



# SHOW JUMPING

## Athlete Pathway



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### What is an athlete pathway?

Every equestrian is developing in their own way and at their own pace. In addition, every equestrian has their own goal whether it be lifelong participation in equestrian sport or sporting excellence at an elite level. The athlete pathway provides a discipline specific, practical guide for equestrians in reaching their own goals.

Each stage of the equestrian athlete pathway provides an overview of athlete preparation, programs, on and off horse development, equipment, competition, support and education. It is designed to inform our community about the pathways to high performance, and to support program providers to deliver long-term athlete development opportunities.

### Purpose of this document

This document has been developed to outline a clear and accessible athlete pathway within Equestrian NSW. It provides a structured overview of how participants can develop and progress at their own pace, from foundational grassroots involvement through to high performance. The pathway aligns with Equestrian Australia frameworks and standards, ensuring consistency and quality across all levels.

# Equestrian NSW Athlete Pathway

## Show Jumping

The Australian Institute of Sport has developed a framework known as the FTEM. The FTEM is an evidence-based framework that focuses on the Foundation, Talent, Elite, and Mastery levels of sport. The framework has been used to support equestrians to participate and progress in their chosen discipline while promoting a holistic athlete approach on and off the horse. More information regarding the FTEM Framework can be found here: [\(FTEM\) Pathways | ASC](#)

### What is FTEM?



#### Foundations

Foundations contribute to and underpin our Participation Pathway. These progressive and dedicated levels are pivotal to acquiring and refining the fundamental movement skills and early physical literacy required for athletic development.

#### Talent

Talent supports the pathways to high performance. Using best practice, inclusive and holistic approach, the future talent potential of a pre-elite athlete is identified, confirmed and developed through effective programming and competitive opportunity.

#### Elite and Mastery

Elite and Mastery focus on the pinnacle of the sport pathway. Athletes enter and perform on the world stage and are supported through a dedicated and individualised approach including committed preparation, camps, sport science/sports medicine and quality coaching.

## WHAT IS SHOW JUMPING?

Show Jumping is an equestrian discipline that tests the accuracy, athleticism, and partnership between horse and rider. Competitors navigate a course of jumps or fences, aiming to complete it without faults such as rails knocked down, refusals, or time penalties. Equestrian NSW aims to provide a structured pathway from fundamentals through to elite competition.

At the fundamental level, riders may begin in ungraded classes, Pony Club, or interschool events, before moving into official graded competitions under EA rules. From there, athletes can progress through state and national championships, and for those who excel, the pathway leads to FEI-sanctioned events including World Cup qualifiers, Nations Cups, World Championships, and the Olympic Games.

Within the Equestrian NSW pathway, jumping plays a central role in athlete development. The grading and ranking system provides measurable goals and progression markers, while also fostering technical skill, horsemanship, and competition experience.

### Competition Eligibility

- Horses must be at least four years of age to compete in jumping events across Australia.
- Amateur Rider classes are open to athletes aged 21 years and over who meet EA membership requirements. These riders must not have competed at the Olympic Games or World Equestrian Games in Jumping or Eventing, in a World Cup qualifier for Jumping, or in a 4\* or 5\* three-day event within the past ten years. They also must not have competed in Section 1 or 2 at Royal Shows in Sydney, Brisbane, Melbourne, Adelaide, or Perth within the previous two years. Amateur Riders, or their horses, are not eligible to compete in an Amateur class if either competes in any class at that event where the first round is higher than 1.20m. More information on eligibility can be found [here](#).
- Young Rider classes cater to athletes aged 16 to 21 years, with courses required to have a minimum height of 1.30m. Young Riders may compete in both Young Rider and Senior classes at the same event unless otherwise stated in the schedule. They become eligible for Senior-titled events from the beginning of the calendar year in which they turn 18.
- Junior Riders are eligible from the year they turn 12 until the end of the year they turn 18. They may compete in open competitions of 1.20m and above from the year they turn 12, and can enter both Junior and Senior competitions at the same event unless restricted by the schedule. Junior competitions do not count for ranking points, and only athletes aged 18 or older may enter events titled “Senior,” such as Senior Championships or Senior Grand Prix classes.
- Children’s classes are for riders aged 10 to 14 years, with a maximum first-round height of 1.05m. Like Junior competitions, Children’s classes do not count for ranking points.
- Further information can be found [here](#)

### JNSW Amateur of the Year Series

The Jumping NSW Amateur of the Year Series runs throughout the year across NSW, with the winner determined by each horse-and-rider combination's best six results.

The series is designed to encourage and support amateurs in show jumping. Points are awarded to the top 10 placings in each class, with events run under FEI Jump Off or Two Round formats and heights ranging from 1.10m–1.20m depending on the arena and show level. In the event of a tie, the highest placing at the Summer Showjumping Classic determines the winner.

Riders must meet National Amateur eligibility requirements ([found here](#)), and classes must be advertised as the "Jumping NSW Amateur of the Year Class."

### Sienna Weir Amateur Point Score

In memory of their daughter Sienna, Geoff Weir and Joanna Fisher have established a new series within the JNSW Amateur of the Year Series.

The Sienna Weir Championship takes place at selected events, that Sienna especially enjoyed attending and competing in, including the Waratah World Cup, Willinga Show, Stonewall Show, and the Summer Showjumping Classic.

A winner and runner-up will be announced at the Summer Showjumping Classic at the end of the year. You can keep up to date with the series [here](#).

### FEI Rule and Tack Apps

The FEI has released two cross discipline RuleApp and TackApp which are available for free from the iTunes and Google play store. The FEI TackApp provides clear, organised, and searchable information on allowed and prohibited tack, equipment, and dress for FEI competitions. Arranged by discipline and category, with each item illustrated through photos, illustrations, or videos. Each piece includes its legal reference and is clearly marked as allowed or prohibited, with an exclamation mark (!) indicating any special conditions. More information can be found [here](#).

FEI RuleApp is useful to stay informed about the latest FEI rules and regulations. The app allows users to quickly search for specific information, bookmark important pages, and share relevant sections when needed. By regularly viewing the RuleApp, participants can ensure they are always aware of current rules and fully prepared for competition requirements. More information can be found [here](#).

### Regulatory Requirements

Under the Equestrian Australia General Regulations and Disciplinary By-Laws, to compete in official classes:

- The rider must be a current financial member of Equestrian NSW.
- The horse must have full registration with Equestrian NSW.
- All owners on the horse registration must be current financial members of Equestrian NSW.
- The horse must have a current Equestrian NSW performance card/competition licence for the discipline being competed in.

# Equestrian Sport Pathway

## EQUESTRIAN FOR LIFE Participation & Officials



Competition in official, participation & club events from Interschools to National level

Enjoyment of recreational equestrian activities across the lifespan privately or with clubs

Engagement in off horse equestrian activities; official qualifications, organising and volunteering

## SPORT EXCELLENCE Talent to Elite Pathway to High Performance



**Podium - National Teams/ Olympics Representation**  
Sustained International Success

M1

**Podium Ready EA HP National Squads**  
Podium success in peak international / world cup competition

E2

**Podium Ready State Discipline Committees**  
Elite Status through State Representation/ achievement at National Level Competition

E1

**Podium Potential - State Rising Star/ Development Squads**  
Preparation for transition through Individual development plans, competition preparation & exposure

T4

**Developing**  
Top 10 performance at FEI level competition. Commitment to Individual development plan (IDP).

T3

**Emerging**  
Performance potential identified through athlete profiling supported by IDP

T2

**Potential Identified**  
Initial demonstration of skills at State or Official Competitions/ coach identification

T1

**Regular coaching & participation in club activities and competitions. Introduction to event coordination/ volunteering/ officials pathways**

F3

**Introduction to competition through clubs/ interschools. Skill development through clubs and private coaching**

F2

**Learning and acquiring the basic foundations of equestrian activities fundamental for safe and effective participation via clubs, pony club & private coaching**

F1

# Equestrian NSW Athlete Pathway

## Show Jumping

# F<sub>1</sub>

**Learning and acquiring the basic foundations of equestrian activity fundamentals for safe and effective participation.**

Participants are learning to ride, or have returned to riding, and are enjoying learning the fundamentals

### Competition

At this stage, participants are not yet competing.

### On-Horse Development

Riders learn fundamental skills, such as balance, posture, and the various gaits, including walk, trot, and canter, while steadily building confidence. Once some confidence is established, participants may begin learning to jump safely.

### Off-Horse Development

Participants may explore a healthy off-the-horse fitness program to support their riding skills, for example, core stability exercises. Participants are encouraged to attend local events to watch and learn.

### Horse Welfare

Participants learn about horse welfare and how to ensure the horse is happy, healthy, and well cared for.

Equestrian NSW offers helpful online learning modules to support your understanding of horse welfare, including:

[Horse Welfare - The Other 23 Hours](#)

[Ethics & Welfare - an introduction](#)

[Code of Conduct for the Welfare of the Horse](#)

### Equipment

Riders are encouraged to seek guidance from a professional to ensure basic riding equipment is properly fitted. Basic riding equipment includes:

Helmet

Riding boots

Bridle, saddle, saddle cloth, and accessories

[Check current helmet safety standards](#)

Riders may become familiar with the safety guidelines when using different jumping obstacles including safety cups, more information can be found in [Chapter 3 – Obstacles](#)

### Programs & Support

It's important for participants to have fun while developing the fundamental riding skills. This starts with finding a suitable environment to help individuals build confidence, knowledge, and community connections.

The clubs and organisations below provide valuable opportunities to learn, meet fellow equestrians, and access ongoing support and guidance:

[Pony Club NSW](#)

[ENSW Affiliated Jump Clubs](#)

# Equestrian NSW Athlete Pathway

## Show Jumping

# F<sub>2</sub>

**Introduction to competition through clubs/interschools. Skill Development is through clubs and private coaching.**

Participants are enjoying the learning process while developing their knowledge through participating in show jumping activities. This may be through club participation, and coaching sessions with an accredited coach.

### Competition

At this stage, competition may not be a focus, however, athletes may have fun and build their confidence at local club events.

### On-Horse Development

Riders are enjoying their time in the saddle. They have developed an interest in show jumping and are building fundamental riding skills and confidence. Riders may begin to ride basic jumping courses, attend clinics, or participate in more regular coaching sessions.

### Off-Horse Development

Attending local competitions as a spectator or volunteer provides participants with the opportunity to become familiar with some key skills such as learning the warmup arena rules, rider etiquette, and events structure. Riders begin to learn the meaning to each event and how to walk a course and identify distances, understand riding a line, and combinations.

### Horse Welfare

Horse welfare goes beyond basic care, it is important to prioritise the horse's physical and mental wellbeing. Its encouraged to continue learning how to keep horses happy, healthy, and well cared for. Individuals may seek guidance from accredited coaches or equine professionals.

- [Basic management and care](#)
- [Maintaining a healthy horse](#)
- [Grooming Horses](#)
- [Transporting horses](#)
- [Housing of horses](#)
- [Basic hoof care](#)

### Equipment

Participants may use the FEI TackApp to stay up to date with suitable tack, equipment, and dress codes for competitions, helping them easily identify what is approved or prohibited. This ensures they remain compliant and well-prepared for competition day. Alternatively review pages 51 – 59 of the Show Jumping rules. Riders may become familiar with the safety guidelines when using different jumping obstacles including safety cups, more information can be found in Chapter 3 – Obstacles

### Programs & Support

Riders will benefit from attending clinics and volunteering to help build knowledge and gain confidence while providing access to knowledgeable coaches.

# Equestrian NSW Athlete Pathway

## Show Jumping

# F<sub>3</sub>

**Regular coaching & participation in club activities & competition. Introduction to event coordination/volunteering and officials pathways.**

Participants have established a passion for Show Jumping and are building on their confidence and skills.

### Competition

At this stage, athletes may begin to compete more regularly at local club and agricultural shows. They can keep up to date with club events through their local club Facebook page.

### On-Horse Development

Riders are coached more frequently and focus on creating a developmental plan which builds on individual strengths and targets their goals. They may begin to ride higher jumps and work on pace changes between fences.

### Off-Horse Development

Participants are encouraged to continue exploring off the horse exercises which promote a healthy lifestyle (i.e., fitness program promoting balance, core stability, and flexibility) while becoming more familiar with the Show Jumping rules specifically the warmup protocols and procedures at an event which promote safety.

### Horse Welfare

Athletes develop a further understanding of horse welfare with a focus on caring for horses at events. Learning how to support a horse's wellbeing during travel and competition is an essential part of responsible horsemanship.

[Transporting horses](#)

[Horse care and riding in winter](#)

[Think outside the box](#)

[Equestrian Sport in Hot and Humid](#)

[Environment](#)

### Equipment

Participants may use the FEI [TackApp](#) to stay up to date with suitable tack, equipment, and dress codes for competitions, helping them easily identify what is approved or prohibited. This ensures they remain compliant and well-prepared for competition day.

Alternatively review pages 51 – 59 of the [Show Jumping rules](#).

Riders may become familiar with the safety guidelines when using different jumping obstacles including safety cups, more information can be found in [Chapter 3 – Obstacles](#)

### Programs & Support

Riders become more independent and start to take part in training days and competitions with growing confidence. Riders may benefit from programs which teach event preparation, course-walking basics, and safe warm-up practices. Support from coaches, clubs, and peers help riders build good habits and develop the skills needed to manage their horse and equipment on competition days.

# Equestrian NSW Athlete Pathway

## Show Jumping

T<sub>1</sub>

**Potential Identified.**  
Initial demonstration of skills at State or Official Competitions/coach identification.

The participant has demonstrated potential for high performance through results at local competitions, or an accredited coach has recognised that the participant is showing initial signs of potential for higher performance.

### Competition

Participants are successfully competing at a local level. They may keep up to date with club events and the [Show Jumping NSW calendar](#) to plan and prepare for upcoming competitions in events such as EA Amateur or development classes.

### On-Horse Development

Participants expand on fundamental skills and begin jumping small oxers, simple double lines, and developing horse fitness and warm-up strategies to prepare for more advanced competitions.

### Off-Horse Development

Participants are encouraged to take a holistic approach to training by exploring the physical and mental wellbeing aspects of competition and are encouraged to set **SMARTER** goals to guide and enhance their training routines.

### Horse Welfare

As athletes compete more frequently they develop greater responsibility for their horse's care at events by learning effective feeding, watering, tying up, and yarding practices. Prioritising their horse's ongoing health and welfare assists with performance. [Horse Welfare at Events v2](#)

### Equipment

Participants ensure that all tack is correctly fitted and competition appropriate. Participants have the appropriate equipment to support performance and presentation, while adhering to EA and FEI rules. This can be achieved by regularly viewing the [TackApp](#).

### Programs & Support

Riders may benefit from programs which introduce structured goal setting, basic strength and conditioning, and more detailed course understanding. Regular support from coaches and mentors helps them learn how to prepare effectively for training and competitions.

# Equestrian NSW Athlete Pathway

## Show Jumping

# T<sub>2</sub>

**Emerging.**  
Performance potential identified through athlete profiling supported by Individual Development Plan (IDP).

Participants demonstrate ongoing potential for high performance by attending regular sessions with an accredited EA Coach.

### Competition

At this stage participants are beginning to compete and travel further for competitions. They progress up the level of classes. Jumping greater heights and more complex courses in the EA amateur and development classes.

### On-Horse Development

Riders work closely with their coach to develop a suitable Individual Development Plan (IDP). They may focus on jump-off strategies, such as tighter turns and controlled speed.

### Off-Horse Development

Participants are encouraged to follow a holistic training approach by understanding and maintaining clean sport practices. Participants may also explore techniques which aid in the management of competition stress. They develop competition day routines or time management skills to promote relaxation and minimise anxiety.

### Horse Welfare

With travel to longer-distance competitions, care extends over multiple days, requiring careful management of transport, feeding, hydration, and stress monitoring. Adapting to new environments and paying attention to heat, cold, and recovery ensures the horse's ongoing health, wellbeing, and performance readiness.

### Equipment

Participants ensure that all tack is correctly fitted and competition appropriate. Participants have the appropriate equipment to support performance and presentation, while adhering to EA and FEI rules. This can be achieved by regularly viewing the TackApp.

### Programs & Support

Riders are developing a deeper understanding of performance and taking more responsibility for their own preparation. Support from experienced coaches, targeted clinics, or engaging in roles such as a groom or working pupil may help riders refine their skills and provide guidance for more challenging competitions.

# Equestrian NSW Athlete Pathway

## Show Jumping

# T<sub>3</sub>

**Top 10 performance at FEI level competition. Commitment to Individual Development Plan (IDP).**

Participants are passionate about competing at a high-performance level and are committed to working towards this goal.

### Competition

Participants are competing at Junior and Development classes and are beginning to prepare for high performance events such as Young Riders and Mini Grand Prix.

### On-Horse Development

Riders continue to develop their IDP and ride more technical combinations, including one and two stride doubles. Riders may also begin to compete on multiple horses.

### Off-Horse Development

Participants exploring their Self Reflection skills after an event to assist with evaluating their results and identify key areas which require further improvement.

Clean, drug-free sport protects the health of an athlete and promotes fair competition.

Resources like Global DRO and Ride by the Rules, help participants check medications, understand the rules, and compete safely and fairly.

### Horse Welfare

As the volume and intensity of a competition schedule increases, understanding how to keep horses healthy and free from prohibited substances is a key part of responsible horse care in competition. Clean sport is essential for protecting horse welfare. Everyday management decisions such as, feeding, medication, and supplements, can impact competition readiness, longevity, compliance and anti-doping rules. Equine Prohibited Substances

### Equipment

Participants ensure that all tack is correctly fitted and competition appropriate. Participants have the appropriate equipment to support performance and presentation, while adhering to EA and FEI rules. This can be achieved by regularly viewing the TackApp.

### Programs & Support

Riders begin to prepare for higher-level competitions. Support from experienced coaches, advanced clinics, or hands-on roles such as grooming or working pupil positions helps deepen their knowledge and sharpen their skills. Some riders may also find themselves a mentor to help them further develop their skills on and off the horse.

# Equestrian NSW Athlete Pathway

## Show Jumping

# T<sub>4</sub>

**Podium Potential - State Rising Star/Development Squads. Preparation for transition through IDP's, competition preparation & exposure.**

Participants are aware of high-performance standards. They are working towards their progression goals with an EA-accredited coach.

### Competition

Participants are successfully competing in EA Young Riders, Junior, and Development classes.

### On-Horse Development

Riders have established their IDP and are focusing on consistency when jumping

### Off-Horse Development

Participants use videos and simple data to look back at their rounds and improve their riding. They may also speak with a sports psychologist, a strength and conditioning coach, or an accredited show jumping coaches who can help refine competition strategies and maintain consistent, high-quality training.

### Horse Welfare

As horses compete consistently at higher levels, soundness assessments become increasingly important. Ensuring horses are fit for the demands of competition reduces the risk of injury and supports long-term wellbeing. These practices align with [FEI Veterinary Regulations](#) and the [FEI's Code of Conduct](#), which promote ethical care and horse welfare at all levels of the sport.

### Equipment

Participants ensure that all tack is correctly fitted and competition appropriate. Participants have the appropriate equipment to support performance and presentation, while adhering to EA and FEI rules. This can be achieved by regularly viewing the [TackApp](#).

### Programs & Support

Seeking support from professional athletes can provide valuable insight for emerging athletes planning to progress to the next level. Riders may also regularly talk with coaches and mentors about what's working and what needs work.

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