



USEF FIRST LEVEL RIDER TEST

UNITED STATES EQUESTRIAN FEDERATION

Updated Dec. 1, 2014

Purpose: To confirm that the rider, in addition to the requirements of training level, shows correct alignment, posture and mechanics in sitting trot, including maintaining a steady, elastic rein contact. In turns on forehand and leg yields the rider remains centered and the horse responds willingly to the aids. The transitions are ridden in a better balance and with more thoroughness than at training level. In response to the correct application of the rider's aids, the horse moves actively forward showing a consistent tempo and correct rhythm in each gait, shows appropriate bending, lengthens and shortens the stride in trot and responds willingly to both longitudinal and lateral aids

TEST		DIRECTIVE IDEAS
All trot work to be ridden rising, unless stated. READER PLEASE NOTE: Anything in parentheses should not be read.		CONDITIONS Arena: Standard Actual Average Time: 5:00 Recommended Scheduled Time: 8:00 Maximum Possible Points: 100
1. A X	Enter working trot Halt, Salute Proceed working trot	Rider's alignment and symmetry; steady, elastic rein contact. Straightness on centerline; smooth transitions to balanced halt and active trot.
2. C H-B B	Track left Change rein, lengthen stride in trot rising Working trot sitting	Rider maintains posture and alignment in turns and transitions; shows correct rising and sitting mechanics; maintains an elastic connection with horse's mouth. Horse is bent through turns and straight on diagonal; shows moderate lengthening of stride and frame with a consistent tempo.
3. P Over L V	Turn right A few steps of walk Proceed working trot sitting Turn right	Rider maintains vertical posture and correct alignment through transitions. Horse performs smooth, forward transitions with a few well-defined walk steps.
4. E S	Ride toward second track Halt (parallel to and approximately one meter in from track). Turn on forehand left Proceed working trot sitting	Rider maintains posture, balance and steady rein contact in transitions. Horse responds willingly to the aids; turns with balanced lateral steps that have a forward inclination.
5. E V	Ride toward second track Halt (parallel to and approximately one meter in from track) Turn on forehand right Proceed medium walk.	Rider maintains posture, balance and steady rein contact in transitions. Horse responds willingly to the aids; turns with balanced lateral steps that have a forward inclination.
6. E-M M	Change rein, free walk Medium walk	Rider allows the horse complete freedom to lengthen the stride and to stretch the head and neck forward and downward. Transitions smooth with obvious difference in length of strides and frame.
7. C	Proceed working trot sitting	Rider shows correct sitting mechanics with vertical posture. Horse responds promptly and willingly to the aids.
8. E E	Working canter left lead and circle left 20 meters On second half of circle, lengthen stride in canter Straight ahead	Rider is centered, vertical and symmetrical; shows correct mechanics and timing in working and lengthened canter strides; maintains elastic rein contact. Horse responds willingly to the aids; performs balanced transitions; lengthens the stride and frame in a consistent tempo; is bent and balanced on circle.
9. Between E & K	Develop working canter	Rider shortens the stride while maintaining activity, balance and tempo; maintains vertical posture and correct alignment during transition.
10. A	Working trot sitting	Rider maintains vertical posture and balance; transitions seamlessly from canter to trot mechanics; maintains an elastic contact with the horse's mouth. Horse performs a clear transition.
11. F-X X-I	Leg yield left in sitting trot Working trot sitting	Rider and horse are aligned and well-balanced in leg yield and on centerline. Horse is reactive to the aids; maintains tempo and activity in leg yield.
12. I-R	Half circle right in sitting trot	Rider is centered, symmetrical and vertical; maintains contact with the horse's mouth. Horse bends on half circle, maintains tempo and activity.
13. B B	Working canter right lead and circle right 20 meters On second half of circle lengthen stride in canter Straight ahead	Rider is centered, vertical and symmetrical; shows correct mechanics and timing in working and lengthened canter strides; maintains elastic rein contact. Horse responds willingly to the aids; performs balanced transitions; lengthens the stride and frame in a consistent tempo; is bent and balanced on circle.
14. Between B & F	Develop working canter	Rider shortens the stride while maintaining activity, balance and tempo; maintains vertical posture and correct alignment during transition.
15. A-C	Serpentine of three loops changing lead through trot when crossing centerline	Rider shows control of posture and balance; prepares well for transitions and changes of bend; maintains an elastic contact. Horse is obedient, well balanced and shows prompt transitions.
16. C	Working trot sitting	Rider maintains vertical posture and balance; transitions seamlessly from canter to trot mechanics; maintains an elastic contact with the horse's mouth. Horse performs a clear transition.
17. M-X X-L	Leg yield right in sitting trot Working trot sitting	Rider and horse are aligned and well-balanced in leg yield and on centerline. Horse is reactive to the aids; maintains tempo and activity in leg yield.
18. L-P	Half circle left 10 meters sitting trot	Rider is centered, symmetrical and vertical; maintains contact with the horse's mouth. Horse bends on half circle, maintains tempo and activity.
19. B Before E E	One and a half circles left 20 meters in rising trot allowing the horse to stretch forward and downward Shorten the reins Working trot	Rider maintains posture, alignment and balance; encourages horse to stretch to a light rein contact. Horse stretches willingly by lowering the neck and rounding the topline; shows smooth transitions to longer and shorter rein contact.
20. A X	Down centerline Halt, Salute	Rider's alignment and symmetry; steady elastic contact. Horse is bent in turn and straight on centerline; makes a clear, well-balanced transition to halt.

Leave arena at A in walk on a long rein

