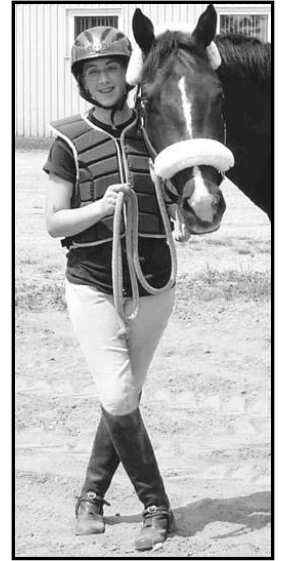


Apparel for Eventing Competitions

(to Preliminary level)

General: *A steward will be appointed to check the saddlery & dress of each competitor before the start of each phase of the event. The steward has the authority to require the removal or modification of saddlery, dress, whip, or spurs before the competitor is permitted to start the test. A competitor who competes with illegal equipment or dress, or fails to have his equipment checked may be subject to elimination.*



Helmets



RULES: *ASTM, EN, PAS or Australian/NZ approved protective headgear, with the harness properly fastened, is compulsory for anyone mounted anywhere on the competition site.*

The wearing of protective headgear is required for all competitors and non-competitors at all times while riding in non-competition and warm-up areas. Failure to comply could result in elimination.

If the harness becomes undone or the helmet falls off, the competitor must do up the harness and/or retrieve the helmet (with assistance if necessary) before the next obstacle is taken. Failure to do so results in elimination.

Dressage: *Approved helmet for all competitors. Protective covers must be solid black or dark colour.*

Cross-Country: *Approved helmet of any colour*

Stadium Jumping: *Approved helmet. Hat covers should be solid black or dark colour.*

RECOMMENDATIONS:

Dressage & Stadium Jumping: A plain, dark, conservative ASTM approved helmet is recommended.

Cross-Country: Either the same helmet as worn in the dressage & show jumping, with or without a coloured helmet cover, or a 'jockey skull'-type helmet, without a brim and with a helmet cover. Jockey skulls do not have a brim and were once more protective than hunt caps, but this is not necessarily the case now.

Helmets with vents are cooler in the summer and may be particularly important for children who may not be aware that they are becoming overheated. We do not recommend the 'dial-fit' systems as they tend to break very easily and are not guaranteed against such.

FITTING:

All helmets should sit with the brim horizontal to the ground and above the eyebrows. They should fit snugly, so that when the brim is gently wiggled, the rider's forehead moves with it. The hat should not move as the rider trots, canters, etc., whether the harness is attached or not. There should not be any pressure points on the rider's head; in that case, it is better to try a different fit (i.e. 'long oval') or a different brand altogether. If need be, the rider can go a size up and use foam padding to fill in the gaps and ensure an secure fit. The harness is designed to keep the helmet in the correct position in the event of a fall; it should always be fastened securely.

If a rider with long, thick hair usually schools with her hair loose or in a pony tail, it may be necessary to have one helmet for schooling and one for showing as the hair is normally tucked into the helmet when competing, which may require a larger size to fit comfortably.

Hair



RULES: No regulation

RECOMMENDATIONS:

Dressage: Unless a rider has very thick and long hair (in which case it may need to be in a long braid), the rider's hair should not be noticeable. It should be secured in a small bun at the base of the neck or hidden within the helmet in a hairnet. Some rider's prefer to use hairspray instead of a hairnet; just be sure to have it along for touch-ups as necessary

Stadium Jumping: Unless a rider has very thick and long hair (in which case it may need to be in a long braid), the rider's hair should not be noticeable. It should be hidden within the helmet in a hairnet, or, in the case of girls on ponies two braids are also acceptable.

Cross-Country: Generally, the suggestions for Stadium Jumping apply, but as long as the hair is not in the rider's face and is neatly tied back, it is up to the rider how it is worn.

Shirts & Ties



RULES:

Dressage: White or light colour shirt and stock with pin, choker, or tie.

Cross-Country: Any colour shirt with long or short sleeves (not cap sleeves or sleeveless)

Stadium Jumping: Shirt and stock with pin, choker, or tie.

In case of extreme heat or humidity, the Ground Jury may allow competitors to compete without jackets in the dressage and/or jumping tests. In such cases, competitors should wear a long or short-sleeved shirt of conservative colour, with or without neckwear.

RECOMMENDATIONS:

Dressage & Stadium Jumping: A long-sleeved shirt with white cuffs presents the most 'finished' picture, however a short-sleeved shirt with a matching choker probably provides the most versatility as it can be worn with the jacket on cooler days and alone with the choker (rather than a stock) when jackets are excused. Choose a fabric that is slightly stretchy and breathable if possible.

Cross-Country: A long-sleeved shirt provides the most protection to the rider's arms from possible scratches from branches, and also in the event of a fall. If a lightweight, breathable material is chosen, it will be comfortable in all but the hottest weather. Usually riders will choose 'colours' and will co-ordinate the hat cover, shirt, and often the saddle pad.

FITTING:

Dressage & Stadium Jumping: The shirt must be long enough that it stays tucked into the breeches at all times. It will be most comfortable if it is form-fitting enough not to have too much bulk inside the jacket, but not so tight it will constrict the rider's movements.

Cross-Country: Same fitting principles as for Dressage & Stadium and the shirt must be comfortable when worn under the protective safety vest.

Body Protective Vests



RULES:

Dressage: A body protector may be worn without penalty.

Cross-Country: A body protective vest must be worn. An inflatable vest may be worn only if over the body protective vest.

Stadium Jumping: A body protector may be worn without penalty.

RECOMMENDATIONS:

An SEI/ASTM or BETA-approved vest will provide a tested degree of protection for the ribcage, chest and spine against bruising in case of a fall. Choose the vest which is most comfortable and provides freedom of movement.

Air vests are a relatively new (and expensive) safety device that work in a manner similar to an air-bag in a car. A lanyard connects the vest to the saddle, and if the rider is separated from the horse it inflates extremely rapidly to protect the neck and spine.

FITTING:

Protective vests should cover the collar bone down to just below the ribs in front, and from the base of the neck to just above the tailbone in back. The arm holes need to be big enough for freedom of movement; the back should not be so long that it interferes with the saddle when the rider sits down or jumps; and the vest should feel form-fitting without being constricting. They are adjusted on the sides and front with Velcro, zippers, and/or lacing, so once the correct length is found, the width is usually easy to fit.

Jackets



RULES:

Dressage: *Tweed or conservative colour; tailcoats not permitted.*

Cross-Country: *None*

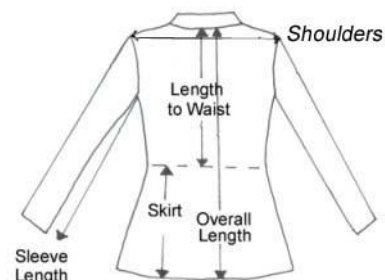
Stadium Jumping: *Tweed or conservative colour.*

RECOMMENDATIONS:

Dressage & Stadium Jumping: Navy or black are most often seen, either in the 3-button hunter style or 4-button dressage style. The short 'cutaway' jackets are also acceptable. It is common to wear the same jacket for both phases at the lower levels; otherwise follow the guidelines for pure dressage or hunters.

FITTING:

There are four key areas to focus on when selecting a jacket. First of all, the jacket should be roomy enough in the shoulders, arms and body to allow the rider to move freely, but still present a streamlined, fitted look. Some of the fabrics with stretch make this much easier to achieve. The overall length of the jacket has two components – from the neck to the waist ('short', 'regular', and 'tall' or 'long'), and from the waist to the hem of the coat. It is most important to get the length to the waist correct – if the waist (narrowest) part of the



JACKET FITTING MEASUREMENTS

jacket doesn't correspond with the rider's narrowest part, the jacket will not hang correctly. The length of the 'skirt' (waist to hem) is less critical; but generally dressage coats are longer than those for jumping.

Breeches



RULES:

Dressage: White or light colour. Brown permitted with a tweed jacket.

Cross-Country: Any colour.

Stadium Jumping: White or light colour.

RECOMMENDATIONS:

All phases: Full-seat breeches are the norm in the dressage ring, enabling the rider to stick to the saddle when sitting at the trot and canter, and many riders like them for cross-country for their stickiness, but either full seat or knee-patch are allowed. White is most often seen, but beige or light grey are also common. Test the breeches with the type of underwear you like to wear when riding as sometimes the light-coloured breeches reveal more than we would like! You should wear a belt with your breeches as it presents a much more 'finished' look when riding without a jacket, and also may save the day should your button or zipper malfunction!

FITTING:

The two things to consider for fitting breeches are the leg length and the rise to the waist. There are no standard leg lengths for 'regular' or 'long', so you may need to try on breeches from different manufacturers to find the ones that suit you. Not all breeches come in more than one leg length. Regular rise breeches work best with taller riders and longer upper bodies. Mid-rise or low-rise are a matter of personal preference, but take care with low-rise breeches that they are high enough in the back so that your shirt will stay neatly tucked in when you are riding without a jacket on, particularly on cross-country.

Boots



RULES:

Dressage: Field or Dress boots in black, dark brown, or black with brown tops. Smooth leather half chaps with matching paddock boots. Jodhpurs and paddock boots.

Cross-Country: same as above

Stadium Jumping: same as above

RECOMMENDATIONS:

If the rider has only one pair of boots, a fairly flexible style of dress boot or field boots will be more comfortable for jumping and cross country than the stiffer 'dressage' boots, and they are perfectly acceptable in the dressage ring. If you would like to have two pair of boots, choose dress boots for dressage and field for stadium jumping and cross-country.

Zippers make tall boots much easier to get into and take off, but they are also the weakest point on a boot and it is not abnormal to have to replace the zippers every couple of years under normal use.

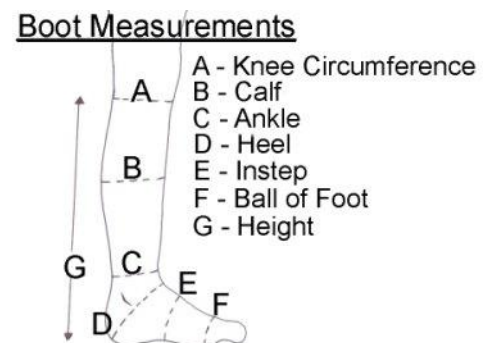
Always store boots standing up with boot trees inserted; this is probably the biggest single thing you can do to prolong the life of your boots. Waterproofing the feet is also a good idea, and make sure the zippers are kept clean and free of grease or soap. When you clean your boots, giving the zippers a quick once-over with a dampened nail brush and a spritz of WD-40 will help make them last.

FITTING:

Comfortable feet and the right height and width of calf are the most important things to consider when fitting boots. A dressage rider does not bend the knee or flex at the ankles as much as a jumping rider, so the boots can be less flexible as well.

For Dress Boots: The leather used on dressage boots tends to be quite a bit stiffer than that found on field boots, and there is usually a 'stiffener' of plastic (originally whalebone) that runs up the rear seam. This contributes to a tall, somewhat 'stovepipe' (rather than a tapered shape) look to dressage boots, with only a couple of wrinkles at the ankle. Because of this, dress boots do not drop a great deal as they break in, so the height when new should not be excessive. A boot that is a centimetre or two taller at the back of the knee than is comfortable will usually drop enough over time to allow the rider to bend the knee and yet maintain a very long look to the boot. It is not necessary to have extremely tight boots to keep them up, so the calf width chosen should be snug at most.

Field Boots: Field boots, which have laces (or more recently, elastic lacing) at the ankles are usually much softer than dress boots and are the most correct boot for jumping competitions. When new, they should be quite snug in the leg and anywhere from 1 – 3 centimetres 'too tall' at the back of the knee to allow for the drop they undergo during breaking in. It is normal to have several wrinkles at the ankle on a properly-fitting field boot once they have been worn for a while, but it is important that they remain as tall as possible to present the best look. Make sure the laces are tied securely and any loose ends are tucked in.



Paddock Boots and Half-Chaps: If you plan to show in this option it is wise to go with black. It will present the most traditional appearance and you won't have the worry about matching the brown of the boots with the half-chaps. Essentially, you select a paddock boot (either lace-up or zippered style) that is comfortable, and then choose a leather half chap of the correct height and width for your calf. Half-chaps should fit very snugly so they don't slip down, and the zippers should be maintained just like on regular boots.

Gloves



RULES:

Dressage: Dark colour, tan, beige, or white.

Cross-Country: (optional) Any colour

Stadium Jumping: (optional) Dark colour, tan, beige, or white.

RECOMMENDATIONS:

Dressage & Stadium Jumping: It is best to stick to dark gloves at the lower levels. White gloves draw attention to the hands, and are best left to more advanced riders. Look for a cool glove with good grip for the summer. A washable glove is a bonus as they tend to get sweaty and smelly fairly quickly. Make sure you school in gloves at least some of the time, or they will feel quite foreign when you wear them at a show. It's not a bad idea to have two sets of gloves; one you wear most of the time and one for shows. Take your 'schooling' pair to the show as a back-up.

Cross-Country: A well-fitting glove with very good grip is important for cross-country. The reins will probably get wet and slippery from the horse's sweat and the splash from any water crossings and it is very tiring, not to mention dangerous, to have your reins constantly slipping when galloping and jumping. Test whatever gloves you like

with the type of reins you use cross-country as they may feel more or less secure depending whether you use rubber, web, or leather reins.

FITTING:

A comfortable glove is a well-fitting glove. Gloves from different manufacturers fit differently, so try several to find the best ones for your hands.

Spurs



RULES:

Spurs are optional for all phases. Spurs capable of wounding a horse are forbidden. Must be smooth metal with a blunt end and without rowels. The shank can be a maximum of 3.5 cm long, pointing only to the rear. If the shank is curved, it must be directed downward or with the shank pointing to the rear.

Dressage: Metal spurs with round plastic knobs, 'Impulse Spurs', 'Spursuader' spurs, and 'Dummy Spurs' with no shanks, are also permitted.

RECOMMENDATIONS:

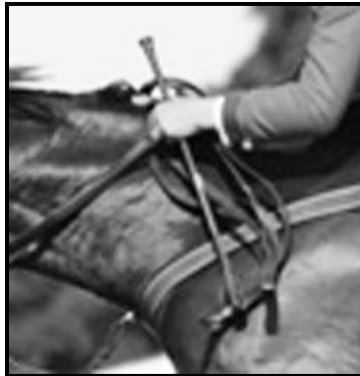
Whether you wear spurs or not is up to you and your coach. If you sometimes ride with them, bring them even if you don't plan to use them – sometimes they are useful in the warm-up or at the end of the day as the horse gets tired.

FITTING:

The arms of the spurs should lie horizontal, at a height on the boots at which they are most effective. Stainless steel spurs can usually be gently bent by hand to make a

slightly tighter or looser fit on your boots. The buckle on spur straps should lie at the center or to the outside of the rider's foot on each side, and should be trimmed to fit neatly, without loose ends flapping about. If leather, straps should be cleaned and polished the same as your riding boots.

Whips



RULES:

Dressage: One dressage whip no longer than 120 cm including lash may be used in the dressage warm-up areas and in the dressage test, except in Championship divisions.

Jumping: A whip up to 75cm (30") may be carried, but may not be weighted at the end.

Telescoping whips are not permitted for schooling or competition.

A standard lunge whip may be used for lungeing.

RECOMMENDATIONS:

A dark, conservative colour is recommended. Pick one with a comfortable handle for your hand and one that feels balanced. Mark your name on it. As with spurs, bring your whip whether you plan to use it or not.