



# EQUESTRIAN CANADA ÉQUESTRE

## PARA-DRESSAGE VIDEO COMPETITION SERIES COMPETITOR GUIDELINES

Bringing the Competition to You!

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# SECTION 1: ABOUT THE PARA-DRESSAGE VIDEO COMPETITION SERIES

## What is the Para-Dressage Video Competition Series?

The Para-Dressage Video Competition Series provides riders of all levels and abilities with the opportunity to experience competition conditions in the comfort of their home stable and on a familiar horse. Participants compete against riders with similar abilities nationwide by submitting videos that are judged by Equestrian Canada (EC) certified Dressage Judges.

Video competitions encourage para-dressage riders to develop effective skills and provide them with an opportunity to compete in a progressive and structured environment. They are a fantastic way to ensure that all riders across Canada, no matter how geographically isolated, have the chance to compete. Competition is an integral part of athlete development and provides riders with new goals, as well as a sense of empowerment and accomplishment.

To participate, riders simply have themselves recorded performing a specific para-dressage test and upload it to the EC online portal at [https://licence.equestrian.ca/pec\\_video](https://licence.equestrian.ca/pec_video), along with an online registration form and the appropriate entry fees.

The results from each leg of the series will be posted on the EC website at [www.equestrian.ca/sport/para-dressage/programs](http://www.equestrian.ca/sport/para-dressage/programs). Prizes will be awarded to competitors who finish in the top three places in their class for each competition. Ribbons will be awarded to the top five places. Each competitor will receive a copy of the judge's scores and comments for their test.

## How much does it cost?

The cost is \$40.00 per class.

## Who is eligible to enter?

All riders with a physical and/or intellectual impairment are welcome to compete in the Para-Dressage Video Competition Series. Riders do not need to be classified in order to compete, except for in Gold level classes.

## Video Competition Dates

There are eight legs of the Para-Dressage Video Competition Series. All individuals who wish to participate must have their entries submitted to EC's [online portal](#) by 11:59 p.m. EST on the day of the deadline. Please reference the Para-Dressage Programs page of the EC website at [www.equestrian.ca/sport/para-dressage/programs](http://www.equestrian.ca/sport/para-dressage/programs) for the list of submission deadlines for each leg.



## High Point Championships

A rider who has participated in a minimum of four competition legs within the same division during the current year is eligible to be considered for the High Point Championships. Points are awarded based on placings within each division. At the end of the year, points will be totaled and the Champions for each division will be acknowledged with a prize.

Points will be awarded as follows:

- Five (5) points for first place
- Four (4) points for second place
- Three (3) points for third place
- Two (2) points for fourth place
- One (1) point for fifth place

## High Point Riding Centre Championships

A riding centre that has entered riders in a minimum of four competition legs during the current year is eligible to be considered for the High Point Riding Centre Championships. Points are awarded based on each rider's placings within each division. At the end of the year, points will be added up and the Riding Centre Champions will be acknowledged with a prize.

Points will be awarded as follows:

- Five (5) points for first place
- Four (4) points for second place
- Three (3) points for third place
- Two (2) points for fourth place
- One (1) point for fifth place



## SECTION 2: RULES

### Entry Rules

Rules of the facility where the rider performs their para-dressage test apply, in addition to the following:

1. Riders must hold a current EC Sport Licence at the Bronze level or higher that indicates dressage or para-dressage as their primary discipline. Sport Licences can be renewed or purchased online through [MyEC](#).
2. Riders may only compete in the classes within their division. See Section 6: Class Information for the class breakdown among divisions.
3. To ensure fair play, riders should not be entered in a division below their technical skill level.
4. Riders in Division 1-4 may submit one technical test and one Freestyle test per competition leg.
5. Riders in Division 5 may submit one test per class, up to three tests total, for each competition leg.
6. All therapeutic riding centres are encouraged to adhere to CanTRA insurance guidelines as per the CanTRA Risk Management Evaluation, which can be found on the CanTRA website at [www.cantra.ca](http://www.cantra.ca).
7. At all times, persons mounted on a horse must wear protective headgear approved by one of the following accredited organizations:
  - ASTM (American Society for Testing and Materials)
  - SEI (Safety Equipment Institute, Inc.)
  - BSI/BS EN (British Standards Institution)
  - EN (European Union Standards)
  - AS/NZS (Australian/New Zealand Standards)
8. Headgear must be properly fitted and securely fastened by a safety strap permanently affixed to the helmet. Failure to follow this rule will result in immediate disqualification from the competition.
9. Closed heel and toe footwear with a minimum 1” heel is recommended. If a rider’s impairment prevents them from wearing footwear with a heel, the saddle must be equipped with enclosed stirrups such as Devonshire boots, Anderson stirrups or open cage stirrups.
10. Horses may wear wraps or boots.
11. Grazing nets/grazing muzzles are NOT allowed.
12. Riders should wear appropriate riding attire (i.e. jodhpurs) and gloves. Jeans are not allowed. Riders should be tidily dressed and avoid wearing loose jackets that conceal their position from the judge.
13. English tack must be used (dressage equipment such as saddles and bridles are recommended but not mandatory), as well as any adaptive equipment that is required. Reference the list of FEI approved compensating aids [here](#).
14. In all classes, tack must be safe and comfortable for both horse and rider. The rider must not be attached to the horse or saddle in any way that is deemed unsafe, as per [EC](#) and [FEI Para-Dressage rules](#). Any type of saddle or surcingle that is appropriate for the needs of the rider may be used.
15. Horses may be shared between riders.

### Commanders



**1. Equestrian Canada Tests - Commanders may be used for all EC Tests**

**2. FEI Tests - Commanders are a non-standard Compensating Aid. A Commander may only be used when riding an FEI test if the Commander is listed on the EC or FEI Master Compensating Aids List for that athlete.**

## Filming Rules

**IMPORTANT** – Videos submitted must be of a good enough quality/clarity that all test movements can be clearly seen. **Blurry images, and videos with poor picture quality may be rejected and will not be judged.** In these cases, the rider will receive a credit for the next competition date.

It is very important that you make sure you review your video entry fully prior to submission. If you are unsure with regards to the video quality, please send the video link to Jamie-Ann Goodfellow - Para-Dressage Coordinator - [jgoodfellow@equestrian.ca](mailto:jgoodfellow@equestrian.ca) no later than the 5 days prior to the entry closing date.

The following video filming rules must be followed:

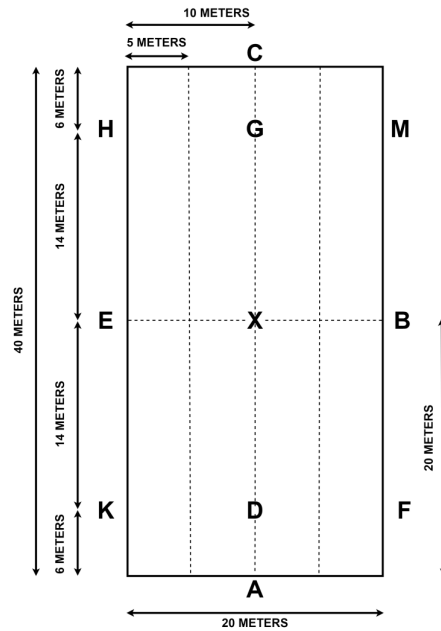
1. Videos should be recorded in an enclosed arena or ring with a minimum size of 18x36m (59x118ft) and a maximum size of 20x40m (66x131ft). If your arena/ring is larger, please mark off an area of this size so that competition environments are similar.
  - a. **Exception:** FEI Individual (2017) Team, Individual and Freestyle Grade IV and Grade V tests may be performed in a 20m x 60m (66ft x 197ft) arena.
2. The camera must be placed on the centre line immediately in front of or behind 'C' at the far end of ring/arena facing 'A' at a height of approximately 1.5m-2.5m (5-8ft). the camera is to remain at this spot for the entire test. Set the camera so the whole horse remains in the frame for as much of the video as possible. Try to keep the horse in the centre of the frame and avoid zooming too far in or out.
3. In an outdoor arena/ring, the recording should start approximately five seconds before the individual rider enters the ring. In an indoor arena, the rider may already be in the arena/ring and the recording should start five seconds before judging of the class begins.
  - The recording should finish approximately five seconds after the class ends or after the final salute at the end of the test. Continue videoing after the final halt so that the judges can see a few steps of walk.
  - Always film with your back to the sun. Keep the camera steady.
  - Use a well-lit arena/ring. Try not to film when there is a sharp contrast in light and dark areas in the arena. Make sure the light setting is correct for the time of day.
  - Use the highest quality setting on your camera.
  - 
  - Set the camera so the whole horse remains in the frame and ideally horse and rider,, so that the execution of by horse and rider of all movements within the test are clearly shown for the judge.
  - Make sure all movements within the test are clearly shown for the judge, and that leaders and side walkers are not blocking the view of the rider.



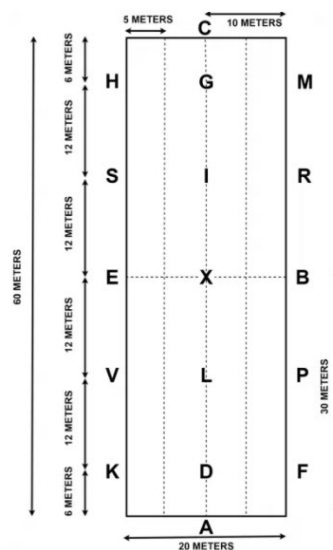
Riders performing a Freestyle to Music class must ensure that the sound on the video recording device is switched on and that the music can be clearly heard in the video.

## Arena Rules

1. Dimensions for small dressage arenas should be 20x40m (or approximately 66x132ft). Arena markers for the outer letters must be visible in the video.



2. Dimensions for standard – or long – dressage arenas should be 20x60m (or approximately 66x197ft). Arena markers for the outer letters must be visible in the video.





## Leader/Side Walker/Commander Rules

- Riders are encouraged to compete at their highest level of capability with one leader and the least number of side walkers needed for support, maximum two.
- When side walkers are not used, the leader should lead from the inside, changing sides in front of the equine at the halt movement. They must lead right by the shoulder, using their outside hand to hold the lead rope at their outside hip with their inside hand flat at their side or across their belly. This indicates to the judge that the leader is not influencing the equine and will only assist in an emergency. There should be a slight loop in the lead to indicate that the leader is not influencing the pace or the direction of the equine.
- When side walkers are used, the leader should lead from the inside, changing sides in front of the equine at the halt movement. Leaders must lead from midway between equine's shoulder and head, using their outside hand to hold the lead rope at their outside hip with their inside hand flat at their side or across their belly. This indicates to the judge that the leader is not influencing the equine and will only assist in an emergency. There should be a slight loop in the lead to indicate that the leader is not influencing the pace or the direction of the equine.
- The leader/side walker should have minimal influence on the equine or rider. Any movements by the leader/side walker that are seen to influence the equine or rider – e.g., stopping, turning towards the equine, standing in front of the equine, indicating slow down or halt – shall be penalized, except in an emergency where movements by the leader/side walker are necessary to control the equine.
- A maximum of two side walkers, one on each side, may be used if necessary. Side walkers are to be located beside the rider's leg and should be able to comfortably walk while providing physical support for the rider at the thigh, hip or knee, as needed. Side walkers should not give verbal instruction to the rider or assist the rider in any way. Side walkers should not touch the equine, such as nudging it to walk on, which would be classified as undue influence or assistance.
- **Should a leader/side walker influence the equine or rider, it will be reflected in the marks:** there will be a half-mark deduction from the movement score for first occasion the leader/side walker is seen to influence the equine or rider and a one-mark deduction for all subsequent occasions.
- If the rider requires a commander, then the commander will read the test for the rider.

## Video Submissions

1. Competitors must submit their video by providing the YouTube link via the EC [online portal](#).
  - The name of the video file should include the date, rider's last name, horse name and class number(s) entered.
  - If entering in more than one class per competition leg, separate videos should be recorded for each test. Please do not combine tests in one video..
  - By entering the competition, riders (and riding centres where applicable) are deemed to have understood and accepted these rules and must agree to abide by them.

## Putting the Test to Music

*Acknowledgement: Julia Battams (Equestrian Australia) and Mary Longden (RDA Australia)*





The choice of music will set the performance of your Freestyle. You can choose your music first, something that appeals to you and expresses your horse's personality, then design the movements around the music. Or, you can design the test first and cut the music to suit the movements.

Remember to choose something you enjoy as you will be hearing it often as you practice!

### Steps for Choosing the Music

1. You will need music that suits each of the paces in your test. Walk is a four-time pace (like a ballad or a march); trot is a two-time pace; canter is a three-time pace but has a moment of suspension so is really a four-time pace. The same music for walk is also suitable for canter.
2. Measure the beats per minute (bpm) of your horse in each pace. A metronome can help (an app is available for iPhone) or use video.
3. Place a coloured polo wrap on one of the horse's front legs and count each time that leg touches the ground in a minute. This will measure the bpm for each pace. Use an electronic metronome and adjust it until the "beep" is in time with the footfalls of the wrapped leg.
4. Select samples of music that are close to the bpm of your horse's paces and ride listening to these samples until you decide on the best choices.
5. Choose two or three different pieces of music to make the performance more interesting but keep the music in similar genres (e.g. don't mix classical with rock).
6. Avoid lyrics wherever possible. This makes it hard to cut and mix the sections of music.
7. For your final salute, try to use music that has a strong finale so you finish with a flourish.
8. Ride, ride, ride until the movements match the music. You can use corners to go deeper or slow down to allow the music to catch up if the horse is rushing or ride shallow corners to catch up for the next movement.
9. Back up your CD and have copies available. Make good quality copies (at least two) and test them!
10. Label copies clearly with rider name, horse name, event and where rider will signal for music to start (e.g. rider will raise hand when passing outside K).
11. Remember to have fun and enjoy the journey!

**Tips:** There are many computer programs that allow you to edit and mix music which will help putting the final CD together.

- Search for sample music on YouTube, iTunes and Amazon, as well as your own music collections.
- Websites are available to help you choose music with a similar bpm to your horse's gaits.
  - See [www.equimusic.com](http://www.equimusic.com). You can also find free programs for editing together your music such as Audacity.
- Watch dressage freestyle performances on YouTube for inspiration.



## SECTION 3: HOW TO CREATE A YOUTUBE ACCOUNT

Go to [www.youtube.com](http://www.youtube.com) and create an account. Click on the ‘Sign Up’ button at the top of the screen. Fill out all the requested information. An e-mail will be sent to you asking you to confirm your e-mail address. Click the link in the e-mail to confirm.

### Upload the Video to YouTube

To upload a video, go to the upload page by clicking on ‘Create a video or post’ in the upper right corner of the homepage and then selecting ‘Upload video’. Click on ‘Upload Video’ to find a video file on your computer. Next, click the browse button to search for the file you want to upload. Double click on the file and it will appear in the text box. Click on ‘Upload Video.’

Please be aware that posting videos on YouTube without security settings will allow outside individuals to view your video. It is highly recommended that users set the YouTube security setting to ‘Unlisted’, which means only those who have been provided the link directly can view the video.

### Fill in the Video Upload Information

The next step is to fill out your video information including title, description and tags. Remember, the name of the video file should include the date, rider’s last name, horse name and class number(s) entered.



## SECTION 4: ENTRY PROCESS AND CHECKLIST

Once competitors have recorded a video of themselves performing a specific test, it can be uploaded via YouTube to the EC online portal at any time before the competition deadline at

[https://licence.equestrian.ca/pec\\_video](https://licence.equestrian.ca/pec_video).

Before uploading the video, all participants will be required to complete an online entry form (included in Section 5 below), which will require the following information:

- Rider's EC Sport Licence number
- Coach's name (if applicable)
- Horse name
- Riding centre name
- Class(es) entered
- Details on whether the rider is classified, non-classified or participating as an hors concours entry (note: hors concours entries are not eligible for ribbons or prizes)
- Credit card payment information

When you are uploading your video, please ensure your video and entry meets the following requirements:

- Have you previewed your video to ensure that it is clear and meets the entry requirements?
- Is your video uploaded to YouTube?
- Is your video less than two GB?
- Is your video file name properly entered (i.e. includes date, rider last name, horse name and class entered)?
- Do you have a credit card ready for payment?

The results of each competition will be posted on the EC website at [www.equestrian.ca/sport/para-dressage/programs](http://www.equestrian.ca/sport/para-dressage/programs).

Please do not hesitate to contact EC's Para-Dressage Coordinator, Jamie-Ann Goodfellow, with any questions at [jgoodfellow@equestrian.ca](mailto:jgoodfellow@equestrian.ca).



# SECTION 5: APPLICATION FORM

*Coaches may enter riders into the Para-Dressage Video Competition Series online. In order for coaches to enter riders, this form must be submitted in advance to Equestrian Canada.*

## Rider Details

EC Sport Licence for rider #: \_\_\_\_\_

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ E-mail: \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ (DD/ MM /YYYY) Name of Riding Centre: \_\_\_\_\_

Coach Name: \_\_\_\_\_ Coach E-mail: \_\_\_\_\_

EC Sport Licence for coach #: \_\_\_\_\_

I agree to hold harmless and to indemnify Equestrian Canada from any and all liability for any property damage of any description or personal injury to me or to any third party or injury to my horse resulting from my participation in the above aforementioned activities. I agree that this agreement shall be binding upon my heirs, next of kin, executors, administrators and assigns in the event of my death. I agree that this agreement shall be governed and interpreted in accordance with the laws of the Province of Ontario and any litigation involving the parties to this agreement shall be brought in Ontario. In entering into this agreement I am not relying on any oral or written representation or statements made by the Releasee with respect to the safety of the equine activities other than as set forth in this agreement.

I hereby grant Equestrian Canada the right to reproduce, use, exhibit, display, broadcast, distribute and create derivative works of the photographed images or videos taken of me for use in connection with the activities of Equestrian Canada, or for promoting, publicizing or explaining Equestrian Canada or its activities. In addition, I waive any right to inspect or approve the finished product, including written copy, wherein my likeness appears. This grant includes, without limitation, the right to publish such images or videos in any of Equestrian Canada's, promotional materials and website, in any format and media available to Equestrian Canada now or in the future, including but not limited to print, broadcast, DVD, and electronic/online media.

\_\_\_\_\_  
Name of Athlete

\_\_\_\_\_  
Signature of Athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name of Coach

\_\_\_\_\_  
Signature of Coach

\_\_\_\_\_  
Date

### **THIS SECTION MUST BE COMPLETED IF THE RIDER IS 18 YEARS OF AGE OR UNDER**

## Parent/Guardian Indemnity Agreement

A parent or guardian's signature is required on the Application Form if the rider is 18 years of age or under at the time of signing. This signature is in addition to and not in place of the rider's signature.

I am the parent/guardian of \_\_\_\_\_, who was born on \_\_\_\_\_ and is therefore a minor at the time of signing the Application Form.

I recognize that the rider derives benefits from signing this application form. I also recognize that the athlete assumes obligations thereby and I further recognize Equestrian Canada's desire and need to enforce these obligations. Accordingly, I agree to hold harmless and to indemnify Equestrian Canada from any and all liability for any property damage of any description or personal injury to the rider or to any third party or injury to the rider's horse resulting from the rider's participation in the Para-Dressage Video Competition Series.



I hereby grant Equestrian Canada the right to reproduce, use, exhibit, display, broadcast, distribute and create derivative works of the photographed images or videos taken of the rider for use in connection with the activities of Equestrian Canada, or for promoting, publicizing or explaining Equestrian Canada or its activities. In addition, I waive any right to inspect or approve the finished product, including written copy, wherein the rider's likeness appears. This grant includes, without limitation, the right to publish such images or videos in any of Equestrian Canada's, promotional materials and website, in any format and media available to EC now or in the future, including but not limited to print, broadcast, DVD, and electronic/online media.

\_\_\_\_\_  
**PARENT/GUARDIAN NAME (PLEASE PRINT)**

\_\_\_\_\_  
**SIGNATURE**

**PLEASE RETURN COMPLETED FORM TO:**

Para-Dressage Department, c/o Equestrian Canada  
201-11 Hines Road, Ottawa, ON K2K 2X1  
or e-mail: [jgoodfellow@equestrian.ca](mailto:jgoodfellow@equestrian.ca)



## SECTION 6: CLASS INFORMATION

Classes are divided into different ability levels (called divisions) with the aim of providing a fair and inclusive competition experience. They are designed to cater to the various experience and riding abilities of competitors.

We suggest working with a coach to choose the class that best suits the rider's ability level. Riders are encouraged to compete at the highest level of their current riding ability to develop effective riding skills and enable the progression up the levels of competition. If a rider consistently performs well at a chosen level, such as earning consistent top three placings, they are encouraged to advance to the next ability level (e.g. move up from an Intermediate walk/trot test to an Intermediate walk/trot/canter test, or to the Advance classes). If a rider underperforms at their chosen level or has suffered a setback, or if the horse is inexperienced, they may return to a lower level of class.

When there is only one rider entered in a class, ribbons and prizes shall be awarded in accordance with the following chart of percentages:

- 1st: 65% or higher
- 2nd: 60% to 64.9%
- 3rd: 57% to 59.9%
- 4th: 54% to 56.9%
- 5th: 54% or below
- No ribbons or prizes shall be awarded below 5th place

All trot work may be executed sitting or rising. All competition tests are available on the EC website at [www.equestrian.ca/sport/para-dressage/tests](http://www.equestrian.ca/sport/para-dressage/tests).

### Division 1

#### Introduction/Beginner Classes

Introduction/Beginner classes are open to all riders, including those with an intellectual impairment, who are unclassified and riders who are classified but competing below their classified grade. The Beginner/Introductory classes are for riders that ride regularly. They may be first-time or novice competitors. These classes are aimed to encourage, provide competition experience and develop ability.

Riders in Division 1 are allowed to submit one technical test (Classes #1-4) and one Freestyle test (Class #5) per competition leg.



### Class #1

Riders in Class #1 may choose from the following tests:

- Para-Dressage Level 1 - Introduction to Dressage (With side walkers and a leader)
- Para-Dressage Level 2 - Introduction to Dressage (With side walkers and a leader)

### Class #2

Riders in Class #2 may choose from the following tests:

- Para-Dressage Level 1 - Introduction to Dressage – Walk Only (With a leader)
- Para-Dressage Level 2 - Introduction to Dressage – Walk Only (With a leader)

### Class #3

Riders in Class #3 may choose from the following tests:

- Para-Dressage Level 1 - Introduction to Dressage – Walk Only (No leader)
- Para-Dressage Level 2 - Introduction to Dressage – Walk Only (No leader)

### Class #4

- Para-Dressage Level 3 - Introduction to Dressage – Walk Only (No leader)

### Class #5

- [RDA Dressage Grade I Freestyle Test \(2020\)](#)

## Division 2

### Intermediate Classes

#### Preparation for Bronze/Silver Level

Intermediate classes are open to more experienced classified and non-classified riders, including those with an intellectual impairment, preparing for Bronze/Silver level competitions.

Riders in Division 2 are allowed to submit one technical test (Classes #6-7) and one Freestyle test (Class #8) per competition leg.

### Class #6

Riders in Class #6 may choose from the following tests:

- Para-Dressage Level 1 - Introduction to Dressage – Walk/Trot
- Para-Dressage Level 2 - Introduction to Dressage – Walk/Trot

### Class #7

- Para-Dressage Level 3 - Introduction to Dressage – Walk/Trot



#### Class #8

- [RDA Dressage Grade 2 Freestyle Test \(2020\)](#)

## Division 3

### Intermediate Classes

#### Preparation for Bronze/Silver Level

Riders in Division 3 are allowed to submit one technical test (Classes #9-10) and one Freestyle test (Class #11) per competition leg.

#### Class #9

Riders in Class #9 may choose from the following tests:

- Para-Dressage Level 1 - Introduction to Dressage – Walk/Trot/Canter Tests
- Para-Dressage Level 2 - Introduction to Dressage – Walk/Trot/Canter Tests

#### Class #10

- Para-Dressage Level 3 - Introduction to Dressage – Walk/Trot/Canter Tests

#### Class #11

- [RDA Grade 4 Freestyle Test \(2020\)](#)

## Division 4

### Advanced Classes

#### Preparation for Gold Level

Advanced classes are open to all riders, including those with an intellectual impairment, preparing for Gold level competitions. Leaders are not permitted.

Riders in Division 4 are allowed to submit one technical test (Class #12) and one Freestyle test (Class #13) per competition leg.

#### Class #12

Riders in Class #12 may choose from the following tests:

- FEI Para-Dressage Novice B (2017) Test of Choice
- FEI Para-Dressage Introductory Test A (2018) Test of Choice
- FEI Para-Dressage Introductory Test B (2018) Test of Choice

#### Class #13

- [RDA Dressage Freestyle Test of Choice](#)





## Division 5

### Gold Classes

Gold classes are open to classified national and FEI riders who have experience competing in EC Gold level competitions. Riders must compete within their grade and may submit one test per class, up to three tests total, for each competition leg in Division 5.

#### Class #14

- FEI Para-Dressage Individual (2017) Test of Choice

#### Class #15

- FEI Para-Dressage Team (2017) Test of Choice

#### Class #16

- FEI Para-Dressage Freestyle (2017) Test of Choice



Canada 

201-11 rue Hines Road,  
Ottawa, Ontario, Canada K2K 2X1  
613-287-1515 [equestrian.ca](http://equestrian.ca)