RDA Showjumping - Guidance on Distances

Level 3 and above

These distances are guidelines for training purposes. It is preferable to make the distances too long than too short, and they are set for normal stride length strides rather than shortened or lengthened ones. The below guidance for a 15.2hh horse and above are based on a typical stride length of 12ft when cantering.

It’s important to train your eye, as distance charts are no substitution for being able to see what is actually going on. Remember that as fences are raised, the distances will need to be adjusted accordingly.

**Training distances are dependent on:**

* The size of the fences
* The equine’s length of stride
* The education of the equine
* The rider’s ability to establish a good canter

**Fence Safety**

* **Safety cups** must be used for back rails of spreads.
* All cups must have rounded edges.
* **Flat cups** must be used for planks and hanging fillers.
* Consideration must also be given to the site circumstances and material/s to be used.

Horse and Pony have been used within the traditional sense of size, please use these height measurements for all equines within RDA for showjumping distances.

# Distances

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | **128cm Pony (12.2hh)** | **138cm Pony** **(13.2hh)** | **148cm Pony****(14.2hh)** | **15.2 horse and above** |
|  |  | **Feet** | **Metres** | **Feet** | **Metres** | **Feet** | **Metres** | **Feet** | **Metres** |
| **BETWEEN POLES** |  |  |  |  |  |  |  |  |
| **Approaching in trot** |  |  |  |  |  |  |  |  |
| Trotting poles | Min | 3’9” | 1.14 | 4’ | 1.22 | 4’3” | 1.30 | 4’6” | 1.37 |
|  | Max | 4’6” | 1.37 | 4’9” | 1.45 | 5’ | 1.52 | 5’ | 1.52 |
| Place pole in front of fence | Min | 7’ | 2.13 | 7’9” | 2.36 | 8’ | 2.44 | 9’ | 2.74 |
|  | Max | 8’ | 2.44 | 8’6” | 2.59 | 9’ | 2.74 | 10’ | 3.05 |
| Place pole after fence | Min | 9’ | 2.74 | 9’6” | 2.90 | 10’ | 3.05 | 10’6” | 3.20 |
| **Approaching in canter** |  |  |  |  |  |  |  |  |
| Canter poles | Min | 9’ | 2.74 | 9’6” | 2.90 | 10’ | 3.05 | 10’6” | 3.20 |
|  | Max | 10’ | 3.05 | 10’6” | 3.20 | 11’ | 3.35 | 12’ | 3.66 |
| Place pole in front of fence | Min | 9’ | 2.74 | 9’6” | 2.90 | 10’ | 3.05 | 10’6” | 3.20 |
|  | Max | 10’ | 3.05 | 10’6” | 3.20 | 11’ | 3.35 | 12’ | 3.66 |
| Place pole after fence | Min | 10’ | 3.05 | 10’6” | 3.20 | 11’ | 3.35 | 11’6” | 3.50 |
|  | Max | 11’ | 3.35 | 11’6” | 3.50 | 12’ | 3.66 | 12’6” | 3.81 |
| **BETWEEN FENCES** |  |  |  |  |  |  |  |  |
| **Approaching in canter** |  |  |  |  |  |  |  |  |
| One stride | Min | 19’6” | 5.94 | 21’ | 6.40 | 22’ | 6.71 | 24’ | 7.32 |
|  | Max | 21’ | 6.40 | 22’6” | 6.86 | 23’6” | 7.16 | 26’ | 7.92 |
| Two strides | Min | 29’ | 8.84 | 30’6” | 9.30 | 32’ | 9.75 | 34’ | 10.36 |
|  | Max | 31’ | 9.45 | 32’ | 9.75 | 33’6” | 10.21 | 36’ | 10.97 |
| Three strides | Min | 38’ | 11.58 | 41’ | 12.50 | 42’ | 12.80 | 45’ | 13.72 |
|  | Max | 39’ | 11.94 | 43’ | 13.11 | 44’ | 13.41 | 48’ | 14.63 |
| Four strides | Min | 47’ | 14.33 | 51’ | 15.54 | 53’ | 16.15 | 57’ | 17.37 |
|  | Max | 49’ | 14.94 | 53’ | 16.15 | 55’ | 16.76 | 60’ | 18.29 |
| Five strides | Min | 56’ | 17.07 | 61’ | 18.59 | 64’ | 19.51 | 69’ | 21.03 |
|  | Max | 58’ | 17.68 | 63’ | 19.20 | 66’ | 20.12 | 72’ | 21.95 |
| **BETWEEN BOUNCE FENCES** |  |  |  |  |  |  |  |  |
| Bounce | Min | 9’ | 2.74 | 10’ | 3.05 | 10’6” | 3.20 | 11’ | 3.35 |
|  | Max | 10’ | 3.05 | 11’ | 3.35 | 11’6” | 3.51 | 12’ | 3.66 |

If you approach in trot, the distance between the first and second fence may need to be shortened by up to 3 feet/ 90cm.

These distances are for guidance only.