point of the croup. Bandages and protective boots are optional. Standing reins or auxiliary reins are not allowed.

The main consideration in the vaulter's turnout should be comfort for both human and horse. Tight fitting athletic clothing that do not have obvious snag points and that can move with the body and unitards are suitable. Boots or hard-soled shoes should not be worn for vaulting work on the horse as these will bruise its back. Thin, smooth-soled tennis shoes are acceptable, but gymnastic or vaulting shoes (canvas or leather) are preferred.

Article 5 – Horse Management:

In addition to the adult horse handler/longeur, there should always be a designated Horse Management horse handler who may be a Pony Club Member, and may also be a vaulter, and that person should (whenever handling the vaulting horse) wear appropriate footwear. (See current Horse Management Rulebook.) The responsibility for caring for the vaulting horse should be assumed by the Pony Club Members (wearing appropriate footwear) taking part in the activity. The care should be in accordance with procedures explained in the current USPC Horse Management Rulebook.

SECTION II: TRAINING THE HORSE

A guide to the training of vaulting horses would take many chapters, not to say volumes - far more than can be dealt with here. However, here are two areas that must be dealt with in the training of vaulting horses and some random pointers that my help to deal with the most common problems and answer the most common questions: 1) Longeing and 2) Introducing the vaulters. Some references available are USPC Manuals of Horsemanship, USPC Guide to Longeing and Ground Training, and USPC Guide to Conformation, Movement and Soundness. A good beginning reference book from the AVA bookstore is Camps and Clubs Manual and Training for Vaulting Coaches by Parker and Seely.

Article 6 – Training on the Longe Line:

The three main longeing problems encountered by most vaulting horse trainers are: 1) Speed of the gait, 2) Maintaining the circle and 3) Carriage of the horse (acceptance of the bit).

Speed of Gait: Control of the speed of the gait begins with the teaching of voice commands on the halter with chain (lead shank) and whip. With the lead shank in the left hand and the whip in the right hand (which rests on top of the horse's back), the trainer clucks with the tongue once (or at the most twice) and immediately taps the horse smartly on the top of the croup until it trots forward. To teach the restraining command (whoa), the trainer says whoa once crisply and authoritatively, then commences to loosely jerk the chain until the horse stops and backs up a step. This lesson should be repeated until the horse trots and halts at the very instant the voice aid is given. Next the lesson should be repeated on the longe line, but with the line held only 2 or 3 feet long. The line can be lengthened as the lesson is correctly repeated until a circle of a full 13 meters is used. This close proximity to the horse at first gives much greater control.

The voice aids (sounds) as opposed to voice commands (words) of the trainer must elicit exact and reliable responses, particularly as the horse goes out onto the larger circle where he is decreasingly under the direct physical control of the trainer. It must be remembered that the requirements of obedience and exactitude for a vaulting horse considerably exceed those of a riding horse receiving longe training. That is why voice aids, rather than voice commands become necessary. If the demands on the horse's attention and obedience are not very great (a riding horse being longed as opposed to a vaulting horse), voice commands may suffice (e.g., "Walk, Trot, Canter, Easy, Out, Slow, etc.") But for the greater demands placed on the vaulting horse, this simply will not do. It must be remembered that it is extremely difficult for the horse to distinguish one word from another, even with appropriate voice. Clucking, trilling of the tongue, smacking of the lips, shushing sounds and booming commands of Whoa! and Hup! are readily distinguishable by the horse and easily differentiated from conversation and general words of

encouragement or approval. If the inexperienced trainer insists upon using words as opposed to sounds, it is only fair to the horse to disallow any conversations in the near vicinity and to make no other sounds than the voice commands during the longeing sessions. There are obvious complications when the vaulting lessons begin, as the vaulters must be spoken to.

The vaulters need to realize they do not give commands to the horse. Only the longeur gives commands to insure that the horse does not respond to vaulters when they interact while on the horse.

Maintaining the Circle: To train the horse to maintain the circle at the end of the line without falling-in, a similar "short line" technique is used, as above. On a 2' line, the trainer pokes the horse on the shoulder with the handle end of the whip, holding him in walk with short sharp actions on the longe line and walking with him so the circle isn't too small, until he side-steps away from the trainer to enlarge the circle. Gradually the line is lengthened until the whip can be turned around and pointed or flicked toward the horse's shoulder for the same result.

For the horse which bears out on the circle (usually rubber necked with a popped outside shoulder) and pulls on the line, the correction is effected with the hand. Most trainers make the mistake in this instance of holding on to the line with all their strength and trying to "hold the horse on the circle," or trying to wiggle the fingers to lighten the horse. Both are nearly always ineffective. The correction must displace the horse's shoulders into the circle by bringing his head so far in (the trainer may have to reel in the line and back up) that his body alignment and direction of movement are changed as he veers sharply across the circle in response to increasingly subtle aids. The line must be released the instant the shoulders are displaced.

Carriage of the Horse: Teaching the horse to carry itself correctly can be especially difficult as many of the horses used for vaulting have already learned bad habits during faulty previous training. The most universally useful correction for a horse which goes "above the bit" (head too high or nose thrust forward), is accomplished automatically through adjustment of the side reins.

The side reins should be extremely long at first so that no matter how high or violently the horse may throw his head, he cannot really tighten the side reins. They should be attached around the girth at mid-shoulder on the horse. Given a little time (and vibrating fingers on the longe line), most horses will stretch down with the head, raising the base of the neck and the back. The side reins should not be raised until the horse is established in this carriage (if ever!). If the low side reins do not induce the horse to stretch after a few days, the side reins (still low) can be shortened WITH THE UTMOST CAUTION - 1 or 2 holes at a time, every third day until the horse starts to notice and adjust calmly.

Article 7 – Training with Vaulters:

When and only when, the horse longes reliably and shows absolutely no trace of panic or resistance to the side reins (at any length!), can it be introduced to the work with vaulters. With the same considerations in mind, the stress to the horse, which so often accompanies this part of the work, can be much reduced, or dispensed with altogether.

It is at this stage, however, that some prospective vaulting horses flunk out. The trainer's determination to "win" or his desperate need of a vaulting horse right now, must not affect his clearheaded evaluation of the suitability of the horse's temperament for this kind of work. If, after much careful and methodical preparation, the horse still spooks, or worse, kicks, good sense must dictate the abandonment of that particular horse for this purpose. The byword for this part of the horse's training must be THOROUGHNESS. No stone may be unturned to discover any point of sensitivity, ticklishness, balance problem, touch-me-not area, length of fuse, degree of patience, cleverness, treachery, etc., of the horse. Work should NEVER begin at the halt. It should begin with leading at the walk then the jog and if all is well, culminate with work on the longe circle. It is kinder to the horse if all exercises are performed on the horse while he is moving. The trainer's ingenuity should be taxed to probe every limitation and extremity of the horse's physical sensitivity, patience and goodwill. For specific pointers about introducing the vaulters to the horse, see Appendix B.

A basic comprehensive lesson program is a good point of departure from which to adapt vaulting to the needs of an individual Pony Club program. The following sample program includes all the essentials:

Non-Vocal Music

Non-vocal music suitable to the activity, be it warm ups, barrel work, or on the horse, enhances any lesson or program and is required at competitions.

Warm-Ups

Warm-ups are the starting point for each lesson. They are practiced mostly on the ground though some are adaptable to the barrel.

Safety Exercises

Safety exercises are divided into three categories: 1) ground exercises, 2) exercises performed on the barrel and 3) exercises performed on the moving horse.

Mounts and Dismounts

Exercises to develop mounts and dismounts are, like the safety exercises, taught first on the ground, then on the barrel. Practice on the moving horse is usually reserved until a degree of competence and mechanical correctness is achieved on the barrel.

Form Exercises

Exercises to improve the vaulter's form, not only the quality and elevation in the performance, but also the mechanics of all exercises, are practiced on the ground and on the barrel. It is important to require straight legs and pointed toes in the early stages of training so that it becomes instinctive, not something added as the vaulter progresses. Good form improves lightness on the horse and stability and security of the vaulters.

Compulsory Exercises

Mechanical or technical correctness of the six compulsory exercises is developed on the barrel before being practiced on the moving horse, first at the walk, then at the other gaits.

Freestyle Work

Free-style work is developed on the ground and on the barrel before being practiced on the horse at the walk. When perfected at the walk, the exercise(s) can then be performed at the walk, trot or canter.

Incentive

There are many ways to encourage youngsters to work for accomplishment of set goals, especially during some of the less interesting or less exciting periods of their development. Following are specifics of the exercises used in each phase of the lesson plan.

Article 8 – Warm-Ups:

Warm-up exercises regularly practiced on the ground, in advance of each vaulting session on the horse will insure properly stretched muscles, thus preventing undue strain to the vaulters and minimizing the possibility of injury. The following is a list of suitable warm-up exercises for each lesson:

- 1. Forward Roll
- 2. Back roll
- 3. Dive Roll
- 4. Cartwheel
- 5. Leapfrog
- 6. Donkey Kicks
- 7. Wheelbarrow
- 8. Splits Against Wall
- 9. Hurdlers Stretch
- 10. Flag (static)
- 11. Flag (swinging)
- 12. Mill Over Vaulter
- 13. Rotation Leg Lifts
- 14. Push Ups
- 15. Inverted Push Ups

For descriptions of the above exercises, see Appendix C.

Article 9 – Safety:

Safety is the byword of vaulting. Even though advanced competitive vaulting is a thrilling spectator sport, it is much safer than any other horse sport and safer than gymnastics. Vaulting has a very much lower incidence of injury than riding (even "flat riding"). There are two major reasons: the vaulter does not control the horse, so he cannot lose control; development of safety techniques is an integral part of every vaulting lesson from the very beginning.

There must be an experienced adult horse handler/longeur who is experienced in the safety issues of longeing both the horse and the horse with rider.

The following exercises should be mastered on the ground and/or barrel before any work on the moving horse is attempted.

- 1. Forward Roll (see Appendix C)
- 2. Back Roll (see Appendix C)
- 3. Dive Roll (see Appendix C)
- 4. Hop on toes with knees locked
- 5. Jump up and off to inside and outside

- 6. Walk backwards and jump up off croup
- 6a. Walk backwards and jump up off croup as illustrated ("like this, not this")
- 7. Jump up and sideways from reverse stand and twist 180 degrees in the air to land facing front
- 8. Pike Down
- 9. Simple Dismount and Push Away
- 10. Push Off to Outside from Seat on Neck
- 11. Push Off To Outside from Croup
- 12. Half-Flank with Twist from Reverse Seat
- 13. Leapfrog Off Croup
- 14. Half-Flank Off
- 15. Back Roll-Off Across Horse
- 16. Flank-Off From Inside Seat

For descriptions of preceding exercises, see Appendix D.

Article 10 – Mounts and Dismounts:

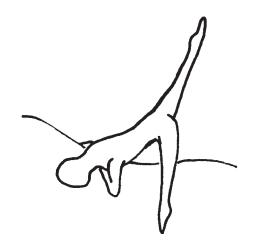
It should be stressed to the younger or smaller vaulters that the ability to vault on unassisted is not a prerequisite to vaulting. Assistance should be available to aid getting on. Allowing a vaulter to crawl up the side of the horse hurts the horse and may eventually sour him. Success in the vault-on may very well not come until after the compulsories are mastered. However, vault-offs must be mastered from every position as a matter of safety. For descriptions of the mounts and dismounts, see Appendix D.

Article 11 – Compulsory Exercises:

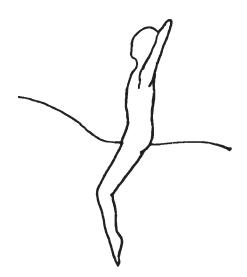
All beginning vaulters, up until Bronze level, all do 1-star compulsories. Compulsories are good basic exercises that test a vaulter's strength and balance. The 1-star compulsories are (in order): basic seat, flag, stand, click (closed leg swing facing forward), half mill to face rear, rear open leg swing, quarter mill to slide dismount. The compulsories should be mastered on the barrel before trying them on the horse. At the Bronze and Silver levels, vaulters perform the 2-star compulsories. In this case, the click and open leg swing are combined into the scissors. The vaulters also performs a flank to the inside dismount instead of milling to inside seat and sliding off the horse.

The 2-star compulsories are (in order): basic seat, flag, mill, scissors, stand, flank to inside. Gold level vaulters perform the 3-star compulsories – the only change from 2-star is that the flank dismount is to the outside. The 3-star compulsories are basic seat, flag, mill, scissors, stand, flank to outside. All static exercises in the compulsories are held for 4 strides in order to be counted as a complete exercise. For more infor-

mation on how to perform each compulsory exercise, see Appendix F.



All compulsories begin with a vault on, landing softly in basic seat. At a walk, all vaulters are given a leg up for the vault on. The vaulter approaches the horse down the longe line facing forward. When they reach the horse, the vaulter reaches up for the surcingle, then in stride with the horse, punches down in time with the inside leg of the horse. The vaulter jumps, diving over the handle of the surcingle putting their head down while they kick up with a straight inside leg until the hips elevate above the back of the horse, then slides softly into basic seat on the horse.

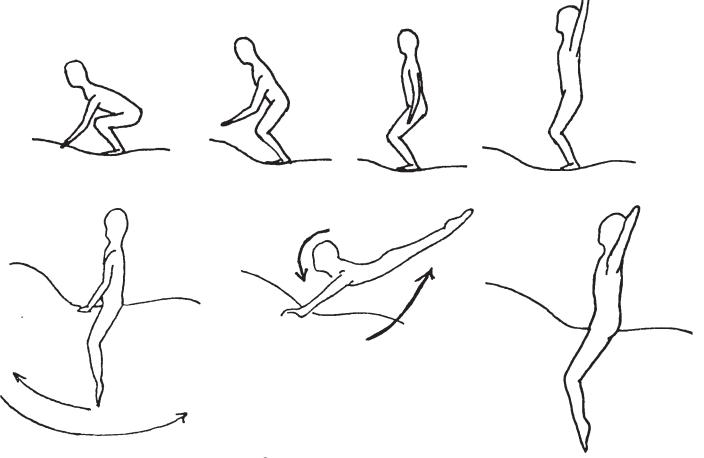


Basic Seat - a static exercise demonstrating balance and suppleness of the back and hips. Ankle, hips and shoulders are in a straight line, toes pointed, arms held straight out to the side at about eye level.

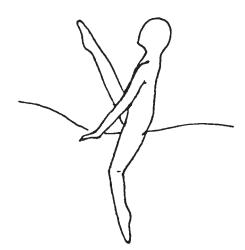


Flag – a static exercise demonstrating balance and suppleness. The inside arm (in relation to the longeur) and the outside leg are elevated, arms and legs straight, hips and shoulders level, bottom of foot facing up (leg and hip turned under).

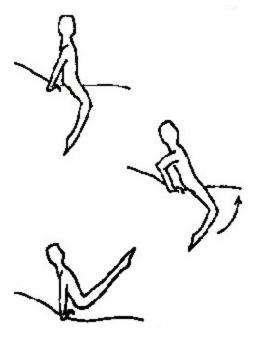
Stand – a static exercise demonstrating balance. From basic seat, swing to hands and knees, jump softly to feet (still hold-ing surcingle), tuck your rear end under and rise to a stand (similar to a weight lifter). Slide back softly to basic seat.



Click – a one-part dynamic exercise demonstrating strength and balance. Start in basic seat, keeping back straight swing legs forward then backward into a handstand position, slide back gently into basic seat. Feet should touch ("click") behind you.



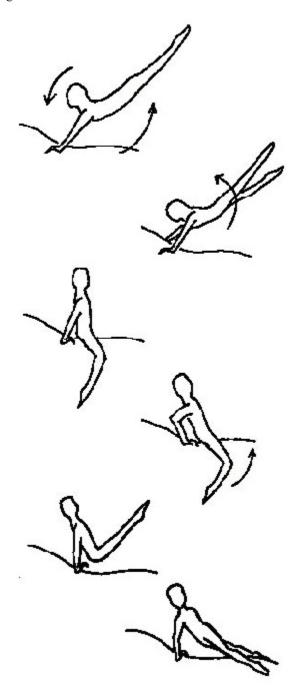
Mill – a dynamic four-part exercise demonstrating suppleness and rhythm. Extend and lift outside leg keeping shoulders back and back straight, rotate leg to inside side seat. The move rear leg to face rear facing seat, then move inside leg to sit in outside seat, then move front leg to be back to basic seat. All portions of the mill are each done to a beat of 4 (four strides of the horse for each part of the mill). 1-star compulsories do half of the mill, stopping when reach rear facing seat.





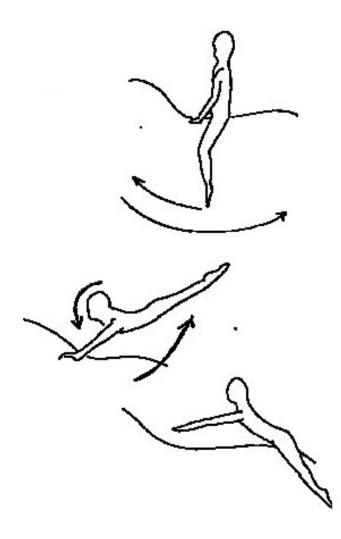
Rear Open Leg Swing – a one-part dynamic exercise demonstrating strength and control. Start in basic seat, swing legs up and scoop with hands until the hips elevate from the horse, slide back softly into basic seat.

Dismount for 1-star (after rear open leg swing) – from rear facing seat, mill back to inside seat, roll to hip, push away from the surcingle and horse to land on your feet inside the longe circle.

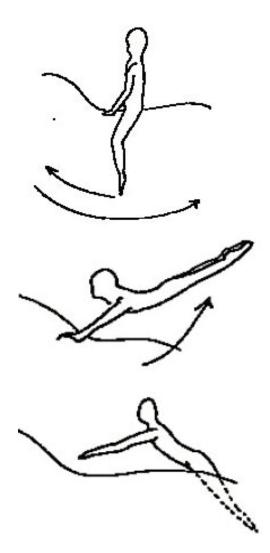


Scissors – a two part exercise demonstrating strength and control. (2-star & 3-star). From basic seat swing up to hand-stand. Just before the apex of the handstand, turn hips to the inside of the longe circle crossing the legs. Gently slide down to rear facing seat. Then swing legs up to 90 degree angles between arms and torso & torso and legs, cross legs and turn hips to inside the longe circle and slide softly to basic seat. Each half of scissors is scored separately.

Flank Off to Inside – a dynamic one-part exercise demonstrating elevation and control. Start in basic seat, swing legs forward then back up to almost handstand, then push away to from the horse to land on the inside of the longeing circle. (2-star dismount)



Flank Off to Outside – a dynamic one-part exercise demonstrating elevation and control. Start in basic seat, swing legs forward then back to almost handstand, then push away to from the horse to land on the outside of the longeing circle. (3-star dismount)



For a video demonstration of the compulsories, go to youtube:

1-star: http://www.youtube.com/watch?v=u39N5ulcY_o

2-star: http://www.youtube.com/watch?v=10_WhY8LHko

3-star: http://www.youtube.com/watch?v=D28vzKm9bhs

Article 12 – Freestyle:

Freestyle work, is adaptable to every level of vaulting, right from the very beginning. Freestyle routines are done to music suitable to the horse's gait and the vaulter's routine. Freestyle exercises may be performed by individuals or by two or three vaulters at the same time. New exercises are constantly being "invented" by vaulters; an interesting program can be put together even by beginners. Appendix G contains only a few of the hundreds of possible individual (singles) exercises. Combinations of singles or singles with doubles can be put together ad infinitum to give still greater variety. Even more exercises are developed by simply reversing one or several elements of an existing exercise (such as basic seat, kneel, flag, or stand).

Even the simplest exercises can be put together in an innovative sequence to add interest; and the transitions from one exercise to another are all-important to the interest and excitement of the finished program.

Arm movements, head and body posture in the Freestyle should interpret the music chosen. A good Freestyle also has a variety of positions and exercises. The vaulter should try and face all directions, have high and low exercises, and a mix of static and dynamic exercises in a Freestyle routine. Individual freestyle routines are 1 minute long, starting from the time the vaulter first touches the horse or surcingle until they dismount. For additional rules on all Freestyle routines – individual, team, or pairs, refer to the 2012 AVA Rulebook.

Freestyle Exercises

DOUBLES - some examples

Static

- 1. Double Basic Seats
- 2. Basic Seat and Kneel
- 3. Arabesque
- 4. Double Needles
- 5. Shoulder Sit
- 6. Double Half Flags
- 7. Kneel and Stand
- 8. Flag and Arabesque
- 9. Hippodrome Stand
- 10. Wheelbarrow
- 11. Shoulder Flag
- 12. Cross Flags
- 13. Shoulder Arabesque
- 14. Supported Handstand
- 15. Reverse Supported Handstand

- 16. Double Reverse Flags
- 17. Reverse Flag on Flag
- 18. Handstand and Stand
- 19. Stand on Shoulders

Dynamic

1. Jump-through

TRIPLES

Static

- 1. Triple Basic Seat
- 2. Triple Cross
- 3. Shoulder Sit And Seat
- 4. Deadman
- 5. Flying Handstand
- 6. Double Supported Reverse Handstand

Dynamic

1. Jump-through over two

For descriptions of the above exercises, see Appendix H.

Article 13 – Incentive:

In order to encourage diligence in the less exciting but essential aspects of practice, the "ultimatum system" works well. When the vaulting session is limited to the ground and/or barrel, vaulters can "graduate" from one item to the next.

- 1. Mounts and dismounts may be worked on after the warm-up exercises and safety exercises have been practiced satisfactorily.
- 2. Progress from one compulsory exercise to the next can be predicated upon a satisfactory mastery of the mechanics of the previous exercise.

When a horse is available, vaulters can "graduate" from the ground and barrel work (all or part) to working on the horse. (This should be earned.) A mini-awards system can be instituted even before the vaulters are ready to try for a national medal. This is especially valuable for very young children.

- 1. An award for mastering the basic safety exercises
- 2. An award for mastering the basic mechanics of each compulsory exercise
- 3. An award for mastering the basic mechanics of all six (6) compulsory exercises

Ideas for awards, incentives and games can be found in Appendix I.

SECTION IV: COMPETITION

Vaulting competitions are recognized both nationally by the American Vaulting Association (AVA), and internationally by the FEI. For rules, see rulebooks of these respective organizations.

Scoring for vaulting competitions: each exercise or performance receives a score on a range of 0-10 (decimals are allowed). The overall score is a combination of compulsory and freestyle scores. Walk, trot, and beginning canter vaulters (Copper) are scored on performance and composition of their routines. Bronze, Silver and Gold vaulters are scored on the degree of difficulty of their routine plus their performance. All vaulters are also given a horse score. For more information on scoring, see the 2012 AVA Rulebook.

Article 14 – International:

Vaulting competitions at FEI International events include three classes: Team (six vaulters plus an alternate), Individuals, and Pas de Deux. The format team and individual classes includes the performance by every competitor of the compulsory exercises, followed by a Freestyle presentation designed by the vaulters. In team competition the freestyle presentation may include exercises with two or three vaulters on the horse at one time. In Pas de Deux, two vaulters perform two rounds of Freestyle proteine. In every case there is a time limit for the Freestyle performances. Competition performance is at the canter to the left.

The following is a description of the types of international vaulting competitions which have been recognized by the FEI since 1981.

- 1. FEI Team Competition in which the compulsories are performed by each vaulter and a four minute team Freestyle.
- 2. FEI Individual Competition in which there are separate Men's and Women's divisions. Each vaulter performs one round of compulsories, a technical test, and two rounds of one minute freestyles.
- 3. FEI Pas de Deux (Pairs) performing two rounds of 2 minute freestyles in two separate sections.

Article 15 – National:

Officially recognized vaulting competitions within the United States are open to all ages and include four classes, some with several divisions.

- 1. AVA Team Competition: Almost identical to FEI Team Competition except that four divisions are offered with no age limits:
 - A. Most Advanced Level (A Team)
 - B. Medium Level (B Team)
 - C. Lowest Level at Canter (C Team)
 - D. Trot Team For beginners or teams that do not yet have trained canter horses.
- Individuals: Almost identical to FEI individual com petition except that four levels are offered within the Men's and Women's divisions with no age limits: Gold Level – Open to any canter medalists; Silver Level – Open to all canter medalists except Gold; Bronze Level – Open to only Bronze Medalists and lower; and Copper – Beginning Canter.
- 3. Pas de Deux: two classes offered. Open is for any two canter level vaulters, Preliminary is for any canter vaulter at Silver or below but only a maximum one member of the pair can be of a Silver level.
- 4. Two Phase: An open competition offered for Teams (four members) and Individuals (Men's and Women's Gold, Silver and Bronze/Unrated) in which vaulters perform the compulsory exercises on the horse on the circle to the right, plus a four minute timed barrel Freestyle routine.

SECTION V: MEDAL EXAMINATIONS & CERTIFICATES

The American Vaulting Association offers recognition to individuals who can pass examinations demonstrating competence up to a set standard at six different levels. For Vaulting tests, a registered AVA judge will adjudicate the vaulting portion of the test. For additional information of the AVA Medal Testing Program, refer to the 2012 AVA Rulebook. USPC does not currently have Vaulting specific certifications.

Article 16 – Novice Award – Walk

An award available to all AVA members in which the compulsories are performed at the walk to the left and demonstrate safe and correct mechanics (the mount is not scored). Each exercise must receive a score of at least 3.

Article 17 – Trot Medal

An award available to all AVA members in which the compulsory exercises are performed at the trot to the left or right. Each exercise must receive a score of at least five (5) by demonstrating correct mechanics and basic good form (the mount is not scored).

Article 18 - Novice Award - Canter

An award available to all AVA members in which the compulsories are performed at the canter to the left and demonstrate safe and correct mechanics. Each exercise must receive a score of at least five (5) by demonstrating correct mechanics and basic good form (the mount is not scored).

Article 19 – Bronze Medal

An award available to all AVA members in which the compulsory exercises are performed at the canter and any 3 Freestyle exercises having an assigned Degree of Difficulty E or M (no Degree of Difficulty D's or R's are allowed.). Each exercise must receive a score of at least five (5). The mount is not scored.

Article 20 - Silver Medal

An award available to all AVA members in which each compulsory exercise and each of six (6) Freestyle exercises, having an assigned Degree of Difficulty R, D or M, are performed at the canter to the left and must receive a total score of at 65% for C-2 certification level (minimum of 70% for Commended which is the C-3 certification level), with no exercise receiving less than a 6.0, by demonstrating correct mechanics, good form and a degree of elevation. The mount is not scored.

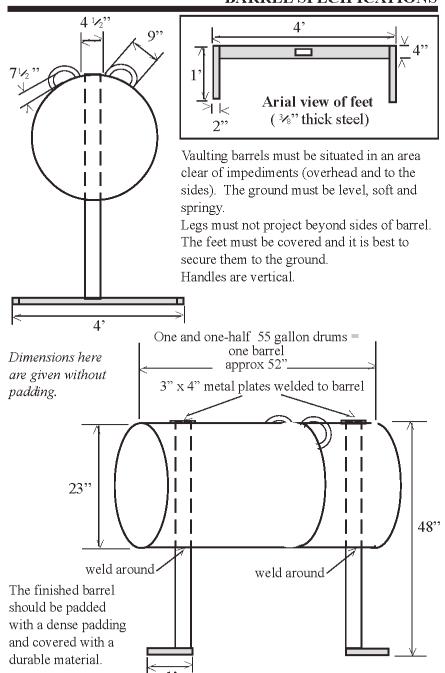
Article 21 – Gold Medal

An award available to all AVA members in which each compulsory exercise must receive a total score of 80% for the B certification level (minimum of 83% for Commended which is the A certification level), with no exercise scoring less than 7.5 and eight (8) Freestyle exercises, having an assigned Degree of Difficulty R or D, must receive a score of at least 7.5, by demonstrating correct mechanics, polished form and good elevation. To be performed at the canter to the left.

Article 22 – Bronze, Silver and Gold Medals to the Right

Bronze, Silver and Gold Medals may be obtained cantering to the right by meeting the same requirements at each level to the left.

APPENDIX A Vaulting Barrel Specifications



BARREL SPECIFICATIONS

APPENDIX B

Introducing the Horse to the Vaulters

1. Longe the horse in vaulting surcingle or plain surcingle.

2. Longe the horse with plastic milk or bleach bottles tied by short strings to top, sides and bellyband of surcingle, breeching and bridle throatlatch. Gradually lengthen the strings so the bottles bounce around more. Finally, put pebbles in the bottles.

3. Give vaulters legs up while the horse is being led at walk and at jog. When that is accepted, repeat the process, but with the trainer (or whoever is leading the horse) leading from the other side so that the horse can see what is happening on the mounting side.

4. Have the vaulters take liberties on the horse's back at the walk - wiggling, clambering, swinging, bouncing lightly and so forth. When this is no longer noticed by the horse, the same things can be done while the horse is being led at the jog and finally the same while being longed at trot and/or canter. Stress watching feet near side reins.

5. Have the vaulters do Simple Dismount and Half Flank Off to both sides at walk and jog, with the trainer on first one side, then the other.

All of the above should be done with long side reins.

6. Longe the horse on a 4' longe (trainer walks so the circle is not 8' in diameter!) at walk and jog while vaulters repeat the above exercises.

7. On a larger circle (but still with the line short enough that the trainer can get to the horse, have a vaulter or rider up on the horse to pat and reassure him while vaulters approach halfway out to the horse along the longe line. At the halfway point the vaulters should veer off behind the horse or drop back toward the trainer. Gradually, as the horse accepts the approach, the vaulters should approach nearer and nearer until they can pat him on the neck, shoulder, back, ribs, belly, hip and croup; and wave their arms and shout. Please note: Some horses will stop when being approached and some horses will speed up - the longeur should encourage the horse to keep moving and slowing the horse down if he speeds up.

8. Have the vaulters take each other up for doubles while being led at walk and jog.

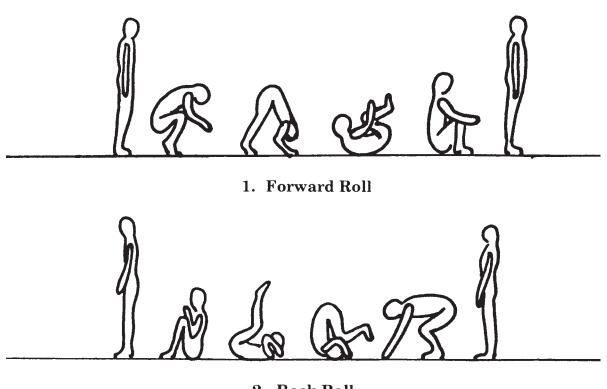
9. Repeat the above approaches with a rider or vaulter sitting on the horse throughout and moving, leaning, jostling, swinging, etc.

NOTE: During any of the above exercises with a rider or vaulter mounted, the horse must learn to accept taps and squeezes of the legs without reacting - speed must be controlled by the longeur. It is a good idea to have a pair of bridle reins attached and looped over one grip, available to the rider during this phase of the work.

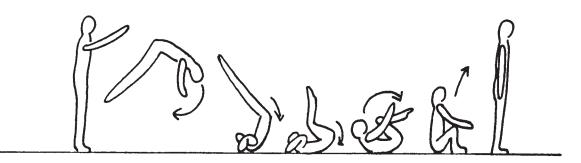
- 1. Repeat the dismounts to both sides on the short longe.
- 2. Repeat the approaches with no one on the horse.
- 3. When the approaches are accepted by the horse without reaction, have a mounted vaulter take others up behind.
- 4. Finally, have vaulters mount in the normal way, with no one on the horse. If the first mounts are into side seat, it is easier for the vaulters to bail out easily and smoothly if necessary.

NOTE: The above work on the longe line may need to be done in side reins to help keep the horse straight and steady. But they must be completely and calmly accepted by the horse first on the longe line without vaulters. Even then they must be adjusted as loosely as possible (without being completely useless) and if possible, only the outside side rein should be attached at first.

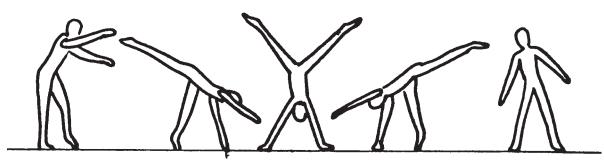
APPENDIX C Warm-up Exercises



2. Back Roll

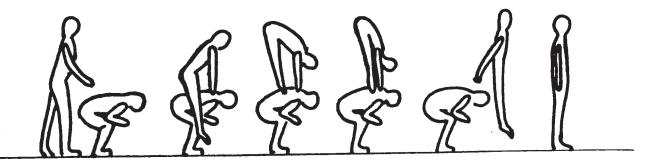


3. Dive Roll

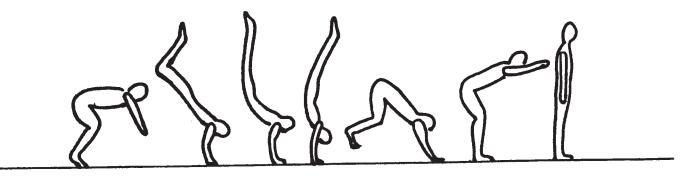


4. Cartwheel

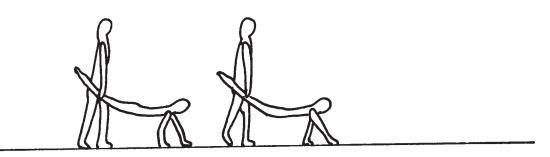
APPENDIX C Warm-up Exercises



5. Leapfrog



6. Donkey Kicks



7. Wheelbarrow



8. Splits Against Wall

APPENDIX C Warm-up Exercises

9. Hurdlers Stretch

10. Flag (static)

11. Flag (swinging)

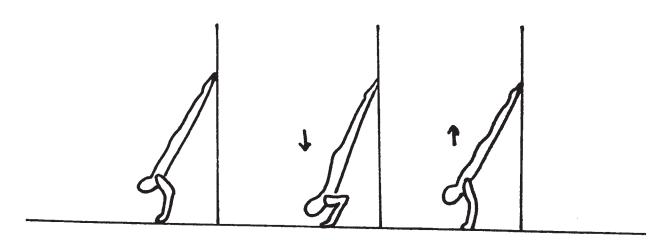
12. Mill Over Vaulter

APPENDIX C Warm-up Exercises



13. Rotation Leg Lifts

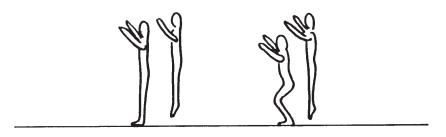
14. Push Ups



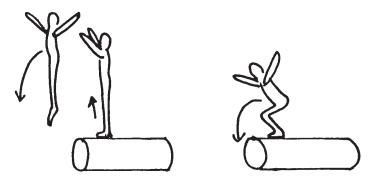
15. Inverted Push Ups

APPENDIX D Safety Exercises

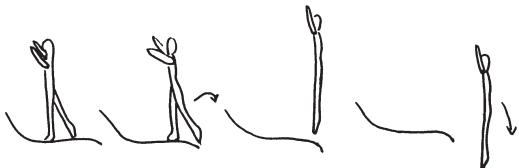
- 1. Forward Roll (See Appendix C)
- 2. Back Roll (See Appendix C)
- 3. Dive Roll (See Appendix C)



4. Hop on Toes with Knees Locked

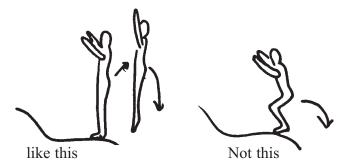


5. Jump UP and Off to Inside and Outside

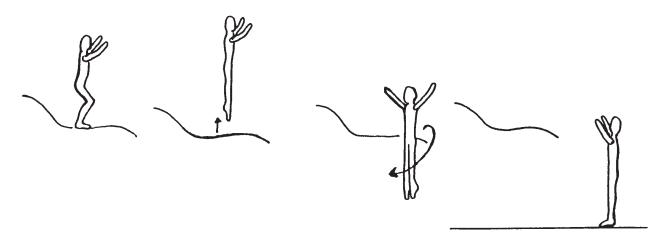


6. Walk Backwards and Jump UP off Croup

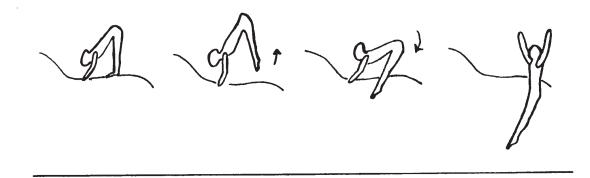
APPENDIX D Safety Exercises



6a. Walk Backwards and Jump UP off Croup



7. Jump UP and Sideways from Reverse Stand and Twist 180 Degrees in the Air to Land Facing Front

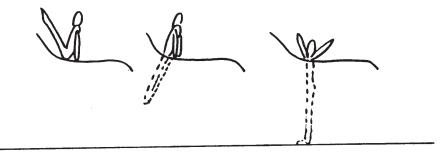


8. Pike Down

APPENDIX D Safety Exercises



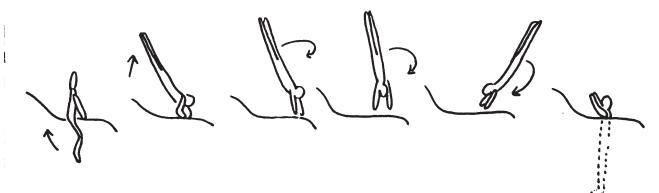
9. Simple Dismount and Push Away



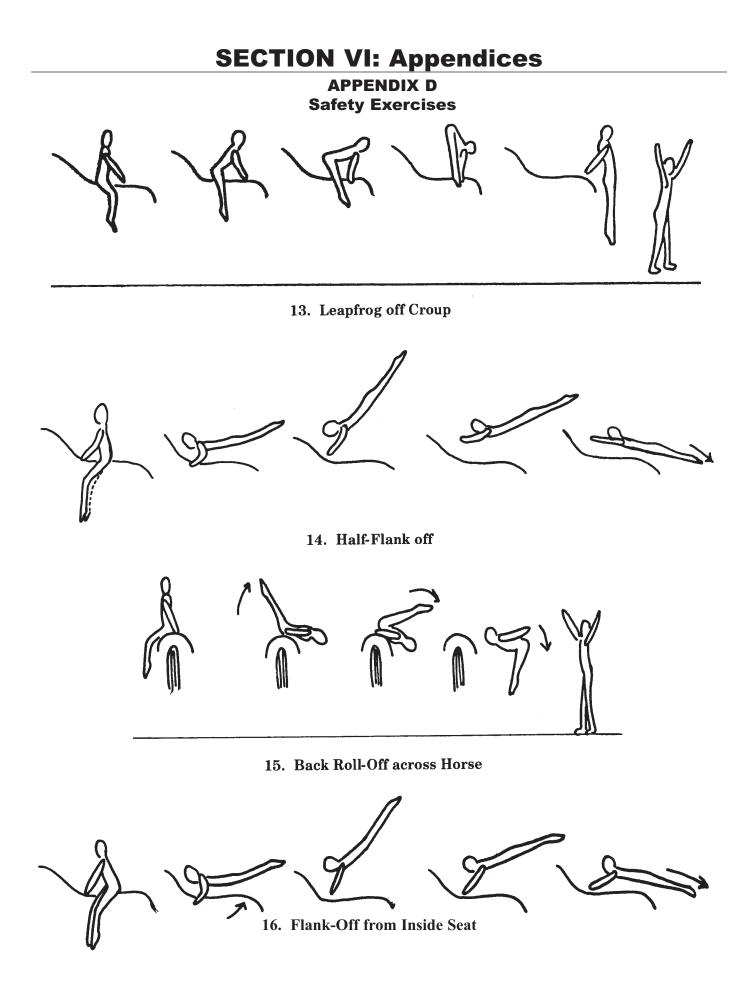
10. Push Off to Outside from Seat on Neck



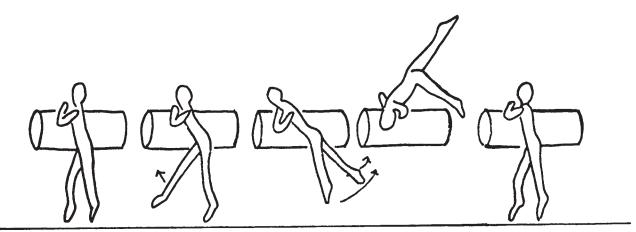
11. Push Off to Outside from Croup







APPENDIX E Form Exercises



1. Mount Swings



2. Rotations



3. Tailor Seat (with/without split)



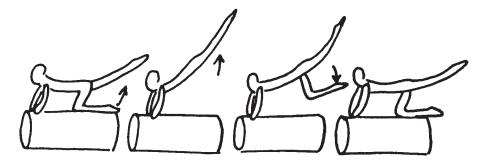
4. Reverse Tailor Seat (with/without split)

APPENDIX E Form Exercises



5. Arabesque

6. Needle



7. Flag Changes

APPENDIX F Compulsory Exercises

Compulsory or required exercises are performed in the order shown in the text for competitions. The 1-star compulsories are (in order): Basic Seat, Flag, Stand, Click to rear, Half mill to face rear, Rear open leg swing, Quarter mill to slide dismount. The 2-star compulsories are (in order): Basic Seat, Flag, Mill, Scissors, Stand, Flank to inside. The 3-star compulsories are Basic seat, Flag, Mill, Scissors, Stand, Flank to outside. 1-star compulsories are required for walk, trot, C-team, 2-Phase (to the right) and Copper levels. 2-star compulsories are required for Bronze, Silver, and B-team levels. 3-star compulsories are required for Gold and A-team levels.

In team competition, the vaulters go one after another perform the entire compulsories appropriate to their team level.

Basic Seat, Flag and Stand are "static" exercises that must each be held four (4) strides to avoid penalties. Mill must be performed on a four (4) stride count to avoid penalties. Flank and Scissors are "dynamic" exercises heavily judged on elevation. All exercises are judged on form.

The following are a few notes on each compulsory:

1. Basic Seat

After a vault-on into astride position, the arms are raised to the side until the hands are about even with the vaulter's ears. Fingers are closed, thumbs tight, palms facing downward and the fingers arched slightly upward without breaking the line at the wrist. Heels are positioned directly under the hips with the legs "wrapped" against the horse's sides with the soles of the feet pointed towards the rear. Feet should be arched and toes pointed down. The vaulters must sit straight with a SUPPLE BACK for four (4) full strides (not steps) before retaking the grips.

2. Flag

The vaulter hops softly to both knees for a moment before extending the outside leg (in relation to the longeur) straight out behind, parallel with the horse's spine and with the foot slightly higher than the vaulters head. The base leg is angled across the horse's back with the pressure on the shin and top of the foot to avoid digging the horse with the knees and toes. The vaulter makes a table of his body to lift himself above the horse and insure his own stability. At the same moment, or immediately thereafter, the inside arm is stretched straight out in front, nearly as high as the leg. The position of the hand should be as for Basic Seat; the foot should be arched with the sole arm are raised, after which the grips are retaken and the vaulter, by lightly squeezing the horse's sides as he comes down, slips smoothly back to astride.

3. Mill

The outside leg is passed high and straight over the horse's neck; each hand letting go of and retaking the grips in turn. The rear leg is passed over the croup in a complete arc, thus avoiding a slice after which the hand grip is changed, followed by the inside leg over the croup (hand grip changed again) and finally the front leg over the neck. Each leg pass begins on the first count of a four (4) stride count, including the beginning of the dismount with the right leg over the neck. During the leg passes, the legs should be stretched absolutely straight, with the feet arched and the toes pointed. Whenever both legs are on the same side of the horse, they must be pressed together and when one leg is passing through its arc, the other (the "down leg") should remain wrapped around the horse. A half mill is simply the first two legs of a full mill.

4a. Click

From astride, the vaulter swings once up toward a handstand, at the apex of which the vaulter's body is upright in a handstand and the legs are stretched straight and together and toes pointed. As the vaulter comes down, the vaulter lands softly back into Basic Seat. Thudding down on the horse's back is penalized severely.

4b. Rear Leg Swing

From sitting rear facing astride, the movement is begun with a swing of the legs up into the air over the croup where they are kept at shoulder width apart. The angle between the arm and back, and the legs and back should be 90 degrees. As the vaulter comes down, they softly slide into rear astride position. Thudding down on the horse's back is penalized severely.

4c. Scissors

From astride, the vaulter swings once up toward a handstand, at the apex of which the vaulter's body is turned toward the longeur and the legs are crossed (inner leg on top) so that the vaulter lands softly astride and sitting backwards facing the horse's tail. The handgrip is changed and immediately the "return scissors" is begun with a swing of the legs up into the air over the croup where they are crossed (outer leg on top) as the body is turned again toward the lunger to end up in the original position astride and right into the half-flank dismount (not performed in competition). Thudding down on the horse's back is penalized severely.

5. Stand

From astride, the vaulter hops to both shins and instantly to both feet, (flat footed) releases the grips and straightens up with bent knees (to move with the horse) and the buttocks tucked forward (no arched back), extending the arms (as in Basic Seat) for four (4) strides. Upon retaking the grips, the vaulter squeezes the horse gently with straight, tight legs and softly slides directly down to astride.

6. Flank Off to Both Inside and Outside

From the astride position, the legs are swung forward once to give momentum to a high backward swing with straight extension of legs, carrying the vaulter nearly into a handstand and then with a press-push of the hands against the grips, the vaulter pushes free of the horse at the apex of the motion and lands on either the outside or inside of the circle facing forward. Good form, soft landings and elevation are essential to the correct execution of this exercise.

APPENDIX G

DEGREE OF DIFFICULTY CATALOG OF INDIVIDUAL EXERCISES

VAULTING

2011

Suzanne Detol, FEI "O" United States of America

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2011 DOD Catalog-Detol-USA

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2011 DEGREE OF DIFFICULTY

CATALOG

INDIVIDUAL EXERCISES

Suzanne Detol, FEI "O," USA

This catalog is intended to be a "living" document which can be modified and added to as the athletes envision and perform new exercises. The Degree of Difficulty assigned to each move takes into consideration the demands upon:

- Suppleness/flexibility
- Stretch
- Strength
- Balance
- Coordination
- Timing and
- Harmony with/Consideration of the horse

When assessing the degree of difficulty of exercises, the following aspects must also be taken into consideration:

- Height off the horse
- Complication of the movement(s) (transitions, dynamic exercises)
- Number and security of holding points (static exercises)
- Changes in direction (forward, backward, sideways/across)
- Changes in relation to the horse (on neck, on croup, inside, outside, jumps, ground jumps)
- The biomechanical requirements of each exercise

GROUPS:

The freestyle exercises listed in this catalog are divided into groups. For optimal technique, it is necessary for the vaulter to fulfill the corresponding biomechanical requirements for the exercises within those groups.

1. <u>Static exercises</u>. A static exercise is one in which the vaulter's center of gravity is not displaced (the exercise is held) for a minimum of three (3) canter strides. Harmony with the horse's movement must be maintained for optimal technique.

- <u>Sitting exercises</u>. Requirement: Where at least the seat has to provide the support for the vaulter's center of gravity.
- <u>Hanging exercises</u>. Requirement: Shoulder axis of the vaulter is below the holding point. The body load
 is transferred via the upper or the lower limbs to the holding points, whereupon pressure is exerted on
 them by pulling.
- <u>Kneeling exercises</u>. Requirement: Where one or both lower legs support the vaulter's center of gravity.*
- <u>Lying exercises</u>. Requirement: The vaulter's supporting area is at least the trunk, and must be in an almost-horizontal position in order to meet optimal technique.
- <u>Standing exercises</u>. Requirement: Maintain balance in an unstable equilibrium on the horse. The vaulter can be standing on his/her feet, in a handstand position or on the shoulder axis for purposes of the groupings in this catalog.

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<u>Supported exercises</u>. Requirement: Shoulder axis of the vaulter is above the support area; the body
load is transferred via the upper limbs of the vaulter to the support area; the center of gravity of the
vaulter is below the shoulder axis.

*In the Catalog of Exercises, where "knees" are mentioned in the comments section, it is understood that the support is from the knee to the top of vaulter's foot. The vaulter's weight should never be entirely on the knee on the horse's back or neck.

2. <u>Dynamic Exercises</u>. A dynamic exercise is one in which the vaulter's center of gravity is displaced by muscle power or kinetic energy. The requirements of a dynamic exercise are:

- a) The vaulter's body is displaced
- b) The vaulter must remain in control of the movement
- <u>Jumps.</u> Requirement: The vaulter's body lifts off the horse by quickly stretching the supporting limbs, and the vaulter's center of gravity gains height against the force of gravity. Jumps are differentiated further in this catalog as "hops," where the center of gravity rises less than 1 foot and "jumps," where the center of gravity rises 1 foot or more.
- <u>Swinging Exercises</u>. Requirement: Where through quick swinging of individual parts of the vaulter's body, enough kinetic energy is generated to move the vaulter's entire body.
- <u>Turns</u>. Requirement: Movements around one of the three body axis. Combined turns are around more than one axis.
 - > Twists Twists are turns around the vaulter's vertical body axis
 - > Cartwheels Turns (handsprings) around the vaulter's sagital axis.
 - > Turns around the lateral axis such as:

<u>Rolls</u> – Turns around the lateral axis where there is constant contact with the horse. <u>Handsprings</u> – Turns around the lateral axis where there is contact with the horse only after 180 degrees.

<u>Somersaults</u> – Free turns around the lateral axis where contact with the horse is only made after a turn of at least 360 degrees.

CATALOG NOTES:

<u>Mounts and Dismounts</u>. Mounts listed in this catalog are as performed from the inside. All mounts from the outside are one degree difficulty higher than the same one from the inside. <u>Mounts and Dismounts</u> are not grouped into the above-identified groups, but are set out in the beginning portion of the Catalog of Exercises and stand alone.

Bench Exercises, Flags and Arabesques are in a group of their own following the Supported Exercises.

<u>Compulsory Exercises</u>. Freestyle exercises that incorporate a compulsory exercise (for example, reverse flag on back) are not further identified, as it is assumed that all members are familiar with the description of the compulsory exercises. (See FEI Guidelines for Judges)

<u>Downgrading Exercises</u>. The degree of difficulty rating assigned to each exercise in this catalog assumes that the stated exercise is performed as described. Poor technique or failure to meet the requirements stated in the comment section <u>may</u> result in a downgrading of the exercise, performance deductions, or both, depending upon circumstances. This is at the discretion of the judge. <u>Exceptions</u>: If an exercise is defined as an "R" exercise in the Catalog, <u>all</u> criteria in the Comment section must be met or the exercise <u>will be</u> downgraded. If a description states that the Center of Gravity <u>must</u> rise 1 foot or more, that exercise <u>will be</u> downgraded, if that requirement is not met.

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2011 DOD Catalog-Detol-USA
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ACKNOWLEDGEMENTS

This edition of the Degree of Difficulty Catalog has been a two-year-long project. I am hopeful that we, in the vaulting community, can use it as a living document that can be updated yearly or as often as deemed necessary.

I was extremely fortunate to have the help of many groups and individuals while working on this project, and I would like to take the time to thank them:

- The German Equestrian Federation "Deutsche Reiterliche Vereinigung" for the original Description of Exercises that we have used for the past many years.
- The American Vaulting Association Judges for their work and input at the AVA Annual Judges Forum both in 2010 and 2011.
- The participants at the FEI Vaulting Seminar held in Bern, Switzerland, 26-28 February 2010 for their discussion and input regarding new exercises to be added to the catalog and the ratings of those exercises.

I would like to give special thanks to the following experts:

- The athletes: Megan Benjamin, Mary McCormick and Blake Dahlgran for taking the time to review the exercises, their assigned DOD and their descriptions and for giving me their much-appreciated expert opinions regarding the content in the catalog and suggestions for additional exercises.
- The trainers: Alia Zagyva and Daniel Sommerville, for reading the entire catalog for clarity and readability and giving me input on wording and advice on the ratings of the exercises.
- Adrienne Stang, FEI "O" Retired for spending countless hours editing the catalog, making the language consistent, helping me with wording, discussing the degree of difficulty ratings, being my second set of eyes and keeping me sane during the project.
- Marianne Rose for her help with formatting and putting the final product together for distribution.

2011 DOD Catalog of Exercises

EXERCISE/DESCRIPTION	R	D	м	E	COMMENTS
MOUNTS					
Mount to inside side seat				x	Landing in side seat on back facing inside of circle; both legs together and wrapped against horse
Mount to outside side seat			x		Landing in side seat on back facing outside of circle; both legs together and wrapped against horse
Mount to forward kneel				x	Landing on both knees on back facing forward
Mount to sideways kneel facing inside/outside			x		Landing on both knees on back facing inside or outside of circle
Mount to reverse kneel			x		Landing on both knees facing reverse on back
Mount to forward half flag				x	Landing in forward half flag on back with raised leg above horizontal line
Mount to forward flag			x		Landing in forward full flag on back with raised leg and arm above horizontal line
Mount to reverse half flag			x		Landing in reverse half flag on back with both hands on horse and raised leg above horizontal line
Mount to reverse flag		x			Landing in reverse full flag on horse's back with raised leg and arm above horizontal line
Mount to layout sideways facing up			x		Landing sideways across horse's back; vaulter is lying on their back facing up with their body in a horizontal position
Mount to layout sideways on side facing forward				x	Landing sideways across horse's back; vaulter is lying on their side with their body in a horizontal position
Mount to layout sideways on stomach facing outside				x	Landing sideways across horse's back; vaulter is lying on their stomach with their head toward outside of circle. Vaulter's body is in a horizontal position
Mount to layout sideways on stomach facing inside			x		Landing sideways across horse's back; vaulter is lying on their stomach with their head toward inside of circle. Vaulter's body is in a horizontal position
Mount to layout on stomach facing forward				x	Landing along horse's longitudinal line; vaulter is lying on their stomach with head facing forward

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EXERCISE/DESCRIPTION	R	D	М	E	COMMENTS
Mount to layout on back facing up			x		Landing along horse's longitudinal line; vaulter mounting to their back with legs together or apart
Mount to shoulder hang to outside of horse			x		Landing sideways on horse's back with both arms on inside of horse; vaulter's back facing outside of circle; head down and body in 180 degree stretched position with feet up. (See Hanging exercises for more)
Mount to shoulder hang, all other positions except to outside of horse		x			Landing in all other shoulder hang positions other than to outside of horse, as described directly above
All mounts to shoulder stand		x			Landing in shoulder stand position (any direction), support point on vaulter's shoulder only. (See Standing exercises for more)
Mount to handstand	x				Vaulter mounts through fully extended handstand with body perpendicular to horse's back; hands on grips or on back
Mount directly to seat reverse on neck		x			Landing in reverse seat position on neck directly. Vaulter does not touch horse or surcingle other than with hands on grips or horse's back
Mount directly to seat forward on neck		x			Landing in forward seat position on neck directly. Vaulter does not touch horse or surcingle other than with hands on grips or horse's back
Scissors mount on				x	Landing in reverse seat position on back. Vaulter jumps off ground, turns toward lunger and lifts left leg up over back to reverse seat position
Cross scissors mount on			x		Landing in reverse seat position on back. Vaulter jumps off ground, turns toward horse and lifts left leg up and over back to reverse seat position
Somersault on to reverse seat on neck (Roll-up-mount - Technical Test)		x			Landing in reverse seat position on horse's neck. Vaulter jumps off ground, turns toward horse and rolls immediately up and over surcingle to reverse seat on horse's neck. (See FEI Technical Test exercises for more)
Combined jumps on with multiple ground jumps (Ex: inside jump to outside ground jump back to inside jump and onto horse)	x				Ground jumps must follow one another immediately, must clear the horse's back and must not interfere with his way of going. After the initial jump, a minimum of two ground jumps must be performed, one of which must be from the outside

EXERCISE/DESCRIPTION	R	D	М	E	COMMENTS
Combined jumps on with one ground jump (Ex: inside jump to outside ground jump onto horse)		x			Ground jumps must clear the horse's back and must not interfere with his way of going. After initial jump, one ground jump from the outside must be performed
Mount to squat position facing forward			x		Vaulter lands on both feet in a forward squatting position
Mount to stand facing forward		x			Vaulter lands on both feet and immediately stands upright in one fluid movement
Mount to arabesque		x			Landing on one foot facing forward; other leg is stretched up to horizontal line or above throughout exercise
Mount to support on the inside				x	Landing in sideways support position facing outside of circle. Vaulter's body is on inside of horse with weight supported by hands; arms are extended
Mount to support on the outside		x			Mount begins from the inside but ends with vaulter's body directly in sideways support position on the outside of the horse facing inside. Vaulter's weight is supported by hands with arms extended. Vaulter does not touch horse or surcingle other than with hands on grips or back
Mount to forward press (Wheelbarrow)			x		Landing along horse's longitudinal line, hands on grips, arms extended in right angle to horse's back; facing in direction of horse's movement, supported by front of both lower legs or feet
Mount to forward press on one leg		x			Landing along horse's longitudinal line, hands on grips, arms extended in right angle to horse's back; facing in direction of horse's movement, supported only by front of one lower leg or foot

DISMOUNTS

Forward roll over shoulder		X	Roll forward over horse's outside shoulder
Backward roll over shoulder	x		Roll backward over horse's shoulder from reverse seat on back
Roll forward over croup		x	Roll forward over horse's croup from reverse position on back
Backward roll over croup	x		Roll backward over horse's croup from forward position

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EXERCISE/DESCRIPTION	R	D	м	E	COMMENTS
Backward roll sideways to inside/outside			x		Roll backward across horse to inside or outside
Forward roll sideways to inside/outside		x			Roll forward across horse to inside or outside
V-Sit dismount to inside/outside				x	From forward or reverse seat astride, both legs swing up together into a V-sit off to inside or outside
Half flank off to inside/outside				x	From seat astride, both legs swing up and back as high as possible, arms extended. Vaulter releases grips and lands on inside or outside of horse, facing forward
Flank off with half turn from reverse on neck or back			x		From reverse seat on back or neck with hands on grips or back, vaulter swings legs up and back as high as possible performing a half flank with a half turn, landing on inside or outside, facing forward
Dismount through handstand from forward flag or arabesque				x	From forward flag or arabesque, vaulter swings extended leg up to near vertical handstand bringing both legs together and landing on inside or outside of horse
Dismount through handstand from kneel			x		From forward kneel, vaulter kicks up to near vertical handstand bringing both legs together and landing to inside or outside of horse
Dismount through handstand with quarter turn			x		From facing sideways, vaulter kicks into a near vertical handstand bringing both legs together and performs a quarter turn to land facing forward
Dismount through handstand from croup with half turn (Round off)		x			From reverse stand, vaulter places hands on croup, kicks into a near vertical reverse handstand bringing both legs together and performs a half twist to land facing forward
Straddle push off over croup			x		From reverse seat on horse's back, vaulter places hands on croup, and with stretched legs and arms extended, dismounts over the croup to land facing reverse
Split/Straddle kick off forward			x		From forward stand, vaulter jumps up and split or straddle kicks off to inside or outside. COG must rise AT LEAST 1 foot
Split/Straddle kick off reverse		x			From reverse stand, vaulter jumps and split or straddle kicks off over croup. COG must rise AT LEAST 1 foot
Tuck/stretch jump off to inside/outside				x	From forward stand, vaulter jumps up to stretch or tuck jump off to inside or outside

EXERCISE/DESCRIPTION	R	D	М	E	COMMENTS
Tuck/stretch jump off to rear of horse			x		From reverse stand, vaulter jumps up to stretch or tuck jump off over croup towards rear of horse. COG must rise AT LEAST 1 foot
Cartwheel off		x			Vaulter performs cartwheel off
Handspring off in all directions		x			Rotation around the lateral axis of the vaulter where hands make contact with the horse only after a turn of 180 degrees, continuing in the same direction to the ground (usually from forward stand, spring backward to hands on croup and off to ground)
Back/front somersault off, any direction		x			Free rotation around the lateral axis of the vaulter where there is contact with the ground only after a turn of at least 360 degrees (somersault/flip in air to ground)
Any somersault off performed around more than one axis	x				Free rotation of at least 360 degrees where there is a turn around more than one axis (Example: Back flip with a twist; aerial round off)

DYNAMIC EXERCISES

Turn from seat sideways in/out on neck to forward/reverse seat on back		x	Begins from seat sideways on neck; vaulter rotates around their vertical axis to forward or reverse seat on back
Forward prince to reverse prince/reverse prince to forward prince	x		Begins with vaulter's body upright on back supported on one knee and other leg bent at 90 degree angle with foot on horse. Vaulter turns body to reverse position with opposite knee and opposite foot on horse (forward to reverse and vice versa); arms free throughout dynamic exercise
Twist from seat sideways facing inside/outside to seat forward/reverse on neck		x	Begins from seat sideways on back; vaulter rotates around their vertical axis to forward or reverse seat on neck
Roll backward from any position on back to reverse seat on neck		x	Backward roll with stretched legs and fluid movement from any reverse position on horse's back to reverse seat on neck
Roll backward from any position on back with scissors movement to forward seat on neck	x		Backward roll with stretched legs and fluid movement from any reverse position on horse's back; vaulter crosses legs during roll to land facing forward on neck

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EXERCISE/DESCRIPTION	R	D	м	E	COMMENTS
Roll backward from any position on back to reverse flag/half flag on neck			x		Backward roll with stretched legs and fluid movement from any reverse position on horse's back, ending up in reverse half flag or flag on neck
Roll backward from any position on back to reverse arabesque/needle on neck		x			Backward roll with stretched legs and fluid movement from any reverse position on horse's back, ending up in reverse arabesque/needle with raised leg above horizontal
Roll backward from any position on back to handstand position	x				Backward roll with stretched legs and fluid movement from any reverse position on horse's back, through near vertical handstand, arms fully extended
Roll forward/backward from neck to lying across back			x		Beginning from any position on horse's neck, vaulter rolls forward or backward to lying sideways across back. In completed position, the vaulter's body is horizontal, facing inside or outside of circle
Roll forward from neck to reverse seat on back		x			Vaulter rolls from reverse seat on neck over the surcingle to reverse seat on back
Roll backward from neck to forward seat on back		x			From forward seat on neck, vaulter rolls backwards over the surcingle to forward seat on back
Roll forward from support on croup to forward seat on neck		x			From support on croup with hands on horse's back, vaulter rolls forward along spine of horse to forward seat on neck
Roll forward from kneel on croup to forward seat on neck (Technical Test exercise)		x			From kneeling forward on croup with both hands on pad or croup, vaulter rolls forward along spine of horse with legs stretched and slightly straddled, ending in upright forward seat on neck. (See FEI Technical Test exercises for more)
Roll forward from neck (all positions) to lying on back with closed legs			x		From reverse exercise on neck, vaulter rolls forward over surcingle to lying on their back along horse's spine, legs closed
Handstand roll down		x			From reverse exercise on neck, vaulter swings or kicks into near vertical handstand position with arms extended, and then rolls down softly along horse's spine to layout facing up
Rolling down from reverse shoulder stand to layout				x	From reverse shoulder stand on back, vaulter rolls down along horse's spine to layout position, facing up
Roll up from layout to shoulder stand			x		From layout along horse's spine facing up, vaulter rolls back and up to a shoulder stand

EXERCISE/DESCRIPTION	R	D	м	E	COMMENTS
Roll up from layout on back with scissors movement to forward seat on neck			x		From layout along horse's spine facing up, vaulter rolls back and scissors legs to finish in forward seat on neck
Layback reverse scissors on neck				x	From forward seat on neck, vaulter lies back for support and scissors legs, rotating body to sit facing reverse on neck
Reverse scissors on neck			x		From forward seat on neck, vaulter performs reverse scissors movement (not laid back) to finish sitting reverse on neck
Scissors on croup		x			From reverse seat, hands are on croup, vaulter swings legs up and back to near vertical handstand position with arms extended, performs scissors movement, and finishes in forward seat position on back
Reverse half flag on neck to forward seat/kneel on back, supported				x	From reverse half flag on neck, vaulter swings leg around and rotates body to forward seat or forward kneel on back; weight is supported by both arms throughout. Raised leg should be horizontal or higher throughout the movement phase
Reverse half flag on neck to forward/sideways flag, supported by both arms and changing supporting leg				x	From reverse half flag on neck, vaulter swings leg around and rotates body to forward or sideways flag on back, changing the supporting leg. Weight is supported by both arms throughout. Raised leg should be horizontal or higher throughout the movement phase
Reverse half flag on neck to forward/sideways flag, supported by both arms but NOT changing the supporting leg			x		From reverse half flag on neck, vaulter swings leg around and rotates body to forward or sideways flag on back without changing the supporting leg. Weight is supported by both arms throughout exercise. Raised leg must be horizontal or higher throughout the movement phase
Forward flag to reverse flag on neck, changing the supporting leg				x	From forward flag on back, vaulter swings leg around and rotates body to reverse flag on neck, changing the supporting leg. Weight is supported by both arms. Raised leg should be horizontal or higher throughout the movement phase
Forward flag to reverse flag on neck, without changing the supporting leg			x		From forward flag on back, vaulter swings leg around and rotates body to reverse flag on neck without changing the supporting leg. Weight is supported by both arms. Raised leg must be horizontal or higher throughout movement phase

EXERCISE/DESCRIPTION	R	D	м	E	COMMENTS
Squat from support in/out to side seat				x	From support (press) on inside/outside, vaulter rotates to side seat position, facing inside/outside on back
Squat from support in/out to support with 90 degree angle		x			From support inside/outside, vaulter raises legs to held support with legs at 90 degree angle from torso
Flag/Arabesque leg changes				x	From flag or arabesque on back, legs are changed in rhythm with the horse's movement, alternating raised leg to supporting leg. Movement should be above horizontal line
Swing to shoulder stand from seat/flag/arabesque (any direction)			x		From seat, flag or arabesque position (any direction), vaulter swings legs up into a shoulder stand
Forward prince to stand				x	From forward prince position, vaulter rises to stand. Hands may not touch horse or grips
Prince (any direction except forward) to stand (any direction)			x		From prince position (any direction besides facing forward), vaulter rises to stand (facing any direction). Hands may not touch horse or grips
Supported swing with half turn from seat to reverse seat and vice vesa			x		From forward seat on back, vaulter swings legs back and up and turns in air to land in reverse seat on neck and vice-versa
Supported swing (through handstand) with half turn from seat to seat, changing position		x			From forward seat on back, vaulter swings legs back and up to near vertical handstand position turning in air to land in reverse seat on neck and vice-versa
Rotation movement on back, changing directions			x		From lying on their back, vaulter changes position on horse by scissoring legs and pivoting around to effect movement and change in direction
Hop from knees to feet facing forward				x	From forward kneel, vaulter hops to feet and upright position. Hands may not touch horse or grips
Hop from knees to feet facing reverse or sideways			x		From reverse or sideways kneel, vaulter hops to feet and upright position. Hands may not touch horse or grips
Hop from forward kneel with turn to reverse stand/vice versa		x			From forward or reverse kneel, vaulter hops to feet, changing direction by 180 degrees to standing in opposite direction. Hands may not touch horse or grips
Hop from stand to stand with quarter turn			x		From stand facing any direction, vaulter hops to another stand, changing direction by 90 degrees. COG rises less than 1 foot (Example: side stand to reverse stand)

EXERCISE/DESCRIPTION	R	D	M	E	COMMENTS
Hop from stand to stand with half turn		x			From stand facing any direction, vaulter hops to change direction by 180 degrees to stand in opposite direction. COG rises less than 1 foot (Example: outside side stand to inside side stand; reverse stand to forward stand)
Jump from stand to stand with 360 degree turn (full turn)	x				From stand facing any direction, vaulter jumps and performs a 360 degree turn to stand facing in the same direction. COG must rise at least 1 foot
Arcade backward/forward from back to neck or neck to back		x			Handstand walk-over from neck to backbend on back (Arcade) or from backbend on horse's back with reverse walkover to neck
Arcade as above, backbend position held, returning to starting position	x	xx			Arcade from neck to back; backbend held and then arcade back to neck. NOTE : Series of three D exercises performed in <u>immediate</u> succession without interruption become 1 R and 2 Ds (FEI Guidelines for Judges)
Stand split kick up		x			From stand position (any direction) vaulter kicks one leg up with foot above head level and then returns foot to horse's back
Cartwheel on horse (any direction)		x			From any position on the horse, vaulter performs a cartwheel with arms and legs stretched. Vaulter's center of gravity moves vertically over the supporting hands; legs move fluently and separately and vaulter lands softly on the sole of one foot; other foot may land in any position
Chest cartwheel			x		From kneeling position on neck, vaulter rotates around their sagital axis through a side split shoulder hang to landing on knees or in a supported press on back, facing forward
Handstand chest roll		x			From sideways handstand, vaulter bends arms and rolls down onto chest, then torso, then front of hips into sideways press on inside or outside of horse
Jump handstand chest roll	x				From standing position, vaulter jumps up and into handstand position and then rolls down onto chest, then torso, then front of hips into sideways press on inside or outside of horse. COG must raise at least 1 foot during jump
Back handspring on the horse	x				From forward stand on neck or back, vaulter performs free turn backwards around lateral axis, where hands make contact with the horse only after a turn of 180 degrees and continues rotation another 180 degrees to landing softly in any position on the horse's back (handspring on horse)

EXERCISE/DESCRIPTION	R	D	м	E	COMMENTS
Tuck Jump: COG rises at least 1 foot		x			From forward stand, vaulter jumps up and lifts knees into tuck position at a 90 degree angle, landing softly on feet only. COG must rise at least 1 foot
Tuck Jump (hop): COG rises less than 1 foot			x		From forward stand, vaulter jumps up and lifts knees into tuck position at 90 degree angle, landing softly on feet only. COG rises less than 1 foot
Kick Jump: COG rises at least 1 foot			x		From forward stand, vaulter jumps up and bends knees with feet together and lifted backward towards buttocks, landing softly on feet only. COG must rise at least 1 foot
Kick Jump (hop): COG rises less than 1 foot				x	From forward stand, vaulter jumps up and bends knees with feet together and lifted backward towards buttocks, landing softly on feet only. COG rises less than 1 foot
Jump frontways: COG rises at least 1 foot (all jumps other than tuck and kick jumps)	x				From forward stand, vaulter jumps up and stretches legs in any position other than tuck or kick, as described above (Example: split or stag jump) Landing must be soft and on feet only. COG must rise at least 1 foot
Jump frontways: COG rises less than 1 foot (all jumps other than tuck and kick jumps)		x			From forward stand, vaulter jumps up and stretches legs in any position other than tuck or kick, as described above (Example: split or stag jump) Landing must be soft and on feet only. COG rises less than 1 foot
Jumps: Two in a row, landing on feet only: COG rises at least 1 foot. (All jumps other than kick jumps)	xx				Two different jumps (Example: split jump and then stag jump) <u>immediately</u> following one another with no strides in between, landing softly on feet only. COG of <u>both</u> jumps must rise at least 1 foot. (No kick jumps)
Reverse jump: COG rises at least 1 foot	x				From reverse stand, any jump; landing softly on feet only. COG must rise at least 1 foot
Sideways jump: COG rises at least 1 foot	x				From sideways stand, any jump; landing softly on feet only. COG must rise at least 1 foot
Jump changing direction: COG rises at least 1 foot	x				Jump which changes direction, landing softly on feet only (Example: from reverse stand to side stand or forward stand to reverse stand); COG must rise at least 1 foot

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SITTING EXERCISES

Taylor seat forward free/reverse holding Sitting cross-legged on back facing forward, free or holding. If sitting reverse, holding

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EXERCISE/DESCRIPTION	R	D	M	E	COMMENTS
Taylor seat reverse, free			x		Sitting cross-legged on horse's back reverse, with hands free
Straddle seat forward, one hand holding				x	Sitting forward with one leg crossed on horse's back or over grips with other leg extended up and held by one hand; other hand holding grip
Straddle seat forward free/reverse, holding			x		Sitting forward with one leg crossed on horse's back or over grips with other leg extended up and held by one hand; other hand free. <u>If reverse</u> : Sitting with one leg crossed over back with other leg extended up and held by one hand; other hand holding grip
Straddle seat reverse, free		x			Sitting reverse with one leg crossed over horse's back and other leg extended up and held by one hand; other hand free
Splits, holding			x		Splits (all directions). Vaulter sitting with legs near 180 degrees; held with both hands
Splits, one hand holding		x			Splits (all directions). Vaulter sitting with legs near 180 degrees; holding grip with one hand
Splits, free	x				Splits (all directions). Vaulter sitting with legs near 180 degrees; both hands free
Side seat on neck/back				x	Sitting sideways on neck or on back with legs together, facing inside or outside; hands free or holding
Reverse seat on neck/back				x	Sitting reverse astride on neck or back, hands free or holding
HANGING EXERCISES					
All hanging exercises (except shoulder hangs) using surcingle				x	Hanging on inside or outside of horse, holding onto grips with one or both hands; center of gravity below hands or supporting leg
Shoulder hang in all positions, both hands holding			x		Vaulter's body and legs are in upside down vertical position; shoulder axis is below the holding point and weight is supported by upper limbs; both hands holding
Shoulder hang in all positions, one hand holding		x			Vaulter's body and legs are in upside down vertical position; shoulder axis is below the holding point and weight is supported by upper limbs; holding with one hand
Shoulder stands - (See under Standing Exercises)					

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EXERCISE/DESCRIPTION	R	D	м	E	COMMENTS
KNEELING EXERCISES					
Forward kneel				x	Body weight is supported by both lower legs from knees to top of feet; body is upright facing forward; hands free or holding
Reverse/sideways kneel on back, free			x		Body weight is supported by both lower legs; body is upright facing reverse or sideways; hands and feet free
Reverse/sideways kneel on back, supported				x	Body weight is supported by both lower legs; body is upright, facing reverse or sideways; hands free; one foot in grip
Sideways kneel on neck, free	x				Body weight is supported by both lower legs; body is upright, facing sideways on neck; hands and feet free
Sideways kneel on neck, supported		x			Body weight is supported by both lower legs; body is upright, facing sideways on neck; hands free; one foot in grip
Forward prince on back				x	Vaulter on one knee (lower leg from knee to top of foot), other leg is bent at 90 degree angle with foot on back; body in upright position facing forward
Reverse prince on back, free			x		Vaulter on one knee (lower leg from knee to top of foot) with foot free of grip, other leg is bent at 90 degree angle with foot on back; body is in upright position facing reverse; hands free
Reverse prince on back, supported				x	Vaulter on one knee (lower leg from knee to top of foot) with foot in grip, other leg bent at 90 degree angle with foot on back; body is in upright position facing reverse; hands free
Sideways prince on back, free		x			Vaulter on one knee with foot free of grip, other leg is bent at 90 degree angle with foot on back; body is in upright position facing inside or outside; hands free
Sideways prince on back, supported			x		Vaulter on one knee with foot in grip, other leg bent at 90 degree angle with foot on back; body is in upright position facing inside or outside; hands free
Forward/sideways prince on neck, free	x				Vaulter on one knee on neck with foot free of grip, other leg bent at 90 degree angle with foot on neck; body is in upright position facing inside, outside or forward; hands free

EXERCISE/DESCRIPTION	R	D	М	E	COMMENTS
Forward/sideways prince on neck, supported		x			Vaulter on one knee on neck with foot in grip, other leg bent at 90 degree angle with foot on neck; body is in upright position facing inside, outside or forward; hands free
Forward kneel on back on one knee with other leg stretched down				x	Vaulter on one knee (weight supported on lower leg from knee to top of foot) on horse's back with other leg stretched down alongside horse for support, facing forward
Reverse/sideways kneel on back on one knee with other leg stretched down, free			x		Vaulter on one knee (weight supported on lower leg from knee to top of foot) on horse's back with foot free; other leg is stretched down alongside of horse for support; body is in upright position facing reverse or sideways; hands free
Reverse kneel on neck on one knee with other leg stretched down, free			x		Vaulter on one knee on horse's neck with other leg stretched down alongside horse for support (not in loop); body is in upright position facing reverse; hands free
Reverse kneel on neck on one knee with other leg in loop, free or holding				x	Vaulter on one knee on horse's neck with other leg stretched down in cossack loop; facing reverse; hands free or holding
Forward/reverse/sideways kneel on one knee with other leg stretched or straddled up or out to the side, one hand holding			x		Vaulter on one knee on horse's back with other leg stretched or straddled up and out to vaulter's side; body is in upright position facing any direction; one hand holding grip
Sideways kneel on one leg with other leg stretched out on neck facing inside/outside, free		x			Vaulter on one knee on horse's back with other leg stretched out onto horse's neck; body is in upright position facing inside or outside; hands free ("Special K")
Sideways kneel on one leg with other leg stretched out on back facing inside/outside, free			x		Vaulter on one knee on horse's back with other leg stretched out onto horse's croup; body is in upright position facing inside or outside; hands free
Sideways kneel on one leg with other leg stretched out on back facing inside/outside, one hand holding				x	Vaulter on one knee on horse's back with other leg stretched out onto horse's croup; body is in upright position facing inside or outside; one hand holding grip

EXERCISE/DESCRIPTION	R	D	М	E	COMMENTS
Forward/reverse/sideways kneel on one knee, other leg and hands free	x				Vaulter on one knee on horse's back, foot free, with other leg stretched up; body is in upright position facing any direction; both hands free or with one hand holding raised leg or foot
LYING EXERCISES					
Lying along horse's back, both hands holding				x	Lying along horse's longitudinal axis (not across) facing up or down; both hands holding
Lying along horse's back, one hand holding			x		Lying along horse's longitudinal axis facing up or down; one hand holding
Lying sideways up/down/on side across back, both hands holding				x	Lying across horse, vaulter's head toward inside or outside of circle; lying on back, stomach or side; body should be horizontal; both hands holding
Lying sideways up/down/on side across back, one hand holding			x		Lying across horse, vaulter's head towards inside or outside of circle; lying on back, stomach or side; body must be horizontal with arc tension; one hand holding
Lying sideways up/down/on side across back, hands free		x			Lying across horse, vaulter's head towards inside or outside of circle; lying on back, stomach or side; body must be horizontal with arc tension, both hands free
Candle on back				x	Lying along horse's longitudinal axis, vaulter lying on their back with both legs up at 90 degree angle; holding grips
Lying on shoulder blade, one foot supported, one leg and one arm free			x		Vaulter lying on their shoulder blade with one foot in grip; holding grip with one hand; other leg and arm are up (free)
STANDING EXERCISES (SHOUL	DER,	NECK,	HAN	DS, FE	ET)
Shoulder stand on back			x		Vaulter is in shoulder stand on horse's back with their back facing towards croup. Support is on vaulter's shoulder only. Torso and legs are stretched up vertically; holding grips with both hands
Shoulder stand on back, one hand holding		x			Vaulter is in shoulder stand on horse's back with their back facing towards croup. Support is on vaulter's shoulder only. Torso and legs are stretched up vertically; holding grip with one hand only

EXERCISE/DESCRIPTION	R	D	М	E	COMMENTS
Shoulder stand on neck		x			Vaulter is in shoulder stand on horse's neck with their back facing towards horse's head. Support is on vaulter's shoulder only. Torso and legs are stretched up vertically; holding grips with both hands
Shoulder stand on neck, one hand holding	x				Vaulter is in shoulder stand on horse's neck with their back facing towards horse's head. Support is on vaulter's shoulder only. Torso and legs are stretched up vertically; holding grip with one hand only
Neck stand on back		x			Vaulter is in neck stand on horse's back. Support area is the back of vaulter's neck. Torso and legs are stretched up vertically; supported by one or both hands or arms
Neck stand on neck	x				Vaulter is in neck stand on horse's neck. Support area is the back of vaulter's neck. Torso and legs are stretched up vertically; supported by one or both hands or arms
Handstand in grips		x			Vaulter in handstand position facing forward or reverse; hands through the grips for support
Handstand on top of grips or on back	x				Vaulter in handstand position facing any direction; hands on top of grips or on top of horse's back
Stand in cossack loops				x	Vaulter standing forward or reverse with both feet in the cossack loops; hands free or holding
Sideways stand in loop, one leg extended on back, free or holding				x	Vaulter standing with one foot in cossack loop and other leg extended on back; facing inside or outside; hands free or holding
Sideways stand in loop, one leg bent with foot on back, free or holding				x	Vaulter standing with one foot in cossack loop and other leg bent with foot on back; facing inside or outside; hands free or holding
Sideways stand/reverse stand on back (Technical Test Exercise)		x			Vaulter standing sideways facing inside, outside or reverse, feet free. (See FEI Technical Test exercises for more)
Sideways stand, one foot in grip			x		Vaulter standing sideways facing inside or outside on back; one foot in grip
Reverse stand on neck, one foot in grip			x		Vaulter standing reverse on neck with one foot on neck and other foot in grip
Reverse stand on neck, feet free		x			Vaulter standing reverse on neck; both feet on neck (not in grips)

EXERCISE/DESCRIPTION	R	D	M	E	COMMENTS
Reverse stand on surcingle, one foot in grip, one foot on back			x		Vaulter standing reverse on surcingle with one foot in grip and other foot on back (pad)
Reverse stand on surcingle, both feet in grips			x		Vaulter standing reverse on surcingle; both feet in grips
Forward stand on surcingle, both feet in grips				x	Vaulter standing forward on surcingle; both feet in grips
Forward stand one foot on back, one foot on top of surcingle			x		Vaulter standing forward with one foot on back and other foot on top of surcingle
Forward stand one foot on back, one foot in grip				x	Vaulter standing forward with one foot on back and other foot in grip
Forward stand one foot on top of surcingle, one foot on neck		x			Vaulter standing forward with one foot on top of surcingle and other foot on neck
Forward stand on croup		x			Vaulter standing forward with both feet on croup (not on pad)
Sideways/reverse stand on croup	x				Vaulting standing sideways or reverse with both feet on croup (not on pad)
Sideways stand, non weight- bearing leg extended on croup		x			Vaulter standing facing sideways inside or out with one leg extended and lightly touching croup. (The majority of vaulter's weight is on the leg closest to surcingle)
Forward/reverse cross legged stand, feet in grips			x		Vaulter standing facing forward or reverse with legs crossed, both feet in grips
Cross legged stand on back, facing any direction, feet free		x			Vaulter standing with legs crossed, facing any direction; both feet free (not in grips)
One legged stand on back, raised leg in any position	x				Vaulter standing on one leg, facing any direction; other leg free
All one legged stands in grips		x			Vaulter standing on one leg with foot in grip, facing any direction; other leg raised horizontal or higher
SUPPORTED EXERCISES			1		1
Support on back, facing horse				x	Hands on back or grips, completely supporting weight; vaulter's body on inside or outside facing horse

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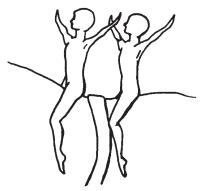
EXERCISE/DESCRIPTION	R	D	м	E	COMMENTS
Straddle split support, facing inside/outside		x			Hands on back completely supporting weight; vaulter's legs are in split position, facing inside or outside
Ninety degree sit support facing inside/outside		x			Hands on back completely supporting weight; vaulter's legs held at a 90 degree angle, facing inside or outside
Forward/reverse straddle split support on the grips		x			Hands on grips completely supporting weight; vaulter's legs in a straddle split, facing forward or reverse
Forward pushup (Wheelbarrow)				x	Hands on grips, legs on croup; body in horizontal line (not broken at the waist); facing up or down
Forward pushup supported with one leg			x		Hands on grips, supported with one leg on croup; other leg raised up; body in horizontal line (angle between upper body and supporting leg is 180 degrees); facing up or down
Forward pushup facing up, supported by one leg; other leg at 90 degree angle (Technical Test exercise)		x			Hands on top of grips; one leg on croup with other leg raised at a right angle (90 degrees) to vaulter's body. Vaulter's body from head to supporting leg forms a straight line (180 degrees); facing up (See FEI Technical Test exercises for more)
Forward pushup facing up, supported by one leg; other leg at 90 degree angle; supported with one arm only	x				One hand on top of grip, one hand free; one leg on croup; other leg is raised at a right angle (90 degrees) to vaulter's body. Vaulter's body from head to supporting leg forms a straight line (180 degrees); facing up
Forward pushup facing up or down, supported by one arm only and both legs		x			One hand on grip, one hand free; both legs on croup; vaulter's body from head to supporting legs forms a straight line (180 degrees); facing up or down
Yoga press, free	x				Hands on top of grips or back, entirely supporting weight of vaulter; legs free in any position; facing any direction
Yoga press in grips		x			Hands through grips, entirely supporting weight of vaulter; legs free in any position; facing any direction
BENCH EXERCISES, FLAGS & A	RABES	QUES	1	ku ana an	,
Forward bench up on croup				x	Torso facing up in box position, hands on grips; both feet on croup; (hands and feet are the only support points)
Forward bench up on croup, one leg free			x		Torso facing up in box position, hands on grips; one leg is on croup with other leg stretched up (hands and one foot are the only support points)

EXERCISE/DESCRIPTION	R	D	М	E	COMMENTS
Forward bench up on croup, supported by one arm and one leg		x			Torso facing up in box position; one hand on grip, one foot on croup, other leg and hand are free (one hand and foot are the only support points)
Reverse bench up on neck			x		Torso facing up in box position, hands on grips; one foot on neck, other leg stretched up (hands and one foot are the only support points)
Reverse bench up on neck, supported by one arm and one leg	x				Torso facing up in box position, one hand on grip, one foot on neck; other leg and hand are free; (one hand and foot are the only support points)
Bielman flag on back, all directions		x			In flag position with one hand on grip, other hand holding raised leg up and stretched over the vaulter's shoulders with elbow of hand holding leg pointing forward; leg must be stretched up above head level
Bielman flag in cossack loops, all directions			x		One foot standing in cossack loop; one hand on grip and the other hand holding raised leg up and stretched over vaulter's shoulders with elbow of hand holding leg pointing forward; leg must be stretched up above head level
Reverse half flag on neck				x	Vaulter facing reverse on horse's neck supported by one lower leg on neck with other leg extended into flag position; both hands on grips
Reverse half flag on back				x	Vaulter facing reverse on horse's back supported by one lower leg (from knee to top of foot), foot free or in grip; other leg extended into flag position; both hands on back
Reverse flag on neck			x		Vaulter facing reverse on horse's neck supported by one lower leg on neck with other leg extended into flag position; one hand on grip, other hand stretched into flag position
Reverse flag on back			x		Vaulter facing reverse on back supported by one lower leg (from knee to top of foot) on back (foot free or in grip); other leg extended into flag position; one hand on back on croup; other hand extended into flag position
Sideways half flag on back				x	Vaulter facing inside or outside supported by one knee on back; other leg extended out into flag position; both hands on horse or grip
Sideways flag on back			x		Vaulter facing inside or outside supported by one knee on back; other leg extended out into flag position; one hand on horse or grip with other hand extended into flag position

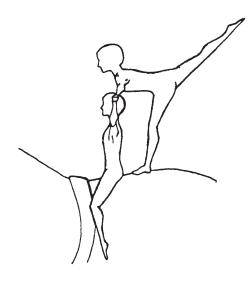
EXERCISE/DESCRIPTION	R	D	М	E	COMMENTS
Arabesque in the loop all directions, both hands holding				x	Vaulter standing with one foot in cossack loop facing any direction, other leg is stretched up and back; both hands on grips; body should be horizontal or above
Arabesque in the loop all directions, one hand holding			x		Vaulter standing with one foot in cossack loop facing any direction, other leg stretched up and back; one hand on grip; other hand free; body should be horizontal or above
Arabesque in the loop all directions, free		x			Vaulter standing with one foot in cossack loop facing any direction, other leg stretched up and back; both hands free; body should be horizontal or above
Forward arabesque on croup			x		Vaulter facing forward with one foot on croup, other leg stretched up and back; both hands on pad; chest and supporting leg separated by more than 1 foot
Reverse arabesque on croup			x		Vaulter facing reverse with one foot in grip or on surcingle, other leg extended up and back; both hands on croup or pad; chest and supporting leg separated by more than 1 foot
Standing taylor in loop, one hand holding			x		Vaulter standing upright facing any direction with one foot in cossack loop, other foot stretched up over head in split position; one hand holding grip, other hand parallel to or holding raised leg
Standing taylor in loop, free		x			Vaulter standing upright facing forward or reverse with one foot in cossack loop, other foot stretched up over head in split position; both hands free
Stand split in loop all directions, holding				x	Vaulter standing with one foot in cossack loop facing any direction, other leg stretched up in split position; head down; holding grips with both hands. Angle of elevated foot to upper body close to 180 degrees; chest and supporting leg separated by less than 1 foot
Forward arabesque on back, both hands holding				x	Vaulter standing facing forward with one foot on back, other leg stretched up and back; holding grips with both hands; chest and knee of supporting leg separated by 1 foot or more
Forward arabesque on back, one hand holding			x		Vaulter standing facing forward with one foot on back, other leg stretched up and back; holding grip with one hand only; chest and knee of supporting leg separated by 1 foot or more
Reverse arabesque on back, both hands on horse's back (or pad)			x		Vaulter standing facing reverse with one foot in grip, other leg stretched up and back; both hands on back or pad; supporting leg and hands separated by 1 foot or more

EXERCISE/DESCRIPTION	R	D	М	E	COMMENTS
Reverse arabesque on back, one hand holding		x			Vaulter standing reverse with one foot in grip, other leg stretched up and back; one hand on back or pad, other hand free; supporting leg and hand separated by 1 foot or more
Arabesque on back, any direction, free	x				Vaulter standing facing any direction with one foot on back, other leg extended up and back to horizontal position or above; both hands free; head and upper body on same level as stretched leg
Bielman Arabesque on back, any direction, free	x				Vaulter standing facing any direction with one foot on back, other leg stretched back and up over vaulter's head/shoulders (above head level), with foot/leg held by one or both hands
Stand Split forward on back/reverse on neck, both hands holding			x		Vaulter standing on back facing forward or on neck facing reverse on one foot, other leg stretched up in split position (180 degrees); head down and close to knee; both hands holding grips; chest and supporting leg separated by less than 1 foot (Needle)
Stand Split sideways (Technical Test exercise)		x			Vaulter standing facing sideways on one foot <u>close to</u> <u>horse's centerline</u> , other leg stretched up in split position (180 degrees); head down and close to knee; one hand holding grip, other hand <u>flat</u> on horse's back or pad; chest and down leg separated by less than 1 foot (See FEI Technical Test exercises for more)
Stand Split all directions (also on neck), one hand holding		x			Vaulter standing facing any direction on one foot, other leg stretched up in split position (180 degrees); head down and close to knee; one hand holding; chest and supporting leg separated by less than 1 foot
Stand Split all directions, free	x				Vaulter standing facing any direction on one foot, other leg stretched up in split position (180 degrees); head down and close to knee; both hands free; chest and down leg separated by less than 1 foot

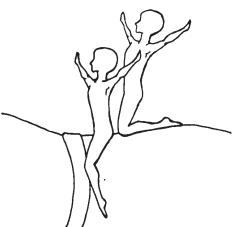
Kur Exercises Doubles Static



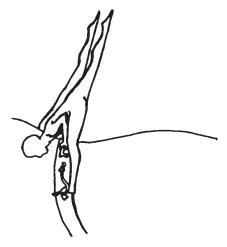
1. Double Basic Seat

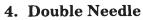


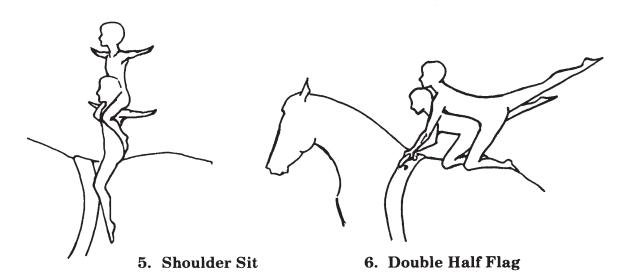
3. Arabesque

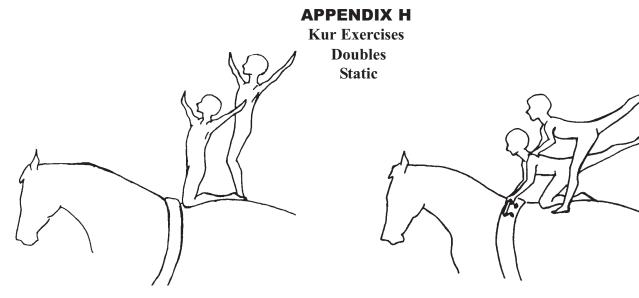


2. Basic Seat and Kneel

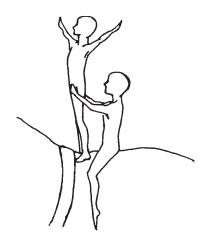








7. Kneel and Stand

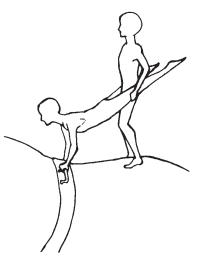


9. Hippodrome Stand

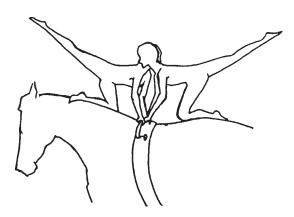


11. Shoulder Flag

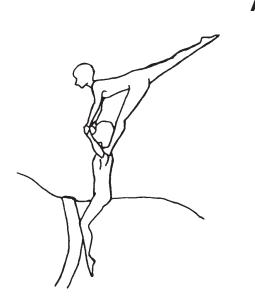
8. Flag and Arabesque

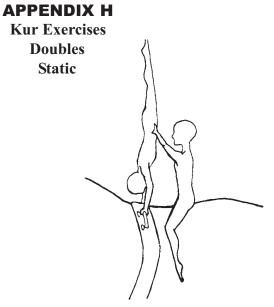


10. Wheelbarrow

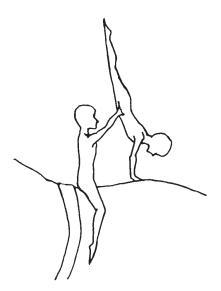


12. Cross Flags





13. Shoulder Arabesque

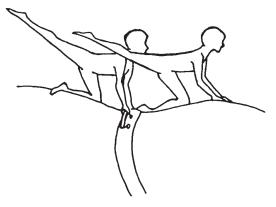


15. Reverse Supported Handstand

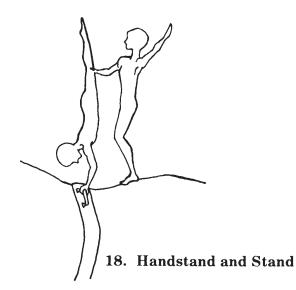


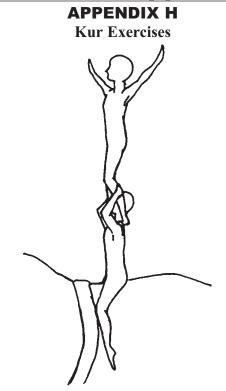
17. Reverse Flag on Flag

14. Supported Handstand



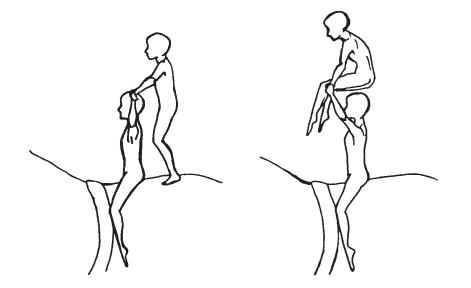
16. Double Reverse Flag



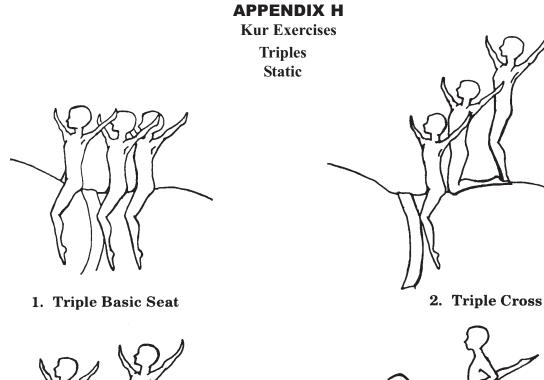


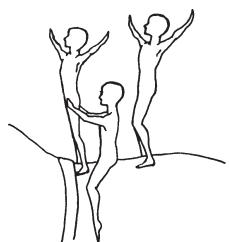
19. Stand on Shoulders

DOUBLES Dynamic

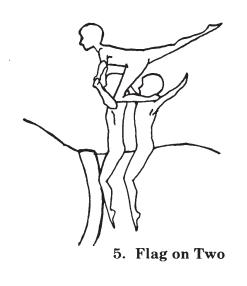


20. Jump-Through

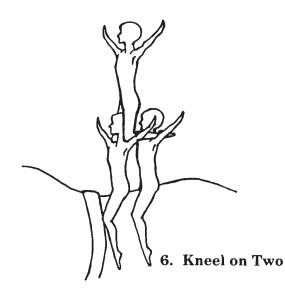




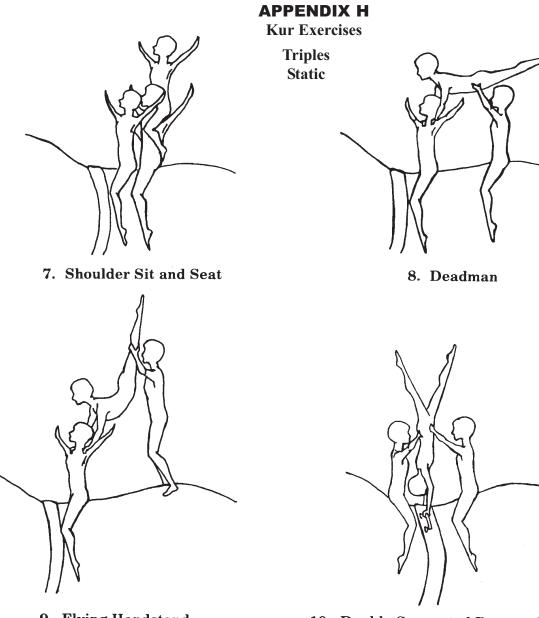
3. Hippodrome Stand and Stand



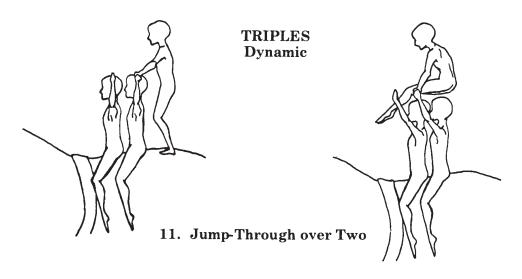
4. Wheelbarrow on Shoulders



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- 9. Flying Handstand
- 10. Double Supported Reverse Handstand



APPENDIX I

Awards (Accomplishment and Competitive) and Games

Awards:

Awards for competitive activities usually spark an enthusiastic response. Here are a few possibilities.

- 1. "Best" of each one of the compulsories on the barrel (best Mill, best Stand, etc.).
- 2. Same on the horse at walk and trot, also canter.

3. Best one minute Freestyle routine on the barrel or horse.

4. Best compulsories (all) on barrel and/or horse as above.

5. Best one minute double Freestyle (Pas de Deux) routine.

6. Longest sustained Flag, Stand, Arabesque, Shoulder-Stand, etc. on the barrel, or the horse at any gait.

Awards for accomplishment of set goals also encourage diligence and keep interest lively. Besides the three mentioned in the text, there are many possibilities.

1. An award for designing and performing a one minute barrel or horse Freestyle routine.

2. An award for mastering specific Freestyle requirements on horse or barrel (e.g., a reverse exer cise, a flag variation, a dynamic Freestyle exercise, a scissors variation, a jump-through, etc.).

3. An award for moving up from walk to trot or from trot to canter.

4. An award for mastering the largest number of Freestyle exercises on the barrel or on the horse at walk, trot, or canter.

Games:

The availability of two vaulting barrels makes many games possible. Two teams, at the sound of the whistle, run to the barrels, vault-on and vault-off. First team to finish wins.

The above expanded to:

- 1. Vault-on, half-flank off
- 2. Vault-on, scissors and half

3. Vault-on, half scissors and half-flank off croup

4. Vault-onto-knees, hop to feet (no hands) and jump off from stand.

- 5. Vault-on to inside and half-flank off to outside.
- 6 Leap-frog on, half-scissors or leap-frog off.

Even with one barrel, games can be invented.

The first member of Team A performs a compulsory exercise. The first member of Team B must perform a variation (e.g., Flag-Reverse Flag, Scissors-Roll up with Scissors, Stand-Knees to Feet, Mill-Rotations). Each successful variation earns one (1) point for Team B; each unsuccessful or nonexistent variation earns one (1) point for Team A.

Team A sends a vaulter to the barrel to perform any Freestyle exercise. Team B sends a vaulter to reproduce the exercise. If Team B cannot successfully repeat the exercise, Team A earns one (1) point; if Team B does reproduce the exercise, then Team B earns one (1) point.