

# Pony Club Association of South Australia

## Technical Criteria Document 2010-2011

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>E Exercises</b>	6 compulsory movements (as noted below) using training barrel			Once competent on training barrel exercises to be completed mounted on horse.
<b>E Basic Seat</b>	Vault onto seat astride with both elbows bent and in line with the body, the little finger resting in the crook of hip			All mounted movements to be carried out at the Walk (on horse).
<b>Flag</b>	Outside leg extended, both hands stay on the grips			As above
<b>Mill</b>	4 phases in 4 beat commencing with the outside leg over the neck to inside seat, swing leg back to be at basic seat and then swing leg over to the outside to be sitting sideways to the outside and then back to basic seat			As above
<b>Swing</b>	Swinging up of the legs with the intention to achieve a handstand position and return to 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

Item	What the Rider must Know	C	NYC	Examiner Notes
<b>Vaulting</b>	It is a performance sport which dates back to Roman times. It is a sport which is performed at International level.			
<b>3 Points of Vaulting Safety</b>	<ul style="list-style-type: none"> <li>• Controlled environment</li> <li>• Safety training</li> <li>• Nature of the sport/horse</li> </ul>			
<b>Participation</b>	Promotes co-ordination, balance, physical health, self esteem, the ability to work as a team member			
<b>Harmony</b>	All exercises should be performed in harmony with the horse			

Examined By	Date
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