

# **CANADIAN PONY CLUB**

## **WESTERN ONTARIO REGION**



## **REGIONAL TREC RULES**

**2015**

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# WESTERN ONTARIO REGION

## TREC RULES

The following focuses on TREC information specific to Western Ontario Region (WOR) competition. The information contained in this document over rides that contained in the National Le TREC handbook for the purposes of WOR.

### What is TREC?

TREC is short for Technique De Randonnee Equestre De Competition and it's perhaps best described as a form of orienteering on horseback. TREC is one of the fastest growing equine sports in the world and involves knowledge of terrain, and an understanding of map reading is an important feature of the sport. TREC is designed to test a horse/rider combination through a whole range of activities, combining elements of trail riding with horsemanship skills and flatwork. You will have an opportunity to find your way along a trail using map reading skills, and to demonstrate your horsemanship skills as you manoeuvre a series of obstacles and problems that one might encounter when out on a hack.

### WOR TREC

For WOR's TREC competition, the phases have been modified slightly to accommodate the various rider levels within Pony Club but still reflect the overall essence of TREC. For example, the trails will be well marked and all within the fenced property. The obstacle phase will be setup in an enclosed area, like an indoor TREC, so that spectators can enjoy the fun and our riders will be well supported by volunteers.

All riders, no matter their pony club test level (riders must be D level or higher to compete), will complete each phase mounted. Due to the nature of the competition all riders must be able to ride independently (no lead line).

Any horses or ponies entered in the competition must be a minimum of five (5) years old. No stallions are permitted.

## **PHASES OF THE COMPETITION**

### **Phase A: Parcours d'Orientation et de Regularite (P.O.R.) or Optimum Speed and Orienteering Phase**

Optimum speed and orienteering (P.O.R.) is broadly described as orienteering on horseback. Teams of 3-4 riders of similar riding level must follow a route on a map, find specific checkpoints along the route and locate hidden “objectives” based on landmarks and compass coordinates. The D and D1 routes cover a total distance of less than 3.0 km and are easily walked by volunteers. We encourage D and D1 teams to have a minimum of two handlers accompany them on foot for safety purposes. The route for D2 cover 5-10km while higher levels cover a minimum of 5 km and may exceed 10km depending on the competition.

Prior to the start of the orienteering phase the competitors are given a designated amount of time in the map room, not exceeding 20 minutes, to familiarize themselves with the route. D and D1 level teams will be given a map with the route already marked on and time will be spent reviewing the route and the map with the riders. D2 and higher levels will be given a blank map in order to mark down their route. The route is shown to each competitor on scale maps. They must mark the route onto the blank maps that are given to them. Certain stages may involve the use of a compass or a destination coordinate point which may or may not also be a checkpoint.

#### ***Checkpoints***

Checkpoints are distributed along the route to track progress of competitors. The competitors are unaware of the number or the position of the checkpoints and must arrive at them in consecutive order. When within sight of any checkpoint competitors must go directly to it by the correct route as indicated on the official map, without altering gait or stopping in order to influence the time. No verbal instructions, nor instructions from anyone other than the designated checkpoint official is allowed.

Competitors will carry a record card that will be punched or recorded at each check point. Checkpoints may require a mandatory time halt of 1 to 5 minutes depending on the circumstances. The checkpoint officials will indicate when the team can continue on their route.

#### ***Scoring***

Competitors begin the course with the total optimum points assigned at their level and incur penalty points as shown below.

<b>Mark</b>	<b>Description</b>
-1	Per full minute difference from the optimum time (over or under)
-30	Not continuing moving forward and straight upon correct path when within sight of checkpoint/ticket point
-30	Arriving at a checkpoint/ticket point by a route other than that intended
-30	Arriving at any checkpoint/ticket point not part of the official route
-50	Missing a checkpoint/ticket point

Falls in Phase A are not penalized but must be reported to the organizer. Incidence reports must be filed.

### *Expectations by Pony Club Level*

<b>Phase A – Optimum Speed and Orienteering (POR)</b>			
<b>CPC Level</b>	<b>Distance</b>	<b>Optimum Speeds</b>	<b>Description</b>
D	Up to 3 km	Up to 6 km/hr	<p>Mounted. Maps are prepared in advance and handed out to teams. One stage only with multiple check points. Wherever there are choices to be made, signs should be posted further along the incorrect paths advising competitors that they are going the wrong way. Ensure previous instruction in correct use of a compass.</p> <p>Required that one to two handlers accompany them on foot for safety purposes.</p>
D1	Up to 3km	Up to 6 km/hr	<p>Mounted. Maps are prepared in advance and handed out to teams. One stage only with multiple check points. Wherever there are choices to be made, signs should be posted further along the incorrect paths advising competitors that they are going the wrong way. Ensure previous instruction in correct use of a compass.</p> <p>Recommended that one to two handlers accompany them on foot for safety purposes.</p>
D2	Up to 5-10km	Up to 8km/hr	<p>Blank maps are provided and teams transfer route onto the map. One stage only with multiple check points. Ensure previous instruction in correct use of a compass. Find objective using compass coordinates.</p>
C, C1, C2, B/B2, A	5 km +	Up to 12 km/hr	<p>Blank maps are provided and teams transfer route onto the map. Multiple stages with check points with varying optimum speeds. Ensure previous instruction in correct use of a compass. Find objective using compass coordinates.</p>

## Phase B: Control of Gaits (COG)

Control of Gaits (COG) is designed to demonstrate that the rider can exercise a degree of influence over the horse first in canter (or trot for younger riders), then in walk following a straight line course of up to 150 metres long and 2-4 metres wide. The concept is that the slower the horse travels in trot/canter, and the faster in walk, the greater the marks awarded. A shortened course of less than 150 metres is used to accommodate lower levels. If the terrain prohibits a straight line track, then a curved track can be used. D and D1 riders will trot/walk, distances will be shorter and timing more lenient, all other levels of riders will canter/walk.

The competitors establish the higher gait (canter or trot) before crossing the start line at the entrance to the lane and are to maintain it until crossing the finish line at the exit of the lane. Competitors are then given a few moments to settle their horses to a walk and repeat the procedure in the reverse direction at a walk.

### Scoring

Optimum score is 30 points for each gait for a total of 60 points. Points are gained in accordance to time taken. Competitors will receive no score but are not eliminated for loss of gait (stopping, loss of forward motion, going backwards), stepping out of the lane (inner border to count) with one or more feet, or falling. Each gait is judged and timed separately so a score of zero in one gait does not automatically result in a score of zero for the other gait. Refer to Scoring the Progressive Levels in the Canadian Pony Club Le TREC Handbook.

### Expectations by Pony Club Level

Phase B – Control of Gaits			
Level	Gait	Distance	Optimum Time for Full Points
D	Slow trot in/fast walk back	Up to 50m	25 seconds or more in trot /50m 50 seconds or less in walk /50m
D1	Slow trot in/fast walk back	Up to 50m	30 seconds or more in trot /50m 40 seconds or less in walk /50 m
D2	Slow canter in/fast walk back	Up to 50m	20 seconds or more in canter /50m 30 seconds or less in walk /50m
C	Slow canter in/fast walk back	Up to 75m	20 seconds or more in canter/75 m 40 seconds or less in walk /75m
C1	Slow canter in/fast walk back	Up to 75m	30 seconds or more in canter /75m 35 seconds or less in walk /75m
C2	Slow canter in/fast walk back	Up to 100m	30 seconds or more in canter/100m 50 seconds or less in walk /100m
B/B2	Slow canter in/fast walk back	Up to 100m	40 seconds or more in canter /100m 44.5 seconds or less in walk /100m
A	Slow canter in/fast walk back	Up to 150m	33.8 seconds or more in canter/150m 67 seconds and less in walk /150m

## Phase C: Obstacle Course

The Obstacle Course, is seen as the most exciting and popular phase for spectators. For the Western Ontario Region Pony Club regional competition, participants will complete Phase C in the same manner as "indoor TREC". The obstacles are set-up in one general area (ex. sand ring or enclosed outdoor paddock) with the focus on skills and horsemanship. The course may include tasks which must be undertaken while dismounted, as well as tests of obedience and calmness. It is designed to give an indication of the horse/rider's suitability to cope with the kind of obstacles and difficulties that might be encountered while riding in the countryside, and demonstrate the partnership working calmly and efficiently together. Each obstacle/task is optional and does not incur elimination if bypassed.

There may be up to 16 numbered stations on course. Each station is marked out of 10 in accordance with the marking scheme the station judges are given. The number of stations and degree of difficulty of the set task reflects the CPC level of the competitor.

Competitors may choose the gait between stations although some courses may have designated gaits over certain portions of the course. Breaking of gait during the completion of an obstacle/station task, which requires a particular gait incurs penalty marks for effectiveness and/or style.

A diagram of the obstacle course will be posted at ringside prior to the competition for competitors to familiarize themselves with the obstacles and tasks. A course walk with an official will occur before the start of each division to give competitors an opportunity to see the obstacle set up prior to their ride.

The CPC Le TREC Handbook has information on the appropriate stations/obstacles for each of the levels. A score sheet is available for each station at each of the levels. Due to a wide variety of terrain and an immense amount of creativity available throughout the nation, organizers do have the option of utilising obstacles or tasks, which are not included in the CPC Le TREC Handbook. The handbook is meant to be a guide in describing the philosophy of TREC and the degree of competency required at the progressive CPC levels. Additional obstacles that have been used at WOR Regional TREC competitions can be found on the WOR website to inform competitors about the judging criteria. Stations/obstacles have been adjusted to allow for the anticipated level of skill and experience of the riders at the competition.

***Expectations by Pony Club Level***

<b>Phase C – Obstacle Course</b>			
<b>Level</b>	<b>Number of Stations</b>	<b>Optimum Score</b>	<b>Time Penalties*</b>
D	7-10	70-100	None
D1	7-10	70-100	None
D2	10-12	100-120	None
C	12-16	120-160	None
C1	12-16	120-160	None
C2	12-16	120-160	None
B/B2	12-16	120-160	None
A	12-16	120-160	None

\*Time taken on course will be recorded but will only be used in the event of a tie.

Examples of obstacles are provided in the following table to help you prepare and give you an idea of what obstacles/activities might be encountered in Phase C:

***Examples of Obstacles by Pony Club Level***

<b>D</b>	<b>D1</b>	<b>D2</b>	<b>C+</b>
Immobility in Circle	Immobility in Circle	Turn on Forehand in Circle	Turn on Forehand in Circle
Maypole (Walk)	Maypole (Trot)	Maypole (Trot/Canter)	Maypole (Canter)
Low Branches	Low Branches	Low Branches	Low Branches
Riding a small maze	Riding a small maze	Riding a small maze	Riding a small maze
Backing Up	Backing Up	Backing Up	Backing Up
Open Gate	Open Gate	Open/Close Gate	Open/ Close Gate
Zigzag	Zigzag	Zigzag	Zigzag
Bridge	Bridge	Bridge	Bridge
Trotting Pole	Log Jump (Small)	Log Jump (Small)	Log Jump (Small)
Gait Box (walk – trot – walk)	Gait Box (walk – trot – walk)	Gait Box (trot – walk – trot)	Gait Box (walk – canter – walk)
Corridor (walk or trot)	Corridor (trot – rein back)	Corridor (trot – rein back longer)	Corridor (trot – rein back longest)
Bending (walk or trot)	Bending (trot)	Bending (Canter)	Bending (Canter)
Carry Flag	Carry Flag	Carry Flag or Drag Pole	Drag Pole

## ***Scoring***

Each station has a value of 10. The marks are earned for effectiveness and style. Each is marked independently. Effectiveness (E) has the potential to earn seven (7) points. Style (S) has the potential to earn three (3) points or lose up to two (2) points. Penalties (P) may be incurred as defined by each task.

Refer to the Canadian Pony Club Le TREC Handbook for details of scoring Effectiveness and Style.

Penalties of –3 are applied towards any brutality or rough handling of the horse and any behaviour which is considered dangerous towards the horse, competitor, other competitors, officials or spectators. Lesser penalties are specified on the score sheets for each specific station task.

In the interest of safety, two falls on Phase C course will result in elimination from this phase.

## **TURNOUT AND EQUIPMENT INSPECTION**

Up to **ten (10)** penalty points may be assigned to a team or individual for inappropriate turnout and unsafe, inhumane or forbidden equipment. Competitors are to present themselves for equipment inspection, unmounted and prior to starting Phase A.

Required clothing: Approved helmet;  
Boots with a heel;  
Medical armband.

Recommended clothing: Shirts, jackets and pants are to be safe;  
Boots with a tread and chaps or half-chaps are recommended for comfort;  
Protective body equipment is allowed;  
Appropriate clothing for the weather conditions;  
Fluorescent or high-visibility clothing for safety.

Approved Tack: Any English or Western well-fitting saddle with girth, and stirrups with appropriate pads;  
Bareback pads with stirrups;  
Any English or Western bit which is appropriate to the horse;  
Humane bitless bridles (hackamore/bosal/vosel etc);  
Non-fixed martingales;  
Halter and lead, particularly if horse is wearing a running martingale.

Forbidden Tack: Fixed reins or martingales;  
Ill-fitting or inhumane tack.

Approved Equipment:        Spurs which are blunt/rounded, do not exceed 3.5 cm in length and point down;  
                                     Whips, which do not exceed 75 cm in length;  
                                     Martingales that are not fixed.

**Required Equipment (Phase A Only):**

Compass  
Pens for map marking, two bright colours;  
Flashlight for reading in the dark;  
Basic First Aid pack for horse and rider i.e. bandage, antiseptic wash, sterile dressing pads, wound powder;  
Whistle for emergency use;  
Saddlebags or suitable alternative;  
Food and water for rider;

**Recommended Equipment:**

Horses may be shod or unshod;  
If shod, a replacement horse boot (Phase A only);  
Digital watch or stopwatch;  
Map case (large Ziploc bag to protect map);  
For emergency use, a cellular phone. Phones may be carried, with the power kept off except in case of emergency in order to avoid startling a horse. Organizers MUST be informed by the competitor that they are carrying a mobile phone; phones will be bagged and sealed to prevent unauthorized use while out on the trail.

Forbidden Equipment:        GPS equipment

## **TREC SCORING**

The scoring is based on accumulating the most points, and one of the major appeals of this discipline is that if a horse or rider is unable to perform any part of the competition, they are not eliminated - they merely lose points. It recognises that the demands of the competition are so wide and varied that not all riders or horses can be good at everything. Injury, cheating or losing equipment can result in elimination but generally, eliminations are very rare giving the sport considerable appeal to the less than perfect rider on the less than perfect horse.

Final scores are determined by the total over the three phases A + B + C minus penalty points from Tack and Equipment inspection.

Ties will be broken on the basis of the two most important phases (A + C).

In the event of a continuing tie, Phase A will determine the winning individual, pair or team.

Individual placing is determined as described above. Pair placing is determined by the sum of the total score of both riders. Team placing is determined by the sum of the total score of the best three of four members.

Ribbons will be issued for the top placing teams in each division based on the total outlined above as well as to the top scoring individuals for each level in Phase C –Obstacle Course.

**SUMMARY**

<b>Summary of TREC Competition Phases by Pony Club Level</b>			
<b>Pony Club Level</b>	<b>Phase A – Orienteering</b>	<b>Phase B- Control of Gaits</b>	<b>Phase C- Obstacle Course</b>
<b>D</b>	Follow correct route on map provided. Multiple checkpoints along route. Required that one to two handlers accompany them on foot for safety purposes. Distance: up to 3.0 km.	Trot slow 50 metres, turn around and walk back quickly 50 metres.	7-10 obstacles
<b>D1</b>	Follow correct route on map provided. Multiple checkpoints along route. Recommended that one to two handlers accompany them on foot for safety purposes. Distance: up to 3.0 km.	Trot slow 50 metres, turn around and walk back quickly 50 metres.	7-10 obstacles
<b>D2</b>	Mark route on map and follow correct route. Multiple checkpoints along route. Find objective using compass coordinates. Distance: 5-10 km.	Canter slowly 50m and walk back quickly 50m.	10-12 obstacles
<b>C+</b>	Mark route on map and follow correct route. Multiple stages with checkpoints with varying optimum speeds. Find multiple checkpoints. Find objective using compass coordinates. Distance: Minimum 5 km.	<b>C and C1 level:</b> Canter slowly 75m and walk back quickly 75m. <b>C2 and B Levels:</b> Canter slowly 100m and walk back quickly 100m. <b>A Levels:</b> Canter slowly 150m and walk back quickly 150m.	12+ Obstacles