



DIRECTIVES FOR RIDER'S POSITION AND SEAT SCORE

Posture and alignment

The rider's ear, shoulder, hip, and heel should be vertically aligned at all gaits while sitting. The rider does not lean ahead of or behind the vertical. The rider is slightly in front of the vertical when posting the trot. The rider's spine is aligned with the horse's spine, the back is neither rounded nor hollow, the shoulders and hips are level.

Stability

As a result of having a stable core, the rider sits securely in the saddle. The rider does not rock from side to side, as is sometimes seen in the walk and extended trot.

Elasticity

The rider has a positive, mobile tension without being rigid.

Weight placement

The rider sits vertically with the weight distributed equally on both seat bones whenever the horse's body is straight and does not slip to the outside when riding a circle, a lateral movement, or any movement in which the horse is bent. The rider's body does not lean inward or outward.

Following mechanics of the gaits

The rider demonstrates the ability to ride in harmony with the mechanics of each gait, including the medium and extended paces. The hands act independently to maintain a steady, elastic connection with the horse's mouth.

DIRECTIVES FOR RIDER'S CORRECT AND EFFECTIVE USE OF THE AIDS

Clarity and subtlety

The rider prepares for and performs the movements using aids that are subtle, tactful, and effective giving the impression of clear communication between rider and horse.

Correct basics and criteria

The training of the horse appears to be following the principles established by the Pyramid of Training, and the both the horse and rider appear competent with the criteria of the level.

Independence

Separation of leg, seat, and rein aids in a way that allows the rider's intent to remain clear to the horse, without the complication of inadvertent signals. For instance, the hands act independently of the horse's motion to maintain a steady, elastic connection with the horse's mouth.

Accuracy of the exercises

The geometry of the movements is correct; e.g. size and shape of circles, riding through corners, geometry of serpentine, etc. In lateral movements the angle and bend are correct.