



AITCHISON COLLEGE

Equestrian & Polo Department



Ride with Discipline • Ride with Respect • Ride with Excellence



HORSE &
STABLE MANAGEMENT



RIDING RULES
& SAFETY



EQUESTRIAN
DISCIPLINES



POLO KNOWLEDGE
& PLAY



COLLEGE COLOURS
& POLICIES

Excellence in Horsemanship • Character in Leadership

WELCOME

Welcome to the Equestrian & Polo Department Riding Programme.

Horse riding is one of the world's oldest and most respected sports. It develops character, courage, confidence, discipline, responsibility, leadership, patience, and teamwork. Our Riding Programme provides students with professional instruction in riding skills while teaching horse care, stable management, and equestrian sports.

Students are encouraged to maintain the highest standards of sportsmanship, safety, and respect for horses, instructors, and fellow riders.



VISION

To develop confident, disciplined, and skilled horsemen capable of competing at national and international levels while promoting excellent horsemanship and horse welfare.



MISSION

- Provide professional riding instruction.
- Develop safe and responsible riders.
- Promote excellent horse welfare.
- Encourage discipline, leadership, and teamwork.
- Prepare students for equestrian competitions.



OBJECTIVES

Students will learn:



Basic and advanced riding techniques



Horse grooming



Tack identification



Saddle fitting



Bridle fitting



Stable management



Horse behaviour and psychology



Feeding and nutrition



Horse health



Safety procedures and sportsmanship

PROGRAMME



The programme includes practical and theoretical training in:



1. RIDING LESSONS

Students will learn:



- Mounting & Dismounting



- Correct Seat



- Balance



- Rein Control



- Walking



- Trotting



- Rising Trot



- Canter



- Gallop
(Advanced Riders)



- Turning



- Circles



- Transitions



- Emergency Stop



2. HORSE MANAGEMENT

Students will learn:



- Grooming



- Washing Horses



- Cleaning Hooves



- Tack Cleaning



- Stable Cleaning



- Feeding Horses



- Water Management



- Stable Hygiene



- Horse Health Monitoring



- Bedding Management



- Horse Observation



3. RIDING DISCIPLINES

Students may participate in:



DRESSAGE



SHOW JUMPING



TENT PEGGING



ARENA POLO



MOUNTED GAMES



TRAIL RIDING



Our Riding Programme is committed to building confident, responsible and skilled riders with strong character and excellent horsemanship.

SAFETY RULES & GENERAL GUIDELINES

SAFETY FIRST – ALWAYS

Safety is the most important part of riding. All students must follow the rules at all times for their own safety and the safety of others.

AT THE STABLE



Walk, never run in the stable area.



Do not touch or feed any horse without permission.



Do not stand behind a horse.



Keep the stable and aisles clean and tidy.



Keep gates and doors closed.

WITH THE HORSE



Always approach the horse from the front and speak to it.



Hold the horse correctly with the lead rope.



Always groom the horse before and after riding.



Check the horse's legs and tack before riding.



Do not overfeed. Provide clean water.

DURING RIDING



Always wear an approved riding helmet.



Follow all instructions given by the instructor.



Keep both hands on the reins and feet in the stirrups.



Maintain safe distance from other riders.



Do not perform any activity without instructor's approval.

GENERAL GUIDELINES

- ✓ Always arrive on time for your riding lesson.
- ✓ Wear neat and proper riding attire.
- ✓ Take care of your horse and riding equipment.
- ✓ Report any injury or accident immediately.
- ✓ Listen carefully and obey instructions.
- ✓ Never use mobile phones in the stable or while riding.
- ✓ Respect your horse, your instructor and your fellow riders.
- ✓ Safety is everyone's responsibility.

IN CASE OF EMERGENCY



Stay calm and do not panic.



Inform the instructor immediately.



Do not move an injured person unless necessary.



The college ambulance must be contacted immediately if required.



REMEMBER

A safe rider is a responsible rider. Follow the rules, stay alert and enjoy the sport of horse riding.

HORSE CARE & WELLBEING

A well cared for horse is a happy, healthy and willing partner.
Good horsemanship begins with responsible care and respect.

THE FIVE BASIC NEEDS OF A HORSE

1 GOOD FOOD



Provide clean, fresh feed and balanced nutrition according to the horse's age, work and condition.

2 CLEAN WATER



Always provide clean, fresh water. A horse needs 25–40 litres of water daily.

3 SAFE SHELTER



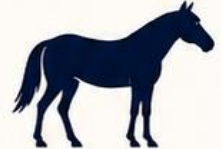
Protect the horse from extreme weather. The stable should be clean, well-ventilated and dry.

4 GOOD HEALTH



Regular health care, vaccination, deworming and dental care keep the horse healthy and fit.

5 EXERCISE & COMPANIONSHIP



Regular exercise keeps the horse fit. Horses are social animals and need companionship.

DAILY CARE CHECKLIST



1. OBSERVE YOUR HORSE

Check your horse daily for signs of illness, injury or discomfort.



2. GROOMING

Brush your horse's body, mane and tail. Clean the face and legs.



3. HOOVES

Pick out the hooves and check for stones, injuries or cracks.



4. STABLE CLEANING

Remove manure and wet bedding. Keep the stable clean, dry and fresh.



5. FEEDING

Feed at regular times. Provide clean hay and grains as per the ration plan.



6. WATER

Check water buckets and refill with clean, fresh water.



7. EXERCISE

Provide regular exercise according to the horse's age, fitness and workload.



8. HEALTH CHECK

Check for any signs of swelling, heat, lameness, cough or abnormal behavior.

SIGNS OF A HEALTHY HORSE



Bright eyes and alert ears



Clean coat with natural shine



Good appetite and normal stool



Clear breathing and strong heart rate



Active, energetic and responsive



Clean skin, no swelling or wounds



Strong hooves and normal movement

REMEMBER



A horse depends on you for its care. Your attention, time and kindness will build trust and a strong partnership.

IMPORTANT REMINDERS

- ★ Never leave a horse unattended in the stable area.
- ★ Do not feed horses without permission.
- ★ Report any injury, illness or abnormal behavior to the instructor immediately.
- ★ Keep the stable area clean, safe and quiet.
- ★ Respect the horse – it will respect you.

COMMON VETERINARY MEDICINES

Students should be familiar with:

- Colic Medicine
- Dewormer
- Anti-inflammatory Medicines
- Antibiotics (Veterinary Use)
- Electrolytes
- Antiseptic Solution
- Wound Spray
- Hoof Dressing
- Fly Repellent
- Vitamin Supplements
- Mineral Supplements



Note:

Medicines must only be administered by authorized veterinary personnel.

COMMON RIDING COMMANDS

- Walk On
- Trot
- Canter
- Halt
- Stand
- Walk
- Easy
- Turn Left
- Turn Right
- Change Rein



RIDING RULES

The programme follows the regulations and standards of:

- Hurlingham Polo Association (HPA)
- Pakistan Polo Association (PPA)
- International Tent Pegging Federation (ITPF)
- Equestrian Federation of Pakistan (EFP)

Students must:

- Follow instructor's directions.
- Ride only assigned horses.
- Use approved equipment.
- Maintain discipline.
- Respect officials.
- Display good sportsmanship.



TACK & EQUIPMENT CARE

Well maintained tack and equipment ensure safety, comfort and better performance. Clean and care for your equipment after every use.

GENERAL RULES



Clean all equipment after every use.



Remove sweat, dirt and dust with a damp cloth.



Dry leather items in shade. Do not expose to direct sun.



Apply suitable leather oil regularly to keep the leather soft and strong.



Store equipment in a dry, clean and well-ventilated place.



Check regularly for any damage, loose stitching or worn parts.



Report any damage to the instructor or tack in-charge immediately.



Do not borrow or lend equipment without permission.

CARE OF MAIN EQUIPMENT



SADDLE

- Wipe with a damp cloth after use.
- Clean the billets and girth area.
- Apply leather conditioner regularly.
- Store on a saddle rack.



BRIDLE

- Clean with a damp cloth.
- Pay attention to bit, buckles and leather straps.
- Oil the leather regularly.



GIRTH

- Clean after every ride.
- Check for elasticity and damage.
- Keep dry and store flat or hanging.



STIRRUPS & LEATHERS

- Wipe the metal parts clean and keep shiny.
- Check stirrup leathers for cracks or weakness.



BRUSHES & TOOLS

- Clean brushes after use.
- Remove all hair, dust and dirt.
- Keep in the grooming box.



SADDLE PAD

- Shake off dirt and hair.
- Wash regularly and dry completely before use.

EQUIPMENT CHECK BEFORE RIDING



Saddle is clean and properly placed.



Bridle is clean and all buckles are fastened.



Girth is tight enough for two fingers.



Stirrups are even and at the correct length.



Horse is clean and ready to ride.



Rider is wearing proper helmet and gear.



REMEMBER

Take care of your tack and equipment, and your equipment will take care of you.

- ★ Good care = Safety
- ★ Good care = Long life
- ★ Good care = Better performance



RIDING DRESS CODE



SENIOR SCHOOL



White Riding Shirt



White Breeches / Jeans



College Riding Helmet



Riding Shoes



Gloves (Optional)



PREP SCHOOL



White Riding Shirt



White Breeches / Jeans



College Riding Helmet



Riding Shoes



Gloves (Optional)



JUNIOR SCHOOL



White Riding Shirt



Khaki Breeches



College Riding Helmet



Riding Shoes



Gloves (Optional)



RIDING ETIQUETTE



Students must:

- ✓ Arrive on time.
- ✓ Keep uniforms clean.
- ✓ Respect instructors.
- ✓ Respect horses.
- ✓ Respect stable staff.
- ✓ Handle equipment carefully.
- ✓ Return equipment after use.
- ✓ Maintain discipline.
- ✓ Help keep the stable clean.



HORSE GROOMING



Brush body



Clean hooves



Check saddle area



Check legs



Check eyes and nose

Before Riding

AFTER RIDING

- Cool down horse
- Sponge if necessary
- Brush horse
- Clean hooves
- Wash bit
- Clean saddle
- Store equipment properly

STABLE MANAGEMENT

Students should know:

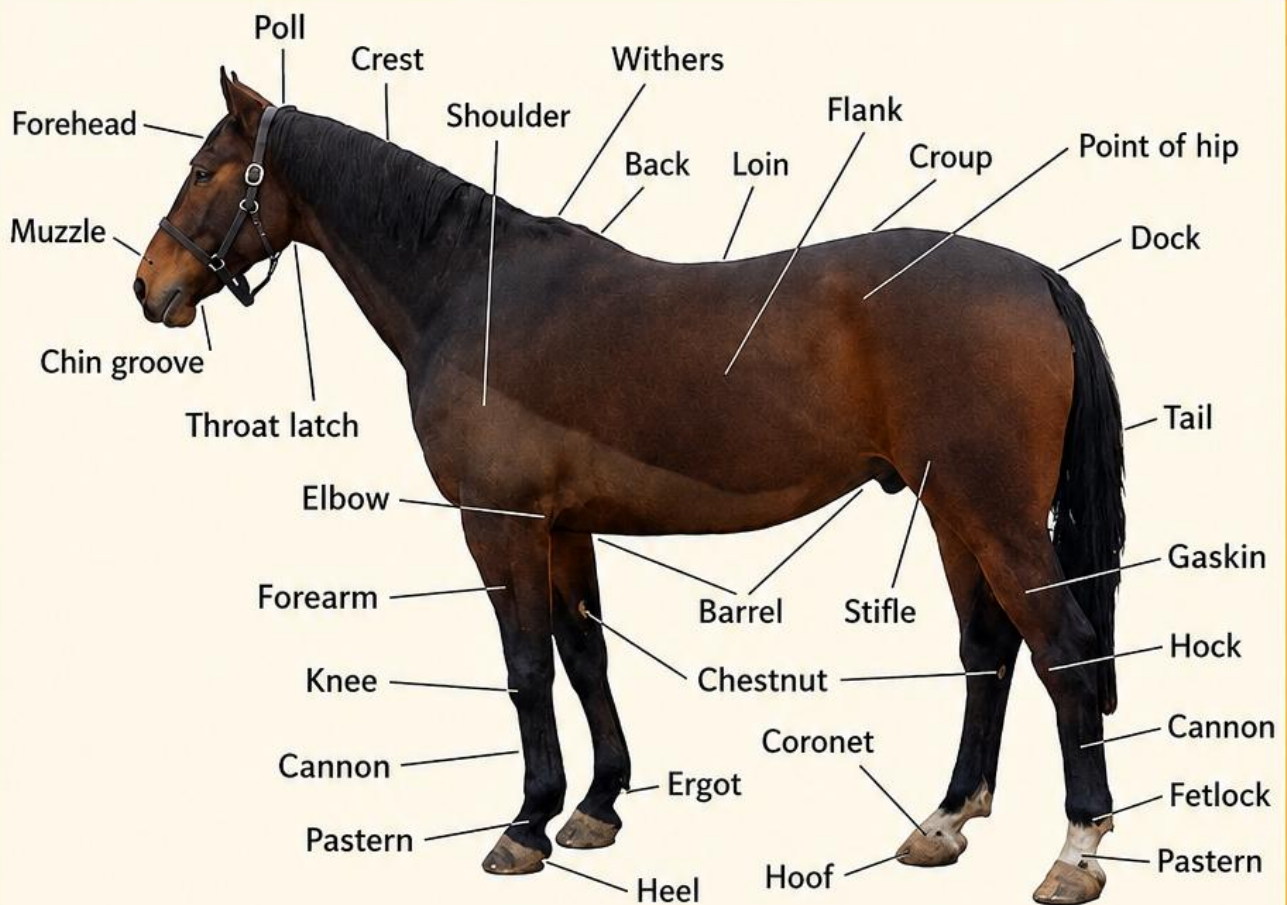
- Stable cleaning
- Bedding management
- Feeding schedule
- Water management
- Manure disposal
- Stable ventilation
- Horse observation
- Disease prevention
- Biosecurity

DAILY FEED SCALE

Feed	Standard	Maintenance
 Alfa Alfa / Rhodes Grass	7 kg	7 kg
 Gram	1.361 kg	1.814 kg
 Barley	1 kg	1.629 kg
 Oats	1.041 kg	2 kg
 Bran	1 kg	1 kg
 Green Fodder	25 kg	30 kg
 Oat Hay	2.5 kg	4 kg
 Wooden Sawdust	6 kg	6 kg
 Jaggery & Salt	As Required	As Required

PARTS OF HORSE

IT IS IMPORTANT FOR EVERY RIDER
TO KNOW THE MAIN PART OF THE HORSE



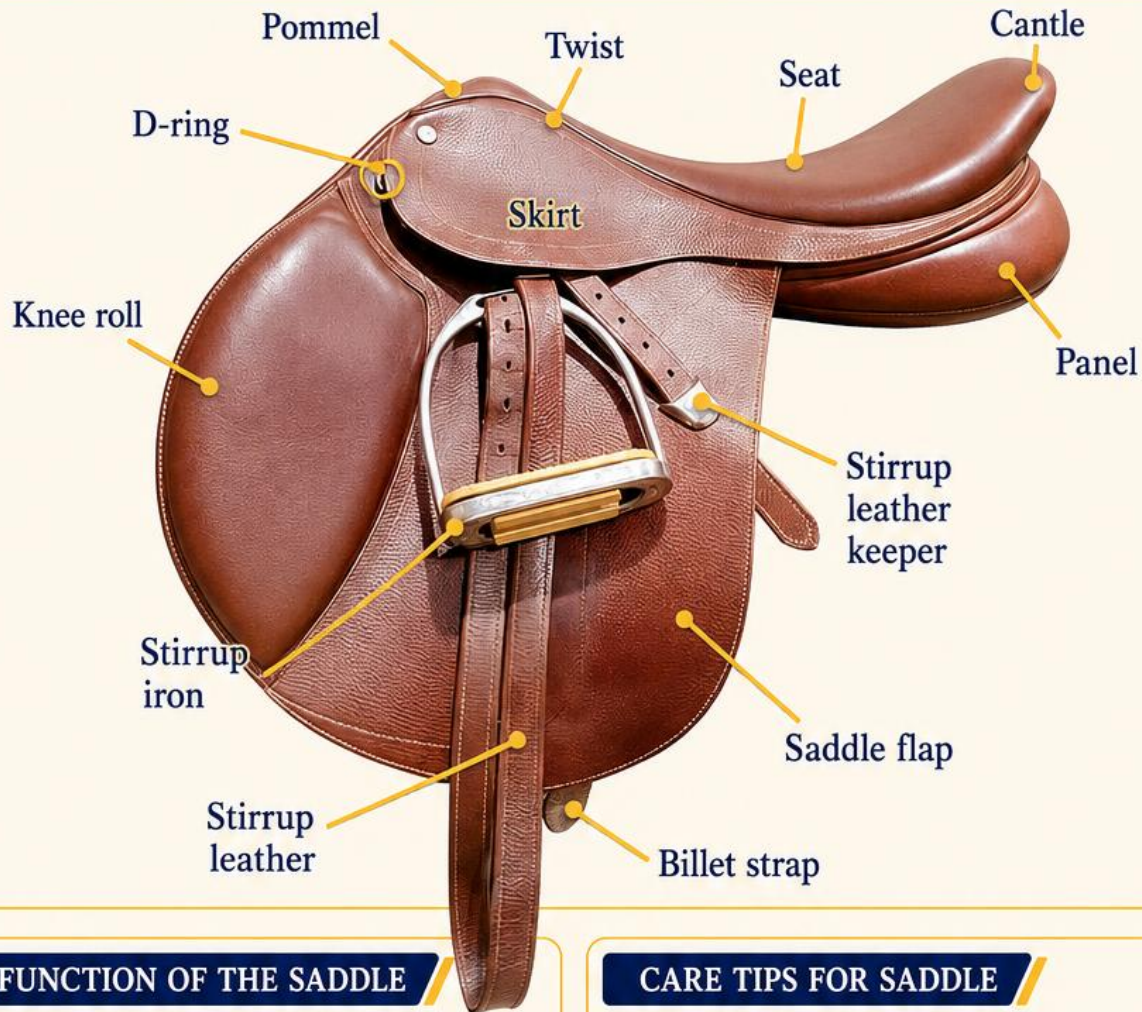
A good rider must not only know how to ride, but also understand the horse. Knowing the main parts of the horse helps in communication, grooming, tacking up, and in identifying any health or injury issues.

WHY IT MATTERS

- ✓ Improves communication with your horse.
- ✓ Helps in correct use of equipment and tack.
- ✓ Enables better care and grooming.
- ✓ Helps in identifying pain, injury or discomfort early.
- ✓ Builds confidence and responsibility in every rider.

PARTS OF SADDLE

A GOOD RIDER SHOULD KNOW THE DIFFERENT PARTS OF THE SADDLE AND THEIR USES



FUNCTION OF THE SADDLE

- Provides a secure and comfortable seat for the rider.
- Helps in maintaining balance and stability while riding.
- Distributes the rider's weight evenly across the horse's back.
- Allows effective communication and aids in giving clear signals to the horse.
- Protects the horse's back from direct pressure and friction.

IMPORTANCE

A well-fitted and well-maintained saddle ensures the comfort and performance of both horse and rider, and promotes safety in every ride.

CARE TIPS FOR SADDLE



Clean the saddle regularly with a soft brush or damp cloth to remove dust and sweat.



Use leather conditioner periodically to keep the leather soft and prevent cracks.



Keep the saddle in a dry place and avoid exposure to direct sunlight and rain.



Place the saddle on a saddle stand when not in use to maintain its shape.



Check the girth straps, billets, stitching and D-rings regularly for safety.

PARTS OF BRIDLE

A GOOD RIDER SHOULD KNOW THE DIFFERENT PARTS OF THE BRIDLE AND THEIR USES



FUNCTION OF THE BRIDLE

The bridle helps the rider to control, guide and communicate with the horse effectively and safely.

USES OF THE BRIDLE

- Allows clear communication between rider and horse.
- Helps in steering, stopping and controlling the horse.
- Provides guidance and balance during riding.
- Ensures safety and better control in all riding activities.

CARE TIPS FOR BRIDLE

-  Clean the bridle regularly with a soft cloth or brush to remove dirt and sweat.
-  Use leather conditioner periodically to keep the leather soft and prevent cracking.
-  Store the bridle in a cool, dry place away from direct sunlight and moisture.
-  Hang the bridle on a bridle rack or hook when not in use to maintain its shape.
-  Check all buckles, stitches and fittings regularly for safety and proper use.

TYPES OF BIT

1



Eggbutt Snaffle

1



Loose Ring Snaffle

2



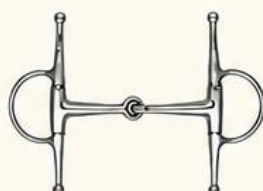
D-Ring Snaffle

2



Hanging Cheek Snaffle

3



Full Cheek Snaffle

4



Western Grazing Bit

4



Kimberwick

5



Pelham

5



Weymouth

6



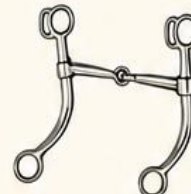
Tom Thumb

7



Western Correction Bit

8



English Shank Bit

8



Western S-Shank Bit

9



Spade Bit

10



Gag Bit

College Rules

Riding College Colours, Captain, Best House & Best Rider Policy
(Three Schools)

Senior School

Events & Points Allocation (Individual & House Position)

Vahali Challenge Cup

Event	1st	2nd	3rd
Dressage	1	0.5	0.25
Show Jumps	1	0.5	0.25

Rasulpur Challenge Cup

Event	1st	2nd	3rd
Individual Tent Pegging	1	0.5	0.25

Col. Aslam Niazi Challenge Cup

Event	1st	2nd	3rd
Section Tent Pegging	1	0.5	0.25

Malik Atta Muhammad Memorial Challenge Cup

Event	1st	2nd	3rd
Overall Individual (accumulated score of all runs Tent Pegging – Individual, Pair & Section)	1	0.5	0.25

Aitchison College International Tent Pegging Challenge Cup (If held)

Event	1st	2nd	3rd
International Tent Pegging	1	0.5	0.25

U-19 International Tent Pegging Challenge Cup (If held)

Event	1st	2nd	3rd
International Tent Pegging	1	0.5	0.25

Inter School International Tent Pegging Challenge Cup (If held)

Event	1st	2nd	3rd
International Tent Pegging	1	0.5	0.25

GOLD and SILVER COLOURS POINTS OF RIDING

Colour	Riding Points	Blazer Points	Captain Points	Blazer Points For Captain
Gold	1.25	1	0.5	1.5
Silver	0.75	0.5	0.5	1

GOLD and SILVER COLOURS CRITERIA

To qualify for the Gold Colour, a rider must meet the following conditions:

- The rider must have a minimum of 1.25 points, secure 1st position in any one of the three disciplines (Dressage, Show Jumps & Tent Pegging) and pass the written and practical tests in horse and stable management.
- The following Competitions will be considered for Gold and Silver Colours based only on **individual performance**:
 - ▶ Rasulpur Challenge Cup (Individual tent pegging)
 - ▶ Vahali Challenge Cup (Show Jumps & Dressage)
 - ▶ Col. Aslam Niazi Challenge Cup (Section Tent Pegging)
 - ▶ Malik Atta Muhammad Memorial Challenge Cup (Old Boys vs College Boys) (Individual)
 - ▶ Aitchison College International Tent Pegging Challenge Cup (If held)
 - ▶ U-19 International Tent Pegging Challenge Cup (If held)
 - ▶ Inter School International Tent Pegging Challenge Cup (If held)

Prominence in a particular game/sport at the national or international level (Only approved events by the respective federations of Pakistan)

If a student participates (as a playing member) in a game/sport at the National Level for a period of one year (current) and in a sport played at Aitchison College, he will be considered for a Colour (Gold/Silver). Only the Principal may determine if a younger participant's prowess merits the award of a School Colour or access to the Full College Blazer. For the individual games, a boy must secure a top position. This Colour may therefore add an additional point towards the College Sports blazer.

Equestrian Federation of Pakistan (EFP) Approved Events (National & International)

• Dressage

• Show Jumps

• Tent Pegging

Positions Recognized: 1st, 2nd, 3rd – Gold

CAPTAIN APPOINTMENT CRITERIA

Additional Points

Riding Captain

0.5

College Riding Captain:

The overall 1st position holder basing on the performance of last 3 years (C1, C2 & H1) out of all three disciplines (Dressage, Show Jumps, and Tent Pegging) and who has passed the written and practical tests in horse and stable management, will be considered for the College Riding Captain position.

Moreover, to be considered for Riding Captain, a student- must be in good academic standing, should meet the minimum attendance criteria, be punctual and disciplined, and finally, should possess a sound character and strong leadership qualities.



Note for Parents:

- If a student or his parent attempt any kind of influence regarding Riding Colours or Captaincy – whether directly to the Head of Equestrian & Polo or through any channel – will lead to the students' immediate disqualification. Selection for Riding Colours and Captaincy is strictly based on merit. A student will be disqualified if his parent, relatives, or friends are found to influence, judges, or officials during a competition.

HOUSE POSITION & BEST HOUSE DETERMINATION

Total points of the following events will be counted towards House positions:

- Total Score of top two scorers/riders of each house in Rasulpur Challenge Cup.
- Total score of each house Section in Col. Aslam Niazi Challenge Cup.

Special Clarification: Each winning section consists of four riders. Each rider will receive 1 individual point separately: 1st position (1-1-1-1), 2nd position (0.5-0.5-0.5-0.5), 3rd position (0.25-0.25-0.25-0.25). Points earned will be added to House positions for determining Best House in Riding. Sections will be formed House-wise only. Students from different Houses will not be mixed in one section.

- Total Score of top two scorers of each house in Vahali Challenge Cup (Dressage).
- Total Score of top two scorers of each house in Vahali Challenge Cup (Show Jumps).
- Points of 1st to 3rd positions will also be added in House points.

The House with the highest accumulated score will be declared Best House in Riding.

BEST RIDER CRITERIA

Best Rider will be decided on the basis of overall individual position points accumulated from:

- ▶ Vahali Challenge Cup (Dressage & Show Jumps)
- ▶ Rasulpur Challenge Cup
- ▶ Col. Aslam Niazi Challenge Cup
- ▶ Malik Atta Muhammad Memorial
- ▶ Aitchison College International Tent Pegging Challenge Cup (If held)
- ▶ U-19 International Tent Pegging Challenge Cup (If held)
- ▶ Inter School International Tent Pegging Challenge Cup (If held)

The rider with the highest combined overall individual points across all disciplines and who has passed the written and practical tests in horse and stable management will be considered Best Rider of the Year.

Use of Private Horses for Arena Polo Cups & Malik Atta Muhammad Memorial Challenge Cup (Old Boys Vs College Boys Tent Pegging Competition)

For Arena Polo Cups and Malik Atta Muhammad Memorial Challenge Cup (Old Boys Vs College Boys Tent Pegging Competition), students are permitted to bring their own horses strictly for competition.

These horses will only be allowed during the Arena Polo Cups and Malik Atta Muhammad Memorial Challenge Cup (Old Boys Vs College Boys Tent Pegging Competition) and must be taken back immediately after the conclusion of the competition.

Arena Polo College Colours & Captain Policy (Senior School)

Minor Sport

EVENTS & POINTS ALLOCATION

Arena Polo Colours and Captain Points	
Colour	Riding Points
Gold	0.5
Silver	0.25
Arena Polo Captain	0.25

Arena Polo Colours Criteria

Students who actively participate in Arena Polo and who have passed the written and practical tests in horse and stable management, will be considered for Gold and Silver Colours based on their performance.

- A student who plays 5 Inter-House Arena Polo matches and participates in 2 External Arena Polo events will be considered for **Gold Colour**.
- A student who plays 5 Inter-House Arena Polo matches will be considered for **Silver Colour**.

PPA (Pakistan Polo Association) Tournaments (National & International)

• Polo	• Arena Polo	• Teams Only
Positions Recognized:		1st, 2nd, 3rd – Gold
Only the teams officially allowed by the college to participate as College Polo Teams and Arena Polo Teams in National and International competitions will be considered.		

CAPTAIN APPOINTMENT CRITERIA

College Arena Polo Captain:

If a student of H2 Class plays five Arena Polo matches, performs exceptionally well, and has passed the written and practical tests in Horse and Stable Management, he will be considered for the position of Arena Polo Captain.

To be considered for Arena Polo Captain, a student must be in good academic standing, should meet the minimum attendance criteria, be punctual and disciplined, and should possess sound character and strong leadership qualities.

A student of H1 Class who fulfils the above criteria will be considered for the position of Honorary Captain.

- **Arena Polo Captain: Minimum 5 Arena Polo matches played**

Only students who meet all these requirements will be considered.

Riding Colours & Best Rider Policy (Prep School)

EVENTS & POINTS ALLOCATION

Mian Yousaf Saigol Challenge Cup			
Event	1st	2nd	3rd
Dressage	1	0.5	0.25
Show Jumps	1	0.5	0.25
Tent Pegging	1	0.5	0.25

Arena Polo:

Voluntary

COLOURS CRITERIA

Category	Colour	Riding Points
Riding	Gold	1.25
Riding	Silver	0.75

Gold Colour Award:

To qualify for the Gold Colour, a rider must meet the following conditions:

- The rider must secure 1st position in any one of the three disciplines.

BEST RIDER CRITERIA

Best Rider will be decided on the basis of overall individual position points accumulated from:

- Dressage, Show Jumps & Tent Pegging

The rider with the highest combined overall individual points across all disciplines will be declared Best Rider of the Year.

Junior School Riding Events

The following riding events will be conducted for Junior School students:

Event Categories

K1, K2, K3 Classes:

- Dressage

K4 & K5 Classes:

- Barrel Race (Teams Event)

K6 Classes:

- Dressage
- Barrel Race (Teams Event)

Arena Polo:

- Voluntary

Qualification Criteria

For K1, K2, K3 Students:

Only those boys who are able to walk and trot independently, without any assistance, will qualify for participation.

For K4, K5, K6 Students:

Only those boys who are able to walk, trot and canter independently, without any assistance, will qualify for participation.

BEST RIDER CRITERIA

Best Rider will be decided on the basis of overall individual position points accumulated from:

- Dressage & Barrel Race

The rider with the highest combined overall individual points across both disciplines will be declared **Best Rider of the Year**.

PHYSICAL ASSESSMENT

Students may be assessed on:

Practical

- | | |
|---|--|
| <ul style="list-style-type: none">• Mounting• Dismounting• Grooming• Tack Up• Walking | <ul style="list-style-type: none">• Trotting• Cantering• Balance• Rein Control• Horse Handling |
|---|--|

Theory

- | | |
|--|---|
| <ul style="list-style-type: none">• Parts of Horse• Parts of Saddle• Parts of Bridle• Stable Management | <ul style="list-style-type: none">• Feeding• Horse Health• Riding Rules• Safety Procedures |
|--|---|

ATTENDANCE POLICY

- Minimum Attendance: **80%**
- Students below the required attendance may not be eligible for assessment or competitions.
- Absence should be reported in advance whenever possible.

HORSE WELFARE

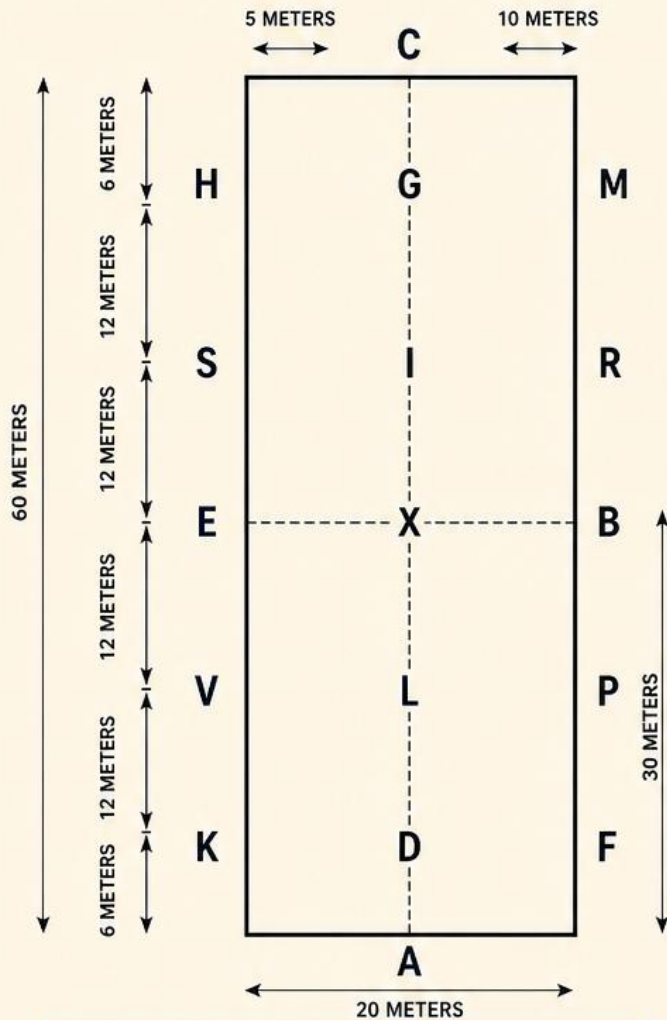
Every rider is responsible for ensuring the welfare of the horse.

Always:

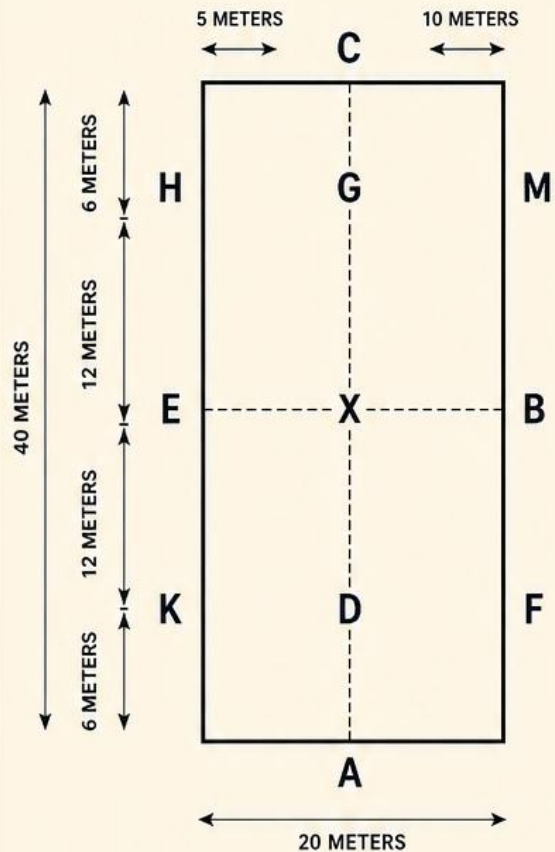
- Treat horses kindly.
- Never strike or abuse a horse.
- Ensure clean water is available.
- Maintain proper feeding.
- Report illness immediately.
- Report injuries immediately.
- Keep horses clean and comfortable.

DRESSAGE ARENAS

1. STANDARD DRESSAGE ARENA (20m x 60m)



2. TRAINING / SMALL DRESSAGE ARENA (20m x 40m)



ARENA LETTERS

- | | |
|---------------------|---------------------|
| A – Enter at A Halt | K – Between A & F |
| B – Between B & F | L – Centre Line |
| C – Track Right | M – Track Right |
| D – Centre Line | P – Between F & A |
| E – Centre Left | R – Between M & C |
| F – Between F & K | S – Centre Left |
| G – Centre Line | V – Between E & K |
| H – Track Left | X – Centre of Arena |
| I – Halfway Point | |

DIMENSIONS & SPECIFICATIONS

1. STANDARD DRESSAGE ARENA (20m x 60m)

- Length: 60 metres
- Width: 20 metres
- Area: 1,200 m²
- Arena Letters as per FEI Rules

2. TRAINING / SMALL DRESSAGE ARENA (20m x 40m)

- Length: 40 metres
- Width: 20 metres
- Area: 800 m²
- Arena Letters as per FEI Rules

GENERAL SPECIFICATIONS (APPLY TO BOTH ARENAS)

- Surface: Well drained sand / fiber mix
- Corners: Clearly marked
- Perimeter Fencing: Low white arena rail
- Arena should be level and well maintained

NOTE:

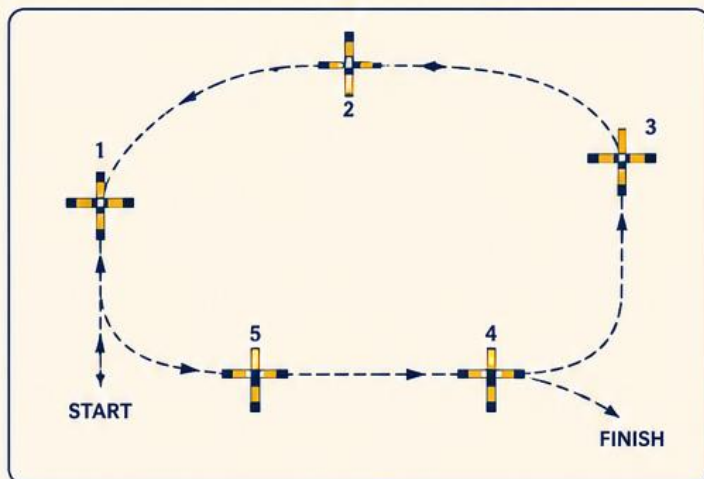
All dimensions are in meters.

Dimensions may vary slightly as per available space and ground conditions.

SHOW JUMPING

COURSE DESIGN & SPECIFICATIONS

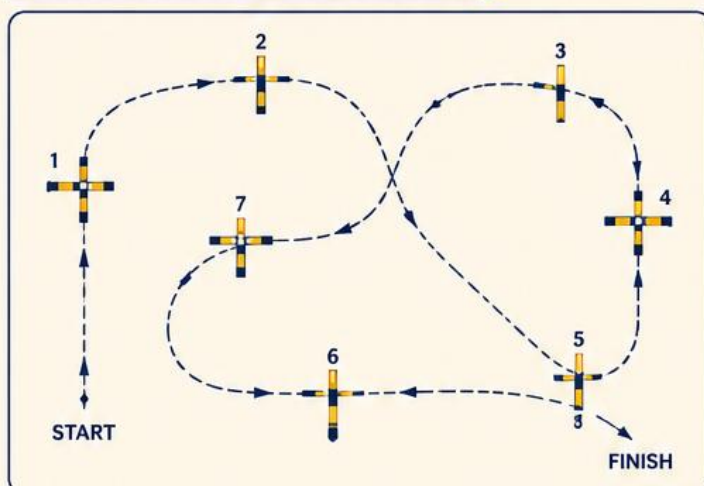
5 JUMPS COURSE DESIGN



SPECIFICATIONS

No. of Jumps	5
Height	0.80 m – 0.90 m
Speed	325 – 350 m/min
Start to Finish	350 – 400 m
Time Allowed	60 – 70 sec
Time Limit	120 – 140 sec
Type	Basic / Training Course
Purpose	Schooling & Introduction

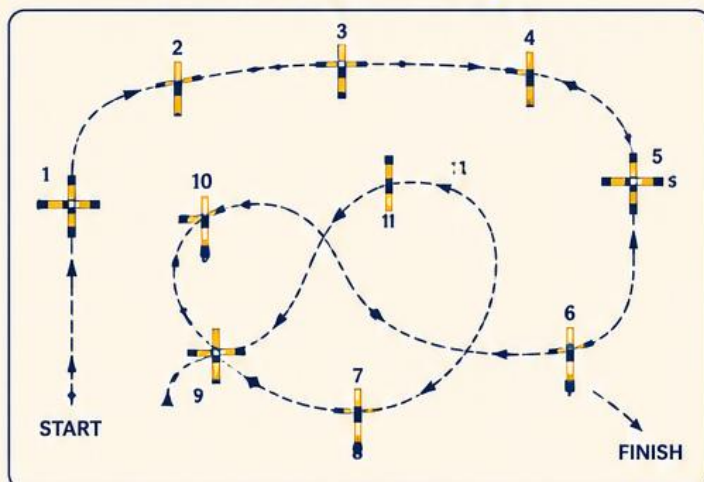
7 JUMPS COURSE DESIGN



SPECIFICATIONS

No. of Jumps	7
Height	0.90 m – 1.00 m
Speed	325 – 350 m/min
Start to Finish	450 – 550 m
Time Allowed	70 – 80 sec
Time Limit	140 – 160 sec
Type	Intermediate Course
Purpose	Skill Development & Confidence Building

11 JUMPS COURSE DESIGN



SPECIFICATIONS

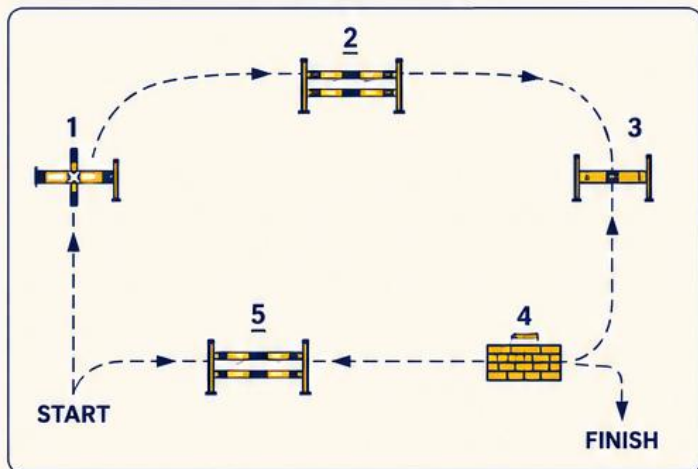
No. of Jumps	11
Height	1.00 m – 1.15 m
Speed	350 – 375 m/min
Start to Finish	550 – 650 m
Time Allowed	90 – 100 sec
Time Limit	180 – 200 sec
Type	Advanced Course
Purpose	Competition Preparation & Performance

NOTE: Distances are approximate and may vary depending on arena size and conditions.

SHOW JUMPING

COURSE DESIGN & SPECIFICATIONS

5 JUMPS COURSE DESIGN

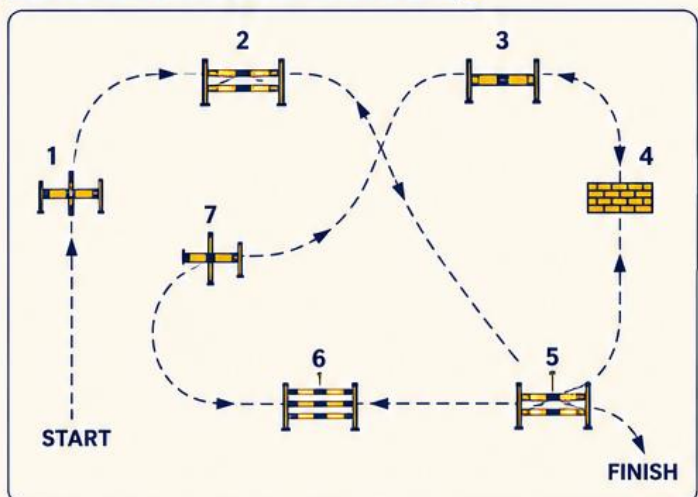


Jump No.	Jump Name	Design	Height (feet)
1	Vertical	Straight Rail	2'6"
2	Oxer	Square Oxer	2'8"
3	Vertical	Straight Rail	2'9"
4	Wall	Wall Jump	2'8"
5	Oxer	Square Oxer	2'10"

SPECIFICATIONS

Number of Jumps	: 5
Course Level	: Basic / Introductory
Total Distance	: 350 – 400 m
Speed	: 325 – 350 m/min
Time Allowed	: 60 – 70 sec
Time Limit	: 120 – 140 sec
Purpose	: Schooling & Introduction

7 JUMPS COURSE DESIGN

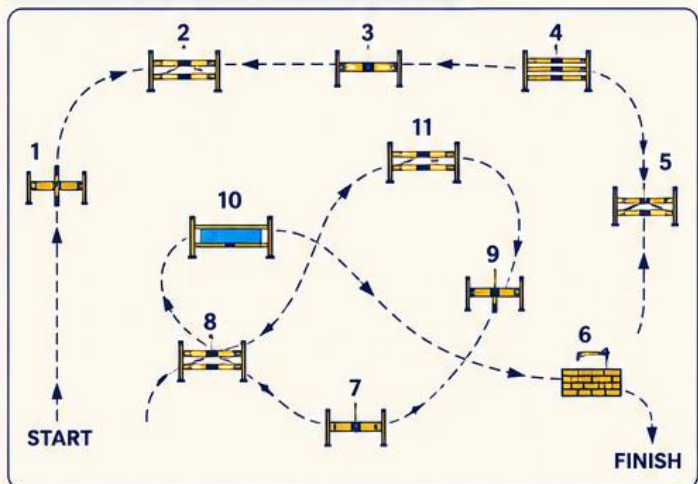


Jump No.	Jump Name	Design	Height (feet)
1	Vertical	Straight Rail	2'6"
2	Oxer	Square Oxer	2'8"
3	Vertical	Straight Rail	2'9"
4	Wall	Wall Jump	2'8"
5	Oxer	Square Oxer	2'10"
6	Triple Bar	Triple Rail	3'0"
7	Vertical	Rising Vertical	3'0"

SPECIFICATIONS

Number of Jumps	: 7
Course Level	: Intermediate
Total Distance	: 450 – 550 m
Speed	: 325 – 350 m/min
Time Allowed	: 70 – 80 sec
Time Limit	: 140 – 160 sec
Purpose	: Skill Development & Confidence Building

11 JUMPS COURSE DESIGN



Jump No.	Jump Name	Design	Height (feet)
1	Vertical	Straight Rail	2'6"
2	Oxer	Square Oxer	2'8"
3	Vertical	Straight Rail	2'9"
4	Triple Bar	Triple Rail	2'8"
5	Oxer	Square Oxer	2'10"
6	Wall	Wall Jump	2'8"
7	Vertical	Rising Vertical	3'0"
8	Oxer	Ascending Oxer	3'2"
9	Vertical	Straight Vertical	3'2"
10	Liverpool	Liverpool Oxer	3'0"
11	Oxer	Wide Oxer	3'3"

SPECIFICATIONS

Number of Jumps	: 11
Course Level	: Advanced
Total Distance	: 550 – 650 m
Speed	: 350 – 375 m/min
Time Allowed	: 90 – 100 sec
Time Limit	: 180 – 200 sec
Purpose	: Competition Preparation & Performance

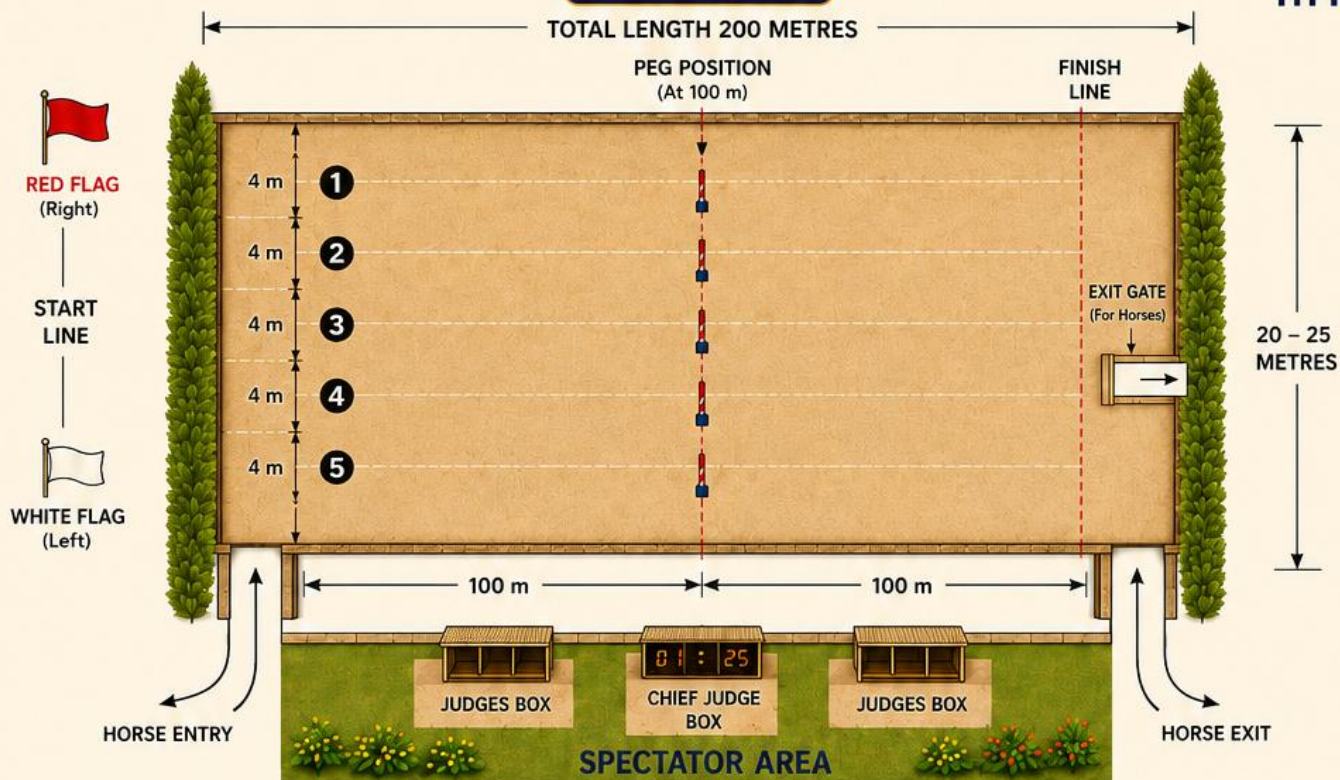
NOTE:

- Distances are approximate and may vary depending on arena size and conditions.
- Heights are measured from the ground to the top of the highest rail.
- Course may be adjusted by the instructor based on rider level and horse ability.

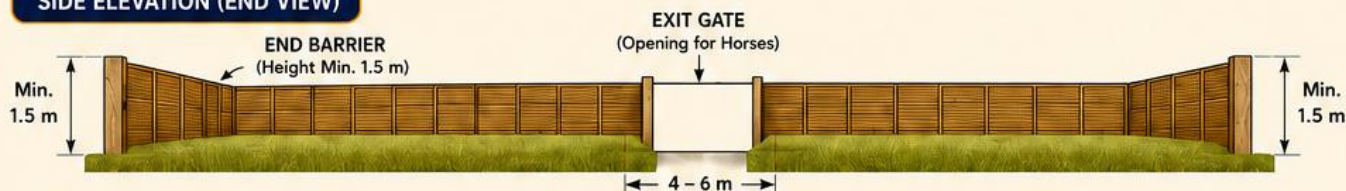
INTERNATIONAL TENT PEGGING FEDERATION

STANDARD COMPETITION GROUND – SPECIFICATIONS & LAYOUT

TOP VIEW (PLAN)



SIDE ELEVATION (END VIEW)



ITPF GROUND SPECIFICATIONS

Course Length	120 – 200 metres (200 m Standard)
Course Width	20 – 25 metres
Number of Lanes	As per requirement (Each lane 4 m wide)
Peg Position	At 100 metres from Start Line
Start Line	Marked with Red Flag on Right & White Flag on Left
Finish Line	At 200 metres
Barrier (End Barrier)	Height: Minimum 1.5 metres Width: Maximum 20 metres
Exit Gate	Opening provided in the barrier for safe exit of horses
Ground Surface	Level, even and safe (sand/soil/grass as per conditions)

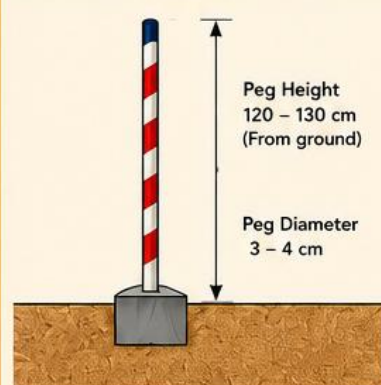
LANE DETAILS



START FLAGS



PEG DETAILS



IMPORTANT NOTES

- Course length: 120 m (minimum) to 200 m (maximum).
- Course width: 20 m (minimum) to 25 m (maximum).
- Peg will be upright and in line with the centre of the course.
- Riders must take their peg from the stand, collect the peg from the ground, and place it back on the stand.
- Ground should be level, safe and free from dangerous obstructions.

GROUND SUMMARY (200 m STANDARD)

Total Length	200 metres
Peg Position	At 100 metres
Run to Peg	100 metres
Run from Peg to Finish	100 metres
Total Width	20 – 25 metres
Barrier Height	Minimum 1.5 metres
Barrier Width	Maximum 20 metres

TYPICAL USE

- International Championships
- National Events
- National / Club Competitions
- Training (Shorter length also allowed within specifications)

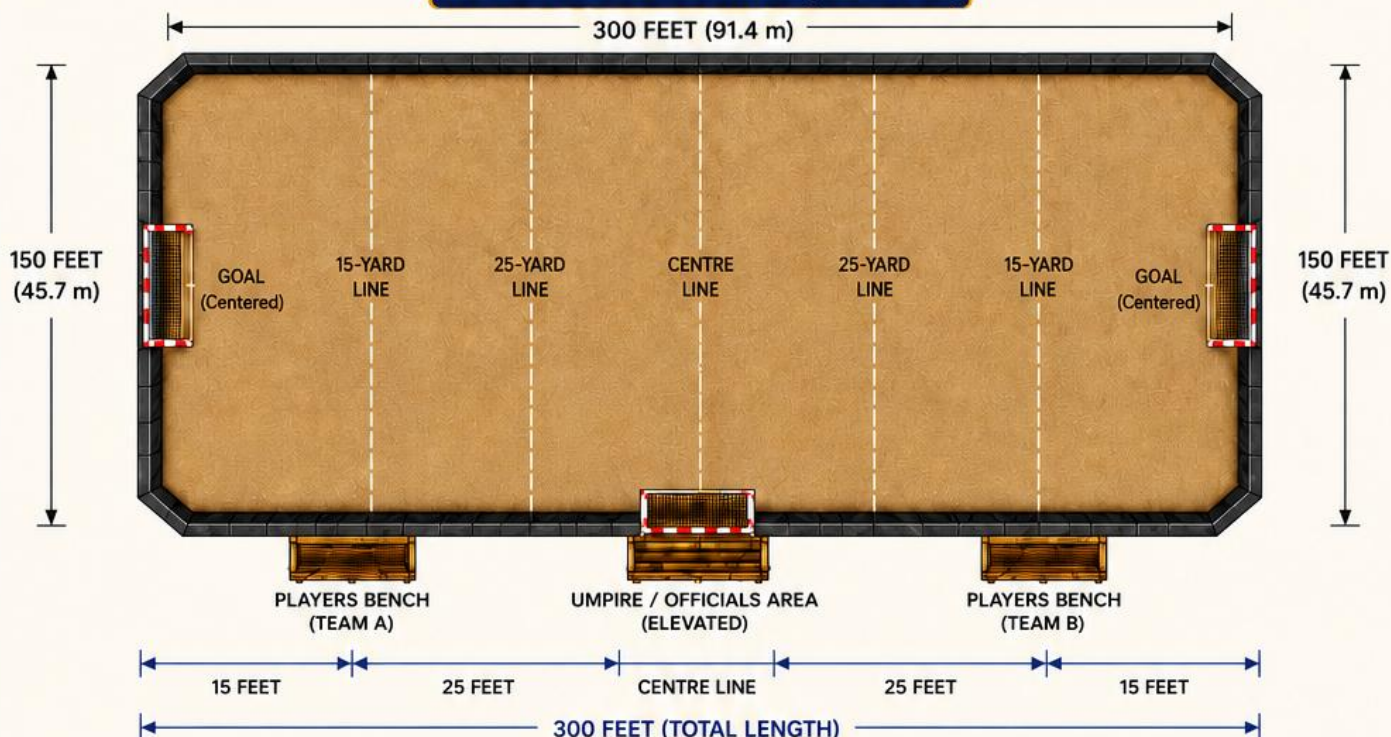
SURFACE RECOMMENDATION

- Well levelled
- Good drainage
- Sand / Soil / Grass (as per conditions)
- Safe for horses and riders

HPA ARENA POLO – OFFICIAL FIELD SPECIFICATIONS

As per Hurlingham Polo Association (HPA) Rules

TOP VIEW – ARENA LAYOUT (IDEAL SIZE)



FIELD MARKING SEQUENCE (FROM GOAL TO CENTRE)

GOAL
LINE

15-YARD
LINE

25-YARD
LINE

CENTRE
LINE

25-YARD
LINE

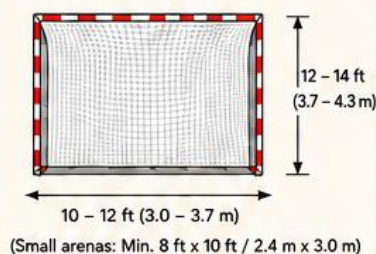
15-YARD
LINE

GOAL
LINE

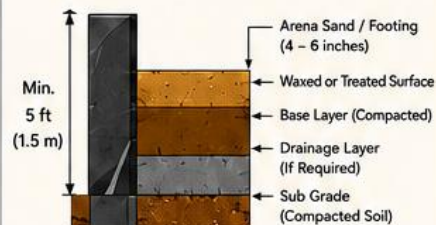
HPA ARENA POLO – SPECIFICATIONS

ITEM	SPECIFICATION
Ideal Arena Size	300 ft x 150 ft (91.4 m x 45.7 m)
Minimum Arena Size	150 ft x 75 ft (45.7 m x 22.9 m) (For 2-a-side games only)
Fence / Boards Height	Minimum 5 ft (1.5 m) Solid lower section
Goals (inside posts)	Width: 10 – 12 ft (3.0 – 3.7 m) Height: 12 – 14 ft (3.7 – 4.3 m) (Small arenas: Min. 8 ft x 10 ft / 2.4 m x 3.0 m)
Teams	Normally 3 Players per side
Surface	Level all-weather sand or suitable arena footing
Field Markings	Centre line, 25-yard line and 15-yard line on both sides
Lighting	Adequate lighting for evening games
Safety	Rounded corners, secure boards, no sharp edges

GOAL DETAILS



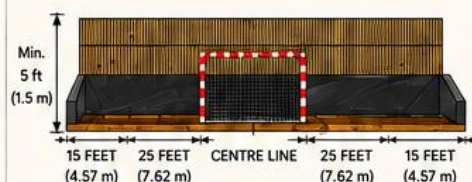
CROSS SECTION (SIDE VIEW)



KEY NOTES

- All measurements are clear playing area dimensions.
- Boards must be solid up to minimum 3 ft (0.9 m) with smooth finish up to 5 ft (1.5 m).
- Goals to be fixed securely to the boards or floor.
- All corners should be rounded for safety.
- Adequate run-off area recommended outside the boards.
- Arena surface must be level and well maintained.

END ELEVATION (VIEW FROM SIDE)



IMPORTANT NOTES

- Course length: 120 m (minimum) to 200 m (maximum).
- Course width: 20 m (minimum) to 25 m (maximum).
- Peg will be upright and in line with the centre of the course.
- Riders must take their peg from the stand, collect the peg from the ground, and place it back on the stand.
- Ground should be level, safe and free from dangerous obstructions.

GROUND SUMMARY (200 m STANDARD)

Total Length	200 metres
Peg Position	At 100 metres
Run to Peg	100 metres
Run from Peg to Finish	100 metres
Total Width	20 – 25 metres
Barrier Height	Minimum 1.5 metres
Barrier Width	Maximum 20 metres

TYPICAL USE

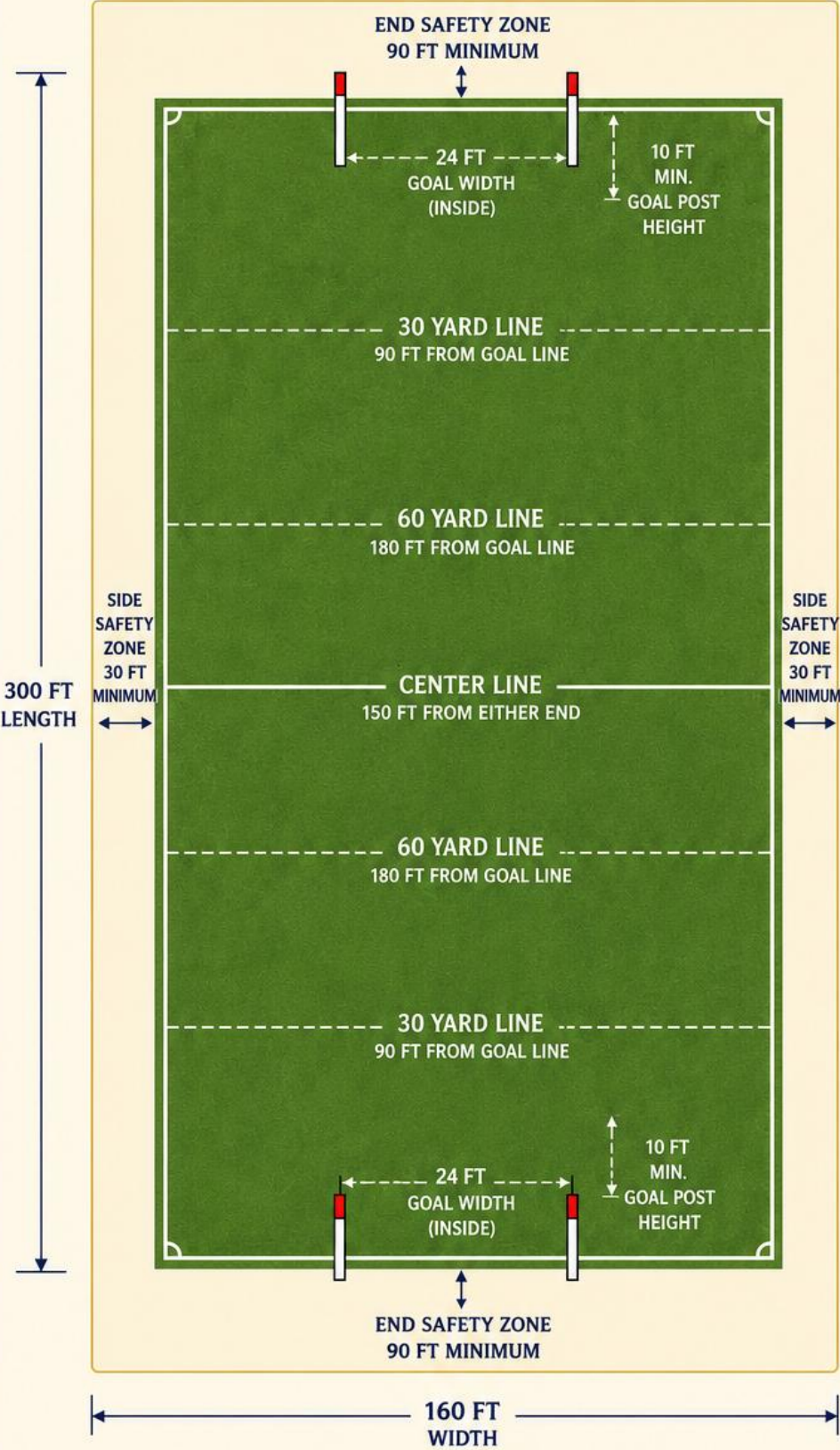
- International Championships
- National Events
- National / Club Competitions
- Training (Shorter length also allowed within 120 – 200 m)

SURFACE RECOMMENDATION

- Well levelled
- Good drainage
- Sand / Soil / Grass (as per conditions)
- Safe for horses and riders

HPA FULL SIZE OUTDOOR POLO FIELD SPECIFICATIONS

(GROUND SIZE: 300 FEET × 160 FEET)



FIELD SPECIFICATIONS	
TOTAL LENGTH	300 FT
TOTAL WIDTH	160 FT
CENTER LINE	150 FT FROM EITHER END
30 YARD LINE	90 FT FROM GOAL LINE
60 YARD LINE	180 FT FROM GOAL LINE
GOAL WIDTH	24 FT (INSIDE)
GOAL POST HEIGHT	10 FT MINIMUM
SAFETY ZONE (SIDES)	30 FT MINIMUM
SAFETY ZONE (ENDS)	90 FT MINIMUM
BOARD HEIGHT	11 INCHES MAXIMUM
PLAYERS	4 PER TEAM

FIELD MARKINGS	
	TOUCH LINES & END LINES
	CENTER LINE
	30 YARD LINES
	60 YARD LINES
	GOAL POSTS

IMPORTANT NOTES	
• All measurements are in FEET. • Field should be level, well drained and have a good grass surface. • Safety zones must be clear of all obstructions. • Goal posts must be painted white with red flags or red tops. • Boards (if used) must not exceed 11 inches in height.	



NOTE
This field is a scaled layout of the HPA Full Size Outdoor Polo Field (300 yards × 160 yards boarded) shown in FEET as per provided ground size (300 ft × 160 ft).



EMERGENCY PROCEDURES



Stay calm and follow the instructor's directions.



Keep clear of loose horses.



Report all injuries immediately.



Contact College Medical Services.

CONTACT INFORMATION



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