

Dressage NSW

What to wear

Riders need to wear:

- A suitable hat, an approved safety headgear must be worn when training and practising at an event. Your local Saddlery will be able to help you select an approved hard hat. The types of hats you can wear depend on the level of competition. If you are starting out at Preparatory or Preliminary level an approved safety helmet is recommended. Young riders under the age of 18 must wear approved safety head gear at all times
- A short coat (usually navy or black) with shirt and tie or stock is usually worn. A hacking jacket is also fine. In hot weather the wearing of coats is optional at the discretion of the Organisers.
- White, off white, light canary or beige breeches or jodhpurs
- Riding boots, either long or short with smooth soles and heels – these can be in leather or rubber. You can wear plain gaiters with short boots as long as they match the colour of the boots which must be black or brown. The exposed side of the gaiter must be full leather.
- Spurs are allowed at all levels. Refer the rules for types of spurs allowed.
- Whips are allowed but must not exceed 1.2 metres in its entirety including the tassel
- Gloves

Horse

Dressage suits all types of horses, from Pony Dressage for ponies under 149cms to the bigger horses. Horses and ponies must be over 3 years of age. To compete in "Associate Competitions" your horse does not have to be registered with the EA. For Official Competitions horses must be registered with the EA and have a current dressage performance card.

Gear & Saddlery

- A dressage type (including all purpose) saddle fully mounted is compulsory and can be worn with or without a saddle cloth or numnah
- A snaffle must be used in all levels up to Elementary. See *.FA Dressage Rules* for permitted bits
- Boots, including overreach boots, and bandages may be used for warming up, but must be removed before presenting the gear steward
- A breastplate is permitted up to medium level where a snaffle bridle is used. Foregirths and false tails are permitted at the lower levels.
- The following is not allowed: blinkers, hoods, bit guards, bearing, running or balancing reins, nasal strips.
- Bridles numbers (one of either side of the horse on the bridle or attached to the saddle cloth, is required for official competition and most Clubs require them for Associate competitions also. To obtain a bridle number for your horse, contact Admiin. Secretary for Dressage NSW.
- Other gear such as running martingale (with snaffle bridle) ear muffs, saddle covers, double bridle are allowed in warm up/exercise areas **but not** in the competition area.

See *EA Dressage Rules and Procedures* for full details. Please be aware that rules change and above is a guide only, check the current rules to be sure before you start competing.