

## ANNEX XIII – PRE AND POST COMPETITION TRAINING TECHNIQUES

Position of the horse's head – stretching

### 1. Background

The use of correctly executed stretching techniques, both before and after training and competition, is recognised as an important and long-established practice in almost every physical sport. In equestrian sport it is used for the on-going suppleness and health of the equine athletes.

### 2. Permitted stretches

Stretching principally involves the lengthening of the horse's ligaments and muscles (soft tissue) and can be done at the halt (statically) or in motion (dynamically). Athletes should aim to stretch all the relevant groups of muscles within the horse's body, especially the muscles involved in hind leg locomotion, but the part that will be most visual to both stewards and the public will most likely be the horse's neck.

Neck stretches may take several different forms. 'Long, deep and round' (see diagram i) and 'low, deep and round' (see diagram ii) and 'long and low' (see diagram iii) are just three commonly used examples but there are other variations involving both longitudinal and lateral flexion which result in different neck positions.

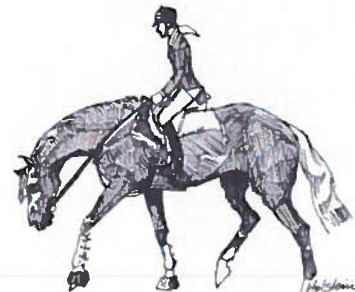
Diagram i  
Long, deep and  
round



Diagram ii  
Low, deep and  
round



Diagram iii  
Long and low



### 3. Extreme flexion

In assessing the position of the head carriage the Steward will be mindful of each horse's natural conformation, especially in relation to native breeds or ponies, and will therefore use discretion in determining this.

Deliberate extreme flexions of the neck involving either high, low or lateral head carriages, should only be performed for very short periods. If performed for longer periods the steward will intervene.

Movements which involve having the horse's head and neck carriage in a sustained or fixed position should only be performed for periods not exceeding approximately ten

minutes without change. Change may constitute a period of relaxation and lengthening or a movement which involves stretching the head and the neck of the horse.

It is the steward's responsibility to ensure that riders respect the above procedure and intervene if required.

#### **4. Variation of stretches & neck positions.**

Stretches of the horse's neck maybe specific and appropriate to each horse and equestrian discipline, but no single neck position should be maintained which may lead to tiredness or stress.

#### **5. Method of achieving stretches**

It is imperative that stretching should be executed by unforced and non aggressive means. By unforced' it is meant that the rider is not permitted to use rough, or abrupt aids or apply constant unyielding pressure on the horse's mouth through a fixed arm and hand position. It is the responsibility of the steward to intervene if these requirements are not respected.

#### **6. Action by the Steward in the case of incorrect behaviour of athlete in relation to flexion of the head and neck**

The steward will intervene should he observe;

- Neck stretching achieved through forced, or aggressive riding;
- The use of extreme flexion if it does not comply with the above;
- A rider deliberately maintaining a sustained fixed head and neck carriage longer than approximately ten minutes;
- In cases when the horse is in a state of general stress and/or fatigue.

The steward may also ask the rider to walk for a certain period in situations where the rider's stress may cause undesired riding.

#### **7. Maximum duration of pre-competition warm-up and post-competition cooldown periods**

Only in exceptional circumstances and with the permission of the Chief Steward, may a training session exceed one hour. The training session must include a number of relaxation periods. Riding the horse at the walk whether prior to, or following the training session, is not considered to be part of the one hour training session. There should be at least one hour break between any training/warm-up periods.

Repetition movements carried out in the practice arena, following a rider's performance in the competition arena, may not exceed a period of ten minutes.

## **8. Exercise / Training arena**

All training sessions, including pre-competition warm-up, may only be performed in the official training arena while under the supervision of stewards. Use of a training arena outside the official training period, and/or in an unsupervised arena, may at the discretion of the Ground Jury lead to the rider's disqualification.

During competition preparation periods, and the duration of the competition itself, the Chief Steward must be present in the training arena, or be in a position to observe the training arena at events where numerous training arenas are in use.

If the Chief Steward is unable to be present himself, it is his responsibility to ensure that a steward with the required experience and knowledge is appointed to supervise the training arena.

## **9. Revision**

These directives may be subject to review and Stewards are advised to check for periodic updates.

## **ANNEX XIV - STEWARDING GUIDELINES**

### **Additional Stewarding Guidelines for International Jumping Events**

**In an effort to ensure that the FEI Veterinary Regulations and the FEI Rules for Jumping Events are fully enforced as voted into effect by the General Assembly, the following additional guidelines are being issued to FEI Stewards with immediate effect. All of these guidelines pertain to the specific implementation of existing rules and therefore do not represent rule changes. We ask that the Stewards take these guidelines seriously and use their best efforts to apply them.**

**In line with the current rules, at the following Events boot and bandage controls are considered by the FEI to be compulsory:**

- Both rounds of the Nations Cup competition;
- Grand Prix or the competition with the highest prize money if there is no a Grand Prix;
- All FEI World Cup competitions;
- Derby competitions.

#### **1. Stewarding at Morning Training Sessions**

- During the morning training sessions each day, bandage and boot checks should be carried out at all Events. Such checks should be done on a random basis unless another approach is considered necessary or unless there is reason to examine a specific horse, with particular attention being paid to bandages and use of boots that may be excessively heavy. The maximum weight of equipment permitted on a horse's leg is 500 grams.
- If a horse's boots are changed during the course of a training session, the Steward should inspect the boots which have been removed at the time of removal, as well as the replacement boots once the athlete in question has completed his/her training.
- Should the Steward in question observe anything unusual with the boots or bandages, he/she must inform the Chief Steward immediately.

#### **2. Stewarding Prior to Competition**

- If a horse's boots are changed during the preparation for a competition, the Steward should inspect the boots which have been removed at the time of removal, as well as the replacement boots and bandages after the horse in question has completed his round. Should the Steward in question observe anything unusual with the boots or bandages, he/she must inform the Chief Steward immediately. The maximum weight of 500 grams of equipment permitted on a horse's leg similarly applies to the period of time in which an athlete is preparing the horse for competition.

**The following policy is effective as of 1 July 2014 (this information is included in the updated 2014 Draft Schedules):**

- **If an athlete is uncertain as to whether the boots he/she intends to use during an event are allowed, he/she or his/her representative should show the boots to the Chief Steward for his/her opinion before the boots are used in training or in competition.**
- **In addition, athletes are to be made aware that hind boots must be removed and placed again on the horse's legs in the presence of a Steward while in**



the warm-up arena prior to entering the competition arena for certain competitions. (If bandages are used in place of boots, athletes are not required to remove the bandages in the warm-up arena.) This procedure is compulsory for competitions for which boot and bandage control is mandatory, that is the Nations Cup, Grand Prix, and the competition with the highest prize money, and is at the discretion of the Chief Steward for other competitions.

- As an alternative to carrying out this procedure at the time designated by the Steward an athlete may ask his/her groom to take the boots to the in-gate and place them on the horse's legs in front of the Steward prior to the combination entering the arena.
- The Steward has the authority to intervene if a boot is deemed excessively tight by instructing that the boot be removed and put on again correctly. *[Stewards are to note that it is normal for a horse's gait to be somewhat affected immediately after boots have been removed and re-placed.]* If an athlete or his/her groom refuses to remove and re-place the boot(s) when instructed to do so by the Steward, a Yellow Warning Card will be issued to the athlete in question.
- If it is deemed impossible or unsafe to remove the hind boots in the warm-up arena prior to the combination entering the competition arena, due to an extremely excited or nervous horse, the boots of the horse in question are to be removed by the athlete/groom following the athlete's round upon leaving the arena and inspected by the Steward. This inspection may be carried out during the boot and bandage control if the boot and bandage control is carried out for the competition in question.
- This procedure does not replace boot and bandage control after completion of an athlete's round for competitions for which boot and bandage control is mandatory (refer to JRs Art. 244.1).

*[Note to Stewards: Refer to Annex XV for additional guidelines on hind boots.]*

### **3. Stewarding at Boot and Bandage Control during Competitions**

• Boot and bandage checks should be carried out at as many FEI competitions as possible. Such checks may be done on a random basis, unless there is reason to examine a specific horse. It is advised that two (2) Stewards should be present for any examination taking place during competition.

### **4. Stewarding in the Stables**

At all times during FEI Events, there should be a presence of Stewards in the stables patrolling randomly and observing during the period the stables are open. During such time, Stewards are advised to pay particular attention to the following;

- Administration of any unauthorized medication, if in doubt it is recommended that the Steward request to see the applicable medication form;
- Anything that may negatively affect the welfare of the horse such as;
- Horse's head tied up in the stable too tightly for an extended period;
- Horse's head tied down for an extended period;
- Horses left without water in the stable;
- Stables not mucked out;
- Any indication that efforts have been made to sensitize or hypersensitize a horse's leg(s).

## ANNEX XV - TACK AND SADDLERY GUIDELINES

Last update 7/5/2014

### 1. Stirrups

In the interests of safety, the stirrup iron and the stirrup leather (this also applies to safety stirrups) must hang freely from the bar of the saddle and the outside of the flap. The athlete must not directly or indirectly tie any part of his body to the saddlery.

Stirrups such as the one pictured below are therefore not allowed (i.e. the foot would be tied to the stirrup).



"K'Vall" stirrups pictured below are not approved by the FEI and must not be used in FEI competition.



### 2. Spurs

Reference Annex XII of the manual, there are no restrictions on spurs, except for Pony Riders and Children (JRs Ann. XI, Art. 19.3 and JRs Ann. XII, Art. 17- see also below). For clarification purposes, Smart'Clix spurs are permitted in FEI competition.

For Pony Riders and Children Spurs are optional but if used they must be made of smooth metal. If there is a shank it must not be more than 4cm long, measured from the boot to the tip of the spur, and must only point towards the rear; the end of the shank must be blunt. If the shank is curved, the spurs must be worn only with the shank directed downwards. Rowels are not permitted. Hammer spurs are allowed provided they meet the above requirements. Metal or plastic 'Impulse Spurs' with round hard plastic or metal knobs and 'Dummy Spurs' with no shank are allowed.

### 3. Blinkers

Blinkers are not allowed as per Art. 257.1.1. For clarification purposes the item of tack pictured below does not fall under the category of 'blinkers' and is therefore allowed.



### 4. Bits

Both of the Pessoa snaffles pictured below are allowed in Pony Events; however, the maximum cheek length remains 16cm (ref. Annex XI, Art. 21.2 of the FEI Jumping Rules).



### 5. Nosebands

The following nosebands are not allowed in Pony Events:



## 6. Boots

The FEI Jumping Committee has decided, on horse welfare grounds, that hind boots **with solid, unyielding pressure points, e.g. hard plastic blocks under the lining** as per the photos below, are not permitted to be used anywhere on the show grounds.

The use of such boots leads to disqualification of the athlete.



**Hind boots with pressure points made of gel, neoprene, cork or other substance that is firm but not solid and unyielding are allowed:**



If a Steward notices at any time that a boot is improperly positioned on the horse's leg (e.g. a fetlock boot that is positioned entirely on the cannon bone between the fetlock joint and the hock) or if a Steward is of the opinion that a boot is excessively tight, the Steward is to instruct the athlete/groom to remove the boot and reposition it so that it fits properly and comfortably on the horse's leg. *[Note to Stewards: It is normal for a horse's gait to be somewhat affected immediately after boots have been removed and re-placed.]*

If the athlete/groom refuses to reposition the boot, a yellow warning card will be issued.

**Correct positioning**  
*(rounded part placed around the inside of fetlock)*



**Incorrect positioning** *(the boot is placed between the fetlock joint and the hock)*

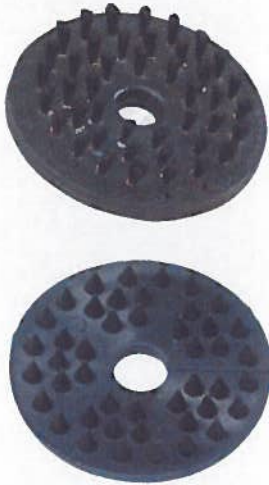




If a boot strap causes bleeding on the horse's leg the Chief Steward is to issue a yellow warning card to the athlete.

### 7. Bit Burrs

Common sense should be used with regard to allowing various types of rubber discs around the bit rings and that those that do not hurt the horse's face should be permitted: e.g. discs with small brushes should be allowed but those with rubber spikes should not be allowed unless the spikes have been rubbed down to a flat surface.



### 8. Kinesiology Tape

The tape below may not be used in any arenas, during competition or at any time during which a horse is being ridden or exercised. Use within the stables is allowed.

