



Iowa 4-H Horse Practice Rules

1. All riders must wear [ASTM/SEI-approved helmets](#) when riding in the arena and on the Fairgrounds during designated 4-H Horse Practice times. There are no exceptions.
2. During all designated 4-H horse practice times, only currently enrolled 4-H members and their identified horses should be riding in the arena and the area immediately surrounding the arena. Screened 4-H volunteers who lead practices may also ride a non-project horse to demonstrate riding techniques. Others, including family members, may not ride during the scheduled practice time.
3. All riders must wear full-length pants and appropriate riding boots during 4-H horse practices.
4. All riders should be courteous and follow ring etiquette while in the arena.
 - Enter and exit the ring at a walk and begin riding to the right.
 - All riders must work in the same direction unless otherwise instructed by the leaders.
 - Riders must keep at least one horse's length between them and other horses, even when passing.
 - Always ride the rail and pass to the inside of the ring, announcing when you intend to pass.
 - Do not cut off another horse and rider.
 - Mount and dismount in the center, not on the rail.
 - Keep all gates closed while the arena is in use.
 - See "4-H Rule and Regulations for Equine Shows in Iowa" for 4-H rules regarding acceptable tack.
5. If local county Extension guidelines allow for 4-H members to use the arena on their own time, when other scheduled events are not in session, members are riding "at your own risk," outside of an official 4-H horse practice. The 4-H Program is not responsible for any injuries, losses, etc. incurred during that time.
6. There should be no loose horses in the arena while others are riding.
7. Be respectful of other riders and their abilities, and if they are having problems with their horse, please give them extra space.
8. In an emergency, all riders must stop and must dismount if asked by a 4-H volunteer. Examples of emergencies include:
 - A rider falls off a horse
 - A horse gets loose
9. Spectators must stand outside the arena, not alongside the rail or in the middle of the arena. The term spectator is variable and can include 4H volunteers, project leaders, parents, and others. Each county and 4-H club should determine who the spectators are.
10. No dogs are allowed in the arena or near the arena fence when horses, riders, or exhibitors are in the arena.
11. 4-H members are asked to assist with putting away equipment (barrels, standing poles, ground poles, cones, etc.) at the end of practices.

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