



## Warm-Up Rules and Guidelines

*The NCRCHA strongly supports safety at its shows and feels it is critical for Warm-Ups to be conducted with as much consideration to others as possible.*

1. Warm-Ups will be at designated times and last from 15 minutes to  $\frac{1}{2}$  hour.
2. Warm-Ups will start with circling. One side of the arena is for left circles; one side is for right circles. You want to circle as you would show, so when you come to the middle of the arena, you are going toward the judge.
3. Don't stop in the middle of the arena (where both circles meet and everyone in the entire arena must pass through). When you are ready to stop, guide your horse to the center of one of the circles and stop there. Standing is permitted at the ends, sides, or within the circles.
4. Spins should be done in the center of one of the circles, not on the path of the circle.
5. If you want to walk, jog or trot around the perimeter and everyone is fencing, stay ON the rail. Stay off the rail if folks are circling.
6. Loping around the entire arena is discouraged, but if you must, please stay as close to the rail as possible and give right of way to others.
7. Avoid lead changes in the middle during Warm-ups.
8. Don't stop and back your horse unless you are certain that no one is behind you or heading toward you.
9. Circlers have the right of way.
10. Warm-Ups will finish with fencing, typically during the last 5 to 10 minutes.
11. No fencing is permitted during circling time and vice versa.
12. If people are fencing, stay out of the middle, go to a corner to spin or rest.
13. Don't stay on the short wall to rest, go to the long wall (don't take precious fencing space).