



## **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 available on 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, phone the Disciplinary Department on 020 7152 0123.

21 October 2011

## **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.

Amateur Riders:

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 (0207 1520148) 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 with his age and the details of the winners he has ridden by declaration time.

### **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.
- 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 the BHA for further possible disciplinary action.

The following are Banned Substances and Notifiable Medications (See 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 microgrammes per 100 millilitres in breath.

### **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).

**Gamma-hydroxybutyrate (GHB) and pro-drugs of GHB (1,4-Butanediol, Gammabutyrolactone)** - at or above a threshold of 10 microgrammes per millilitre.

**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, Pseudoephedrine. (For Ephedrine see below). (Substances in this group include, but are not exclusively restricted to, Amphetamines, Cocaine, and the 'Ecstasy' group i.e. Methylenedioxyamphetamine (MDA), Methylenedioxyethylamphetamine (MDEA), and Methylenedioxymethylamphetamine (MDMA). L-methamphetamine (levo-metamphetamine) is excluded. Cocaine metabolites to be screened at 300 nanograms per millilitre and confirmed at 150 nanograms per millilitre).

**Other Prohibited Stimulants - Clenbuterol, Benzylpiperazine and its derivatives, Ketoamphetamines, cathinone and its derivatives, whether naturally occurring, synthetic or semi-synthetic.**

**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).

**Ephedrine** - at or above a threshold in the A sample of 10 microgrammes per millilitre

### **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 microgrammes per millilitre 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, whip, bridle, rings, plates, blinkers, hood, visor, eyeshield, eyecover, sheepskin cheekpieces, anything worn on the horse's legs, any breast plate, breast girth, martingale, muzzle, neck strap, number cloth and tongue strap.

Note: 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 the BHA [meet (BS) EN 1384: 1997, EN

1384: 1996, EN 14572: 2005, PAS 015: 1994 or PAS 015: 1999 standard, have a CE marking and be in 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 the BHA [meet (BS) EN 13158: 2000 or 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 70 centimetres; and
  - there must be no binding within 17 centimetres of the end of the flap.
- As regards a whip carried in a steeple chase or hurdle race:
  - the maximum length (including flap) is 68 centimetres; and
  - there must be no binding within 23 centimetres of the end of the flap.
- The minimum diameter for a whip is 1 centimetre. The overall weight must not exceed 160 grams. 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 6 millimetres.
- 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 10 centimetres;
  - the maximum width of the flap is 4 centimetres, with a minimum width of 2 centimetres;
  - 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 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)53 and (D)56 – 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)**

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 shall only be permitted in the following circumstances:

- A Rider may check his personal mobile telephone in the 'phone zone' for messages including incoming text messages.
- Visiting Riders must use the log book provided by the BHA in the 'phone zone' to record outgoing calls made in the 'phone zone'. All such calls must be logged detailing the caller, the time at which the call is made and name or number of the person being called.
- Out-going text messages and the receipt of incoming calls are not permitted, unless the Trainer of a horse a Rider is engaged to ride is not present on the course whereby 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 a Weighing Room Security Officer upon request and at his discretion may authorise that the Rider's personal mobile telephone remains switched on.

**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.
- 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.

*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.

## *False Start*

- Whenever a false start has been declared the Starter shall order the Riders, by means of a recall flag, (the flag man in a white coat will keep his flag raised) to return to the Starting Post.
- Following the recall flag, horses which complete the course in a Flat race or which complete a circuit of the course or fall in a Steeple Chase, Hurdle race or National Hunt Flat race shall be withdrawn by the Starter. Riders of such horses shall be regarded as having committed a breach of the Rules.

## **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, on objection, be disqualified

by **careless** or **improper riding** or by accident in any part of a race the horse shall, on objection, 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 they shall overrule the objection and order that the placings shall 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, including when manoeuvring for position.
- **Improper riding** whether mounted or dismounted covers cases of improper use of the whip or intentionally striking other Riders or horses, and may include other forms of misconduct in the course of riding such as riding that would be dangerous as defined above but for the fact that it did not cause serious interference.

**Penalties - caution to 28 days.**

### **Rule (B)57 – Pacemakers**

- The BHA is of the opinion that the Rules of Racing do not prohibit the running of horses as pacemakers as such, 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 of Rules B(57) (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.

**Penalties - 5 to 10 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.

**Penalties - 7 to 18 days (for offences imposed on the racecourse) or, if considered deliberate, referred to the BHA. Referral penalties - 28 days to 10 years.**

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

- The following are examples of mis-use of the whip which are unacceptable together with their respective minimum penalties.
- Riders are prohibited from using their whip:
  - **Flat** - more than 7 times in a flat race (2 days);
  - **Jump** - more than 8 times in a jump race (2 days);
  - Minimum penalties will increase by at least 2 days for every time a horse is hit over and above the number allowed in a flat and jump race as applicable.
- Hitting horses to the extent of wealing (5 days), with the whip arm above shoulder height (2 days), 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 (3 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).
- Suspensions for mis-use of the whip will increase to take account of other offences in the previous 12 months.
- If breach warrants a suspension of 7 days or more Riders will also lose their entitlement to any prize money.

**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), must 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.

**Penalties – 1 day (first offence)**

#### **Rule (D)45 – Running and Riding: Reasonable and Permissible Measures**

- 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.

**Penalties – 7 to 42 days (for penalties imposed on the racecourse)**

### **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.
- When weighing in the Rider’s weight will be rounded down to the nearest 1lb unit.

**Penalties – 2 to 5 days**

#### **Rule (B)75 - Objections**

- A Rider considering objecting should notify the Clerk of Scales immediately. 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 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 under the Rules of Racing.

## **Schedule (B)1 – Effective Days for Riding Suspensions**

- Usually any Rider who has been suspended from riding by the Stewards will be suspended at the commencement of the fourteenth day after the day of the Stewards' decision. There are exceptions to this – please seek the assistance of a Stipendiary Steward who will explain the imposition of any suspension dates, how to appeal etc.

## **Rule (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.

**Penalties – £140 fine (first offence)**

**Lyn Williams  
Disciplinary Department  
21 October 2011**