

INTRODUCTION

As of January 2023, the Technical Exercise "KNEELING FORWARD TO STAND BACKWARDS" listed as one of the five Technical Exercises in the 2022 Guidelines will be replaced by the following Technical Exercise named "STAND BACKWARD". The below description of this new Technical Exercise will appear in the 2023 Guidelines, which will be published in August 2022.

Stand Backward (Balance)

Stand backward with a static arm position.

Essence:

Harmony with the Horse
Balance
Body Control & Posture

Mechanics:

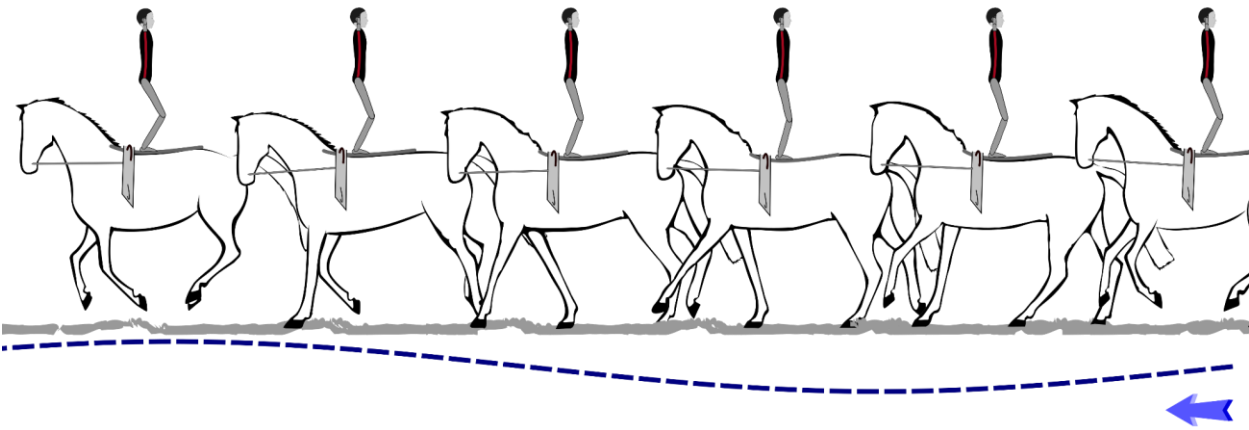
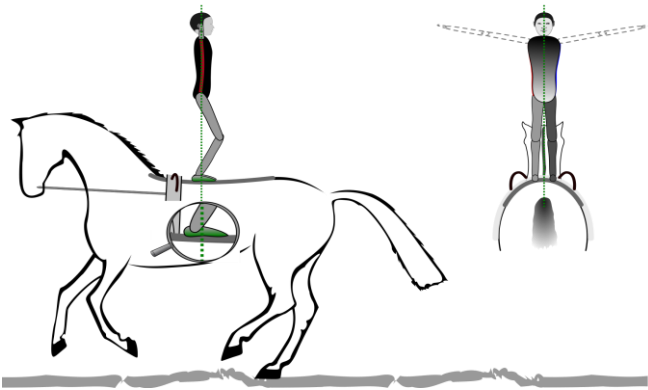
The Stand Backward is a static exercise and comprises one biomechanical phase:

1. The static phase starts when the static position is displayed

The Static phase and the count of the canter strides starts when the static position is displayed.

- The canter movement is absorbed by the Vaulteer, mainly through the joints from feet to hip. The joints of the legs are bent just as much as necessary for absorbing the changes of the elevation of the Horse's back.
- The upper body remains in a physiologically correct posture. The shoulders, pelvis and the feet stay in a transversal plane parallel to the surcingle.
- The legs are parallel to the median plane of the Horse. The knees and feet are at hip-width and point backward. The feet remain stationary, and the weight is evenly distributed over the entire soles of both feet throughout.
- **The arms are in any static position.** The body remains supple and free from any tension other than the muscle action needed to absorb the canter and to keep the described posture. The Vaulteer is in a stable and controlled position.

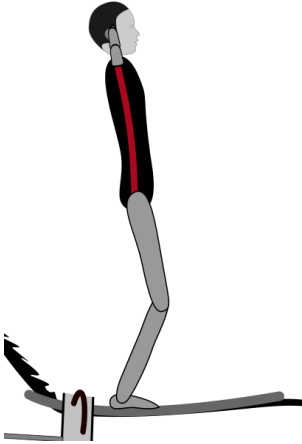
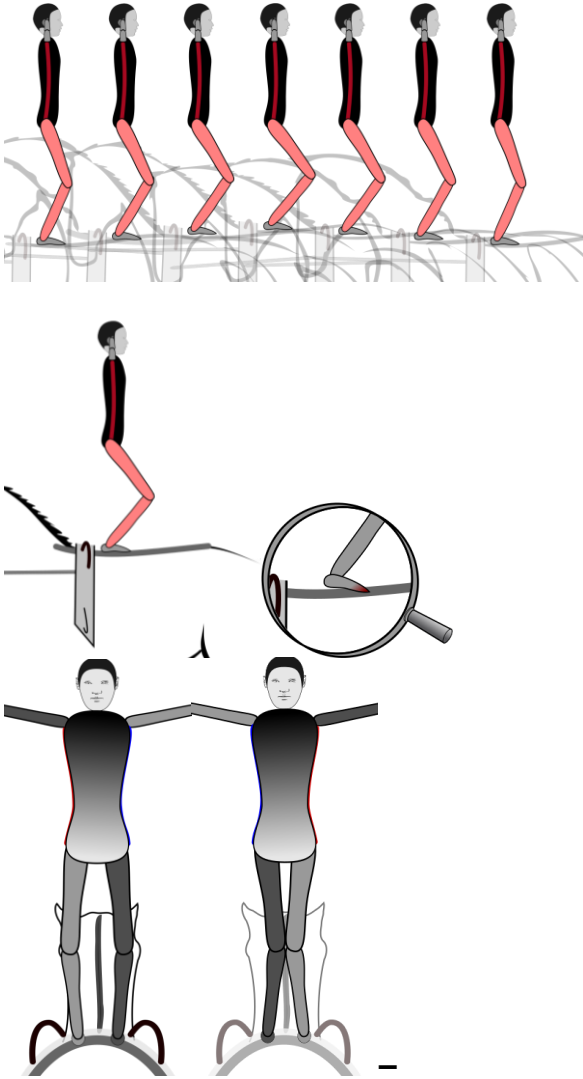
Stand Backward is to be held for three canter strides and the exercise is completed after the 3rd canter stride. Faults after the 3rd canter stride will be marked as performance faults in the additional exercises (e.g. fall within the 4th canter stride)

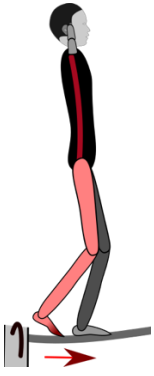
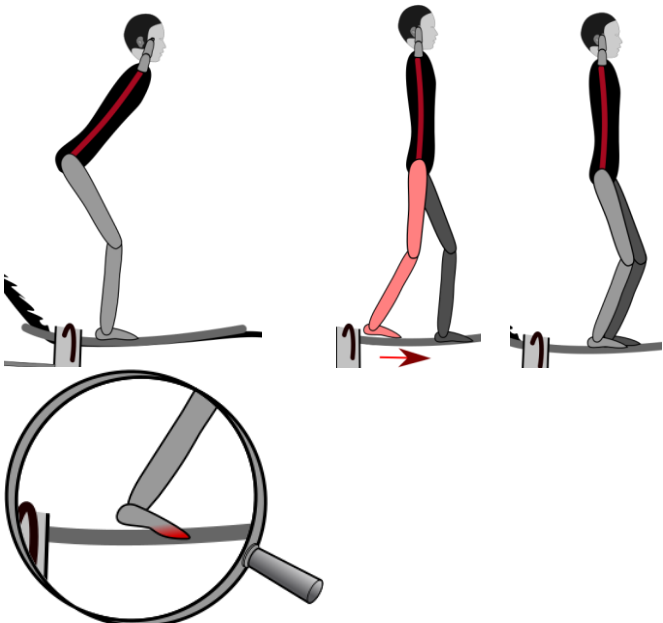
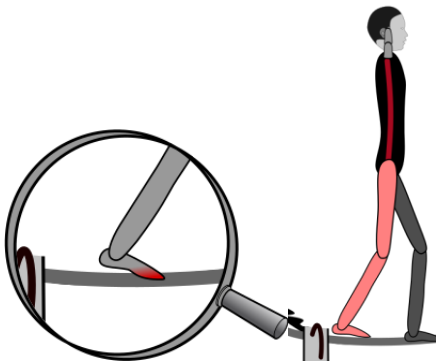
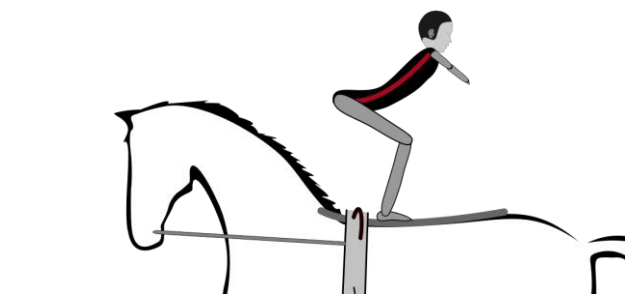


Reference scores:

- ✓ required
- deviation entailing corresponding Reference Score

10		<ul style="list-style-type: none"> ✓ Correct absorption ✓ Balance and Stability: The weight is evenly spread over the soles throughout the exercise ✓ Correct posture
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<p>9</p>		<ul style="list-style-type: none"> ✓ Correct absorption ✓ Balance and Stability: The weight is evenly spread over the soles throughout — Posture: leaning slightly too far back
<p>8</p>		<ul style="list-style-type: none"> — Absorption: slight tension in the upper body and/or legs — Balance and Stability: weight unevenly spread over the feet for a short moment (~1 canter stride) — Posture: minor deviation in correct physiological posture — Upright standing position, but the joints of the legs are bent more than necessary for compensating the change in elevation of the Horse's back. — Legs not parallel to the median plane (e.g. feet wider than hip-width apart) — Knees closer together than feet

<p>7</p>		<ul style="list-style-type: none"> - Balance and Stability: small step (shorter than one foot) and immediately back
<p>6</p>		<ul style="list-style-type: none"> - Lack of absorption, not in rhythm - Balance and Stability: too much weight on toes, heels or one foot during a significant amount of time (~2 canter strides) - Balance and Stability: big step (longer than the Vaulters' foot) and immediately back - Balance and Stability: small step (shorter than the Vaulters' foot) and stay in step position - Posture: upper body 45° in front of the vertical
<p>5</p>		<ul style="list-style-type: none"> - Balance and Stability: most of the weight is on toes, heels or one foot throughout - Balance and Stability: big step (longer than the Vaulters' foot) and stay in step position
<p>4</p>		<ul style="list-style-type: none"> - Minimal absorption throughout the whole exercise - Balance and Stability: major loss of balance: significant jump affecting the comfort of the Horse, continuously stepping - Posture: upper body more than 45° in front of the vertical AND major deviations from the physiologically correct position of the spine
<p>0</p>		<ul style="list-style-type: none"> - Touching the neck or surcingle with one or both feet during the static phase