

Basic Vaulting Good Practice Guidelines

Team discipline

- Form up with tallest on right and smallest on left
- Stand across a corner of the school clear of the circle
- Run in quickly and quietly after horse passes the line
- Do not run in if the horse is facing you on the circle
- Always travel in the same direction as the horse on the circle
- Travel clearly on the outside of the circle when leaving the horse and returning to the line
- Always return to your own place in the line
- Remain still calm and quiet in your place
- Wait your turn but stay alert - watch for the cue

The Approach to the Vaulting Horse

- Begin the approach just after the horse passes in front of the line –up.
- The vaulter and helper must go to the whip hand side of the lunge and await the invitation from the lunge to go to the horse.
- Keep turning with the lunge have two vaulters at any one time behind the lunge waiting in the circle. (no more than 3 or 4)
- The helper should be slightly behind and to the side of the vaulter (right hand side when horse is working on right rein and left hand side on left rein).
- When invited by the lunge the vaulter must pass under the whip arm and follow close to, but not touching the lunge line to the shoulder of the horse.

Helpers need to learn the skill of waiting and watching from a position $\frac{3}{4}$ down the line, whilst being at the ready to move in and help

Assisted Mount

The vaulter should have

- Hips parallel to the horses shoulders /hips before during and after the mount.
- Body tension and stretched legs
- Hips above head
- Eyes on ground in front of horses nearside leading leg
- Taken their own weight on their arms
- Pivoted round their centre with leg nearest horse leading the mount with stretched straight leg and pointed toe leading (cartwheel style with hips parallel with horse's hips)
- Aimed above the horses back
- Landed softly on the horses back

Practice

- ✓ 'bunny jumps' with straight legs
- ✓ Press-ups and plank position
- ✓ Cartwheel or better still round-off

Dismounts

The dismounts for beginners should initially be made forward facing, to the inside and again with the hips parallel to the horses shoulders.

- Place both hands on inside handle
- Push up take weight on arms
- Roll onto inside hip with body tension and stretched legs
- Push up and then off from inside handle

and Getaway

- ✓ Encourage vaulters to jump out of the ground on landing and move forward.
- ✓ On dismounting the vaulter must drop back from the horse and then move on to an outer circle and following the direction of the horse, make their way back to their place in the line.