

# DRESSAGE RULES AND INFORMATION

## PART D1 GENERAL

### 1.1 DRESS, SADDLERY AND EQUIPMENT

Refer to PCASA General Rules. Part G3 3.4 page 33

### 1.2 SALUTE

All riders, boys and girls, must take the reins in one hand when saluting, drop their right hand by their side, and bow their heads. Boys do not remove their helmet.

### 1.3 TESTS

Dressage tests for One Day Events, SADA Cup and Pony Club Horse and Rider of the Year, and Junior Pony Club Horse and Rider of the Year are selected at the PCASA Annual General Meeting.

### 1.4 NUMBER OF TESTS TO BE RIDDEN

No more than 2 horses per rider per level

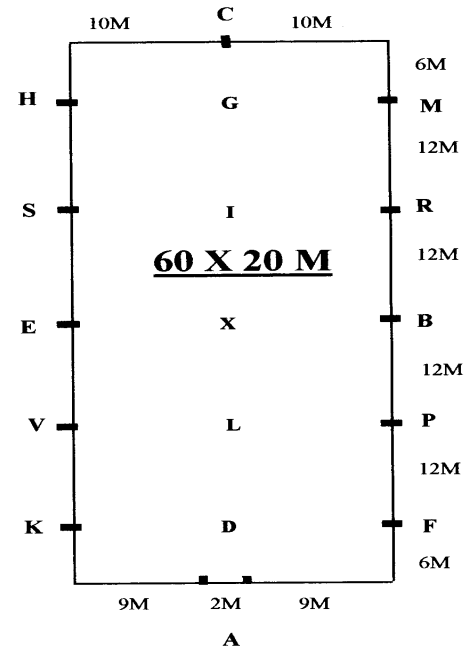
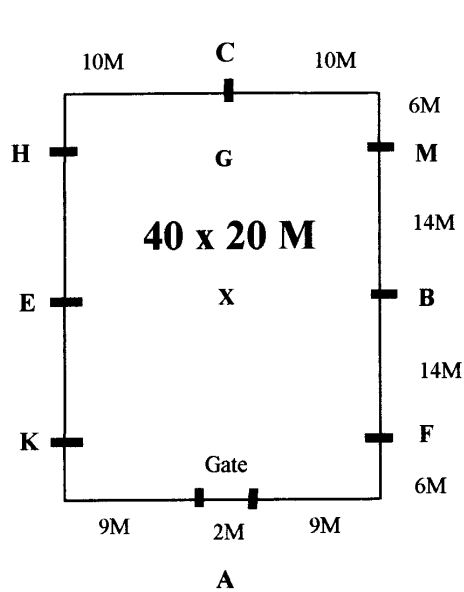
No more than 3 tests per combination per day.

### 1.5 ARENA

The height of dressage arena must be no less than 25 cm at the lowest point and no more than 50 cm at the highest point. Where a number of arenas are constructed adjacent to each other the minimum distance between arenas is to be 10 metres. Spectators are allowed no closer than 15 metres to an arena while a test is in progress.

Where possible, the gate should be closed for eventing dressage tests. If the gate is closed for one rider in the class, it must be closed for all in that class. For all other dressage tests the gate **must** be closed.

### 1.5.1 ARENA PLANS



### 1.5.2 HOW TO SET UP A DRESSAGE ARENA

“A” should be at least 10 m from the gate.

All other letters should be 50 cm from the arena.

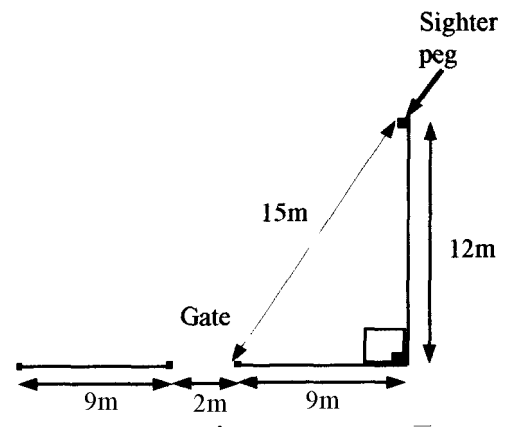
Arenas must be at least 10 m apart.

All letters must be adjacent to a marker on the arenas.

The height of the arena must be no more than 50 cm and not less than 25 cm.

An easy way to square the arena is to use the “3-4-5” rule. Start from the right hand corner at the gate end.

RSVP are only required for Novice and above.



## **PART D2      GUIDELINES FOR THE RIDER AND JUDGE**

**These guidelines must be given to judges prior to start of event.**

### **2.1    GRADES 4 AND 5 & PREPARTORY**

At Grades 4 and 5, particularly the latter, the overall picture should be one of a relaxed, happy combination. The rider is not expected to be totally steady with hands and seat at this stage, but simply to have sufficient balance not to interfere with the horse's movement. It is important not to place too much emphasis on contact, as with a very young rider this will usually lead to resistance resulting in a shortening of the frame and a loss of forward movement. At Grade 5 incorrect diagonals and leading leg should be commented on but not severely marked. At Grade 4 mistakes in these two areas would cause a lowering of the mark.

### **2.2 PRELIMINARY**

At Preliminary the rider is expected to have a sufficient degree of balance so that the hands and legs are becoming steadier. We should now be looking for a **light** but steady contact and smoother application of the aids. Again, it is important that the rider should not be shortening the frame of the pony, as so many riders are heavy with their hands in an effort to "get the pony on the bit". It is far more important to have a pony that will move freely forward into contact than one who is being pulled in at the front and inevitably resisting. By this stage we should be expecting a rider who can use the whole arena more intelligently and therefore ride with more correct flexion, perform smoother transitions at the correct markers etc.

### **2.3    NOVICE**

At Novice the rider should now be a more polished version of the Grade 3 rider. All aspects mentioned should be present; steadiness of legs and seat, firm but not restricting contact, correct flexion, smooth transitions with a minimum of resistance. Overall a balanced active rider and a horse that moves freely forward into contact with flexion and impulsion.

### **2.4    ELEMENTRY**

At Elementary we expect a competent combination. The rider should have a deep, effective seat and sympathetic hands. The horse should move with impulsion and engagement of the hindquarters. There should be correct flexion, good tempo and rhythm at all paces. They should be able to produce good lengthening of the stride at the trot and canter. At this stage it is now expected that the horse will be accepting of contact and therefore be moving freely forward from the hindquarters into the bit, with no resistance to indicate a reliance of the rider on reins and stirrups for support. Therefore, transitions should be executed with precision, the horse moving clearly and smoothly from one pace to the next. Overall the picture should be that of a partnership working in harmony.

## **PART D3 DRESSAGE TESTS**

Dressage tests for each year are available on web page

## **PART D4 DRESSAGE GRADING**

There will be a separate Dressage Card (Light Blue) for riders competing in Official Pony Club dressage competitions.

Grading will be done by club chief instructors. Riders who have an EA grading will be graded that grade.

Riders will be upgraded by percentage gained not placing.

Points	Prep	Prelim	Novice	Elem	Med	Adv
5	70%	70%	65%	62%	60%	60%
4	65 %	65 %	62 %	60 %	58 %	58 %
3	60 %	60 %	59 %	58 %	55 %	55 %
2	55 %	55 %	56 %	56 %	52 %	52%
1	50 %	50 %	50 %	50 %	50%	50%

Levels will be preparatory (walk trot), Preliminary, Novice, Elementary, Medium and Advanced.

Combinations with 0-50 points will be preparatory (Walk and Trot)

Combinations with 51-100 points will be Preliminary

Combinations with 101-150 points will be Novice

Combinations with 151-200 points will be Elementary

Combinations with 201-250 points will be Medium

Combinations with 251 points and over will be Advanced

### **Cards**

Secretaries at dressage events must ensure dressage cards (Light blue) have points added at completion of event.

If points are gained in EA competitions riders may use them but it is not compulsory to do so.

Riders may compete in the grade they are graded and one grade above.

### **NOTE:**

All riders who wish to ride in dressage only at Pony Club dressage events MUST have a dressage card.