

**Seat:**

**Independent**, well balanced, naturally elastic

Sitting in centre/deepest part of saddle, smoothly absorbing the movements of the horse

Correct position of upper body, tall and supple, **symmetrical with the horse**

Shoulders balanced over hips

Head carried over shoulders with chin level **and neck into the back of the collar**

Ear, shoulder, hip, heel in vertical line to the ground

**Ability to follow the movements of the horse**

**Minor faults:**

Sitting slightly to one side,

Slightly before/behind the vertical

Slight stiffness of shoulders or back, rounded back, chin **protruding forwards**

Collapsed hip, slightly crooked

One shoulder higher or rotated against the direction the horse moves to

Chair seat

Fork seat

Rider not sitting into the horse

Round back

**Slightly hollowed back with some stiffness**

**Major faults:**

Any of the above taken to extreme

Rider bounces in the saddle, or totally sits against the movement of the horse

**Fixed seat or rigid seat**

**Rider sitting clearly crooked throughout**

**Lacking natural body tension so unable to control the horse efficiently with the seat**

**Rocking motion of the upper body**

**Legs:**

Centered under body

Steady and well stretched down with adequate angle of the knee joint **and able to hang down naturally at the horse's sides**

Heels to be the lowest point

Thigh rotated in

Inside of calf lying close to and lightly on horse's side/**breathing against the horse's sides without tightness or grip**

**Minor faults:**

Legs slightly unsteady

Too much forward or back

Lifting of heel to give aid

Toe pointed out

Knee momentarily off saddle

Stirrups too short (use of leg is restricted) ↯ often chair seat

Stirrups too long (heel is pulled up) ↯ often fork seat

Loss of stirrup, immediately corrected

**Knee drawn up**

**Rolling and unsteady thigh position**

**Major faults:**

Any of above taken to extreme

Knee permanently pulled up and off saddle

Knee overstretched and leg forced down - unable to wrap around the horse

Lower legs gripping

Spur in horse's side or constantly kicking into the horse

Loss of stirrup, not immediately corrected

**Hands and Arms:**

Independent of the rider's seat

Soft fists soft fingers and wrists not gripping the reins

Hands carried steadily close together with the thumb as highest point

Hands not too high, keeping steady contact with horse's mouth

One hand down each side of the horse's withers

Upper arms hanging relaxed, in the vertical, elbows close to the front of the upper body

Straight line from elbow through hand to horse's mouth

Arms following motion of horse's head and neck, maintaining elastic contact

**Minor faults:**

Hands slightly too high, too low, too wide apart, rotated, busy, not elastic

Open fists, fingers - unable to make an elastic contact

Momentary loss of contact

Elbows too far back, elbows straight, not close to the body

Wrist stiff or turned outwards

Shoulders pulled up?

**Major faults:**

Any of above taken to extreme

Hanging, jerking or pulling on mouth, hands constantly bouncing, pounding, erratic

Major rigidity or tension in arms and hands

Tendency to pull the rein through to one side of the horse's mouth