

## English Hands and Seat

**Attire:** Coats of any traditional hunting style, breeches or jodhpurs, boots, shirt/blouse with stock tie or choker, and properly fitting helmet. **ASTM/SEI approved helmet with harness securely fastened is mandatory for all Juniors and in classes over fences.**

**Tack:** The type of English saddle is optional but should match the class in which it is used. The saddle pad should be conservative in size and color and provide adequate protection for the horse's back and withers.

**Bits:** Regulation snaffles, Kimberwicks, Pelhams and full bridles, all with cavesson nosebands and plain brow bands are to be used.

**Basic:** Rider should have a workmanlike appearance, seat and hands light and supple, conveying the impression of complete control, should any emergency arise. Hands should be above and in front of horse's withers, knuckles thirty degrees inside the vertical, slightly apart and level, making a straight line from the horse's mouth to the rider's elbow and hands. Method of holding the reins is optional and bight of reins may fall on either side, however, all reins must be picked up at the same time.

Shoulders should be back and head up. Ankles should be flexed in, calf of leg in contact with horse and slightly behind girth. Iron should be on the ball of the foot and must not be tied to the girth.

**Gaits:** At the walk, sitting trot and canter, the body of the rider should be a couple of degrees in front of the vertical. At the posting trot, gallop and when jumping, the body is inclined forward.