GUIDE TO BRITISH RACING PROCEDURES

FOR JOCKEYS/ RIDERS BASED OUTSIDE GREAT BRITAIN

You are reminded that it is your responsibility to be familiar with the Rules of Racing. The Rules can be found at http://rules.britishhorseracing.com. Please ensure that you take time to study the Rules applicable to yourself before riding in Great Britain.

Penalties for breaches of the Rules can be found within the 'Guide to Procedures and Penalties' which is also accessible from the Rules website.

Attached is a **summary** of the Rules that you are most likely to come across.

If you are unsure about the meaning or application of any Rules, please ask a Stipendiary Steward on the racecourse or, in advance of a meeting, telephone the Disciplinary Department on 020 7152 0120.



Lyn Williams
Disciplinary Department
26 May 2017

BEFORE THE RACE

Rule (D)27.3 – Licence and Medical Record Book

Riders must produce to the Clerk of the Scales:

- a current licence or permit, or proof that the Rider holds such licence or permit.
- a Medical Record Book, if the Rider's Turf Authority issues such documents.
- a clearance from the relevant Turf Authority if his licence or permit is issued by a Turf Authority of a country not listed in Schedule (D)1.

Rule (F)140 to (F)143 – Riders' Allowances

- Riders' allowances may be claimed as follows:

  The holders of Apprentice Jockeys' licences and those licensed Flat race Jockeys, irrespective of age, who have not ridden the number of winners as set out below shall be entitled to claim the following allowances in Flat races:

  7lb until they have won 20 races; thereafter
  5lb until they have won 50 races; thereafter
  3lbs until they have won 95 races.

  In Steeple Chases, Hurdle races and National Hunt Flat races open to professional Jockeys, Riders shall be entitled to claim the following allowances:

  7lb until they have won 20 races; thereafter
  5lb until they have won 40 races; thereafter
  3lb until they have won 75 races.

  In Steeple Chases, Hurdle races and National Hunt Flat races confined to Amateur Riders, Riders shall be entitled to claim the following allowances:

  7lb until they have won 5 races; thereafter
  5lb until they have won 10 races; thereafter
  3lb until they have won 20 races.

  There are exceptions – please check the respective Rule and/or race conditions or seek advice from the Licensing Department (020 7152 0148) if you are unsure.

- The Rider shall be responsible for claiming the correct riding allowance.
- The Rider (or the Trainer of the horse) shall provide the Racing Calendar Office (01933 440011) with his age, the details of the winners he has ridden and any rider's allowance he intends claiming by the time specified for declaration of riders.

Rule (D)60 and Schedules (D)3 and (D)4 – Testing for Banned substances (including breath testing)

- All Riders shall comply with the Testing for Banned Substances and Procedures for Notifiable Medications Protocol (Schedule (D)4)
- When any Rider fails a breath sample taken on the racecourse in accordance with the testing Protocol, the Stewards have power to suspend him from riding for that day and refer the finding to BHA for further possible disciplinary action.

The following are Banned Substances and Notifiable Medications (Schedule (D)3):

BANNED SUBSTANCES

Alcohol - at a threshold in the A sample at or above 54 milligrams per 100 millilitres in urine or 17 micrograms per 100 millilitres in breath (as measured using BHA approved, evidential breath testing equipment).

Barbiturates, Thiobarbiturates and related compounds

Cannabinoids (or Cannabis metabolites)
At or above a screening threshold in the A sample of:
(i) 50 nanograms per millilitre as immunoreactive cannabinoids by immuno-assay and
(ii) confirmed at or over a threshold of 15 nanograms per millilitre 11-nor-delta-9-tetrahydrocannabinol-9-carboxylic acid by gas chromatography/mass spectrometry.
Both measurements must be at or above the stipulated thresholds.

Any synthetic, semi synthetic or naturally occurring compound that has been shown to have agonist or partial agonist activity at the CB1 or CB2 receptors in the central nervous system

Rimonabant or any other Cannabinoid receptor antagonist whether used as an appetite suppressant or for any other purpose

Gamma-hydroxybutyrate (GHB) and pro-drugs of GHB (1,4-Butanediol, Gammabutyrolactone)
At or above a threshold of 10 micrograms per milliliter.

Dissociative Anaesthetics and related substances
Substances in this group include, but are not exclusively restricted to Ketamine, Phencyclidine, Tiletamine and related compounds)

Lysergic Acid Diethylamide (LSD)

Sibutramine and related compounds

Stimulants - excluding Caffeine, Phenylpropanolamine and Pseudoephedrine (For Ephedrine see paragraph 10 below).

Substances in this group include, but are not exclusively restricted to, Amphetamines, Cocaine, and the "Ecstacy" group e.g.Methylenedioxyamphetamine (MDA), Methylenedioxyethylamphetamine (MDEA), and Methylenedioxymethylamphetamine (MDMA). N.B. L-methamphetamine (levo-metamphetamine) is excluded Cocaine metabolites to be screened at 300 nanograms per millilitre and confirmed at 150 nanograms per milliliter.

N.B. Salbutamol, Salmeterol, Formoterol and Terbutaline may be taken by inhaler only.

Other prohibited stimulants - Clenbuterol, Benzylpiperazine and its derivatives, Ketoamphetamines, Cathinone and its derivatives, whether naturally occurring, synthetic or semi-synthetic.

Ephedrine - at or above a threshold in the A sample of 10 micrograms per millilitre in urine.

Diuretics - substances in this group include but are not exclusively restricted to Furosemide, Glycerol, Acetazolamide, Spironolactone, Thiazides, Amiloride, Triamterine, Canrenone, Diclofenamide, Chlorthalidone, Bumetanide, Etacrynic acid and Piretanide.

Methylphenidate

Modafinil, Armodafinil and related compounds

Opiates and Opioids - excluding Codeine, Dextromethorphan, Ethylmorphine, Loperamide and Pholcodine.

Substances in this group include, but are not exclusively restricted to, Heroin, Methadone, Morphine, Oxycodone, Fentanyl, Tramadol, Tapapentadol, Buprenorphine, Dihydrocodeine and Pethidine. Morphine to be screened at a threshold of 2 micrograms per milliliter in urine.

NOTIFIABLE MEDICATIONS

Anti-depressants - including but not exclusively restricted to

Monoamine Oxidase inhibitors (MAOIs) including Selegiline
Tetracyclic Anti-depressants
Tricyclic Anti-depressants
5HT reuptake inhibitors and other neurotransmitter re-uptake inhibitors such as Venlafaxine
Lithium Salts.

Benzodiazepines (e.g. Diazepam, Lorazepam, Nitrazepam, Oxazepam, Temazepam) **and substances with similar structure or pharmacological activity** (e.g. Benzodiazepine receptor agonists, Zaleplon, Zolpidem, Zopiclone).

Sedative medications including the H1 receptor antagonists (e.g. Diphenhydramine, Promethazine and Trimeprazine) as well as medications such as Chloral Hydrate and Meprobromate.

Anti-Psychotic drugs including Chlorpromazine, Clozaril, Haloperidol, Olanzapine, Phenothiazines, Atypical anti-psychotic drugs, Melatonin agonists (e.g. Ramelteon) and related substances.

Note: Substances without thresholds will be declared positive at the limit of detection using appropriate hybrid analytical techniques e.g. gas chromatography/mass spectrometry.

Rule (D)40 – Racecourse Plan, Draw Position

- Riders must acquaint themselves in advance with the correct course over which they are to ride by consulting the plan in the Weighing Room.
- Riders must ascertain their draw position before leaving the Weighing Room.

Rule (B)22 and (D)42 – Weighing Out

- Riders must be weighed for a specified horse by the Clerk of the Scales, not less than a quarter of an hour before the time fixed for the race.
- If a Rider intends to carry over-weight, he must declare the amount thereof at the time of weighing out. No rider will be allowed to weigh out or ride if they are 4lb or more overweight.
- To compensate for Riders being required to wear Safety Vests 2lbs will automatically be allowed when weighing out. This allowance is factored into the calibration of the Weighing Room Scales.
- When weighing out or weighing in, a Rider must put into the scale and include in his weight everything that the horse is to carry or has carried except the Skull Cap, silk cap(cover), whip, bridle, rings, plates, blinkers, hood, visor, eyeshield, eyecover, sheepskin cheek pieces, anything worn on the horse's legs, any breast plate, breast girth, martingale, muzzle, neck strap, number cloth and tongue strap.
- Riders' weights will be rounded down to the nearest 1lb unit.

Rule (D)36 and Schedule (D)2 – Skull Caps and Safety Vests

- No Rider shall be mounted on a horse when it is on property owned, used or controlled by the Managing Executive of a racecourse, nor shall he ride in any race, unless he is wearing a correctly fitted and fastened Skull Cap of a standard approved by BHA [meet PAS 015: 2011, SNELL E2001, VG1 01.040 2014-12, or UTAC/CRITT 04/2015 standard]. The Skull Cap must also be in a serviceable condition.

- Skull Caps shall not have a chin cup, cradle or draw lace. The chin strap must pass under the jaw and be attached to the harness by a quick release buckle. Metal hooks are expressly forbidden. The Skull Cap must be the correct size for the individual Rider and the face harness must be correctly adjusted and the chin strap fastened at all times when mounted on a horse.

- No Rider shall be weighed out for a ride in any race unless he is wearing a Safety Vest of a standard approved by BHA [meets (BS) EN 13158: 2009].

- Safety Vests may not be modified in any way and must be in a serviceable condition. It shall be an offence to bring a modified Safety Vest onto racecourse property and the Stewards may order the seizure and destruction of such a Safety Vest.

Rule (D)37 and Schedule (D)2 – Whips – Specifications

- Riders must carry a whip and ensure that it complies with the specifications set out in Schedule (D)2, including the mandatory shock absorbing characteristics. An approved Jump whip can be carried in both Jump and Flat races whilst an approved Flat whip can only be carried in Flat races.

- As regards a whip carried in a flat race:

  the maximum length (including flap) is 70cm; and
  there must be no binding within 17cm of the end of the flap.

  The only currently approved whip is the Procush Flat Race whip (manufactured by Old Mills Saddlery)

- As regards a whip carried in a steeple chase or hurdle race:

  the maximum length (including flap) is 68cm; and
  there must be no binding within 23cm of the end of the flap.

  The only currently approved whip is the Procush Competition whip (manufactured by Old Mills Saddlery)

- The minimum diameter for a whip is 1cm. The overall weight must not exceed 160g. The contact area of the shaft must be smooth, with no protrusion or raised surface, and covered by shock absorbing material throughout its circumference such that it gives a compression factor of at least 6mm.

- The only additional feature that may be attached to a whip is a flap. If a flap is attached, it must comply with the following requirements:

  the maximum length of the flap from the end of the shaft is 10cm;
  the maximum width of the flap is 4cm, with a minimum width of 2cm;
  the flap from the end of the shaft must not contain any reinforcements or additions; and
  the flap must have similar shock absorbing characteristics to that of the contact area.

- Other than adjustments to the handle/grip, an approved whip must not be modified in any way. For the avoidance of doubt the addition of tape to the flap or shaft is unacceptable.

Rule (D)39 – Advertising (Sponsorship) on Clothing or Equipment

- Riders must not carry any form of advertising on any part of their clothing or equipment unless a Sponsorship Agreement has been lodged in advance with Weatherbys and approved by the BHA. Agreements must be registered at least seven days in advance of the race in which they are to be carried.

Rule (D)53 and (D)55 – Betting, Laying and Accepting Reward

It shall be a breach of the Rules of Racing for a Rider to:

- Bet or lay any horse to lose with a Betting Organisation or to instruct any person on his behalf to do so or to receive the whole or any part of the proceeds of such an act.

- Associate or communicate directly or indirectly with Betting Organisations or with any person representing a Betting Organisation unless the person in question is an Owner for whom the Jockey is declared to ride.

- Be present in the betting ring during a race meeting.

- Accept or agree to accept any reward, gift, favour or benefit in kind in connection with a race wherever run from persons other than the Owner, or Owner's representative or Breeder of the horse he rides in that race.

Rule (D)32 to (D)35 – Use of Mobile Telephones by Riders (or any other equipment capable of receiving or transmitting information e.g. iPads, laptops, etc.)

The use of mobile telephones by Riders on racecourse property from half an hour before the advertised time of the first race until after the last race has started (the 'Restricted Period') shall only be permitted in the following circumstances:

- A 'Mobile Telephone' includes any appliance or equipment capable of transmitting information e.g. iPads, laptops etc. A mobile telephone will be regarded as in use if it is switched on.

- A Rider may check his personal mobile telephone in the 'phone zone' for messages including incoming text messages.

- Out-going text messages, or any other form of messaging, whether inside or outside of the 'phone zone', are not permitted.

- Incoming calls are only allowed under the following circumstance: if the Trainer is not present on the racecourse the Trainer's representative is permitted to hand his mobile telephone to the Rider in the 'phone zone' so that the Trainer may speak directly to the Rider.

- If a Rider has personal concerns and it is important that he is instantly contactable then the Clerk of the Scales, upon request and at his discretion, may authorise that the Rider's personal mobile telephone remains switched on.

Riders must, if requested, provide full details of all calls made during the Restricted Period.

Rule (B)31 to (B)40 and Schedule (B)5 – Starter and Starting

- Every horse shall be at the Starting Post ready to start at the appointed time.

- Horses may not be led on the course on the way to the start except in a Parade or with the permission of the Stewards.

- Riders who wish to dismount at the start must obtain the Starter's permission before doing so and shall themselves lead their horses around.

Flat Starts

- When the roll is called by the Starter each Rider on being named will, without delay, walk his horse round behind the stalls.

- While loading is in progress Riders and handlers will maintain a strict silence except in so far as it is necessary to attract the Starter's attention.

Jump Starts

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- When riders have been instructed by the Starters' team, horses will walk onto the course and circle some distance back from the Start. They will not head towards the start in anticipation of the start.

- There will be NO goggles shout or any indication of the time remaining to the designated start time. It is the responsibility of the riders to be prepared, including having their goggles down, for the start.

- When the Starter wishes the field to walk forward he will raise his flag to indicate this and also give the normal voice instructions. If the Starter is satisfied that the start will be safe and fair he will start the race by the simultaneous release of the tape and dropping of his flag.

- Races will not be started if the field lines up and commences to move forward before the Starter raises his flag, or approaches the start at faster than a jig jog before the tape is released and flag lowered.

- If the Starter is unhappy with the start he will wave his flag to indicate that the race will not be started and the field must pull up. The Advance Flag Operator will also wave their flag to enable riders on the side furthest away from the Starter to understand that the race will not be started.

- Should the field be unable to pull up the tape may be released for safety reasons but the Starter will continue to wave his flag and declare a false start. This waving will be reciprocated by the Advanced Flag Operator.

- If the race is not started at the first attempt the field will regroup at the marker poles and a standing start to the satisfaction of the Starter will be effected by tape and flag. There will not be a further attempt at a walk-in start and runners will not be sent back further than is necessary to regroup at the marker poles.

- Starters will report offending riders to the Stewards.

Misconduct at the Start may include:

- In races started from a Starting Gate:

    - causing or allowing a horse to be in contact in any way with the starting tape or causing or allowing a horse's head to be on or over the starting tape;
    - attempting to line up or taking a position for the start before being instructed to do so by the Starter or attempting to anticipate the signal to start;
    - approaching the start at faster than a jig-jog before the tape is released and the flag lowered.

False Start

- Whenever a false start has been called the Starter and the Advanced Flag Operator will wave their flags. Riders must pull up and return to the start. Riders who fail to pull up may be regarded as having committed a breach of the Rules.

- Horses which complete the course in a Flat race or which complete a circuit of the course, unseat its Rider or fall in a Steeple Chase, Hurdle race or National Hunt Flat race shall be withdrawn by the Starter.

DURING THE RACE

Rule (B)53 to (B)55 - Riding Offences

When a horse or its Rider has caused interference:-

by **dangerous riding** in any part of a race the horse shall be disqualified

by **careless** or **improper riding** or by accident in any part of a race the horse shall be placed behind the horse or horses with which it has interfered if the Stewards are satisfied that the interference improved its placing in relation to the horse or horses with which it interfered. If they are not so satisfied the Stewards shall order the placings to remain unaltered.

Definitions:

- A Rider is guilty of **dangerous riding** if he causes serious interference by purposely interfering with another horse or rider or riding in a way which is far below that of a competent and careful Rider and where it would be obvious to such a competent and careful Rider that riding in that way was likely to endanger the safety of a horse or Rider.

- A Rider is guilty of **careless riding** if he fails to take reasonable steps to avoid causing interference or causes interference by inattention or misjudgement.

- A rider is guilty of **improper riding** if he causes interference by some manoeuvre where he knew or ought reasonably to have known that interference would be the result, or any other form of misconduct (whether mounted or dismounted) in the course of riding.

  Penalty - caution to 28 days or referred.

Rule (B)57 – Pacemakers

- Pacemakers are permitted, provided they are run on their merits as required by Rule (B)58.

- Riding to benefit horses which have one or more owner in common or are under common control or are from the same stable or team is unacceptable. All such riding will be treated as a serious breach (See below).

A Rider shall not:

- Make a manoeuvre in a race in the interests of another horse in common ownership or under common control or from the same stable or team whether or not such a manoeuvre caused interference or caused his horse to fail to achieve its best possible placing.

- Commit a riding offence with the intention or with the consequence of giving advantage to another horse in common ownership or under common control or from the same stable or team.

- For the avoidance of doubt the phrase “common ownership” means that the horses in question share one or more owners in common and “common control” shall be similarly construed.

  Penalty - 5 to 28 days

Rule (B)58 and (B)59 - Failure to Obtain the Best Possible Placing

- Every horse which runs in a race shall be run and be seen to be run on its merits. This means the Rider must comply with Rule (D)45 and be seen to have made a **timely, real and substantial effort** and to take all other reasonable and permissible measures throughout the race, however it develops, to ensure the horse is given a full opportunity to achieve the best possible placing.

  Penalty - 7 to 28 days (for offences imposed on the racecourse) or, if considered deliberate, referred to the BHA. Referral penalties - 28 days to 25 years.

Schedule (B)6 Part 2 – Use of the Whip

- Stewards will consider holding an enquiry whenever a Rider has used his whip ‘above the permitted level’:

  - **Flat** – 8 times or more in a Flat race
  - **Jump** – 9 times or more in a jump race.

  If the Stewards do not accept the Rider’s explanation he will receive a suspension of at least 2 days for every hit over and above the number accepted by the Stewards

- The Stewards will also impose a suspension, either as a distinct breach or in addition to a finding of ‘above the permitted level’, upon any Rider who uses his whip:
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  - with the whip arm above shoulder height (2 days suspension)
  - rapidly without regard to their stride ie. twice or more in one stride (2 days)
  - with excessive force (2 days)
  - without giving the horse time to respond (2 days).
  - hitting horses which are showing no response (5 days)
  - out of contention (5 days)
  - clearly winning (2 days)
  - past the winning post (2 days)

  Hitting horses in any place except:

  - on the quarters with the whip in either the backhand or forehand position (2 days)
  - down the shoulder with the whip in the backhand position (2 days)

- If a breach warrants a suspension of 7 days or more Riders may also be fined a sum between £200 and £10,000 dependent upon the type and value of the race.

Rule (B)45 - Jockeys Riding to the Draw

- All Riders must, at those Flat race starts at which marker poles have been placed shortly after the start (usually races over 5 furlongs to a mile), ride in a straight line from their draw position until reaching the marker poles. Having reached the marker poles Riders may move to the running rail providing that interference does not result. This Instruction does not apply to those horses at the rear of the field which have dwelt or alternatively have been restrained with a view to covering them up.

  Penalty – 1 day (first to fourth offences)

Rule (D)45 – Running and Riding: Reasonable and Permissible Measures – Riders Responsibilities

- Every horse must be ridden in such a way that the Rider can be seen to have made a genuine attempt to obtain from his horse **timely, real and substantial effort** to achieve the best possible placing. It is not necessary to use the whip to satisfy this requirement but a Rider must give his horse at least a 'hands and heels' ride.

Rule (D)38 – Ear Plugs

- If ear plugs are worn, they must not be removed during the race.

AFTER THE RACE

Rule (B)67 - Weighing In

- In weighing in, a Rider shall include in his weight everything that the horse has carried in the race except as provided for in Rule (D)42.4.

- If a Rider weighs in at 2lb or more over the weight at which he weighed out, he shall be reported to the Stewards. The horse shall not be disqualified under this Rule.

- If a Rider weighs in below the weight at which he weighed out by more than 1lb, his horse shall, on objection, be disqualified.

- Riders' weights will be rounded down to the nearest 1lb unit.

  Penalty – 2 to 5 days

Rule (B)75 - Objections

- A Rider considering objecting should notify the Clerk of Scales immediately, when weighing in. The Rider will then have five minutes to come to a decision as to whether or not to make an objection and during the period a viewing of the race will be possible in the Stewards' Room under the control of a Stipendiary Steward.

- If the Rider subsequently proceeds with the objection and the Stewards consider that there were no good and reasonable grounds, or if the objection is withdrawn, the objector shall be fined. In the event of the objection being decided to be frivolous or vexatious, the Stewards may also fine the objector an additional sum.

Rule (D)50 – Riders – Accidents

- All Riders must report immediately to the Racecourse Medical Officer in all cases where they fall or meet with an accident whilst riding.

Schedule (B)1 – Effective Days for Riding Suspensions

- Suspensions will usually commence on the fourteenth day after the decision of the Stewards.

- Any Rider who is suspended for one day can change the day upon which he is suspended to any day before the fourteenth day by speaking to the Disciplinary Department on (0)20 7152 0120. Similarly, any rider who is suspended for two days can change one of the two days to any day before the fourteenth day.

- Suspensions of 4 days or less will automatically exclude days upon which a Group 1 or Grade 1 race is scheduled to take place. Any Rider who would prefer not to have those days excluded can amend their suspension days by speaking to the Disciplinary Department

Rules (D)48 and (D)49 – Reports on Performance by Riders

- Reports must be made by a Rider when anything has occurred during any race which might have materially affected the performance of the horse or, in Flat Races only, when he does not ride to achieve the best possible placing.

- Riders should firstly inform the Trainer or his representative upon unsaddling of any such matter. Riders should then upon returning to the weighing room make the report to the Stewards. A Stipendiary Steward will, where possible, be positioned by the Clerk of the Scales to receive such reports. If no Stipendiary Steward is present, the Rider should inform the Clerk of the Scales. These reports will refer to matters which the Rider of the horse is best placed to make. For example (and this list is not exhaustive):

  interference leaving the stalls
  suffered interference in running
  horse hanging
  saddle slipped
  equipment failure
  bit slipped through mouth
  lost action
  not face blinkers/visor
  not face kickback
  never travelling
  has no more to give – Flat races only
  tailed off – give reason, if possible – Flat races only.
  gurgling – this should be reported in the first instance to the Veterinary Officer, where possible

  Penalty – £140 fine (first offence)

AFTER THE MEETING

Rule (A)78 – Appeal against a Decision of the Stewards

- Any Rider who wishes to appeal against a suspension imposed upon him at the racecourse must do so to the Disciplinary Department by close of business two days after the Stewards' decision, or by close of business on the first day the office is open if a weekend or a bank holiday intervene.

- Any Rider who is considering appealing should request a DVD of the incident from the Stipendiary Steward on the racecourse. Advice and guidance can also be sought from the Stipendiary Steward as to how the Stewards have interpreted the incident and applied the Rules.

- No appeal may be lodged unless it is accompanied by a deposit of £500 (except in certain circumstances where a lower deposit amount is required).

- Appeals are heard by the Disciplinary Panel at 75 High Holborn, London and are usually held on the first Thursday after the respective race meeting. Appellants, unlike on the racecourse, can be legally represented.

Lyn Williams
Disciplinary Department
26 May 2017