

All riding requirements must be met with the student demonstrating a safe, basic balanced position: heels down, eyes up, quiet hands, and a line running from the head through the shoulder and hip to the heel.

RISING RIDER LEVEL – RAINBOW

The Rainbow Level is an introductory level for young riders aged 4 through 7, who are not yet able to ride and care for a pony independently. Rainbow Level riders should always practice their skills with the supervision and assistance of an instructor!

- I take regular lessons - at least once a month - with a knowledgeable instructor.
- I always wear boots and an ASTM-SEI approved helmet when I am working around horses. I can put on my helmet myself and show you how it fits correctly.
- I can tell you how to dress safely for riding.
- I can show you how to correctly approach a pony, and how to move around a pony safely - including walking around behind.
- I can tell you why you have to groom a pony and pick out his feet before every ride.
- I can help my instructor or an older, more experienced rider prepare for a ride. I help with the grooming, cleaning hooves, and putting on the saddle and bridle. When I am a little bit bigger, I will be able to tack up a pony without any help.
- I can show you the basic parts of a saddle and bridle, such as the bit, reins, stirrups and girth.
- I can lead a pony safely, both with a halter and lead rope and with the bridle reins.
- I can help to do a safety check on my tack and pony before I ride. I can pull down the stirrups, put the reins over my pony's head, and help check the girth.
- I can mount and dismount correctly and safely. Even if I have to use the mounting block, or have my instructor give me a leg up, I know it is important to get on and off a pony carefully.
- I can demonstrate a basic balanced position while my pony is walking and standing still. I know that a bad position is dangerous for me and uncomfortable for my pony, so I always work hard to keep my eyes up, heels down, and "building blocks" in place!
- I can pick up the reins and hold them correctly, at a suitable length.
- I can perform basic stretches and warm-up exercises at the walk, on the leadline. (This means someone is holding onto my pony to help me steer him.)
- I can go Around the World.
- I can demonstrate how I use my aids (my seat, legs, hands and voice) to ask my pony to walk, halt, and turn.
- I can walk once all the way around the arena without a leadline.
- I can ride in a balanced two-point position at the halt and the walk.
- I can walk my pony over ground poles, showing a good jumping position, keeping my eyes up and riding straight over the middle of each pole.
- I can ride the trot on the leadline. I can ride both a sitting trot and a posting trot, holding on to the saddle if necessary. I can keep up a steady rhythm at the posting trot, so it is comfortable for both me and my pony.
- I can tell you why it is important to cool out my pony after hard work, and help take care of him after a ride.
- I can name at least ten parts of the pony, and at least three grooming tools.
- I can feed a treat to a quiet pony safely. I know why it can be dangerous to feed a pony too many treats, and always ask permission.
- I have filled out the "My Pony" worksheet with the name, color, markings, height, and breed of the pony I usually ride. It is okay if my instructor or another experienced horseperson helps me to find this information and write it down.
- I have helped an experienced horseperson clean out a stall. I know why it is important to clean out a pony's stall and water buckets every day.

LEVEL ONE – RED

- Brush, pick hooves, saddle and bridle, with assistance only if necessary, demonstrating awareness of basic horse safety.
- Mount and dismount independently (with mounting block if needed).
- Perform warm-up stretches independently.
- Perform an emergency dismount at the halt and walk.
- Halt by disengaging horse's hindquarters ("one-rein stop"), once on each rein.
- Demonstrate a pulley rein and a safety seat.
- Shorten and lengthen reins correctly.
- Perform walk-halt transitions, maintaining balanced position.
- Demonstrate the following maneuvers at walk:
 - Change of direction across diagonal
 - Half-circle reverse
 - Half-turn
 - Large circle
- Drop stirrups and pick up again, without looking down, at the halt.
- Ride in 2-point position at the walk.
- Ride simple ground pole course (3-5 fences) at walk, demonstrating jumping position and good approaches.
- Ride on the rail at a posting trot, once around in each direction.

LEVEL TWO – YELLOW

- Tack and untack independently, in twenty minutes or less.
- Adjust stirrups and girth while mounted.
- Perform an emergency dismount at the trot.
- Demonstrate use of disengagement and pulley rein by halting horse from trot.
- Ride smooth walk-trot transitions, maintaining balanced position.
- Demonstrate knowledge and awareness of posting diagonals.
- Demonstrate the following maneuvers at walk and trot:
 - Large circle
 - Figure-8
 - Serpentine
 - Half circle, half-turn and diagonal with change of posting diagonal
- Ride USDF Intro Test A or B, showing knowledge of elementary dressage terms and figures.
- Ride on the longe at walk and trot without stirrups and reins.
- Drop stirrups and pick up again, without looking down, at the walk.
- Ride posting and sitting trot without stirrups, once around arena.
- Ride in 2-point position on the flat at walk and trot, developing ability to remain balanced independent of hands.
- Ride grid of trot poles, demonstrating secure jumping position.
- Ride a ground pole course at the trot with opening and closing circles, good approaches.

LEVEL THREE – GREEN

- Demonstrate ability to safely catch horse in both stall and field.
- Prepare for a lesson independently in fifteen minutes or less.
- Discuss procedure for warm up, cool down; with consideration of weather, footing, fitness level of horse.
- Demonstrate the following maneuvers:
 - Reinback
 - Rating speed at walk and trot
 - Large circle at canter
 - Change of direction with simple change at canter
- Ride at the canter on the rail in both directions, demonstrating both light and full seat.
- Demonstrate awareness of leads.
- Ride at the trot for a minimum of five minutes without stirrups, alternating posting and sitting.
- Drop stirrups and pick up again, without looking down, at the trot.
- Ride in 2-point at the canter, on the flat and over a single ground pole.
- Trot over a grid of trot poles with reins knotted and arms outstretched.
- Ride ground pole course at the trot with smooth turns, good approaches, correct diagonals.
- Jump a single crossrail, not to exceed 18".
- Ride bareback confidently at the walk and trot, balancing independently of hands.

LEVEL FOUR – BLUE

- Know and demonstrate a minimum of four exercises that can be used to improve the seat.
- Ride ring figures at the walk and trot, with correct diagonals.
- Demonstrate knowledge of aids used for asking horse to correctly bend.
- Ride accurate trot/canter transitions.
- Ride a 20m circle at the walk, trot, and canter, with correct diagonals and leads.
- Ride USDF Introductory Test C with accurate transitions and ring figures.
- Ride at the walk, trot and canter without stirrups.
- Ride simple gymnastic grids up to 2', to include one small oxer.
- Trot into a related distance and canter out.
- Ride a ground pole course at the canter, with simple changes of lead as necessary.
- Jump a course of 5-7 fences at 18", at the trot, with good approaches, developing the ability to plan a course.
- Demonstrate an effective use of disengagement and pulley rein by stopping horse from canter.
- Ride in the open, up and down hills and over fences and natural obstacles at the walk and trot.

LEVEL FIVE – ORANGE

- Demonstrate self-directed, progressive warm-up for flatwork and jumping.
- Maintain light contact on the flat, demonstrating long and loose rein when asked.
- Demonstrate the following maneuvers:
 - Turn on the forehand
 - Sitting trot
 - Figure-8 at canter
 - Serpentine at canter
- Demonstrate ring figures at all three gaits, with awareness of bend and balance.

ORANGE LEVEL, CONT.

- Ride ring figures at the walk, trot and canter without stirrups.
- Be able to drop and pick up stirrups at all gaits without looking down.
- Ride small bounce grid, with and without reins and/or stirrups.
- Ride simple gymnastic grids up to 2'6", including low fences without reins.
- Jump a course (minimum 6 fences) at 2', at the canter, with smooth turns, good approaches and correct leads.
- Ride in the open in a group, at walk, trot and canter, maintaining control.
- Demonstrate a galloping position at the walk, trot, and canter.
- Jump simple cross-country obstacles, up to 2'3" at the trot and canter.
- Ride the hand gallop.

Most students who pursue riding for a few years are able to achieve an Orange Level ribbon. They should emerge from this level with confidence and competence in basic riding skills, including a reasonably secure base of support on the flat and over fences, working toward the ability to ride with a steady contact achieved through an independent seat. This allows them to ride happily on a trained horse, and participate in lower-level events such as schooling shows.

The Purple and Teal Levels are designed for dedicated equestrians eager to move past the basics and develop intermediate skills. These riders may be your eager competitors or future horse trainers; they may learn to effectively ride and bring along green horses; they should acquire a strong foundation that will allow them to pursue any equestrian discipline they choose.

Not all recreational students will achieve Purple and Teal ribbons. *These levels (particularly Teal) require hours of practice and, for the average rider, an increased commitment to fitness. To pass each requirement, students should be able to demonstrate these skills consistently, not just one time on a push button horse! It is as important for students to be honest about their goals as it is for instructors to clearly outline the requirements of the work.*

LEVEL SIX - PURPLE

- Ride on the longe line at walk, trot and canter, without stirrups/ reins, performing balancing and suppling exercises.
- Identify diagonals and leads through feel.
- Demonstrate the following maneuvers:
 - 20m, 15m and 10m circles at walk and trot
 - 20m, 15m and 10m half-circles at walk and trot
 - Simple change of lead on a straight line
 - Leg yield, from quarter line to rail, at walk and trot
- Ride accurate trot/halt/trot transitions.
- Demonstrate a walk to canter transition, returning to walk with three or fewer steps of trot.
- Ride canter to halt in three or fewer steps.
- Ride USEA Novice Test A or B, demonstrating accuracy, forward rhythm, steady contact, correct bend on circles and through corners.
- Know distances for trot poles and basic gymnastic exercises.
- Ride a variety of gymnastic exercises up to 2'9", with and without stirrups and/or reins.
- Jump a course (minimum of 8 fences) at 2'6", to include spread and vertical fences, related distances, bending lines, and a combination.
- Jump a small course (5 to 6 fences) at 2' without stirrups.
- Maintain a galloping position at the walk, trot and canter, for a minimum of five minutes.
- Ride at the gallop in the open with control and a strong galloping position.
- Jump a variety of Beginner Novice level cross-country fences, to include bank, ditch, trot or canter through water.

LEVEL SEVEN - TEAL

- Discuss basic dressage theory, showing knowledge of the training pyramid and use of natural aids.
- Discuss appropriate use of artificial aids and training devices.
- Demonstrate a self-directed, progressive warm-up for flatwork and jumping, with consideration of mount's strengths and weaknesses.
- Ride various ring figures on the aids, at walk, trot and canter, demonstrating rhythm, relaxation, connection and bend.
- Ride accurate, balanced transitions, including halts and transitions between the walk and canter.
- Demonstrate the following maneuvers:
 - Turn on the haunches
 - Leg yield
 - Shoulder-in
 - Haunches-in
 - Countercanter
- Ride a simple change of lead through the walk or a flying change of lead, appropriate to the horse.
- Demonstrate lengthening and shortening stride.
- Ride and evaluate an unfamiliar horse, to include work at all three gaits and through basic ring figures.
- Demonstrate proficiency in gymnastic jumping:
 - Designing and setting up a variety of gymnastic exercises
 - Riding with confidence and balance over progressive gymnastics up to 3'6"
 - Demonstrating a secure position over fences up to 3' with and without stirrups and/or reins
- Jump a stadium course at 3', demonstrating an understanding of hunter, equitation and show jumping questions and approaches to riding them.
- Jump a course (8-10 fences) at 2'6" without stirrups.
- Ride in a galloping position over varying terrain, demonstrating knowledge of pace in meters per minute.
- Jump a variety of Novice level cross-country obstacles, to include:
 - Up and down banks
 - Ditches
 - Related obstacles (including water complex)
 - Jumps on a slope