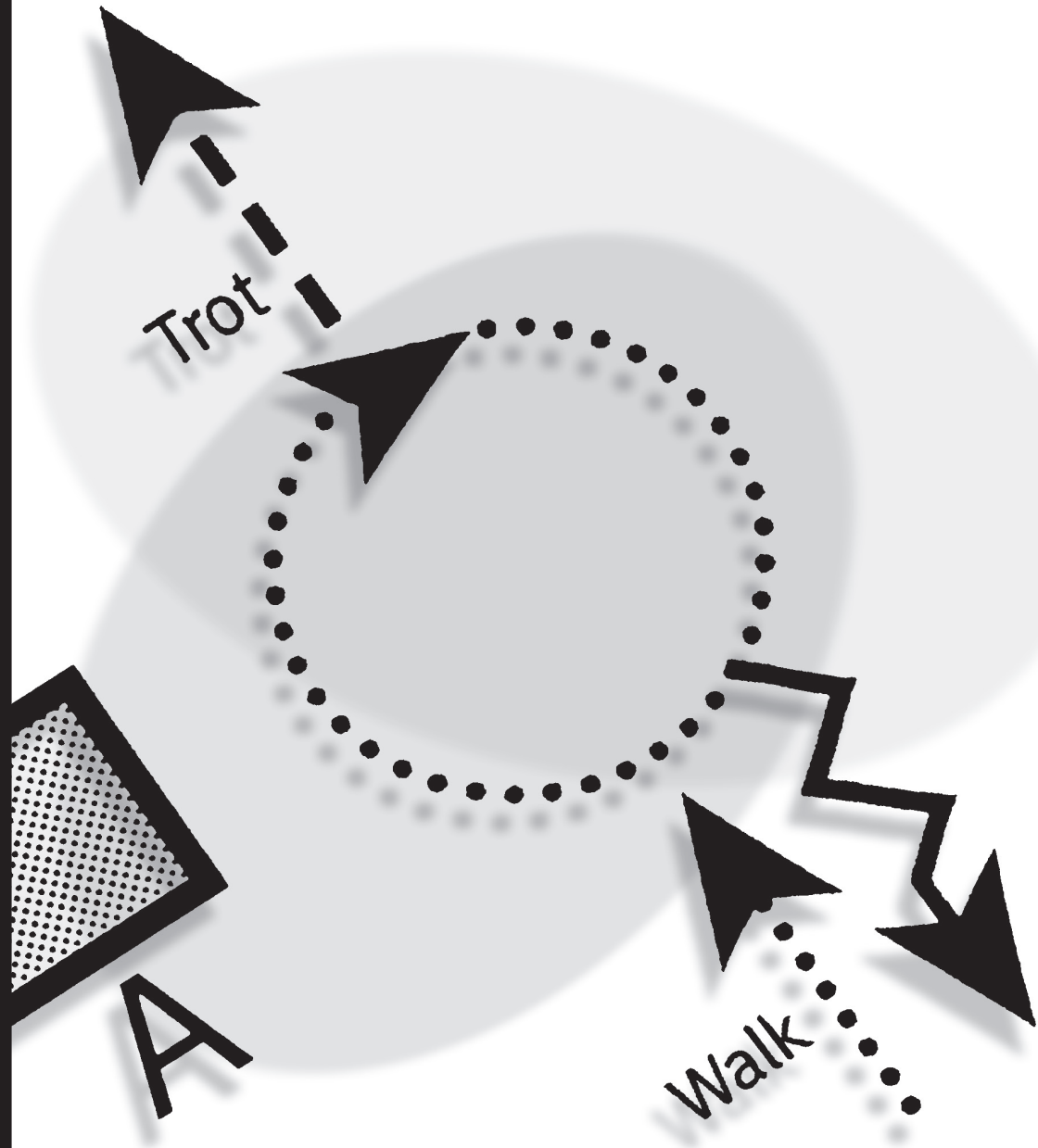


DRESSAGE SEAT

AHA
EQUITATION
MANUAL



Arabian Horse Association
6030 Greenwood Plaza Blvd, Suite 100
Greenwood Village, CO 80111
303-696-4500
ArabianHorses.org

**2024 EDITION
REVISION 12.1**

Dressage Seat

CLASS DESCRIPTION

Refer to Current USEF/EC Rules

1. Must be judged by a licensed Dressage judge.
2. Dressage Seat Equitation to be conducted in accordance with the following rules:
 - a.* Classes may be offered for juniors and adult amateurs as defined in AR 110.
 - b.* Classes may be divided into age groups, at the discretion of competition management.
 - c.* Any exhibitor may ride stallions in Dressage Seat Equitation classes unless restricted in the prize list.
 - d.* Refer to AR112.2b regarding numbers.
 - e.* Whips and spurs are allowed.
3. At AHA National Championships, two Federation Registered (R) or Senior (S) judges will officiate. Judges should evaluate riders separately from different positions in the ring and then judges will give a final percentage score to each rider. Scores from both judges will be added together to give the total score for that rider. The rider with the highest total score will be named Champion; the horse with the second highest total score will be named Reserve Champion, etc., until all placings have been filled.
4. Scoresheets and Tie Breaking
 - a.* Federation Dressage Seat equitation class **score sheets** must be used in qualifying and Regional Championship classes. For Regional championships, ties for Champion, Reserve or 5th in the Top Five will be broken by the judge. www.usdf.org/docs/showflash/web/tests/2023/2023%20DSE%20Score%20Sheet.pdf
 - b.* In National Championship classes, the USEF Dressage Seat Medal class **score sheet** must be used to record the final percentage scores from each judge. Ties for Champion, Reserve, 10th in the Top Ten at National Championships will be broken by consulting the Call Judge's card to break the tie. The rider placing highest on the Call Judge's card will place above the other rider in the tie. www.usdf.org/docs/showflash/web/tests/2023/2023%20DSM%20Score%20Sheet.pdf
 - c.* For Dressage Seat Medal class the AHA Medal class score sheet is to be used. www.usef.org/forms-pubs/QmUdqYuDnQg/aha-dressage-seat-medal-scoresheet
 - d.* The final scores for each rider must be posted at the conclusion of the class.
5. Dressage Division rules will apply, in particular:
 - a.* Saddlery, Equipment and Dress as required for First Level
 - b.* Unauthorized Assistance as defined in DR122.10 is prohibited

Dressage Seat

CLASS DESCRIPTION

- c. Use of voice will be penalized
 - d. Horses may be eliminated for lameness
6. Horses must be ridden in a plain snaffle as pictured in DR121 Figure 1A. Whips and spurs are permitted in both Regional and National Championship classes, and all riders must wear a short jacket as described in DR120. Protective headgear, as described in AR111, is required.
7. Class Specifications
The rider's position, seat and use and effect of the aids will be judged as described in DR117. Movements shall be performed by the exhibitors simultaneously; however, the judges may ask for independent execution of certain tests. All instructions must be publicly announced.
8. Riders must be judged at the medium walk, working trot (sitting and rising), and working canter in both directions. When rising trot is permitted or requested, the rider should change the diagonal when changing directions, except during a lengthening. The correct diagonal is considered to be when the rider is sitting when the outside front foot and inside hind foot are on the ground.
9. In judging the position, seat and use of aids, judges may include the following movements and exercises as required at Training and First Level:
May be ridden as a group:
- 1. Free walk
 - 2. Transitions from one gait to the next in both directions
 - 3. Transitions from walk to halt and vice versa
 - 4. Change of direction across the diagonal, down the centerline, across the arena, and/or by making a half-circle at the walk or trot
10. Additional tests from which judges may choose movements and exercises, as required at Training and First Level, to be ridden in small groups or independently:
- a. Transitions
 - b. Leg yield
 - c. Changes of lead through trot
 - d. Serpentine at the trot
 - e. Shallow loop serpentine with counter canter
 - f. Trot lengthening and/or canter lengthening
 - g. Riding without stirrups

**Refer to Current
USEF/EC Rules**

Dressage Seat

CLASS DESCRIPTION

Refer to Current USEF/EC Rules

11. AHA Dressage Seat Medal class
In addition to rail work, all contestants are required to perform three or more individual tests from AR290.
The pattern should be posted 1 hour prior to the class. Class Procedures: the rail work should be performed first, then the pattern would be read.
The exhibitors will then have the opportunity to asked the judge questions. The exhibitors would then be excused from the Arena/Court and start the pattern individually.
12. In Regionals and National Championship shows, all riders in a class must perform Independent tests. The pattern for Regional and Nationals should be posted 24 hours prior to the class. Class procedures would follow that of the Dressage Seat Medal class. The judges may, at their discretion, choose to require independent tests in Recognized shows, and they may select any number of riders in the class to perform, one or more independent tests.
(Exception: there are to be no patterns for Walk-Trot 10 & Under classes).
13. The number of horses required to work at the same time shall be limited to no more than 25. Groups may be divided into smaller sections, at the discretion of the judges, for safety and convenience. Judges may also limit the number of horses required to canter at the same time, at their discretion.
14. Classes should be held in an enclosed ring that is larger than a standard dressage arena, if available. If such a space is not available, an open schooling area is permitted. If classes must be held in a dressage arena, it must be at least 20m x 60m, and no more than six (6) horses will be asked to canter at the same time.
15. Dressage Seat Equitation riders in the line-up may remain in the arena but outside the dressage court.
16. Judges are encouraged to provide verbal comments to riders after the class, but scoresheets must not be posted.

For USDF diagrams for individual workouts go to:

<https://www.usdf.org/docs/showflash/web/tests/2023/2023%20DSM%20patterns.pdf>

<https://www.usdf.org/docs/showflash/web/tests/2023/2023%20DSE%20Pattarns.pdf>

USEF/USDF Dressage Seat Equitation Individual Workouts



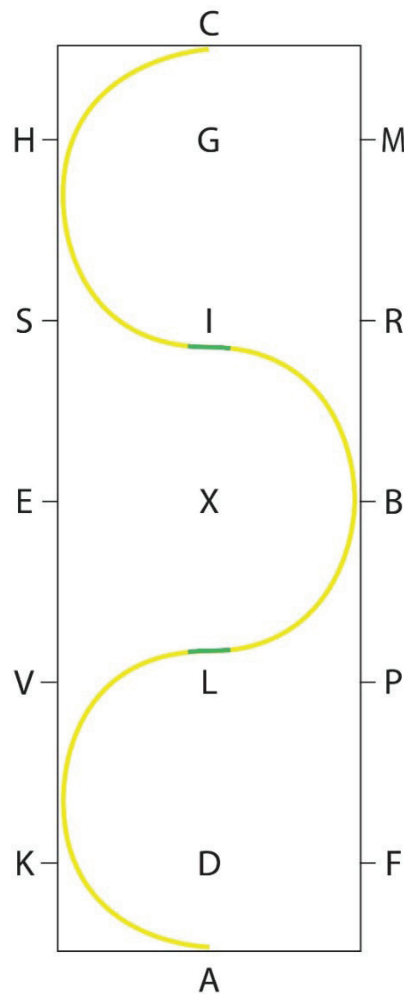
Dressage Seat Equitation Classes Patterns

(offered at USEF-licensed/USDF-recognized dressage competitions)

EASY - Approximate Ride Time: 0:45.

All trot work may be ridden sitting or rising, unless stated by the judge.

Judging begins at A in working trot, tracking right.	
A	Working trot. Serpentine 3 equal loops width of the arena, with 3-6 steps of walk upon crossing the centerlines.
C	Pattern ends. Exit arena in walk.



Green = Walk
Yellow = Trot

Dressage Seat Equitation Classes Patterns

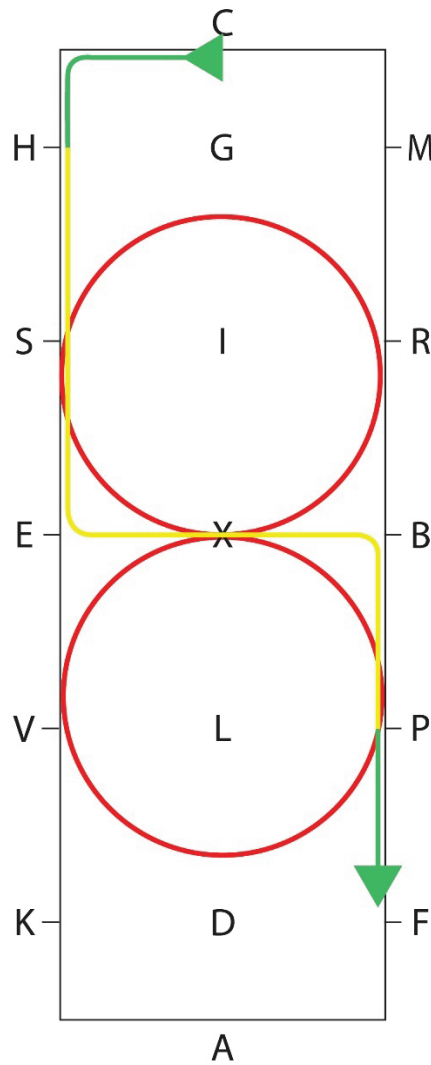
(offered at USEF-licensed/USDF-recognized dressage competitions)



MEDIUM - Approximate Ride Time: 0:42.

All trot work may be ridden sitting or rising, unless stated by the judge.

Judging begins at C in medium walk, tracking left.	
C	Track left
H	Working trot.
E	Turn left.
X	Left lead canter. Canter 20m circle left
Crossing over X	Change of lead through trot. Canter 20m circle right.
Crossing over X	Working trot.
B	Turn right.
P	Walk. Leave arena in walk.



Green	= Walk
Yellow	= Trot
Red	= Canter

Dressage Seat Equitation Classes Patterns

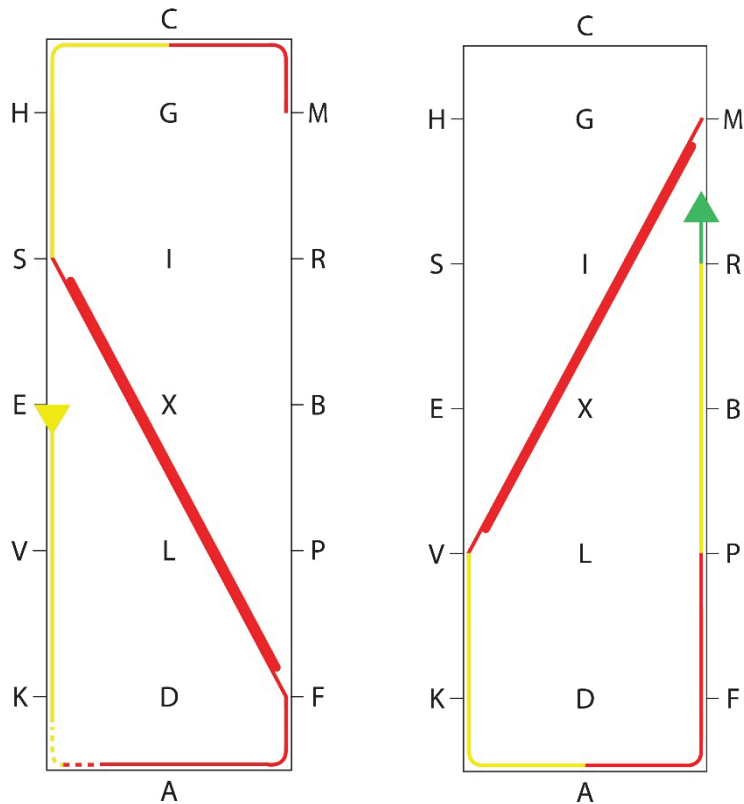
(offered at USEF-licensed/USDF-recognized dressage competitions)



HARD - Approximate Ride Time: 1:08.

All trot work to be ridden sitting.

Judging begins at E in working trot, tracking left.	
E	Working trot, tracking left.
Between K and A	Transition to left lead canter.
F to S	Change rein, lengthened canter.
Before S	Transition to working canter.
S	Working trot.
H	Working trot sitting.
C	Working canter right lead.
M - V	Change rein, lengthened canter.
Before V	Transition to working canter.
V	Working trot.
K	Working trot sitting.
A	Working canter left lead.
P	Working trot.
R	Medium walk. Pattern ends. Exit arena at walk.



(image is divided into parts 1 and 2)

Effective 12/1/2022 – 11/30/2026

REV 070224

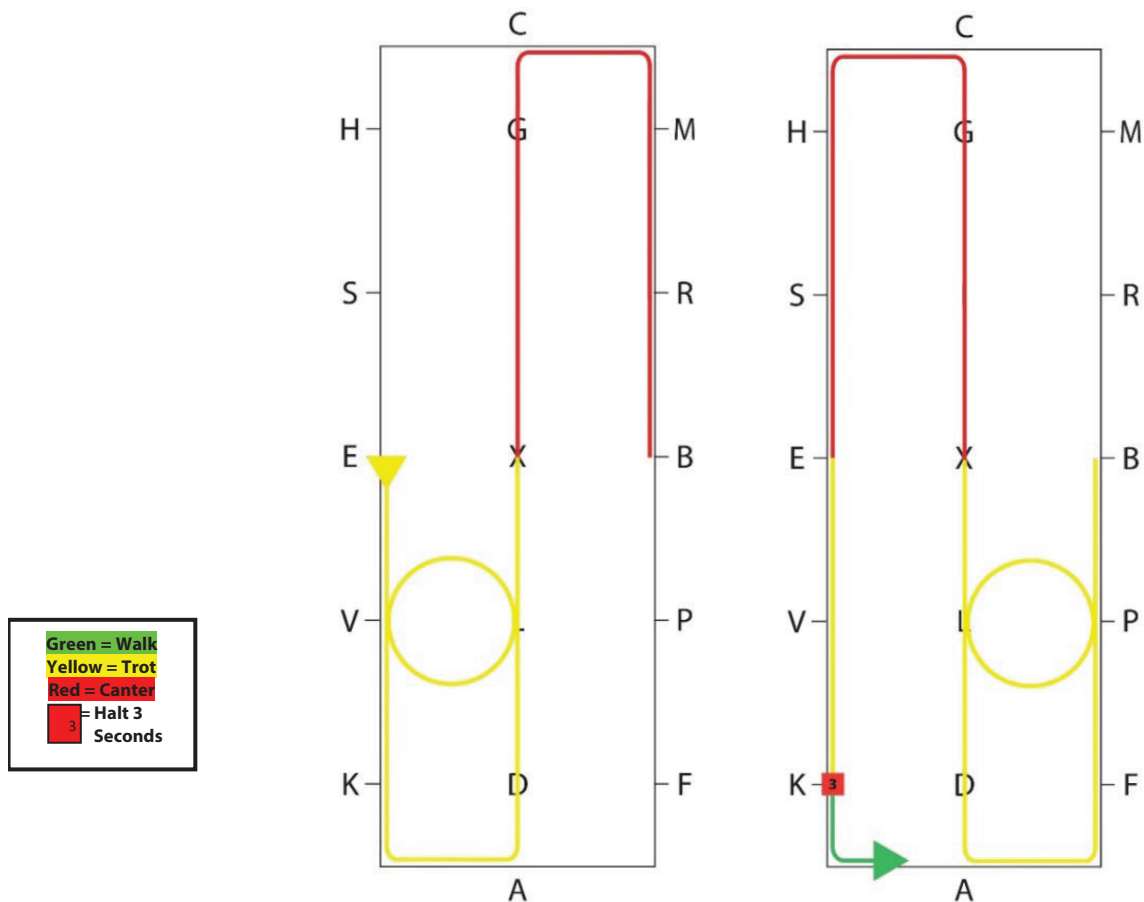
USDF Dressage Seat Medal Semi-Finals and USDF Regional Adult Amateur Equitation Finals Patterns



EASY - Approximate Ride Time: 1:49

All trot work may be ridden sitting or rising, unless stated by the judge.

Judging begins at E in working trot, tracking left.	
E	Working trot.
A	Down centerline.
L	Circle left 10m, proceed down center line.
X	Working canter right lead.
C	Track right.
B	Transition to working trot.
A	Down centerline.
L	Circle right 10m.
X	Working canter left lead.
C	Track left.
E	Transition to working trot.
K	Halt for 3 seconds. Proceed at walk and exit arena.



(image is divided into parts 1 and 2)

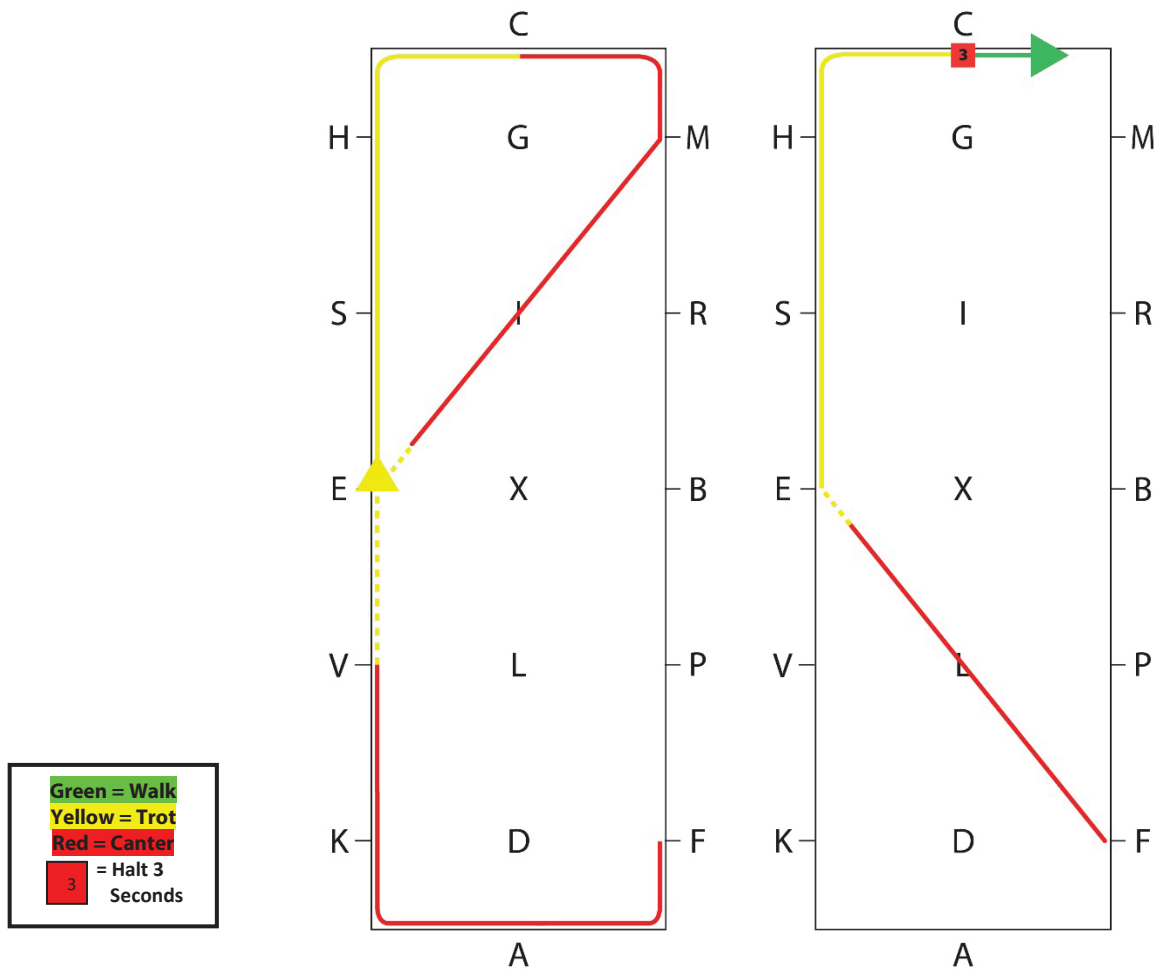
USDF Dressage Seat Medal Semi-Finals and USDF Regional Adult Amateur Equitation Finals Patterns



MEDIUM - Approximate Ride Time: 1:02

All trot work may be ridden sitting or rising, unless stated by the judge.

Judging begins at E in working trot, tracking right.	
E	Working trot, tracking right.
C	Working canter right lead.
M to E	Change rein working canter.
Before E	Transition to working trot.
V	Working canter left lead.
F to E	Change rein working canter.
Before E	Transition to working trot.
C	Halt for 3 seconds. Proceed in medium walk and exit arena in walk.



(image is divided into parts 1 and 2)

Effective 12/1/2022 – 11/30/2026

REV 070224

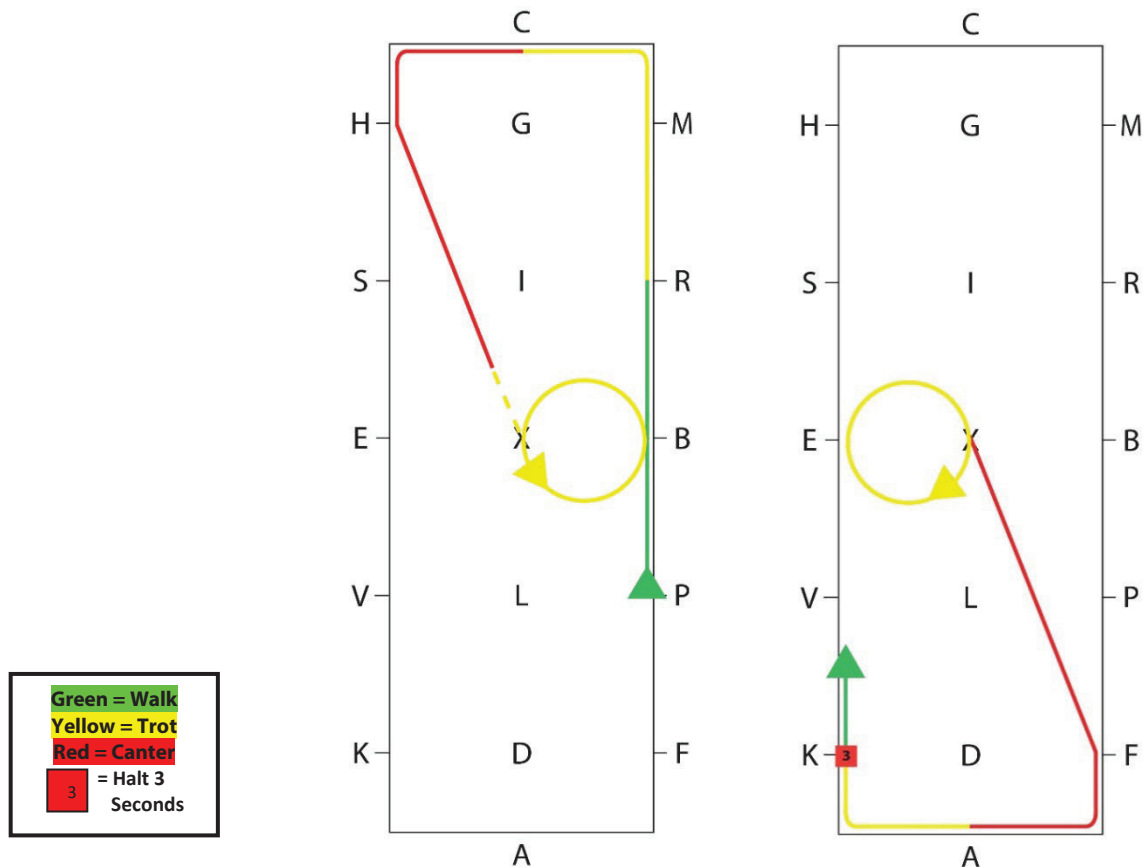
USDF Dressage Seat Medal Semi-Finals and USDF Regional Adult Amateur Equitation Finals Patterns



HARD - Approximate Ride Time: 1:04

All trot work to be ridden sitting.

Judging begins at P in medium walk, tracking left.	
P	Medium walk tracking left.
R	Transition to working trot.
C	Working canter left lead.
HX	Across the diagonal.
Before X	Transition to working trot.
X	Circle left 10m.
X	Circle right 10m.
X	Transition to right lead canter.
X to F	Right lead canter across diagonal.
A	Working trot.
K	Halt for 3 seconds. Proceed in medium walk. Exit arena.



(image is divided into parts 1 and 2)

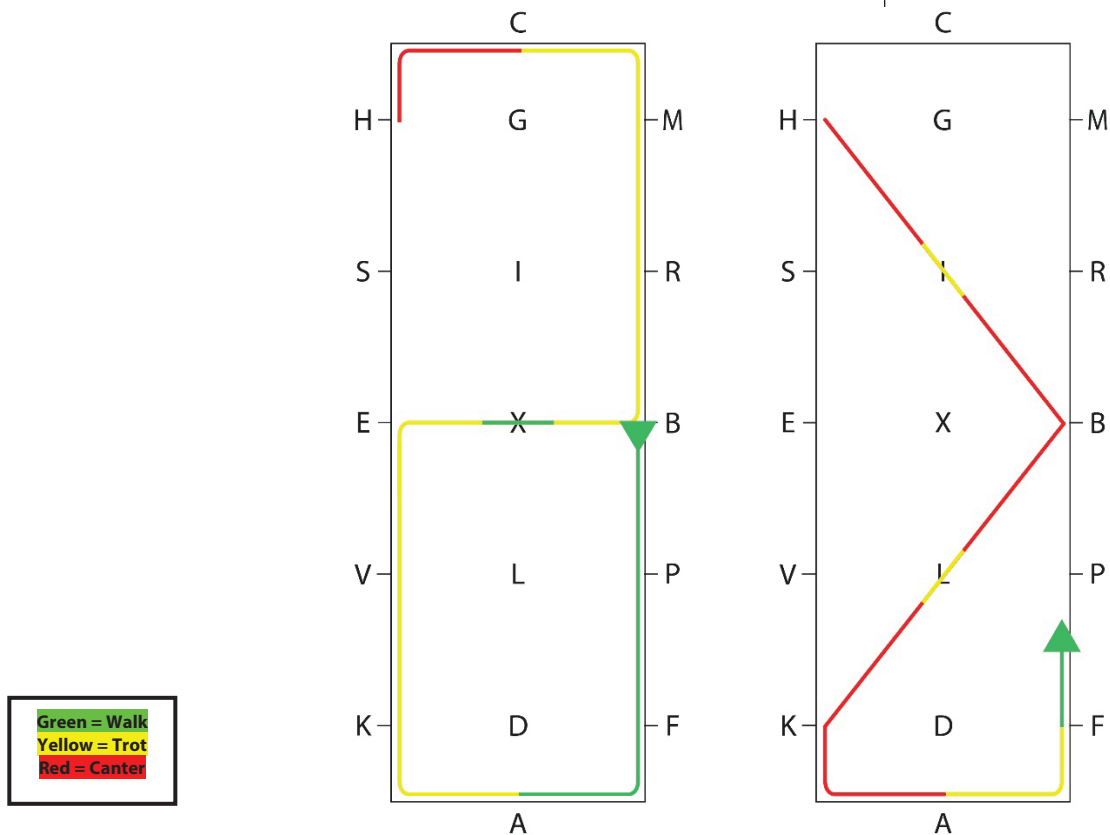
USEF Dressage Seat Medal Finals and USDF Regional Adult Amateur Equitation Finals Patterns



EASY - Approximate Ride Time: 1:13

All trot work to be ridden sitting, unless stated by the judge.

Judging begins at B in medium walk, tracking right.	
B	Medium walk tracking right.
A	Working trot.
E	Turn right.
X	3-6 steps of medium walk and transition again to working trot.
B	Turn left.
C	Working canter left lead.
H to I	Short diagonal.
I	Change of lead through the trot.
I to B	Continue short diagonal on right lead.
B to L	Short diagonal.
L	Change of lead through the trot.
L to K	Continue short diagonal on left lead.
A	Working trot.
F	Medium walk and exit arena.



(image is divided into parts 1 and 2)

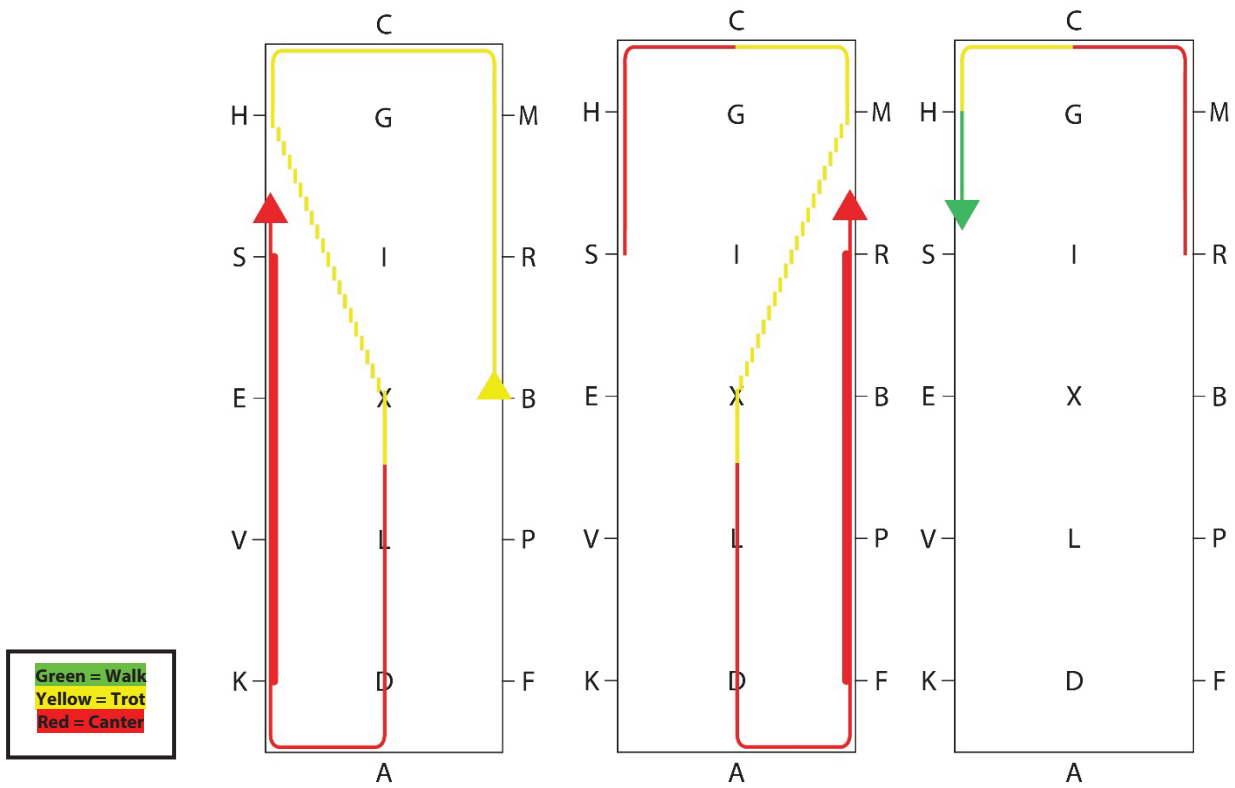
USEF Dressage Seat Medal Finals and USDF Regional Adult Amateur Equitation Finals Patterns



MEDIUM - Approximate Ride Time: 1:31

All trot work to be ridden sitting, unless stated by the judge.

Judging begins at B in working trot, tracking left.	
B	Working trot tracking left.
H to X	Leg-yield left.
Between X and L	Working canter right lead.
A	Track right.
K to S	Lengthen stride in canter.
S	Working canter.
C	Working trot.
M to X	Leg-yield right.
Between X and L	Working canter left lead.
F to R	Lengthen stride in canter.
R	Working canter.
C	Working trot.
H	Medium walk and exit arena.



(image is divided into parts 1, 2, and 3)

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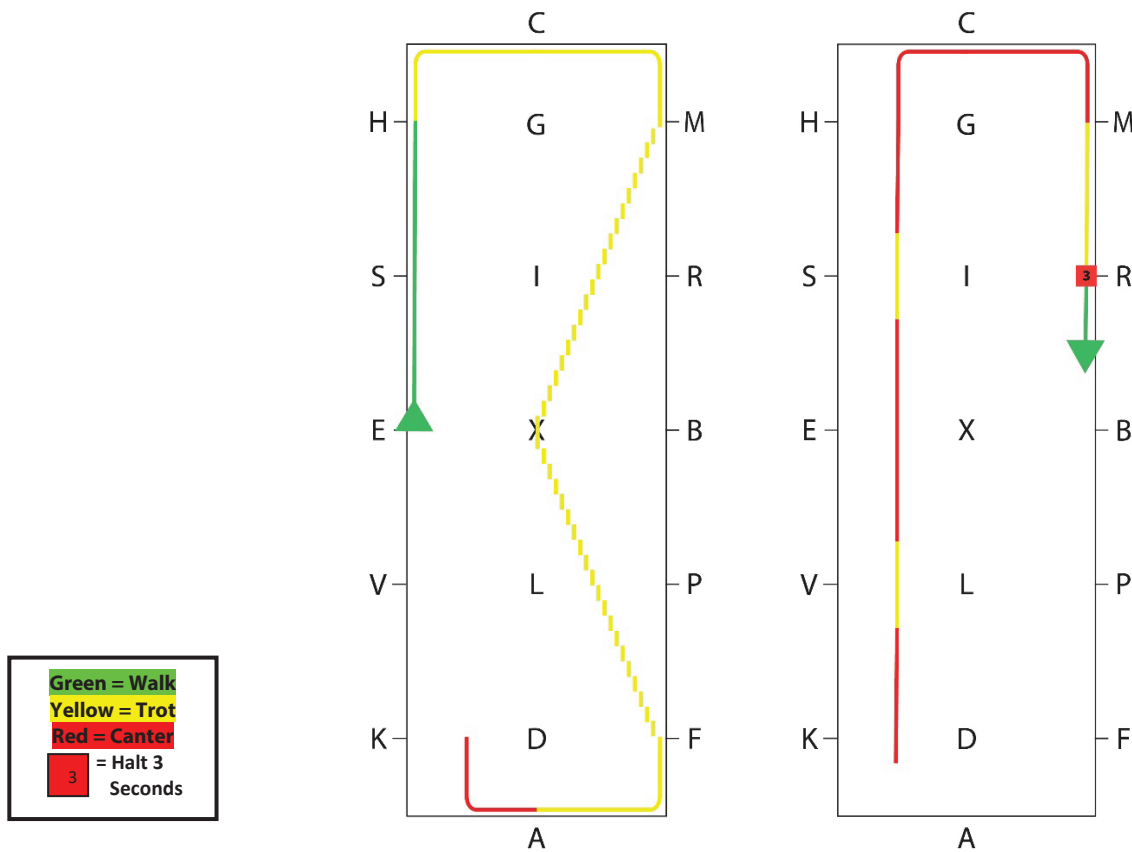
USEF Dressage Seat Medal Finals and USDF Regional Adult Amateur Equitation Finals Patterns



HARD - Approximate Ride Time: 1:03

All trot work to be ridden sitting.

Judging begins at E in medium walk, tracking right.	
E	Medium walk tracking right.
H	Transition to working trot.
M to X	Leg-yield right.
X to F	Leg-yield left.
A	Working canter right lead.
After A	Turn down the quarterline.
Between V and L	Change of lead through trot.
Between S and I	Change of lead through trot.
Before C	Turn right.
M	Working trot.
R	Halt for 3 seconds. Proceed in medium walk and exit arena.



(image is divided into parts 1 and 2)

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