

2026 Spring Forward Video Dressage Show

We welcome US riders of all ages and abilities a great opportunity to get judging and feedback — to spring forward your riding!

Athletes Without Limits (AWL) is the USA Member of Virtus and represents US athletes with intellectual impairments across all high-level Virtus & Paralympic Sports.

While our spring show is intended to increase opportunities for riders with intellectual impairments – we also welcome all other US Youth, Junior & Adult riders, including those with physical, visual (or no impairments), to enter!

WHO'S ELIGIBLE:

Formal eligibility or para classification is not required; however, riders who have intellectual impairments (Intellectual Disability, Down Syndrome & Autism) may qualify for additional opportunities to compete as part of AWL US National Teams at Virtus International Dressage events!

VIDEO & ENTRY DATES:

Videos must be recorded between **March 11th - April 11th, 2026**.

Videos recorded while at another competition are not accepted.

Remember to submit your video by **April 11th, 2026!**

ENTRY FEE:

\$25 Per Rider/Horse Combination

Includes 1 video (Up to 2 more additional videos are \$20 each)

AMATEUR/ADULT DIVISIONS:

- Para Intellectual Impairment
- Para Physical Impairment
- Para Visual Impairment
- Amateur/Adult Open

YOUTH/JUNIOR DIVISIONS (UNDER 21):

- Youth/Junior Para Intellectual Impairment
- Youth/Junior Para Physical Impairment
- Youth/Junior Para Visual Impairment
- Youth/Junior Open

RESULTS/PRIZES:

Results will be posted to Athletes Without Limits website and emailed to participants.

Prizes mailed to first-third place per division.

QUESTIONS:

If you have any questions, please [Contact Us!](#)



How to Enter

3 STEPS TO ENTER:

From our official event page (QR code right):



1. Submit RSVP Rider Interest Form.
2. Record video(s) following guidelines.
3. Submit your video and \$25 entry fee anytime before April 11th, 2026

[DOWNLOAD PDF GUIDE](#)

[RSVP INTEREST FORM](#)

[VIDEO ENTRY FORM](#)

www.athleteswithoutlimits.org/event/2026-awl-spring-forward-video-dressage-web

Rules, Dressage Tests & Video Guidelines

RULES:

- Show follows USDF rules and equipment use.
- A commander is allowed.
- Riders wear competition outfits (no earphones).
- Horse should wear boots or wraps.
- Participants must agree to liability waiver and video release when submitting RSVP/entry.

DRESSAGE TESTS:

Riders can choose one or more of a wide variety of USDF or FEI Para tests and levels below:

USDF Dressage Tests (usdf.org)

**All will use 2023 tests good through 11/30/2026*

- ★ [2023 USDF Intro Test A](#)
- ★ [2023 USDF Intro Test B](#)
- ★ [2023 USDF Intro Test C](#)
- ★ [2023 USDF Training Level Test A](#)
- ★ [2023 USDF Training Level Test B](#)
- ★ [2023 USDF Training Test C](#)
- ★ [2023 USDF First Level Test 1](#)
- ★ [2023 USDF First Level Test 2](#)
- ★ [2023 USDF First Level Test 3](#)

FEI Para Dressage Tests (fei.org)

**Ridden in a 20 x 40 arena (not 20 x 60 as specified)*

- ★ [FEI Para Grade II Novice Test A](#)
- ★ [FEI Para Grade II Intermediate A](#)
- ★ [FEI Para Grade III Novice Test A](#)
- ★ [FEI Para Grade III Intermediate Test B](#)
- ★ [FEI Para Grade IV Novice Test A](#)
- ★ [FEI Para Grade IV Intermediate Test A](#)

HORSES & PONIES:

- Horses/ponies can be ridden by more than one rider.
- While riders are encouraged to wear regular competition outfits, **the horse must wear boots or wraps** in the video because tests may not be entered if they have already been judged. *(If a video is suspected to have been taken at a competition, the rider will be disqualified.)*

ARENA:

- Intro Tests must be ridden in a 20 x 40 m arena
- Training and First Level Tests must be ridden in a 20 x 60 m arena.
- FEI Para-Dressage Tests must be ridden in a 20 x 40 m arena (not 20 x 60 as specified).
- If an indoor arena is used, it must provide enough space and light for proper video recording.

FILMING:

- Please state the rider's name, horse's name, test being ridden, and proof of date at the beginning of the video before the rider starts down the centerline.
- Person filming must stand behind C as far as possible, but will have to zoom in when the rider is at A.
- The video must be taken in landscape format in one shot, with no cuts allowed.
- The whole horse must be seen at all times.
- Sound must be recorded to make sure no coaching is taking place during the test. (Commander is allowed.)
- Please try to ensure the video is clear and in focus.
- Use a tripod/stand where possible to reduce motion.
- Minimize background noise and interruptions.
- Be aware of sunlight or spotlights to avoid glare.
- Videos should be .MPEG or .MOV.

HOW TO ENTER & SUBMIT VIDEOS:

1. **RSVP YOUR INTEREST** in entering the event.
2. Record your videos between March 11th & April 11th.
3. **SUBMIT YOUR VIDEOS** by April 11th, 2026.

EVENT PAGE:

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QUESTIONS:

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