

# VAULTING RALLY INFORMATION

## How will Vaulting Rally be judged?

My tentative plan is to hire an actual vaulting judge so we get great feedback and accurate scores. Vaulting teams (of three or four) will bring one horse per team, and they will share horse management duties for that one horse and its vaulting equipment.

Teams that don't have a suitable vaulting horse will compete on a barrel but still have one horse to use for the horse management portion.

## Why should your club vault?

1. It's fun! 🦄
2. It's a great way for kids to learn to ride into practice balance, and correct seat and posture.
3. It's a great way for kids to learn to lunge and for horses to become more well-rounded.
4. One horse can accommodate many children, making club meetings and lessons more efficient.

You can find plenty of helpful info, although a little outdated, in our Pony Club resource: <https://www.ponyclub.org/ContentDocs/Activities/Rulebooks/Vaulting2014.pdf>

## What gear do I need?

Vaulting equipment, as with any horse sport, can be pricey. But there are some basic items you can get on Amazon to get you started if your club is interested. We started with a therapeutic surcingle. It's enough to use for the first couple of years for your basics. Instead of a vaulting pad, we used the thickest, stiffest western pad we could find, and even doubled it up and sewed a cover to encase two of them together. Here's a great video on how to tack your horse up: <https://youtu.be/0hCg-T1sJ40>

Here's a list of items you'll need:

1. **Surcingle** [https://www.amazon.com/Performers-1st-Choice-Vaulting-Surcingle/dp/B003M6HR28/ref=mp\\_s\\_a\\_1\\_16?crid=1WMAWQ32QEYIP&keywords=therapeutic+surcingle&qid=1681928575&srefix=therapeutic+surcingle%2Caps%2C359&sr=8-16](https://www.amazon.com/Performers-1st-Choice-Vaulting-Surcingle/dp/B003M6HR28/ref=mp_s_a_1_16?crid=1WMAWQ32QEYIP&keywords=therapeutic+surcingle&qid=1681928575&srefix=therapeutic+surcingle%2Caps%2C359&sr=8-16)
- Foamie** to go under surcingle (cut it to be one or 2 inches wider than the surcingle, and you can even hollow out the middle section by an inch so the surcingle sits down in it. We also sewed a cover for hours to match the pad: [https://www.amazon.com/FoamTouch-Upholstery-Cushion-Standard-Replacement/dp/B00TSVXR66/ref=mp\\_s\\_a\\_1\\_3?crid=226NFL33M2DCV&keywords=3+inch+foam+pad&qid=1681928741&srefix=3+inch+foam%2Caps%2C408&sr=8-3](https://www.amazon.com/FoamTouch-Upholstery-Cushion-Standard-Replacement/dp/B00TSVXR66/ref=mp_s_a_1_3?crid=226NFL33M2DCV&keywords=3+inch+foam+pad&qid=1681928741&srefix=3+inch+foam%2Caps%2C408&sr=8-3)
2. **Thick wool western pads x 2 with cover**
3. **Snaffle bridle, remove the reins**
4. **Cotton lunge line**
5. **The longest lunge whip you can find**
6. **Side reins (required for vaulting)**
7. **Vaulting shoes** - anything like this works great: [https://www.amazon.com/Toddler-Kids-Gymnastic-Shoes-Slip/dp/B0B5H7ZL5J/ref=sr\\_1\\_6?crid=22FMEPRG3311X&keywords=vaulting+shoes&qid=1680483521&srefix=vaulti%2Caps%2C698&sr=8-6](https://www.amazon.com/Toddler-Kids-Gymnastic-Shoes-Slip/dp/B0B5H7ZL5J/ref=sr_1_6?crid=22FMEPRG3311X&keywords=vaulting+shoes&qid=1680483521&srefix=vaulti%2Caps%2C698&sr=8-6)
8. **Leotard and tights, unitard, or any sort of tight outfit to perform in.**

Of course, if your club can afford to splurge on better equipment, you can Google Pegasus vaulting supply and also look up Vaulting resell groups on Facebook.

## How do I teach my horse to lunge for vaulting?

*\*Note: our rally will allow kids to compete on a barrel if you don't have a suitable horse. The team can simply bring any horse to use for the horse management part of the rally, then they can use the barrel for the competition.*

Vaulters compete at the walk, trot, and canter. We will have classes for walk and trot at rally. If they choose to compete on the barrel, it will obviously be stationary, and they can choose either of the compulsories below plus design their freestyle.

First, your horse should have basic lunging skills, and you should introduce side reins very loosely until he is able to perform at all three gaits with a nice contact with the reins without any panic or hesitation. Your horse must also be able to trot next to you into the arena and out of the arena with side reins attached. This is difficult for them to learn, and must be practiced!

Your horse must listen to voice and whip commands. He must halt out on his circle without turning toward you. This takes a lot of practice!

Once your horse can lunge properly, you can start introducing vaulters. We first get the horse used to vaulters coming in and out of the circle to stand next to the lunger. The horse must keep his attention and focus. Once he is used to that, the vaulters can approach him, touch the surcingle, and then return to the lunger. Again, he cannot lose his focus, and needs to keep concentrating on the lunger, not the people approaching him.

Finally, it's time to get on! Practice giving legs up while the horse is at the walk. The vaulter holds the handles and faces the same direction as the horse and hops on one leg, while an assistant grabs the other leg and boost them up. If the vaulter can jump most of the way up on their own, the assistant can push their hips into place. It is required at the walk and trot levels that they have an assistant, even in competition, in order to protect the horse's back.

This is the only video I could find, and it's long and boring, but it gives you an idea. *\*Please note that almost every competition and every class is done to the left. We warm up horses to the right, so that they are exercised both ways equally, but everyone competes to the left.* <https://youtu.be/CHqL-5nXMB4>

## What exercises should my kids practice?

These are the two levels we will offer at rally. Please note that vaulters will perform in two classes: compulsories and freestyle. Compulsories are listed below, and I will also include the criteria for freestyle.

For the compulsory class, the entire team enters with the horse and salute the judge, then takes turns one at a time performing their routine. Here's an idea of how they enter and salute and begin performing. *Notice that you'll want to choose two separate songs. One upbeat song to jog in with, and one mellow song to perform your compulsories. See Video for more information!*

### **D Compulsories (basic level)**

Basic seat

box

inside seat

outside seat

forward press

free kneel

switch (change directions)

Backward press

dismount

**\*Here is a video to watch:** <https://www.youtube.com/watch?v=xnflv6irSVs> (we will be walking, not cantering)

## **Star compulsories (intermediate level)**

basic seat

flag

stand

forward swing

half mill

reverse swing

mill to dismount

**\*Here is a video to watch:** <https://www.youtube.com/watch?v=j12FYK0odd4> (we will be walking or trotting, depending on their comfort level)

## **Individual Freestyles**

Vaulters also jog in together with their horse to salute the judge just like in compulsories. They can use the same upbeat music they used before. However, each vaulter gets to choose her own freestyle music. They compete one right after the other, with only a pause in between to change the music.

Here's an excellent guideline for how to make a freestyle that Annie's coach put together: <https://docs.google.com/document/d/1z1-RsE2RXhdDW14bBpaUtRroCwxa0QdRjFTNuXeub08/edit>

## **Pairs Routine**

If any vaulters want to come up with a freestyle pairs routine, we will allow this as an extra, non-scored class only on the barrel. Again, they choose upbeat music to enter with, and then their own music to perform to.

## **Can we watch a competition first?**

If you're still reading, I applaud you! 😊 If you want to see all of this put into action and learn a ton, I hope to see you here:

### **Oak Hills Classic - Duchesne, UT, May 5-7**

If you want to watch Annabelle, Hero and many upper level vaulters perform, we will be in Duchesne at the fairgrounds on May 5 -7. The address is:

292 E 400 S St

Duchesne, UT 84021

United States

If you can't make this competition, Annabelle and I are ready to travel and come help your club! We are committed to introducing this fun sport to as many kids as we can. We could bring all our gear including our barrel. Please let us know if this interests you!

Thanks! 🤸🤸🤸