



dressage

TAS



TASMANIA NEWS

DRESSAGE

Issue 3 Winter 2023



## Winter greetings everyone!

Welcome to Dressage Tasmania's newsletter.

It's that time of the year when we might give our equine friends a breather, or continue on through Winter activities like trojans, enjoying a hot drink in front of a source of heat after working. Cooler weather, thicker coats, shorter days . . . ahhh . . . who doesn't like Tassie's seasons?!

If you would like to communicate with the Dressage Tasmania Committee, please email:

[dressagetasmania@outlook.com](mailto:dressagetasmania@outlook.com).

Decision-making is achieved through meetings which usually occur monthly. Your Zone committee is your first contact point (refer contact details below).

## Zone contacts

### North

Co-Presidents – Judy Atkinson and Sue Lamont

Secretary – Megan Whalley

Treasurer – Katelyn Coniston

General committee: Judy Harding, Teresa Darcy, Jayne Blyth, Alana Fazackerley Jess Van der Vlist.

Email address: [dressagenorth@gmail.com](mailto:dressagenorth@gmail.com)

### North West

President – Penelope Moore

Vice President – Linda Smink

Secretary – Jodi Towns

Treasurer – Annika Lockwood

General committee: Rose Kemp, Jordan Gale, Kenya Broad, Jamie Smith, Penny Higgins, Carolyn Fisher, Jodi Strobl. Email address:

[nwdressagezone@gmail.com](mailto:nwdressagezone@gmail.com)



### South

President – Gill von Bertouch

Vice President – Heather Stewart

Treasurer – Katherine Drake

Events Secretary – Tania Hay

Minutes Secretary – Jill Suban

TEC Representative – Karen Allen

General committee: Chloe Amos, Millie Ashton,

Lyn Bourn, Tammy Cunningham, Sophie

McDermott, Jill Schwartz, Sharen White, Jenny

Wilson. Email address:

[dtassouthernzone@gmail.com](mailto:dtassouthernzone@gmail.com)



## Dressage Tasmania events

*Access events through Nominate. Flag in Nominate to receive email notifications of upcoming events.* Dressage Tasmania printable calendar:

<https://www.tas.equestrian.org.au/dressage/news/printable-dressage-tasmania-calendar-2022-2023> Access the link and scroll down the page to download a PDF calendar of events.

## 2023 Hygain State Dressage Championships

What a fabulous organising effort by the North West Zone – congratulations to all involved! Much hard work paid off in a super weekend when we saw some exceptional combinations and performances. It was a joy for spectators!

We were fortunate to have five mainland judges Christine Sievers, Natalie Frew, Julie Watson, Jacqui Huppert and Kay Barney and Tassie judge Judy Atkinson.

Congratulations to Championship and Special Award Winners, and to outstanding combinations who earned amazing results.

All photographs can be accessed from the official photographer Jemima Baghurst's web site:

<https://jemimabaghurst.mypixieset.com/>

**Thank you to the generous sponsors of the event – please support them!**

### Championship winners

Preliminary Champion:

Kenya Broad & Wolter Van Gelder

Novice Champion: Kerrie Swan-Bates:

Courtlands Cognac

Elementary Champion: Amy Griffiths: Debussy

Medium Champion: Amy Griffiths: Debussy

Advanced Champion: Jordan Gale:

Leadburn Don Amour

Small Tour Champion: Michelle Milne:

Wembleybrook Sergio

Pony Preliminary Champion: Ellie Smith:

Fernances Creek Notto

Pony Novice Champion: Karen Allen:

Woodsden Wizard

Pony Elementary Champion: Uta Gonsior:

Autumn Angel

Participant Preliminary Champion: Laura

Koopmans: Branik TK

Participant Novice Champion: Nicole Elliot:

Jack n Harry

Interschools Champion: Morgan Holmes:

Wellbrook Zulu

### Special awards and trophies

Sir Archibald (Highest scoring Young Horse):

Molly Evans: Remi Diamond Star

Masters Perpetual Trophy: Kerrie Swan-Bates:

Courtlands Cognac

Ray Webster Perpetual Award (Best performed

Young Rider): Kenya Broad: Wolter Van Gelder

Dutchboy High Performance Young Rider Perpetual

Trophy: Jordan Gale: Leadburn Don Amour

Gentleman Rider Perpetual Award: Nye Williams:

Neversfelde Rafael

Tonnerre Perpetual Trophy (winner of Highest FEI

test): Michelle Milne: Wembleybrook Sergio

Sorrell Regional Shopping Centre (Highest

Percentage): Kenya Broad: Wolter Van Gelder

Nora O'Shea (Highest % Pony): Ellie Smith:

Fernances Creek Notto

Casa Real Perpetual Trophy (Highest % WB):

Penelope Moore: Clearview Raindancer

Paul Brown Memorial Trophy (Boroque): Kenya

Broad: Wolter Van Gelder

Scruples Lodge Thoroughbred Racing Stables

Perpetual Trophy: Penny Higgins: Cool Chap

Tasracing Off the Track Thoroughbred Award:

Nicole Elliot: Jack n Harry

Tasracing Off the Track Lucky Door Prize: Alison

Hall





*Saddleworld Participant Preliminary Championship  
Champion: Laura Koopmans, Branik TK,  
Reserve: Stephanie Huizing, Le Roi*



*Cornerstone Pet Crematorium Preliminary  
Championship winners. Fiesta Preliminary  
Trophy donated by P Croft and P Hallett  
Champion: Kenya Broad & Wolter Van Gelder  
Reserve: Penelope Moore & Clearview Rain*



*Zeep Equine Care Pony Elementary  
Championship winners. Elementary Pony  
Trophy donated by the Wilson Family.  
Champion: Uta Gonsior & Autumn Angel  
Reserve: Karen Allen & Woodsden Wizard*



*Elementary Championship winners:  
Sponsored by Tasmanian Horse Transport.  
Radiant Elementary Trophy donated by Ray  
W Trinder. Champion: Amy Griffiths &  
Debussy, Reserve: Stephanie Temple &  
Clearview Verdict*



*Kelato Animal Health Advanced Championship  
Advanced Trophy donated by Capri Body Fashion,  
Champion: Jordan Gale & Leadburn Don Amour*



*Action Auto Glass Novice Championship  
Novice Trophy donated by M.E Gray.  
Champion: Kerrie Swan-Bates &  
Courtlands Cognac, Reserve: Kenya Broad  
& Wolter Van Gelder*



*Saddleworld Participant Novice  
Championship, Champion: Nicole Elliot  
& Jack n Harry, Reserve: Jo Mcfarlane &  
Asham Wizard*



*Chaballo Equestrian Medium Championship  
Doric Perpetual Shield Medium Trophy donated  
by D Trambas. Champion: Amy Griffiths &  
Debussy, Reserve: Bernadette Gibson &  
Macarthur Furst of All*



*Kunama Property Management FEI Small Tour  
Championship. Dressage Tasmania Small Tour  
Trophy awarded in memory of Shelagh Young.  
Champion: Michelle Milne & Wembleybrook Sergio,  
Reserve: Penelope Moore & Her Royal Ruby*

## Self-Care Corner

In this ever increasingly fast-paced world, it's wise to take the time to care for ourselves, and each other. Owning horses has its own set of stresses and care needs and sometimes we're so busy looking after our equine friends, and life in general, that we overlook our own self-care.

Sam McCarthy, psychologist and Annie McCaughey, a Functional Pilates practitioner, have agreed to give us some tips to think about the importance of looking after ourselves.

### Nervousness and stress at competitions . . . Sam McCarthy

It is pretty normal to feel nervous or stressed at a competition. Whenever we are in a situation where we know we are being tested, judged or have certain expectations, nerves are a natural response. When we are nervous or stressed however, our bodies tend to change physiologically and it is very important to be aware of how we are being affected and learn to manage this effectively as it can affect performance, make competitions less enjoyable and our horses are very sensitive to any stress that we have in our body and can react to this.

Things to be aware of when thinking about this:

- Our brains can't tell the difference between a real threat/ stressor in our environment (e.g. a snake on the ground) and a worry or perceived threat/stressor (e.g. what if I don't do well at today's competition) so tends to react similarly and this is often felt as stress or nervousness.
- When our brain detects a threat, physiologically we tend to speed up and our body becomes prepared to fight, run away from the threat, or freeze (e.g. our heart rate increases, breathing becomes shallow and quickens, adrenalin is released, thoughts can quicken and be hard to organise).

What this might look like on a competition day:

- Becoming irritable
- Rushing around or trying to do several things at once
- Tension in your body
- Difficulty keeping your mind on track, or forgetfulness
- Feeling nauseous
- Noticing a higher heart rate
- More shallow breathing than normal, tension in your chest or holding your breath.

Ways to manage:

Controlled breathing – box breathing is a commonly used technique which consists of breathing in for 4 seconds, holding for 4 seconds, breathing out for 4 seconds, holding for 4 seconds and repeating 4-5 times.

Deep breathing – Consists of breathing in for 3 or 4 seconds, holding for 1-2 seconds and breathing out for as long as possible. If you struggle to make the out breath longer then practising with a 'sss' sound can help. Often taking 10 of these deep breaths can help us to reset a bit.

Do one thing a time – Try to be doing only one task at a time rather than several at once. If you are brushing your horse, just brush your horse. If you are memorising your test, just do that. Don't try to multitask as it feeds into the already elevated physiological response you are having when nervous or stressed.

Mindfulness or the 5 senses exercise – Take a moment to ground yourself in your surroundings. What are 5 things you can see, 4 things you can hear, 3 things you can feel (not emotionally in this case, an example would be what it feels like physically to touch your horse's tail), 2 things you can smell and 1 thing you can taste (sometimes this one might not be applicable).

Practice – Make sure to practice any strategies at home before using them out and about as they will be more effective if you know which work best for you and are familiar with them.

*Good Luck!*



## Functional Pilates . . . Annie McCaughey

Functional Pilates is essentially a system of movements designed to strengthen, lengthen and improve balance that enables practitioners to do what they love for longer and with greater ease.

Pilates promotes mobility and strength of all the major muscle groups in the body. A key focus is on developing the deep core muscles. It improves posture, flexibility strength, balance and essential body awareness.

Dressage riders often suffer from lower back pain, tight hip flexors, stiff shoulders, arms and legs due to repetitive strain, faulty posture and injury.

Pilates provides us with a list of exercises to use to help with pain inflicted on less than optimally toned muscles and some beneficial relaxation techniques.

Core strength exercises are used to develop functional and sustainable movement patterns throughout the body.

Pilates aligns the entire body's overall structure and supports its joints. It is a low impact process that creates optimal strength through muscle balance and fine tuning of neuromuscular patterns. The exercises coordinate movement and breath work to work the smaller and deeper stabilising muscles of the body. The exercises align the entire body structure and enhance proprioception or body awareness, essential to becoming a really effective dressage rider.

An added bonus is that Pilates' exercises can be used to decrease stress. The inward focus and use of breath can down regulate the nervous system taking you out of fight or flight mode, lower cortisol and decrease stress.

An unstable rider can affect not just the rider but also the horse, from leaning on one rein to having problems being straight, going forward and bending.

It is often hard to know if it's the horse or the rider with the issue, but it makes sense to understand how the body works and the muscles we need to create a still and stable position in the saddle.

The more a rider can work on their own strength and weaknesses the better the stability in the saddle and the outcome for our horses.

*Join a class or find a good exercise physiologist to get the most benefit.*



## ANNUAL GENERAL MEETING

Friday, 7 July 2023 via Zoom

Please RSVP to [dressagetasmania@outlook.com](mailto:dressagetasmania@outlook.com) by Friday 30 June 2023 with the subject heading AGM RSVP.

Members who wish to attend the AGM must renew their membership for 2023/24 before the AGM.

Membership is a requirement for attendance and voting at the AGM.

All positions for 2023/24 are vacant and open. Please refer to the below link for the SDA Nomination Form.

Complete and return to [dressagetasmania@outlook.com](mailto:dressagetasmania@outlook.com) no later than midnight, Friday 30 June 2023

<https://www.tas.equestrian.org.au/.../notice-agm-and...> Late nominations cannot be accepted.



## STATE SQUAD COORDINATOR/S

Expressions of Interest are invited for the role of 2023/24 Dressage Tasmania Squad Coordinator.

**Please refer to the Form (link below) which outlines the role and requirements in more detail.**

<https://www.tas.equestrian.org.au/.../202324-dressage...>

Options are to coordinate one or all Squads. You must be a current financial member of Dressage Tasmania.

Please consider this important role to support our sport.

If you wish to submit an EOI, please email to [dressagetasmania@outlook.com](mailto:dressagetasmania@outlook.com) no later than midnight 30 June 2023.

## Have you thought about being a Writer?

Writing, or pencilling is essential for competitions, but resources are few and they're sorely needed. It's amazing how much you can learn by listening to a judge comment and score – and it's not hard.

Live scoring through Nominate makes the task easy, using tablets already set up before the competition. It's a case of click and go.

If you want to know more, or have a go, ask to sit in on a test or two at a competition to see how it's done or take 10 minutes at lunch time to go through the process with an experienced Writer.

Email your Zone to express an interest – go on, do it!

## Call out for Stewards!

**Thank you to those who have already expressed an interest in becoming an accredited Steward.**

As of 1 January 2024 EA dressage events must have an accredited EA Steward on duty.

Below is a link to the 'How to become a Steward booklet'. Scroll down to the Stewards section to access the information: <https://www.equestrian.org.au/officials/dressage>

Once the education pathway is finalised, Steward seminars and practical assessment days will be available, and anyone interested can begin the journey. Email [dressagetasmania@outlook.com](mailto:dressagetasmania@outlook.com) to express an interest.

*We are working on a model where you can ride and Steward at the same competition.*

## Do you have ideas about how to increase participation in our sport?

Dressage Tasmania would like more people to enjoy our sport in Tasmania – more people attending development, training, come and try and competitions around our state – and more people knowing about, coming to watch and supporting our riders. Sometimes dressage is seen as a high performance (Olympic) sport for a select few, but we believe dressage can be enjoyable for everyone.

Our three Zones run events around the state and are administered by generous volunteers who sacrifice their time so that we can all enjoy the sport – and they want to hear from you. With Annual General Meetings coming up in each Zone very soon, try to get there and be involved. No matter how small or large a contribution you might offer, it is sorely needed to keep our sport alive.

If you have any ideas on how we can get the dressage message out; improvements, additional events we could try, what you and your horse would enjoy . . . please let your Zone know.

Our sport is for everyone – let's spread the news!

## Heads up – Equestrian Tasmania Annual General Meeting

The ETAS AGM will be held on the 12 September at 6pm via Zoom. A full notice and invite will be sent soon.

## 2024 Tasmanian State Dressage Championships

Work is underway on the 2024 Tasmanian State Dressage Championships. Keep an eye on the Dressage Tasmania Facebook page for news and updates. If you'd like to be involved in organising the championships, drop an email to [dressagetas.championships@gmail.com](mailto:dressagetas.championships@gmail.com)

## Equestrian Australia Code of Conduct

**Are you familiar with Equestrian Australia's Code of Conduct and how it may affect you?**

The Code applies not only to Equestrian Australia (EA) members, administrators, directors, officers, officials, coaches and participants. It also applies to parents, guardians and spectators.

The Code makes it clear that EVERYONE must respect the rights, dignity and worth of all people involved in equestrian sports (including all participants, officials and administrators) regardless of gender, ability, sexual orientation, age, cultural background or religion.

It is also important that everyone refrain from any form of harassment, bullying, abuse, violence, intimidation or vilification of others, including via the use of social media.

Please read through the Code of Conduct and ensure that, in your dealings with others, your behaviour always shows respect for others and does not lapse into something less desirable.

We aim to promote an atmosphere in which everyone can participate and that no-one encounters behaviour which is at odds with the EA Code.

## Northern Zone Clearview Performance Horses Winter Series

Woodend Equestrian Centre, Motor Road, Deviot

Dressage Tasmania membership a must.

Eligibility for Series prizes:

- Dressage Tasmania member
- Attendance at 2 out of 3 Development Days
- Attendance at the September competition

Awards will be presented at the October competition

11 June 2023 Day 1 – Development Day – 30-minute sessions

9 July 2023 Day 2 – Development Day – 30-minute sessions

13 August 2023 Day 3 – Development Day – 30-minute sessions

10 September 2023 Day 4 – Competition – Level 1 and 2 Tests

Watch Nominate for further details!



EQUESTRIAN TASMANIA

# 60th Anniversary Ball

AND AWARDS NIGHT

DINNER & DESSERT BUFFET WITH  
LIVE MUSIC FROM THE VELVET  
DIVAN TRIO

An evening event for past and present members, officials, coaches, supporters, family and friends to come together and celebrate 60 years of Equestrian Tasmania, the sporting disciplines and coaching.

24 JUNE

TICKETS NOW ON SALE

6.30 PM

Equestrian Tasmania, Dressage Tasmania, Jumping Tasmania, Eventing Tasmania, Show Horse Tasmania and coaching invite all current and past members, officials, coaches, supporters and family and friends to celebrate 60 years of EA sport in Tasmania.

The evening will also celebrate some 2023 award recipients from across the disciplines.

Under 18s are welcome with an over 18 guardian.

The cocktail ball to be held at Wrest Point Casino's Boardwalk will include a drink on arrival, a buffet meal and entertainment from Velvet Divan - so bring your dancing shoes!

**Tickets:** <https://www.trybooking.com/events/1044958/sessions/3847046/sections/1924982/tickets>

### Your feedback matters!

Members are encouraged to have input into the way we do dressage in Tasmania. Ideas and ways of improvement are welcome. Email [dressagetasmania@outlook.com](mailto:dressagetasmania@outlook.com) or your Zone contact.

Likewise, if you think of anything you'd like included in future newsletters, let us know.

## Northern Zone Newcomers' Competition – 2 April 2023

A small but enthusiastic number of combinations attended the Northern Zone's Newcomers' at Thirlstane, for a great day with perfect riding weather. **Congratulations** to all and a special shout-out to Newcomers' winner Alison Hall and Icarus Regan and runner-up Melanie Paterson and BS Laylah.



Other placegetters:

Preparatory 1: 1<sup>st</sup> Sharon Cure and Mithril Allegra 2<sup>nd</sup> Jenna Bird and Follydown Mistify – Preparatory 2: 1<sup>st</sup> Sharon Cure and Mithril Allegra 2<sup>nd</sup> Jenna Bird and Follydown Mistify 3<sup>rd</sup> Janelle Calder Northern Winds in Vogue – Unofficial Preliminary 1.1: 1<sup>st</sup> Melanie Paterson BS Laylah 2<sup>nd</sup> Diane Johnston Fairisle Tribes Collide 3<sup>rd</sup> Bonnie Hall Luvahussy – Official Preliminary 1.1: 1<sup>st</sup> Alison Hall and Icarus Regan 2<sup>nd</sup> Charley Freeman-Finn and Odyssey Delight – Unofficial Preliminary 1.2: 1<sup>st</sup> Melanie Paterson and BS Laylah 2<sup>nd</sup> Penny Higgins and Skippy 3<sup>rd</sup> Diane Johnston and Fairisle Tribes Collide 4<sup>th</sup> Bonnie Hall and Luvahussy – Official Preliminary 1.2: 1<sup>st</sup> Alison Hall and Icarus Regan 2<sup>nd</sup> Charley Freeman-Finn and Odyssey Delight – Unofficial Novice 1.1: 1<sup>st</sup> Alison Sandy and Florent 2<sup>nd</sup> Heather Cambridge and Swynford 3<sup>rd</sup> Penny Higgins and Skippy – Official Novice 2.1: 1<sup>st</sup> Natasha Faulkner and Clearview Royale – Unofficial Novice 2.2: 1<sup>st</sup> Alison Sandy and Florent 2<sup>nd</sup> Heather Cambridge and Swynford – Official Novice 2.2: 1<sup>st</sup> Sarah Bellchambers and Yardah in Action 2<sup>nd</sup> Natasha Faulkner and Clearview Royale – Elementary 3.1: 1<sup>st</sup> Sarah Bellchambers and Yardah in Action



Alison Hall and Icarus Regan



Charley Freeman-finn Odyssey Delight



Janelle Calder Northern Winds in Vogue

**GARY LUNG**  
DRESSAGE CLINIC

10 - 11 JUN 2023  
COAL VALLEY EQUESTRIAN CENTRE

**BOOKINGS OPEN NOW!**

dressageTAS

NW DRESSAGE ZONE  
**SURVEY**

We welcome your thoughts and ideas to help improve our zone. Also nominate a volunteer who has stood out to you this past season!

**PLEASE!**

DRESSAGE dressageTAS

<https://www.surveymonkey.com/r/99L6VQS>



## Dressage Tasmania Winter Calendar

June				
Date	Venue	Close	Event	Contact
4	TEC	Closed	SZ Unofficial Series Championships awards	<a href="mailto:dtassouthernzone@gmail.com">dtassouthernzone@gmail.com</a>
10-11	CVEC	8 June	Gary Lung Dressage Clinic	<a href="mailto:dtassouthernzone@gmail.com">dtassouthernzone@gmail.com</a>
11	WEC	4 June	NZ Clearview Winter Series Development Day 1	<a href="mailto:dressagenorth@gmail.com">dressagenorth@gmail.com</a>
17	TEC	13 June	SZ Training Day	<a href="mailto:dtassouthernzone@gmail.com">dtassouthernzone@gmail.com</a>
24	Wrest Point		Equestrian Tasmania 60 Year Ball <a href="https://www.trybooking.com/events/1044958/sessions/3847046/sections/1924982/tickets">https://www.trybooking.com/events/1044958/sessions/3847046/sections/1924982/tickets</a>	
July				
6-9	SIEC		2023 Australian Youth Dressage Championships NSW Youth Championships	<a href="mailto:Mandyjones1925@gmail.com">Mandyjones1925@gmail.com</a>
7	Online Zoom	30 June	Dressage Tasmania Annual General Meeting	RSVP <a href="mailto:dressage Tasmania@outlook.com">dressage Tasmania@outlook.com</a>
9	WEC		NZ Clearview Winter Series Development Day 2	<a href="mailto:dressagenorth@gmail.com">dressagenorth@gmail.com</a>
15	TEC		SZ Training Day	<a href="mailto:dtassouthernzone@gmail.com">dtassouthernzone@gmail.com</a>
30	Thirlstane		NW Zone Training Day	<a href="mailto:nwdressagezone@gmail.com">nwdressagezone@gmail.com</a>
August				
13	WEC		NZ Clearview Winter Series Development Day 3	<a href="mailto:dressagenorth@gmail.com">dressagenorth@gmail.com</a>
19	TEC		SZ Training Day	<a href="mailto:dtassouthernzone@gmail.com">dtassouthernzone@gmail.com</a>
27	Thirlstane		NW Zone Competition	<a href="mailto:nwdressagezone@gmail.com">nwdressagezone@gmail.com</a>
27	TEC		SZ Come and Try/Teams Day	<a href="mailto:dtassouthernzone@gmail.com">dtassouthernzone@gmail.com</a>
31-3	SIEC		NSW Dressage Championships	

### Southern Zone Unofficial Series

Now in it's fourth year, the Southern Zone Unofficial Series is underway again with the final competition in the series to be held on Sunday 4th June. The series is a great drawcard for unofficial riders, and a welcoming atmosphere for newcomers to the sport. Southern Zone hopes all of the new faces it this year's event join us for more competitions in the future.

This year the series is sponsored by Cavalor Equicare, Flexion Sport Therapy and Hannah May Photography.

*Photo credit: Hannah May Photography*



*Rachel Tuckett, Pride of Justice*



*Chloe Dance, Moonshine Princess Lily*



*Eva Somerville, Geeges Baritone*



*Ellen McIntosh, Strategy of Faulbrook*

## Tips from the experts . . .

### Brett Parbery

*There's a reason why some people have good luck, and some people have bad luck. Often it's very small management things, little one-percenters. That's why we do as much as we can to make sure our horses are sound, fit and healthy. Good nutrition, good farrier, good surfaces – making sure every little bump is picked up on – it all adds up in the end.*

### Simone Pearce

*It's a bit like when you teach a dog something, and you use a clicker, and the clicker gets the dog to think, okay, now I have to do what my trainer wants me to do. It's exactly the same thing with the horse, the shoulder in re-connects the horse to the rider – so I use it when the horse is straight and running a little bit, instead of getting hectic and pulling backwards – you have no opportunity to do that in the show – so I just use one step of very gentle shoulder in to re-connect the horse to me.*

### Mary Hanna

*There's no doubt that if you are going to be a dressage rider, you're going to have ups and downs and times where you are wondering why you are even doing it. But I think the message should be that you should always persevere, if it is what you want to do. Believe in yourself and follow your dreams. Dressage is a lifetime passion, and to have a passion about a sport like that, is something very lucky.*

### Charlotte Dujardin

*You need to believe in yourself.*

### Steffen Peters

*Set up the movement, test the sensitivity of the horse and then see if the horse can carry on with the movement on their own.*

### Isabell Werth

*It is the reason why our sport is timeless and ageless, you always have this partnership, this relationship. You never get tired of trying to get better.*

### Carl Hester

*Wherever I go in the world, I will always be helping riders do transitions with an uphill tendency. It's extremely difficult and there aren't many in the world who can make it look easy. Activate the hind leg in all downward transitions and when you use your leg, be sure your horse reacts behind and not in front. Then take and release to open the neck forward. If you hold the half halt too long, it won't work.*

## Friendly reminders

- Riders may now ride only two tests a day at any level.
- Helmet tagging has been mandatory from 1 July 2022 for all EA affiliated dressage events. *(Available at competitions.)*
- Numbers at a height of 3.5-4cm need to be visible on the horse/pony at all times at dressage events e.g. halters, saddle pads, bridles etc. when in yards, being led/lunged or competing.

### EA Equipment Annex – Dressage Update

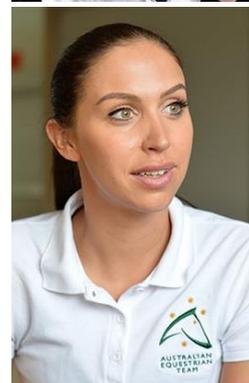
The new Equestrian Australia Equipment Annex - Version 22 - 04.04.2023 is effective from **23 April 2023**.

Access through the EA Dressage Rules Webpage: <https://www.equestrian.org.au/Dressage-rules>

## Rule updates

The summary of changes to the National Dressage Rules effective 1 January 2023 is now available at this link:

[Summary - Dressage Rule Changes 1 January 2023 23112022.pdf \(equestrian.org.au\)](#)





Please note the marked-up version, highlighting changes to previous Rule.

#### 4.8.5 Horse and Pony Identification numbers and Stallion ID at events

Horse and Pony Identification numbers are compulsory for identification purposes and must be used at all times at an event so that the horse and pony can be identified by all Officials including Stewards.

- a) two numbers are required to be worn when competing – one on each side of the horse - preferably attached to both sides of the saddlecloth, or both sides of the bridle and must be clearly legible by the judge/s being a minimum of 3.5 - 4cm in height.
- b) the Horse or Pony Identification Number must also be worn as described whenever the horse is being ridden/lunged/led/tethered or grazed from the time of their arrival on the grounds until the end of the event
- c) identification numbers shall be in black or dark coloured text, clearly displayed on a white background.
- d) green stallion identification discs or number holders must be worn by stallions at all times at an event
- e) green stallion identification discs or number holders must be clearly displayed on both sides of the stallion's head (attached to bridle or halter) or both sides of the saddle cloth on both sides of the breastplate: as per EA Stallion Safe Practices Policy
- f) horse and pony Identification numbers must be worn in addition to stallion discs, either as the green bridle identification number holder or the green stallion disc identification plus horse ID number

Failure to correctly wear Horse and Pony Identification Numbers will incur the following:

- g) when led, grazed, lunged or ridden on the grounds. An initial verbal warning followed by the issuing of a Yellow Warning Card for further non-compliance
- h) if the horse or pony does enter in the competition arena not wearing correct identification numbers, - 0.50% per judge is deducted

#### 5.8 Jackets and coats

In regards to the colour and style of jackets and coats for competition:

- a) from Preliminary to Advanced levels (informal), a jacket or coat must be short, may be double breasted. Cutaway coats/mini tails are permitted providing they are cut straight across the back
- b) for Advanced and all FEI levels, a tailcoat is optional. Jackets are permitted
- c) up to Advanced, the colour of the jacket or coat should be a solid colour or a very faint or tweed pattern
- d) for FEI and National levels jackets and coats, any solid colour is permitted. Wide contrast stripes and multi coloured jackets and coats are not permitted.
- ~~e) bright colours such as red, orange, pink, yellow, lime green, and wide contrast stripes and multi-coloured jackets and coats are not permitted~~
- ~~f)e~~ accents such as piping and matching colour sections on collars and/or pocket flaps of a different colour to the coat are permitted
- ~~g)f~~ tailcoats may be worn with snaffle
- ~~h)g~~ wearing a coat is optional if the rider feels overheated
- ~~i)h~~ waistcoats and fitted vests are permitted with jackets and coats or when jackets and coats are not worn in hot weather
- ~~j)i~~ back protectors may be worn under or over the jacket or coat
- ~~k)j~~ a non flapping rain jacket, either clear or similar colour to the coat may be worn over the coat in wet weather

## Web links

[Dressage Tasmania \(equestrian.org.au\)](http://equestrian.org.au)

[Horse Registration | Equestrian Tasmania](#)

[Your Membership | Equestrian Tasmania](#)

[Insurance | Equestrian Australia](#)

[Medication Control | Equestrian Tasmania](#)

[Discipline rules & regulations | Equestrian Australia](#)

Dressage Tasmania web site:

<https://www.tas.equestrian.org.au/dressage/>

Dressage Tasmania E-mail:

[dressagetasmania@outlook.com](mailto:dressagetasmania@outlook.com)



<https://www.facebook.com/dressagetasmania>

