

## Balance and Video Dressage Competition Coaching Guide

All riders must be RDA registered riders. Interstate entries are allowed if the rider is a current registered member of their State RDAA affiliated organisation.

### Section 1: The Balance 1a Test and Test B

The Balance Test is designed for riders with functional ability and impairment of such a level that it significantly limits participation in existing RDA events.

This includes riders who cannot use a saddle or hold reins.

The **Balance 1a test** may be ridden slightly off the track to allow for side walker.

#### Medium Walk

The walk must be a clear, regular and unconstrained walk. The horse walks energetically but calmly, with even and determined steps, the hind feet touching the ground in front the footprints of the forefeet. The rider may maintain a light, soft and steady contact with the mouth allowing the natural movement of the head and neck.

Holding of reins is optional.

#### More Active Walk

The walk must be a clear, regular and unconstrained, four beat walk of more lengthening and greater activity.

The hind feet touching the ground clearly in front of the footprints.

#### Straightness

A horse is said to be straight when its forehand is in line with its hindquarters, that is, when its longitudinal axis is in line with the straight or curved track it is following.

**Halts in the Balance 1a Test** have no time limits to allow the rider to use this time to rebalance themselves if necessary.

Horse should led with the lead rein, being held in the hand furthest from the horse, allowing the horse and rider as much freedom as safely possible. Leaders are allowed to influence the horse in The Balance 1a Test or if the rider needs this support for safety reasons. Supporters and side walkers should be on the inside track if possible to allow the rider to perform the test as accurately as possible. There will be a maximum of one leader and two side walkers in the arena during the test.



# RDA Victoria

## Section 2: RDA Events

**RDAA Walk F & D (Walk Supported Novice)** is for riders who are beginning to develop riding skills but still require assistance, either with leaders, side walkers or assistants in the arena with them.

**RDAA Walk F & D (Walk Independent Novice)** is for riders who can safely ride at a walk with spotters outside of the arena who are available to assist if required.

**RDAA Trot A & B (Trot Supported)** is for riders who are beginning to trot but still require assistance, either with leaders, side walkers or assistants in the arena with them.

**RDAA Trot G & E (Trot Independent Novice)** is for riders who can safely ride at a trot with spotters outside the arena who are available to assist if required.

**RDAA Trot D & I (Trot Independent Advanced)** is for riders who can safely ride at a trot with spotters outside the arena who are available to assist if required.

**RDAA Canter A and / or Canter B - (Canter Novice)** is for riders who can safely ride at the canter.

**RDAA Canter A and / or Canter B - (Canter Intermediate)** is for riders who can safely ride at the canter.

**RDAA Canter F and / or Canter - G (Canter Advanced)** is for riders who can safely ride at the canter.

**RDA Showjumping** – poles, 20cm, 30cm, 40cm, 50cm (course included in Guide)

**RDA Games** – Pole Bending and Texas Barrel (walk, trot and canter)

**RDA Obstacle Course** - walk, trot and canter (course included in Guide)