

# ANNEX 1

## British Equestrian Vaulting Compulsories for 2005

### General

There will be three Sets of Compulsories at Pre-Novice level, one set at Novice level and one each at Intermediate and Advanced levels. Competition Organisers can choose which set they offer. This must be stated in the schedule. Pre-Novice compulsories will be run on either rein, to be decided by the BEV Competition Secretary on application. The Novice Compulsories will be on the right rein. Intermediate and Advanced will stay on the left rein.

### Compulsory Exercises

For obvious reasons the sketches shown under this Appendix cannot truly reflect the various phases of the various movements but are to be understood as explanatory aids to the written text.

The main essence of all exercises is the liaison with the horse.

In the team competitions there are two sections, in the individual competition there is one section.

All sections starts with a Vault-on to astride. Each exercise should commence immediately following the previous exercise. The different parts of exercises with more than one component should commence immediately upon completion of the previous part. Static exercises are held for four strides.

### Pre-Novice Compulsories

The mount may be in walk or canter and may be assisted. It will not be marked.

#### **Pre-Novice Set A.**

- |   |    |
|---|----|
| 1. Basic position, clapping in rhythm for count of 4 canter strides | 10 |
| 2. Bench (min. 4 canter strides)                                    | 10 |
| 3. Leg over and back to count of four canter strides                | 10 |

**Total 30**

#### **Pre-Novice Set B.**

- |   |    |
|---|----|
| 1. Basic position, arms relaxed by side (min. 4 canter strides) | 10 |
| 2. Bench (min. 4 canter strides)                                | 10 |
| 3. Swing  | 10 |
| 4. Leg over and back in rhythm of four canter strides           | 10 |

**Total 40**

#### **Pre-Novice Set C.**

- |   |    |
|---|----|
| 1. Basic position with hands on hips (min. 4 canter strides)  | 10 |
| 2. Bench (min. 4 canter strides)  | 10 |
| 3. Swing  | 10 |
| 4. Leg over and back with sideways seat, inside and out, one arm on grip, other outstretched towards tail at shoulder height, palm down. Held for 4 canter strides. | 10 |

**Total 40**

### Basic position, clapping in rhythm for count of four

**Mechanics:** The vaulter sits astride, erect and centred immediately behind the surcingle, with legs down and in contact with the horse, forming a straight vertical line through the shoulder, hip and heel. The vaulters shoulders are parallel to the grips. The hands are clapped 4 times in front of the body in rhythm with the canter. Legs are down and the front of the knees, ankles and toes form a straight line facing nearly forward. The position should be held for a minimum of 4 canter strides. Upon completion of the static exercise, the vaulter takes the grips with both hands simultaneously.

**Essence:** Balanced seat, liaison with the horse and posture.

### Basic position, arms relaxed by side

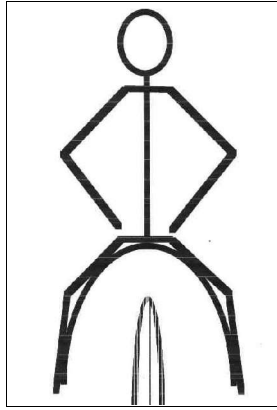
**Mechanics:** As above except the arms hang relaxed by the side of the body. The position should be held for a minimum of 4 canter strides

**Essence:** Balanced seat, liaison with the horse and posture.

### **Basic position with hands on hips**

**Mechanics:** As above except the hands are placed on the hips (fingers to the front of the body). The position should be held for a minimum of 4 canter strides.

**Essence:** Balanced seat, liaison with the horse and posture.



Basic Position Hands on hips

### **Bench**

**Mechanics:** From seat astride the vaulter comes to kneel with both legs simultaneously in bench position landing softly. The weight is equally spread over the lower leg. The lower leg, from knee to toe, remains in contact with the horse's back, lying parallel to the horse's spine. Head remains up facing forward. The hands hold the grips. The shoulders are directly above the grips and the hips and shoulders are parallel to the ground. There is a shallow concave arc in the vaulter body from the shoulders through to the hips. The position should be held for a minimum of 4 canter strides. Upon completion of the static exercise, the vaulter pushes the weight on his arms, then stretches the legs down and slides softly into seat astride.

**Essence:** Balance and Suppleness (Particularly shoulder and hip)

### **Leg over the neck and back in rhythm.**

In the phases of this exercise the vaulter must not abandon his seat position.

**Mechanics:** From seat astride the vaulter makes a rotation on the horse's back in five evenly timed phases. Each leg is stretched and carried over the horse in a high, wide arc (like a semi-circle). The opposite leg remains stationary, down and in contact with the horse. The upper body stays erect, centred, and nearly vertical in each phase. Head and body rotate with each pass of the leg. There are five phases, each performed in a four-stride count.

**Phase 1:** The outside leg is carried over the horse's neck. Each grip is released and retaken in turn as the leg passes. Phase 1 ends with the vaulter sitting in a seat position facing sideways; inside seat at a right angle to the shoulder axis, legs together and in contact with the horse.

**Phase 2:** The forward leg is carried over the horse's neck. Each grip is released and retaken in turn as the leg passes. Phase 2 ends with the vaulter sitting forwards.

**Phase 3:** The inside leg is carried over the neck. Each grip is released and retaken in turn as the leg passes. Phase 3 ends with the vaulter sitting in a seat position facing sideways; outside seat at a right angle to the shoulder axis, legs together and in contact with the horse.

**Phase 4:** The forward leg is carried over the horse's neck. Each grip is released and retaken as the leg passes. Phase 4 ends with the vaulter facing forward in astride position and the beginning of the dismount in the same four-stride count.

**Essence:** Seat, Liaison with the horse, Posture, Suppleness, Scope and Timing.

### **Leg over and back with sideways seats. One hand on grip, other outstretched towards tail at shoulder height, palm down**

In the first four phases of this exercise the vaulter must not abandon his seat position.

#### **Mechanics:**

From seat astride the vaulter makes a rotation on the horse's back in five phases. Each leg is stretched and carried over the horse in a high, wide arc (like a semi-circle). The opposite leg remains stationary, down and in contact with the horse. The upper body stays erect, centred, and nearly vertical in each phase. Head and body rotate with each pass of the leg. There are five phases.

**Phase 1:** The out side leg is carried over the horse's neck. Each grip is released and retaken in turn as the leg passes. Phase 1 ends with the vaulter sitting in a seat position facing sideways; inside seat at a right angle to the shoulder axis, legs together and in contact with the horse. The rearwards arm is extended and stretched outward along the frontal plane with the tip of the fingers at shoulder level, palm down. This position is held for 4 strides. Upon completion of the static exercise, the vaulter re takes the grip with the hand.

**Phase 2:** The forward leg is carried over the horse's neck. Each grip is released and retaken in turn as the leg passes. Phase 2 ends with the vaulter sitting forwards.

**Phase 3:** The inside leg is carried over the neck. Each grip is released and retaken in turn as the leg passes. Phase 3 ends with the vaulter sitting in a seat position facing sideways; outside seat at a right angle to the shoulder axis, legs together and in contact with the horse. The rearwards arm is extended and stretched outward along the frontal plane with the tip of the fingers at shoulder level, palm down. This position is held for 4 strides. Upon completion of the static exercise, the vaulter re-takes the grip with the hand.

**Phase 4:** The forward leg is carried over the horse's neck. Each grip is released and retaken as the leg passes. Phase 4 ends with the vaulter facing forward in astride position and the beginning of the dismount in the same four-stride count.

**Essence:** Balanced seat, liaison with the horse, posture, suppleness, scope and timing

## **Novice Compulsories**

Mount may be assisted

### **Novice**

1. Mount	10
2. Basic seat, Egyptian pot arms (min. 4 canter strides)	10
3. Flare, leg only (min. 4 canter strides)	10
4. Swing	10
5. Free kneel, arms by sides (min. 4 canter strides)	10
6. Mill followed by simple dismount to inside, in rhythm	10

**Total 60**

### **Mount**

**Mechanics:** The vaulter runs along the lunge line to the horse's shoulders. On the way to the horse he begins to canter in rhythm with the horse's forelegs. Before taking the grips, the vaulters shoulders and hips should be parallel to the horse's shoulders with the upper body vertical. After taking the grips, the vaulter jumps forward onto both feet to create energy.

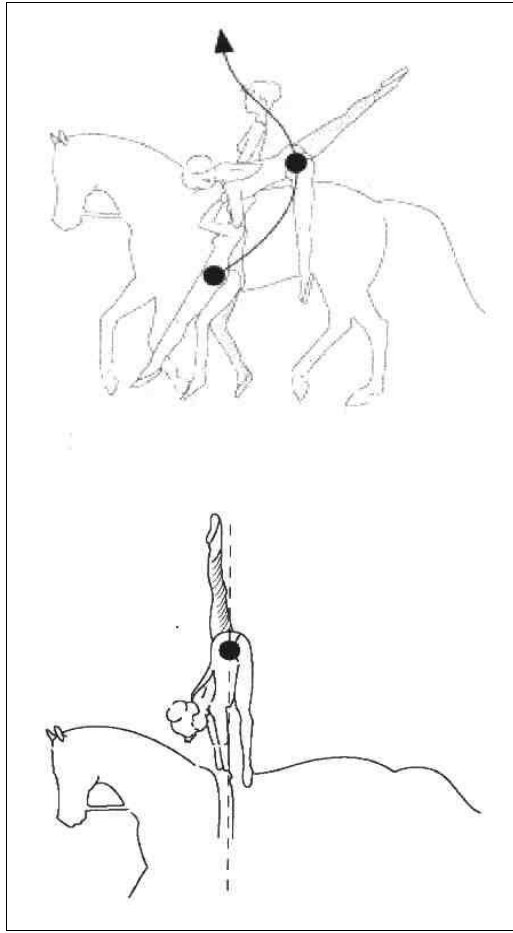
1. Vault-on

The vault-on leads to the front ways seat on the horse. Ideally, it comprises 4 phases:

1. Jump phase
2. Swing phase
3. Stem phase
4. Lowering phase

The right leg is immediately swung up as high as possible, lifting the pelvis higher than the head, while the left leg remains stretched down. When the pelvis is at the highest possible point, the vaulter lowers the stretched right leg and lands softly, erect and centered in seat astride with the upper body vertical.

**Essence:** Harmony with the horse. Height and position of the center of gravity

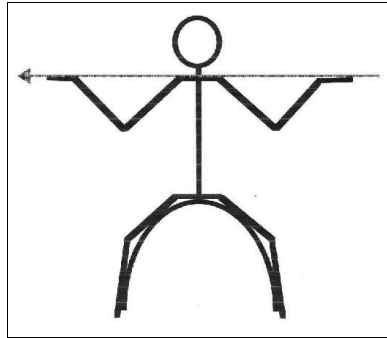


Mount

### **Basic seat, Egyptian pot arms**

**Mechanics:** As for basic position except the arms are extended outward with the elbow bent downwards along the frontal plane with the palm of the hand upwards at shoulder level. The position is held for a minimum of 4 canter strides

**Essence:** Seat, Liaison with the horse and Posture.



**Egyptian pot arms**

### **Flare, leg only**

**Mechanics:** From seat astride the vaulter comes to kneel with both legs simultaneously and diagonally across the horse's back. The weight is equally spread over the lower leg. The lower leg, from knee to toe, remains in permanent contact with the horse's back. Head remains up facing forward. The right leg is raised and stretched to an even horizontal (at least above the vaulter's shoulder and hip, ideally a horizontal from head level to toes). Hands hold the grip. The shoulders are directly above the grips and the hips and shoulders are parallel to the ground. There is an even arc in the vaulter body from the shoulders through the foot. The position is held for a minimum of 4 canter strides. Upon completion of the static exercise, the vaulter simultaneously takes his right leg down, pushes the weight on his arms, then stretches the left leg down and slides softly into seat astride.

**Essence:** Balance and Suppleness (Particularly shoulder and hip)

### **Swing**

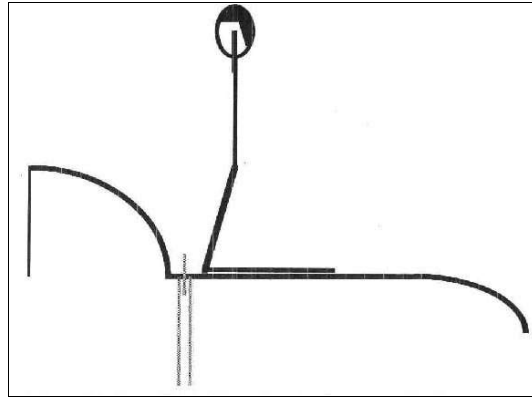
**Mechanics:** From seat astride, the stretched legs are swung upward to reach a handstand position with the arms extended to attain maximum elevation. Without interruption in movement, at the maximum elevation the hips are bent sharply so the lower legs come down to near vertical position, creating a "pike" during which the hips are momentarily over the surcingle. The vaulter slides softly into an erect forward seat position, immediately behind the surcingle, making contact with the horse first with the lower leg.

**Essence:** Height and Position of Centre of Gravity

### **Free kneel arms down**

**Mechanics:** From seat astride, the vaulter comes softly to kneel simultaneously. Head remains up, looking forward. The lower leg & feet remain stationary with the weight evenly distributed over the entire lower leg & feet throughout the exercise. Lower leg & feet are close at hip width. The grips are simultaneously released as the vaulter rises into a high upright position, forming a straight line through the shoulder & hip. The arms hanging relaxed by the side of the body. The position is held for four canter strides. Upon completion of the static exercise the vaulter takes the grips simultaneously with both hands. Head remains up, looking forward, while the vaulter slides smoothly with straight legs into astride position.

**Essence:** Balance and Posture.



Free Kneel

### **Mill**

The mill is an exercise in which the vaulter in no phase may abandon his seat position.

**Mechanics:** From seat astride the vaulter makes a complete rotation on the horse's back in four evenly timed phases. Each leg is stretched and carried over the horse in a high, wide arc (like a semi-circle). The opposite leg remains stationary, down and in contact with the horse. The upper body stays erect, centred, and nearly vertical in each phase. Head and body rotate with each pass of the leg. The Mill has four phases and is performed in a four-stride count.

**Phase 1:** The right leg is carried over the horse's neck. Each grip is released and retaken in turn as the leg passes. Phase 1 ends with the vaulter sitting in a seat position facing sideways; inside seat at a right angle to the shoulder axis, legs together and in contact with the horse.

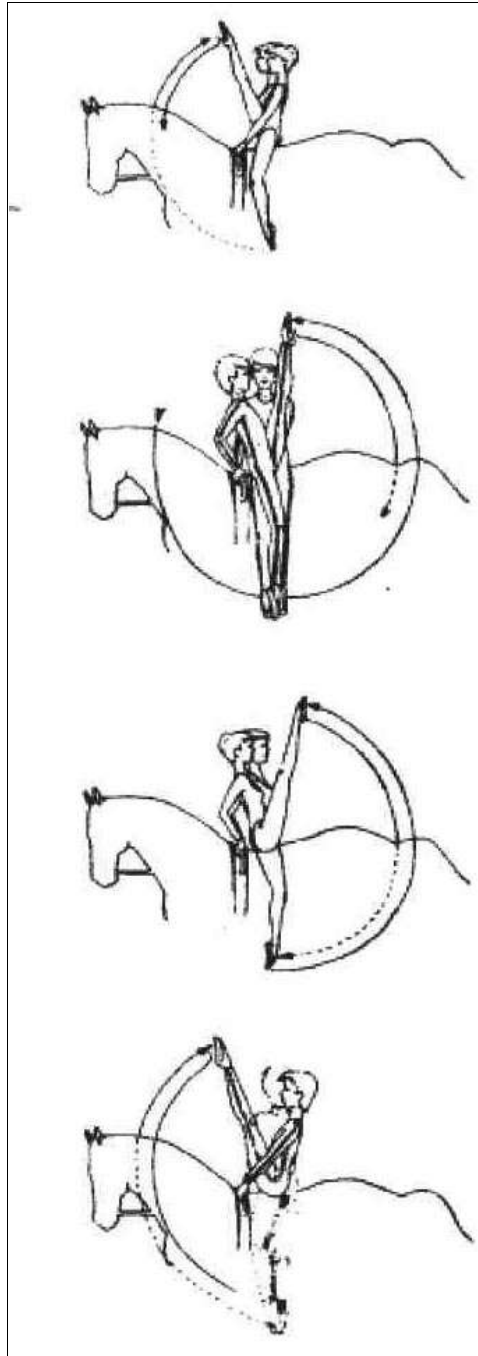
**Phase 2:** The left leg is carried over the horse's croup. Phase 2 ends with the vaulter sitting rearways. The hands change position on the grips.

**Phase 3:** The right leg is carried over the croup. Phase 3 ends with the vaulter sitting in a seat position facing sideways; outside seat at a right angle to the shoulder axis, legs together and in contact with the horse. The hands change position on the grips.

**Phase 4:** The left leg is carried over the horse's neck. Each grip is released and retaken as the leg passes. Phase 4 ends with the vaulter facing forward in astride position and the beginning of the dismount in the same four-stride count.

**Essence:** Seat, Liaison with the horse, Posture, Suppleness, Scope and Timing.

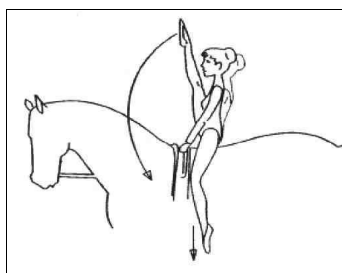
### Mill



### **Simple dismount to inside**

**Mechanics** From seat astride the vaulter leads the stretched out side leg over the horse's neck in a high, wide arc (like a semi-circle). the upper body remains erect and nearly vertical, while the inside leg remains down and in contact with the horse with no change of position. Each grip is released and retaken as the leg passes. When the outside leg is pointing to where the leading foreleg of the horse touches the ground, the inside leg is stretched and brought together with the outside leg. With closed legs and stretched hips the vaulter then pushes slightly upwards as he releases the grips. He lands with nearly closed legs and continues in the same direction as the horse.

**Essence:** Balanced seat, liaison with the horse, posture, suppleness, scope and timing.



## **Requirements for Intermediate Compulsories**

Static exercises will be held for 4 canter strides. No assistance allowed on mount

### **Section 1**

1. Mount	10
2. Basic seat	10
3. ½ Mill	10
4. Swing rear ways legs closed, followed by dismount to inside	10

### **Section 2**

6. Mount, Flare	10
7. Stand	10
8. Swing with open legs	10
9. Dismount, swing with closed legs, to outside	10
<b>Total</b>	<b>80</b>

### **½ Mill**

**Mechanics: Phase 1:** The first leg is carried over the horse's neck. Each grip is released and retaken in turn as the leg passes. Phase 1 end with the vaulter sitting in a seat position facing sideways, inside seat at a right angle to the shoulder axis, legs together and in contact with the horse.

**Phase 2:** The next leg is carried over the horse's croup. Phase 2 ends with the vaulter sitting rearways. The hands change position on the grips.

**Essence:** Seat, Liaison with the horse, Posture, Suppleness, Scope and Timing.

### **Swing rear ways**

**Mechanics:** From seat rear ways the vaulter swings the stretched legs upward closing the legs at the highest point and returns softly to seat rear ways. Dismount to inside: reverse ¼ mill to inside seat facing forward, vaulters releasing the grips, landing with nearly closed legs and continues in the same direction as the horse.

**Essence:** Harmony with the horse. Coordination of the movement and height.

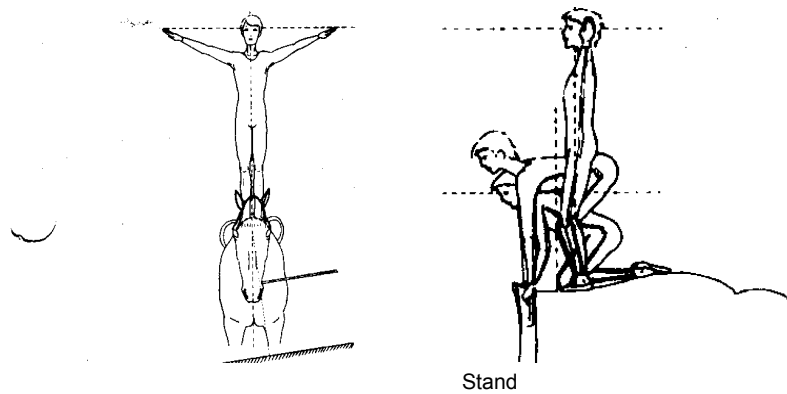
### **Flag/Flare**

**Mechanics:** From seat astride the vaulter comes to kneel with both legs simultaneously and diagonally across the horse's back. The weight is equally spread over the lower leg. The lower leg, from knee to toe, remains in permanent contact with the horse's back. Head remains up facing forward. The right leg and left arm are raised simultaneously and stretched to an even horizontal line (at least above the Vaulters shoulder and hip, ideally a horizontal from fingertip to head level and toes). Right hand holds the grip. The shoulders are directly above the grips and hips and shoulders are parallel to the ground. There is an even arc in the vaulters body from the hand through the foot. Upon completion of the static exercise, the vaulter simultaneously takes his right leg and left arm down, takes the grip, pushes the weight on his arms, then stretches the left leg down and slides softly into seat astride.

**Essence:** Harmony with the horse. Balance and Suppleness (particularly shoulder and hip)

### **Stand**

**Mechanics:** From seat astride, the vaulter comes softly to kneel simultaneously with both legs and immediately hops softly to both feet. Head remains up, looking forward. The feet remain stationary with the weight evenly distributed over the entire sole of the foot throughout the exercise. Feet are close at hip width and point forward. The grips are simultaneously released as the vaulter rises into a high standing position, forming a straight line through the shoulder, hip and heel. Immediately the arms are extended and stretched outward along the frontal plane with the tips of the fingers at eye level. Upon completion of the static exercise the arms are lowered alongside the body and the vaulter takes the grips simultaneously with both hands. Head remains up, looking forward, while the vaulter slides smoothly with straight legs into an astride position.



**Essence:** Harmony with the horse. Balance and Posture

### **Swing front ways**

**Mechanics:** From seat astride the vaulter swings with open stretched legs upward, legs should be shoulder width apart. Return softly to seat astride.

**Essence:** Harmony with the horse. Coordination of the movement and height.

### **Dismount with swing with closed legs, to outside**

**Mechanics:** From seat astride, the vaulter swings to handstand position with closed legs, arms extended to attain maximum elevation. At maximum arm extension, the vaulter pushes against the grips and as a result of shoulder repulsion attains additional elevation and maximum flight, landing to the outside, facing forward, on both feet.

**Essence:** Harmony with the horse. Height and Position of Centre of Gravity.

## **Requirements for Advanced Teams and Individuals**

For Advanced teams there are two sections to the compulsory exercises. Both sections begin with a Vault-on to astride. Each exercise should commence immediately following the previous exercise. The different parts of exercises with more than one component should commence immediately upon completion of the previous part. Static exercises (Basic seat, Flag and Stand) are held for four strides.

In teams the sequence of exercises is, Section 1: Basic seat, Flag/flare and Mill  
Section 2: Scissors, Stand and Flank

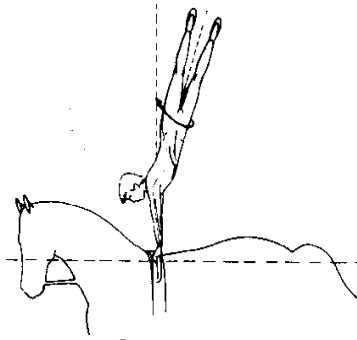
In Individuals the sequence of exercises is Basic seat, Flag/flare, Mill, Scissors, Stand and Flank

### **Scissors**

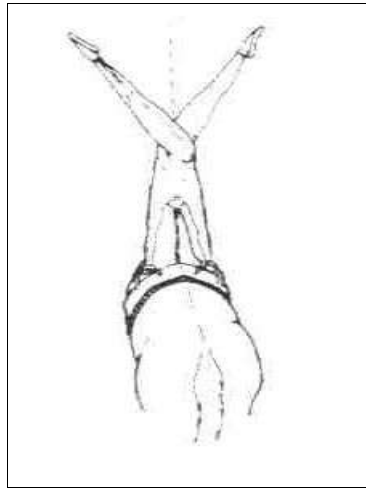
**Mechanics:** The movement of the Scissors is a rotation around the vertical body axis with a simultaneous reciprocal stretched movement of legs. The Scissors has two phases and in both phases the rotation of the body is finished before the vaulter lands softly, erect and centered in seat astride.

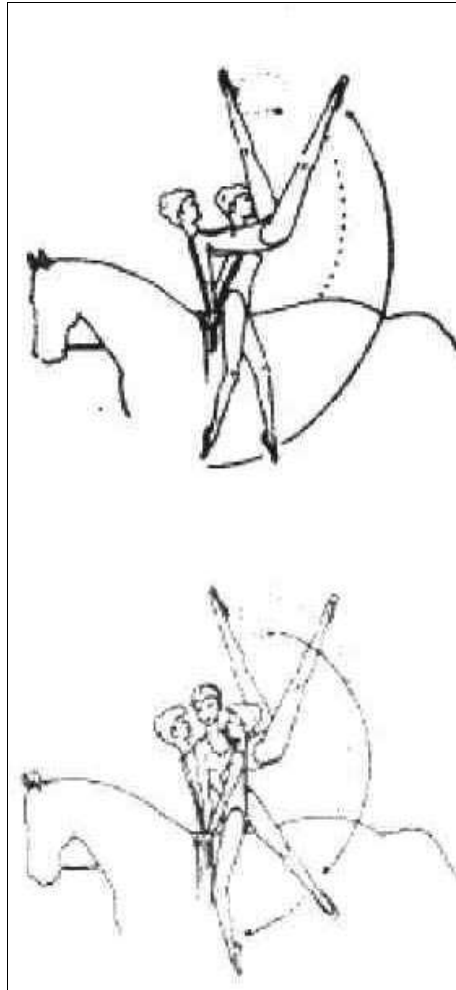
Phase 1: From seat astride, the stretched legs are swung upward to reach nearly a handstand position with the arms extended to attain maximum elevation. Without interruption in this movement, the hips turn to the left by a quarter of a turn so the legs pass closely at an equal distance from the ground at nearly the point of maximum elevation. The first phase is fulfilled by landing softly, erect and centered in seat rear ways.

Phase 2: From seat rear ways, the vaulter swings the stretched legs upward, with the hips and feet reaching the highest possible point at the same time. The arms are extended to attain maximum elevation and the angle between arms and torso is as great as possible. Without interruption in this movement at the hips turn to the right so the legs pass closely and cross at nearly the point of maximum elevation. The vaulters legs describe a high arc with both feet an equal distance from the ground. The second phase is fulfilled by landing softly, erect and centered in seat front ways.



Scissors





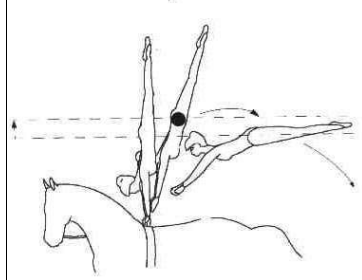
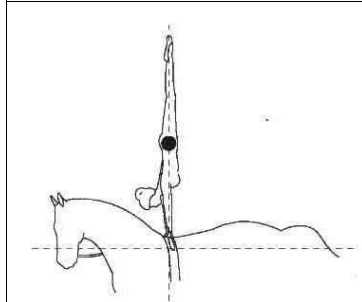
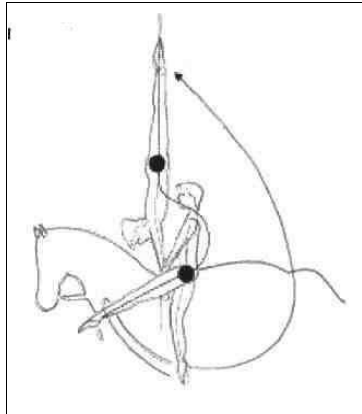
## **Flank**

The Flank is an exercise with two phases.

**Mechanics: Phase 1:** From seat astride, the stretched legs are swung upward to reach a handstand position with the arms extended to attain maximum elevation. Without interruption in movement, at the point of maximum elevation the hips are bent sharply so the legs come down to a near vertical position, creating a "pike" during which the hips are momentarily over the surcingle. The vaulter slides softly into an erect sideways seat inside position, making contact with the horse first with the outside of the lower right leg. Between the two phases of the exercise, the vaulter sits erect in a sideways seat position, immediately behind the surcingle and on both buttocks, with legs closed and in contact with the horse. The head and shoulders face nearly front ways.

**Phase 2:** From the seat sideways, the vaulter swings the stretched, closed legs upward to reach a handstand position with the arms extended to attain maximum elevation. At maximum arm extension, the vaulter pushes against the grips and as a result of shoulder repulsion attains additional elevation and maximum flight, landing to the outside, facing forward, on both feet.

**Essence:** Harmony with the horse. Height and Position of Center of Gravity



Flank Off