

## 2019 Cowlitz County 4-H Youth Program

# Hunt Seat Equitation over Fences SKILLS CHECKLIST

Name of Rider \_\_\_\_\_ Club Name \_\_\_\_\_ Date \_\_\_\_\_

Age: **Jr.** **Int.** **Sr.** (circle the correct age division)

Name of Horse \_\_\_\_\_ Breed \_\_\_\_\_ Color \_\_\_\_\_

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### **RIDER:**

- Properly fitted ASTM/SEI approved helmet with strap engaged
- Has access to hunt seat attire: refer to PNW 574 4-H Horse Contest Guide
- Crop or bat (optional) – may not be longer than 3 feet
- Spurs (optional) – blunt un roweled and not over 3 inches long

### **SADDLE:**

- Jumping saddle or all-purpose which fits the horse and rider
- Has safety bars open for jumping
- Girth tight and in good repair for jumping
- Stirrup leathers in good condition
- Stirrup irons to be at least ½ inch wider than boot
- Billet straps and stitching in good repair
- Stirrup length set for rider's jump position (just above bottom of ankle bone)
- Saddle pad(s)

### **BRIDLE:**

- Leather in good repair
- Bit proper size – not too large or small – (1-2 wrinkles at corner of mouth)
- Correct bit as per 4-H rules – refer to 4-H horse publications
- Throat latch snug, not tight or loose
- Cavesson or drop nose band
- Closed reins with buckle
- Martingales and tie-downs (optional) – rein stops to be used with running martingale (prohibited in flat classes)
- Breast plate or breast collar (optional)

**RIDING:**

Demonstrates the following:

- Left and right diagonals and change of diagonal at the trot
- Left and right canter leads
- Two-point position at the trot
- Two-point position at the canter
- Hand gallop
- Hand position and/or crest release – unless using mane while jumping

Overall rider position:

- Legs:       Heels down  
                  Ankles flexed and relaxed  
                  Stirrups correct length
- Two-point position – can hold it at walk trot and canter
- Crest release – reins short enough for contact
- Demonstrates correct basic riding position at the halt, walk, trot, and canter
- Demonstrates correct basic jump position at walk, trot, and canter
- Walk and trot over ground poles in jumping position
- Maintain jumping position at the trot on the flat and over ground poles
- Ride a simple jumping course of two obstacles of unrelated distances, not to exceed 36” in height.
- Ride with control, maintaining a reasonable secure position at the walk, trot, and canter, while developing balance and a steady position over fences
- Trot over ground poles, followed by a cross-rail

**DISTANCE:** (a combination of observation and discussion)

Have the rider discuss their approach to the jump with the examiner

- Too long or too short or just right
- Take off or approach to fence
- Position over fence
- Landing transitions
- General control, good hands and feet

Technician comments:

**Approved for height(s):**

**18” and under, trot overs**

**12” – 18”**

**2’3” – 2’6”**

**2’6” – 3’**

Technician signature \_\_\_\_\_ Date \_\_\_\_\_

**RESOURCES:**

Hunt Seat & Jumper Manual, PNW488  
PNW 574 4-H Horse Contest Guide, October 1, 2015 to September 30, 2019

Developed by Cowlitz County 4-H Horse Program, 1990.Slight revision February 2013 and May 2013; February 2014; May 2017; May 2018 and in alignment with PNW 4-H Horse Contest Guide. 2019—no changes. **But changed to reflect County Premium Book.**