

# Pony Club Association of South Australia

Technical Criteria Document 2016

Patch: Vaulting (it is recommended that this patch be taught/tested via a recognised Vaulting Club)

Candidate Name	Date
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Item	How the Rider must Present	C	NYC	Examiner Notes
<b>Wear pony club uniform</b>	The rider must wear closely fitted clothing which reduces the risk of catching on vaulting equipment.			Encourage the CI to ensure the Rider is satisfactorily turned out before presenting.
	Clean soft shoes (no laces). Ballet type.			Riding boots are not permitted for vaulting and provided stirrups are not used, soft shoes are permitted for this patch.
	The helmet must be of current standard and correctly fitted.			Helmet may not usually be worn by vaulting club members but is compulsory for all pony club members.
	The rider must not be wearing any jewellery (except per the rules).			

Item	What the Rider must demonstrate	C	NYC	Examiner Notes
<b>Preliminary Exercises</b>	Compulsory Movements as noted below- beginning on the training barrel.			Once competent on the training barrel, exercises are to be completed at the walk mounted on a horse.
<b>Assisted mount</b>	Assisted mount to seat astride Toes must be pointed down with a clear line shown through the ear, shoulder, hip and heel.			All mounted movements to be carried out at the Walk (on horse).
<b>Basic Seat</b>	Seat astride with both arms extended to the sides, hands at eye level.			As above
<b>Half Flag</b>	Both hands holding the grips, push up into 'box' position, elbows tucked in, outside leg extended behind.			As above
<b>Plank</b>	Outside leg placed on the horses rump then both Legs extended, hips then pulled up and forward to slide into seat astride.			As above
<b>Kneel</b>	With lower legs and feet lying flat and parallel on the horse, arms extended to the side, at shoulder height			As above
<b>Vault Off</b>	To the inside			As above
<b>Side seat via mill to inside seat</b>	Side seat via mill to inside seat, rear arm stretched out backwards.			As above
<b>Side seat via mill to outside seat</b>	Side seat via mill to outside seat, rear arm stretched out backwards.			As above

<b>Free Kneel</b>	With lower legs and feet lying flat As above and parallel on the horse, arms extended to the sides, hands at eye level.			As above
<b>Dismount to the inside</b>	Mill over to the inside, pushing up onto the grips and away from the horse, releasing the grips and landing with nearly closed legs and continues in the same direction as the horse.			As above
<b>Item</b>	<b>What the Rider must Know</b>	<b>C</b>	<b>NYC</b>	<b>Examiner Notes</b>
<b>What is Vaulting?</b>	Vaulting is gymnastics on horseback performed to music and combines the skills of both gymnastics and horsemanship.			
<b>What type of events can Vaulters compete in?</b>	Individual Pas De Deux Squad of six			
<b>Where did vaulting originate?</b>	Ancient Sport dating back to the Roman period.			
<b>Competition</b>	Vaulting is an International Level sport with World Championships and the World Equestrian Games.			
<b>Participation</b>	Promotes coordination, balance, physical health, self- esteem, team skills, riding posture and seat.			
<b>What is the most important aspect of vaulting?</b>	Harmony with the horse.			

<b>Examined By</b>		<b>Date</b>	
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