

## Horse and Youth Athlete

### XC and SJ Competency Assessment Form

Athlete's Name:	Email:
Horse/Pony Name:	Current Level of Competition:
Aiming For:	Date of Assessment:

A Youth is defined as an athlete under 18 years of age. The following areas must be taken into consideration before the assessor signs the assessment form for upgrading to EI110. The athlete must achieve a minimum total of 65 marks (33 marks each of the cross country and show jumping phases) in order to upgrade

#### **Cross Country**

- Observe the combination riding at cross country speed, in a safe cross-country position, in a field or cross-country training area, over different terrain, not in an all-weather arena.
- Observe the combination jump a variety of fences to the EI110 standard, including combinations comprising 2 or more elements, ditches and water fences and fences requiring accuracy.

#### **Is the Athlete:**

- In control
- Able to adjust and prepare the horse to jump different types of fences
- Fit enough to complete a 3000m cross country course @520M/min

#### **Is the horse:**

- Fit enough to complete a 3000m cross country course @520M/min
- Confident enough to jump different types of cross- country fences as above


#### **Show Jumping**


- Observe the combination riding at 350m/m show jumping, in a safe jumping position, on grass or a surface.
- Observe the combination jump a variety of fences to the EI110 standard, including combinations of 2 or 3 elements, related distances and bending lines on both reins.

#### **Is the Athlete:**

- In control
- Able to adjust and prepare the horse to ride the lines

Please grade using the grid below to assess the current level of competency/performance.

Skills Identified	Weak  Strong				
<b>Athlete – Cross Country</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Cross country ability					
Correctness of Independent Seat					
Correctness of XC jumping position					
Ability to control speed/pace					
Technical knowledge of approach for different types of XC fences					
Fitness to compete					
<b>Horse – Cross Country</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Horse Adjustability and control for XC					
Quality of horse's technique jumping					
Confidence XC					
Fitness to compete					
<b>Total out of 50</b>					

Skills Identified	Weak  Strong				
<b>Athlete – Show Jumping</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Show Jumping ability					
Correctness of Independent Seat					
Correctness of SJ jumping position					
Ability to control speed/pace					
Technical knowledge of approach for different types of SJ fences					
Fitness to compete					
<b>Horse – Show Jumping</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Horse Adjustability and control for SJ					
Quality of horse's technique jumping					
Confidence SJ					
Fitness to compete					
<b>Total out of 50</b>					

<b>TOTAL MARKS</b> (must be 65%/65 marks to pass)	
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**FURTHER TRAINING**

Please write down any areas of training that need to be worked on by the combination to further improve their competency and performance and confirm the Athlete has been made aware of these recommendations:


**SIGNED:** .....

**SIGNED:** .....

**POSITION:** .....  
(eg: Assessor, Riding Instructor)

**PARENT/GUARDIAN**.....

**DATE:** .....

\*Before the athlete is upgraded to EI110 level, it will be sent to the Regional Co-Ordinator in conjunction with the High Performance Manager, for final approval. If the athlete has been competing with Eventing Ireland previously, the current results and ERQI level will be checked. The Regional Co-Ordinator may contact you to discuss the athletes performance.

**Please complete this form and send to Jane at [headoffice@eventingireland.com](mailto:headoffice@eventingireland.com) at least two weeks prior to the athletes’s event following the upgrade request.**

**For Office Use Only**

Membership No: ..... Date Processed: .....

Revised Grade: .....