

Gymkhana Hands and Seat

Attire May be either English or Western but must match saddle and tack used. Refer to English or Western Hands and Seat. . **ASTM/SEI approved helmet with harness securely fastened is mandatory for all Juniors and in classes over fences.**

Basic The rider's weight shall be distributed over the horse's point of balance. The rider shall appear at ease and in control. The rider shall be in a forward seat position with most of the weight in the stirrups. The rider's weight distribution should be balanced in the stirrups, directly under the rider, near the cinch.

The rider's crotch area should be in the center of the saddle. Balance shall be in the middle of the saddle, with the upper body vertical, yet supple. Shoulders shall be back and the chin shall be level, with the eyes looking straight ahead. In all phases, the rider's body position shall be in accordance with the horse's gait.

Walk Basic position is maintained, with the upper body and hands quiet, and the lower body moving in rhythm with the horse. The horse shall be maintained in an open, brisk walk.

**Jog/
trot** Upper body inclined slightly forward to move over the horse's point of balance; hands move forward, but maintain the straight line. A two point stance or posting is permitted.

Lope Upper body inclined more forward, weight shall remain in the saddle, with upper body canter and hands quiet and the lower body in rhythm with the horse's motion.

Hand Position

Both hands shall be on the reins at all times. Hands should be over and in front of the withers, slightly apart and making a straight line from the horse's mouth to the rider's elbow. Hands shall remain low and quiet. Method of holding the reins is optional, however, the thumb must be on top and pointed toward the horse's head. If split reins are used, the ends of the reins may fall on either side, however, all reins must be picked up at the same time.