

AMATEUR HANDS AND HEELS RACES

The Amateur hands and heels races are designed to assist in the education and training of inexperienced jockeys.

The special conditions set out below apply to the 2025 Amateur Hands and Heels races, which will be held at the following meetings:

16 July	Catterick Bridge
30 July	Redcar
31 July	Nottingham
29 August	Thirsk
1 September	Carlisle
18 September	Chelmsford
28 September	Ffos Las
28 October	Leicester

1. All races will be for Amateurs who have not ridden more than 3 winners under the Rules of Racing or the rules of any Recognised Racing Authority prior to 29 March 2025.

2. Horses should be suitable for very inexperienced riders, and therefore privileges will not be allowed, except that a horse may wear a red hood to the start. Stewards will NOT grant permission to any trainer for their horse to proceed to the start either before the signal to mount is given or purposely last. Horses must therefore not proceed to the start at a walk or trot.

3. Every rider must carry a whip. Whips can be pulled through from one hand to the other as often as necessary. A rider must not wave their whip or hit their horse with the whip.

4. If a rider uses their whip as prohibited in paragraph 3, it will be regarded as failing to comply with a requirement imposed on them by the BHA (see Rule (J)24.4) and the entry point penalty is a suspension of 7 days on days when a Flat Amateur Jockeys' race is programmed to take place in Great Britain. This suspension will not count towards the total number of days suspended during the rolling six-month period.

5. Prior to the race the Jockey Coach will brief riders on the conditions of the race.

6. All riders must attend a mandatory course walk with the Jockey Coach and/or a senior jockey 90 minutes before the race. In exceptional circumstances if a rider is unable to attend this course walk, they may gain prior dispensation. For prior dispensation from the mandatory course walk Riders should contact the AJA.

7. After the race, the rider of every horse must report to the Stewards' room where they will be talked through the race by the Jockey Coach. This is a mandatory requirement and failure to attend this debrief may result in the British Horseracing Authority preventing the rider from taking part in future races. The Jockey Coach may also contact riders after the race meeting to further advise them on their riding.