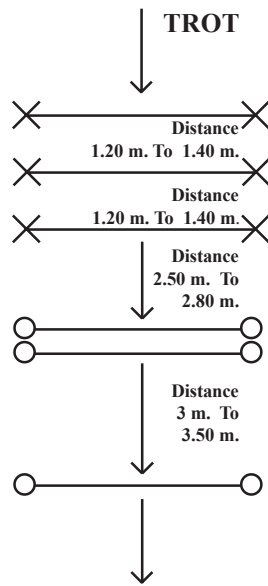


# Jumping Tips

The combination of exercises proposed below, were highly recommended by the late German Olympic rider and national team manager Hermann Shridde. They aren't adopted for the sole purpose of being training gymnastic, but also to increase the horse's focusing and concentration.

## Excercise # 1



\* The size of the fences has to be moderate so that the horse doesn't have to make too big an effort.

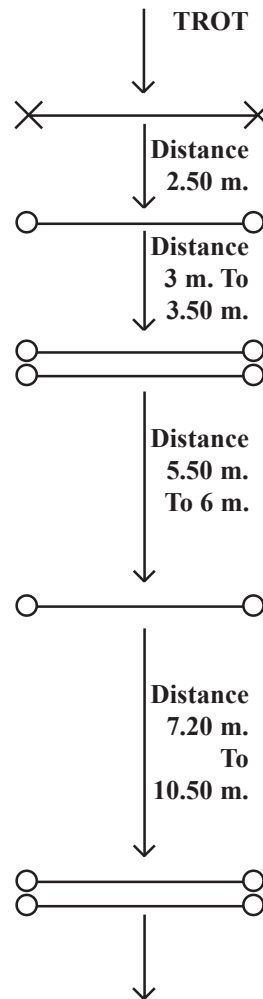
\* Try to avoid several repetition of the same combination in order not to obtain lack of concentration and consequently boredom.

\* Frequent changes of leads is also recommended.

\* Both exercises has to be started in Trot, coming out in Canter.

\* Try to avoid doing the same exercise in two consecutive days, also avoid jumping the two exercises after one another.

## Excercise # 2



## EXERCISE # 1

\* The rider has to come in Trot, the distance 1.20 to 1.40 m. represents one trotting stride between the first and the second cavalletti.

\* Similarly the second and third cavalletti.

\* The distance 2.50 to 2.80 m. represents a short cantering stride to the first oxer.

\* Then another stride of canter is represented by the last distance of 3 to 3.50 m. to the final vertical ( In & Out ).

## EXERCISE # 2

\* The rider has to come in Trot, the distance 2.50 m. represents a short cantering stride to the first oxer.

\* An "In & Out" to the second oxer represented by the distance 3 to 3.50 m.

\* The distance 5.50 to 6 m. represents one short cantering stride to following vertical.

\* Then a normal one stride of canter is represented by the last distance of 7.20 m. to the final oxer.

\* Riders can increase the final distance to 10.5 m. making a two cantering stride to the final oxer.

## Rules for Jumping Events of the F.E.I.

### Chapter VI Tables of Penalties

#### Article 235 - FAULTS

1. Faults are penalised in penalties or in seconds according to the tables set out in this Chapter.
2. Faults made between the starting line and the finishing line except as provided for in Article 216.3 must be taken into consideration. Disobediences committed during the time when the round is interrupted (Article 26.3) are not penalised.

#### Article 236 - TABLE A

- \*First disobedience, 3 penalties
- \*Obstacle knocked down while jumping, 4 penalties
- \*One or more feet in the water jump, 4 penalties
- \*Second disobedience, 6 penalties
- \*First fall of horse or competitor or both, Elimination
- \*First fall at Championships, Olympic Games and in Nations Cup Competitions, 8 penalties
- \*Second fall at Championships, Olympic Games and in Nations Cup Competitions, Elimination
- \*Disobedience plus knocking down an obstacle 3 or 6 penalties
- \*Third disobedience or other infringement laid down under Article 240, Elimination
- \*Exceeding the time allowed, 1/4 penalty for each second or commenced fraction second
- \*Exceeding the time-limit, Elimination
- \*Exceeding the time allowed in all final jump-offs against the clock, 1 penalty for each second or fraction of a second

2. Penalties for the disobediences accumulate not just at the same obstacle but throughout the entire round.

3. Penalties for the first fall are added to penalties for a knock down or a disobedience causing the fall. The competitor is eliminated after a second fall. (Article 236.1).

#### Article 237 - SCORES UNDER TABLE A

Adding together the penalties for faults at the obstacles and the time penalties gives the score obtained by the competitor for his round. Time may be taken into consideration to separate equality for first place and/or lower places according to the conditions laid down for the competition.

NEXT ISSUE, ARTICLE 238 - METHODS OF DETERMINING THE SCORES UNDER TABLE A

## DISTANCE MEASURES

The normal cantering stride of a horse is equivalent to 3.5 to 3.75 meters. In measuring distance between any two fences you have to allow 1 to 1.5 m. for landing and 1 to 1.5 m. for take off, and to count 3.5 to 3.75 m. for each canter stride in between.

The following table represents correct distances of doubles and triples (which are the shortest type of related distances represented as combinations)

OBSTACLES	1 STRIDE	2 STRIDES
Vertical / Vertical	7.80 m.	10.80
Vertical / Oxer	7.60 m.	10.60
Oxer / Vertical	7.80 m.	10.90

Oxer / Oxer 7.80 m. Issue 10.80 Page 35