

# **The Irish Pony Club**



## **Tetrathlon**

# **Rule Book 2024**

“As a member of the Irish Pony Club, I stand for the best in sportsmanship as well as horsemanship.

I shall compete for the enjoyment of the sport well played and take winning and losing in my stride, remembering that without good manners and good temper, sport loses its cause for being. I shall at all times treat my horse with due consideration.”

Every eventuality cannot be provided for in these rules. In the event of any unforeseen or exceptional circumstances, it is the duty of the relevant officials to make a decision in a sporting spirit and to approach as nearly as possible the intention of these Rules. It is the competitor, or their parent’s, responsibility to ensure that they are complying with the Rules of the competition.

### IPC Anti-Doping Rules

The Irish Pony Club Anti-Doping rules are the Irish Anti-Doping Rules as adopted by the Sport Ireland, as amended from time to time. The rules contained in the said Irish Anti-Doping Rules shall have effect and be construed as rules of The Irish Pony Club.

For more information click on this link: <http://www.irishsportscouncil.ie/Anti-Doping/>

Passages of special note are printed in bold type.

**Proposed changes are in red type.**

**This Rule Book is valid until next updated.**

## Table of Contents

IPC Anti-Doping Rules .....	2
IRISH PONY CLUB .....	8
TETRATHLON RULES 2023 .....	8
PART I.....	9
1. Age Limits and Composition of Teams.....	9
(a) For National Championships (Boys & Girls) Senior .....	9
(b) For Junior Championships (Boys and Girls) .....	9
(c) Minimus Championships.....	9
2. Anti-Doping Rules.....	10
3. Area and Branch Competitions .....	10
4. Entries.....	10
Rules for entry for Minimus Championships .....	10
Scoring of Minimus Championship .....	10
5. Tetrathlon Championship Awards .....	11
GOLD, SILVER & BRONZE AWARDS –.....	12
6. Official Steward .....	13
7. Stewards and Judges.....	13
8. Jury of Appeal.....	13
9. Queries and Objections.....	13
10. Branch Representatives .....	14
11. Legal Liability .....	14
12. Dress .....	14
13. Sponsorship .....	14
PART II Rules for the Individual.....	15
Phases General.....	15
14. Composition .....	15
15. Overall Score.....	15
16. Ties.....	15
17. Elimination. Disqualification and Substitution.....	15
Substitution .....	16
RIDING PHASE.....	16
18. Eligibility of Horses .....	16
19. Medical and Veterinary .....	17
(a) Medical .....	17
(b) Veterinary .....	17

(c) <b>Communications</b> .....	<b>17</b>
20. Dress and Equipment .....	18
(a) <b>Dress</b> .....	<b>18</b>
(b) <b>Spurs</b> .....	<b>18</b>
(c) <b>No Jewellery shall be worn.</b> .....	<b>18</b>
(d) <b>Clothing</b> .....	<b>18</b>
21. Tack and Turn-out Award.....	19
22. Earphones.....	19
23. Rapping.....	19
24. Elimination.....	19
25. The Course.....	20
26. Obstacles Boys' and Girls' Senior Events.....	20
(a) <b>General</b> .....	<b>20</b>
(b) <b>Dimensions</b> .....	<b>20</b>
(c) <b>Open Ditches</b> .....	<b>21</b>
(d) <b>Banks</b> .....	<b>21</b>
(e) <b>Water Obstacles</b> .....	<b>21</b>
(f) <b>Gate and Slip Rail</b> .....	<b>21</b>
(g) <b>Bullfinches &amp; Bounces are not allowed.</b> .....	<b>21</b>
(h) <b>Corners if included must have an easier alternative.</b> .....	<b>21</b>
27. Obstacles (Junior and Minimus Events) .....	21
28. Hazards .....	22
TABLE OF MAXIMUM DIMENSIONS .....	23
29. Speed .....	24
30. Faults .....	24
31. Scoring .....	24
32. (a) Penalties .....	24
(b) Elimination:.....	25
(c) Penalties incurred after a fall in Tetrathlon and Minimus.....	26
(d) Special Conditions .....	26
33. Double, Treble or Multiple Obstacles .....	27
(a) <b>Separately numbered</b> .....	<b>27</b>
(b) <b>Lettered</b> .....	<b>27</b>
34. Definitions of Faults.....	28
Examples of refusals, run-outs and circles;.....	29
35. Marking the Course.....	30
36. Inspection of the Course .....	30
37. Plan or Map of the Course .....	31
38. Modification of the Course .....	31

39. Competitor in Difficulty at an Obstacle.....	31
40. Forbidden Assistance .....	32
41. Exercise.....	33
42. Time-Keeping and Starting.....	33
SHOOTING .....	35
43. Shooting Safety Rules.....	35
44. Specification of Air pistols .....	<b>Error! Bookmark not defined.</b>
45. Specification of Pistols.....	35
46. Procedural Rules for Shooting Phase.....	35
47. Guidelines for Shooting Trainers.....	36
<b>Practice Targets .....</b>	<b>36</b>
<b>Scoring .....</b>	<b>37</b>
48. Organisation of a Shooting phase – .....	38
<b>Safety .....</b>	<b>38</b>
49. Targets cards are available from the Irish Pony Club Shop. ....	38
RUNNING .....	39
50. General .....	39
51. Scoring .....	39
52. Guidelines for Trainers for Running Phase of Minimus and Tetrathlon.....	39
SWIMMING.....	41
53. Swimming General .....	41
54. Method.....	41
55. Safety .....	42
56. Coaches .....	42
57. Scoring.....	42
58. Walking.....	42
59. Costumes worn .....	42
60. Guidelines for Trainers for Swimming Phase of Minimus and Tetrathlon .....	42
PART III NOTES ON THE SCORING IN THE TETRATHLON / MINIMUS.....	44
61. General .....	44
62. Officials .....	44
63. Deployment.....	44
64. Forms - Riding.....	45
ORGANISING A TETRATHLON.....	46
ORGANISATION OF THE RIDING PHASE .....	46
1. THE COURSE .....	46
<b>a) The Aim .....</b>	<b>46</b>
<b>b) Design of Course.....</b>	<b>46</b>
<b>c) Escape Routes.....</b>	<b>46</b>

d) Marking the Course .....	47
e) Practice Jump.....	47
2. GATE AND SLIP RAIL (See Rules 22b) and 23 f).....	47
a) Aim .....	47
b) Siting .....	47
c) Design.....	47
d) Marking.....	47
e) Judging .....	48
3. BRIEFING.....	48
4. RUN-IN.....	48
5. OFFICIALS.....	48
6. JUDGING .....	49
7. STARTING.....	49
8. TIMEKEEPING .....	50
ORGANISATION OF THE RUNNING PHASE.....	50
9. GENERAL.....	50
10. THE COURSE .....	50
11. START AND FINISH.....	51
12. OFFICIALS.....	51
13. PROCEDURE.....	51
ORGANISATION OF THE SWIMMING PHASE .....	52
14. VENUE.....	52
15. OFFICIALS.....	53
16. PREPARATION OF THE POOL .....	53
17. WARM-UP .....	53
18. THE START .....	54
19. THE LANE JUDGES .....	54
20. THE FINISH.....	55
21. TIMINGS.....	55
ORGANISATION OF SHOOTING PHASE.....	56
<b>Guidelines .....</b>	<b>56</b>
<b>Lighting .....</b>	<b>56</b>
<b>Range Equipment .....</b>	<b>56</b>
<b>Dry fire area .....</b>	<b>56</b>
<b>Safety .....</b>	<b>56</b>
<b>Personnel      Duty .....</b>	<b>56</b>
<b>Scoring Personnel .....</b>	<b>57</b>
<b>Host Club Duties .....</b>	<b>57</b>
<b>Range Layout .....</b>	<b>57</b>

<b>Viewing line:</b> .....	<b>57</b>
LAYOUT OF AIR PISTOL RANGE .....	58
READY RECKONERS .....	59
READY RECKONER FOR GIRLS SENIOR TETRATHLON RUNNING.....	61
READY RECKONER FOR JUNIOR TETRATHLON RUNNING.....	66
BOYS & GIRLS.....	66
BOYS SENIOR TETRATHLON SWIMMING .....	71
GIRLS SENIOR TETRATHLON SWIMMING.....	73
TETRATHLON JUNIOR SWIMMING.....	75
TRIATHLON MINIMUS SWIMMING .....	76
<b>APPENDIX B</b> .....	<b>77</b>
LANE JUDGES SLIP .....	77
<b>SLIP RAIL JUDGE'S SHEET</b> .....	<b>78</b>
GATE JUDGE'S SHEET .....	78

# IRISH PONY CLUB

## TETRATHLON RULES 2024

**AIM:** The aim of the Irish Pony Club Tetrathlon is to provide members and associates with a challenging competition requiring sound practical horsemanship and general athletic ability. Thus, all-rounders should be encouraged to further their interest in riding and the horse generally by combining riding with other activities thereby retaining their interest in the Pony Club.

It is important for organisers not to lose sight of the aim of the competition from the Pony Club point of view. Pressures are bound to be put on them to reduce the importance of the Riding phase. These should be resisted. The Irish Pony Club is an organisation run by horsemen and women for young riders and therefore all other phases of this type of competition should take second place to the riding phase.

The Irish Pony Club Triathlon (Minimus) and Tetrathlon will be run in accordance with the Doping Control Policy of the World Anti-Doping Agency (WADA).



## PART I

All competitions to be organised by the Irish Pony Club in the year **2024** and thereafter will be run in accordance with the following rules.

(Note: All rules underlined indicate changes made from January 2024)

### 1. *Age Limits and Composition of Teams*

#### (a) For National Championships (Boys & Girls) Senior

Teams shall consist of 3 or 4 members only one of whom may be over 21 years but under 23 years on 1<sup>st</sup> January of the current year. The bottom age limit in the Senior Championships is 14 years but DC's must be particularly careful before nominating members who have not yet attained their 15th birthday on the 1st January, as all pP

will run, swim and ride the time /distance and course appropriate to the Seniors.

All competitors in the Senior and Junior Championships must have passed C Test and must have attended 3 training sessions since the 1<sup>st</sup> of June of the previous year. The District Commissioner has discretion in the case of those who are working.

#### (b) For Junior Championships (Boys and Girls)

Teams shall consist of 3 or 4, all of whom shall be Juniors and who must have passed their C Test. A Junior is a member who has not yet attained his or her 15<sup>th</sup> birthday on 1<sup>st</sup> January. It is recommended that the bottom age limit in the Junior Championships is 12 years.

#### (c) Minimus Championships

The Minimus Championships will be run by the Tetrathlon Committee and Headquarters. Teams shall consist of three or four members all of whom shall be under 12 years on the 1<sup>st</sup> January. Competitors should complete 3 training sessions since the 1<sup>st</sup> of June of the previous year. District Commissioners should ensure that their branch members have attended two training/fun Minimus competitions before entering them in the Championships. Competing at the previous year's Minimus Championships can be taken into account. There shall be no shooting in the National Minimus Triathlon Championships with the exclusion of Overseas International / Invitational Competitions run in conjunction with the championships.

#### (d) National Novice Triathlon Competition will be run by a Branch or Area to be decided by the Tetrathlon Committee. It will be open to all ages and run over an

80cm cross country course, a 1,000m. run and a two-minute swim. The rules for Minimus shall apply.

## 2. *Anti-Doping Rules*

All riders in rule 1 (a), (b), (c) and (d) above are subject to the Irish Pony Club Anti-Doping Rules. For more information click on this link: <http://www.sportireland.ie/Anti-Doping/>

## 3. *Area and Branch Competitions*

The running of Minimus, Junior and Senior competitions at Area and Branch level is welcomed and Areas and Branches may organise these on dates which are locally acceptable. The organising Branch should notify the Chairperson of the Tetrathlon Committee of the dates on which they intend to hold a competition. Assistance and advice will be given by the members of the tetrathlon committee to any branch requesting it. At these competitions, the cross-country course must be inspected by an approved official (a skilled and competent person e.g. a senior instructor, a member of the IPC Eventing Committee or someone experienced in taking this role with another equestrian organisation e.g. Eventing Irl., AIRC etc. This should be done at least one week before the competition to allow for alterations if necessary.

## 4. *Entries*

Entries for the National Minimus, Junior and Senior Championships will be made to IPC Headquarters, entry forms and further details will be circulated to each Branch DC. Each Branch may enter as many teams of three or four members as possible. Each Branch may also enter individuals in each competition. At Senior and Minimus level (but not Junior) such individuals, depending on numbers, may be assigned to mixed teams of three or four, by the Chairman of Tetrathlon and the Administrator at IPC HQ.

### *Rules for entry for Minimus Championships*

- District Commissioners should enter their members under 12 yrs. in teams of 3 or 4. They may enter mixed, boys or girl's teams in whatever combinations they wish.

### *Scoring of Minimus Championship*

- Minimus is scored as one competition i.e. teams made up of any combination of boys and girls.

- Positive scoring will be operated (i.e. where a competitor is eliminated for a fall and must walk home, the points already scored for obstacles successfully negotiated will be counted). **150** faults will be incurred for the fall and 50 additional points for any obstacle not yet completed. See Rule 32 (c) p. 26.
- Team rosettes will be awarded from 1 to 20 places.
- The highest scoring team of 4 boys (or 3 boys only – no girl) will be awarded the winning Boys Cup.
- The highest scoring team of 4 girls (or 3 girls - no boy) will be awarded the winning Girls Cup.
- The highest scoring individual boy and individual girl will be awarded Best Boys and Best Girl Cups. Individual placings to 10<sup>th</sup> place will be awarded.
- Best swim and Best Run for Boys and Girls will be awarded to 4<sup>th</sup> place.

Trophies competed for annually at Minimus Championships are:

Best Minimus Team:	The John Flood Team Cup
Best Boys Team:	Sisk Cup
Best Girls Team:	Sisk Cup
Best Mixed Team:	Sisk Cup (one boy and one girl's score must count)
Best Individual Boy:	Sisk Cup
Best Individual Girl:	Sisk Cup
Best Boys Swim:	Warrington Cup
Best Girls Swim:	Laura Breheny Memorial Trophy
Best Boys Run:	Port of Cork Trophy
Best Girls Run:	Keira-Eva Mooney Trophy
Team Riding Award:	Co. Clare Team Riding Trophy

These trophies can only be won by Irish Pony Club members.

### *5. Tetrathlon Championship Awards*

Any Member competing in the IPC National Championships qualifies for the National Individual Awards whether they have competed as an Individual or as a member of a team. Only full branch teams are eligible to earn points for the Lillingston, Carroll and Tommy Brennan Memorial Trophies. Only full branch teams are eligible for awards, except for riding prizes, which are open to all teams i.e. branch teams and mixed branch teams. Riding awards will be given to the team with the best average score i.e. the total riding score of all team members divided by the number of persons on the team.

Trophies competed for annually include:

Senior Boys Team:	(Jobling Purser Cup)
Senior Boys Individual:	(Langford Salver)
Best Senior Boy's Swim:	(Alistair Forsythe Memorial Trophy)
Best Senior Boy's Run:	(John Deakin Memorial Trophy)
Best Senior Boys Riding Team:	(Stephen Downes Memorial Trophy)
Senior Girls Team:	(Carew Perpetual Cup)
Senior Girls Individual:	(Gordon Salver)
Senior Girls Shooting Trophy:	(Rhona Barry Salver)
Best Senior Girls Swim:	(Heather Foley Trophy)
Best Senior Girls Run:	(The Howell Trophy)
Senior Girls Riding Team Award:	(Quorn Cup)
Junior Boys Team:	(IPC Trophy)
Junior Boys Individual:	(Meath Branch Wellman International Trophy)
Best Junior Boys Swim:	(Cathal Dunlop Memorial Trophy)
Best Junior Girls Swim:	(Lowe Family Perpetual Cup)
Junior Girls Team:	(Carew Perpetual Challenge Cup)
Junior Girl's Individual:	(Meath Branch, Paul Smith Trophy)
Best Newcomers Team:	(Senior or Junior)

Sally Everett Memorial Trophy presented by John Flood, Boys & Girls) in the absence of Newcomers, the Trophy will be awarded at the discretion of the Tetrathlon Committee.

The Kruger Trophies (Boy & Girl Individual) are competed for in an International Tetrathlon year. When the International is held in Ireland, the highest placed IPC International competitor receives the Trophy. When the International is in the U.S. Canada or Australia, the IPC competitor who achieves the highest placing in the U.S. Canada or Australia will receive the Trophy. In the event of a tie, the Trophy will be shared for an equal amount of time.

### ***GOLD, SILVER & BRONZE AWARDS –***

These will be awarded in International and Senior competitions for individual performances as follows:

AWARD	BOYS	GIRLS	MINIMUM Riding Score
-------	------	-------	-------------------------

Gold	4200	3900	1400
Silver	4100	3800	1340
Bronze	3900	3600	1301

## *6. Official Steward*

The Irish Pony Club Tetrathlon Committee may appoint an Official Steward for each Area and Branch Tetrathlon and Minimus competition. His / her duties are as follows: -

- (a) He/she is responsible for inspecting the courses and arrangements for all phases before these are shown to the competitors. He/she is authorised to insist on alterations if they are not in all respects within the limits laid down in the Rules or, in his opinion, are unsuitable for competition.
- (b) He/she will be present on the day(s) of the Tetrathlon/Triathlon to ensure that it is conducted in accordance with the Rules, to take part in the briefing of the judges, to act as Chairman of the Jury of Appeal and to give what other help and guidance may be required.
- (c) He/she should check that the Medical, Veterinary and First Aid arrangements for the Riding Phase are in accordance with Rule 18.
- (d) He/she may not be called upon to undertake any other duties at the Tetrathlon/Triathlon.
- (e) He/she is authorised to eliminate or disqualify individuals or a team for any misconduct which in his/her opinion justifies this.

## *7. Stewards and Judges*

These will be appointed by the Local Organiser. A suggested organisation for running a Tetrathlon is given in Part III.

## *8. Jury of Appeal*

The Jury of Appeal will consist of the Chairman of the Tetrathlon Committee, the Chief Steward of the phase concerned and the Chairman of the Irish Pony Club or his/her appointed deputies. The Jury of Appeal must remain on the ground until half an hour after the scores have been published.

## *9. Queries and Objections*

Apart from the Official Steward, Officials of the Tetrathlon and the Area Representative, only District Commissioners or their appointed representatives are entitled to lodge a query or objections. Objections must be made in writing and addressed to the Organiser of the Area Tetrathlon or Secretary of the

Championships. The originator of an objection may amplify his case before the Jury of Appeal, but will not be present at their deliberations. Objections must be accompanied by a deposit of €30 which is forfeit unless the Jury of the Appeal decides that there were good and reasonable grounds for the objection. Objections should be made as soon as possible after the happening, and not later than 30 minutes after the provisional scores are posted. The Jury of Appeal will give their decision after investigation and their decision is final.

The procedures of this rule apply only to formal protests. Requests for information may be made to the Organiser at any convenient time.

#### *10. Branch Representatives*

If the District Commissioner of a competing team or individual is unable to be present at the competition, he or she must inform the Organiser of the Area Tetrathlon, or Secretary of the Championships, in writing of the name of the person appointed to be his or her representative.

#### *11. Legal Liability*

Neither the organiser, nor any person acting on their behalf, accept any liability for any loss, damage, accident, injury or illness to horses, competitors, spectators or any person or property whatsoever. This disclaimer must be repeated in all schedules and programmes issued in connection with any competition.

#### *12. Dress*

All competitors in Official Tetrathlon should wear riding clothes, or whilst attending dismounted events, track suits. At the prize giving teams should be dressed uniformly in riding clothes. Competitors in the running phase may not run stripped to the waist.

#### *13. Sponsorship*

In the case of competitors and horses, no form of advertising, and this includes a sponsor's name, may appear on the competitors' or horses' clothing and equipment while competing at any Pony Club competition. This does not preclude the usual acknowledgement to sponsors of an event as a whole or any part of it, e.g., fences, etc., or the wearing of clothing for horses or riders, presented by sponsors of the championships while not riding.

## PART II Rules for the Individual

### Phases General

#### *14. Composition*

The order for completing the four phases (riding, running, shooting and swimming) will be at the discretion of the Organiser, and the event can be completed in one day or over two or three consecutive days.

#### *15. Overall Score*

- (a) The scores of a competitor in each of the four phases are added together to give his overall score for the Tetrathlon and three phases in Minimus.
- (b) To earn an overall score a competitor must start or attempt to start each phase and must continue until eliminated or compelled to retire because of an accident, or the exhaustion of himself or his horse.
- (c) A competitor who fails to follow the above rule will, unless granted exemption by the Organiser and the Official Steward, score nought for his overall score and will not be eligible for any awards, including those for individual phases.

#### *16. Ties*

- (a) In the event of equality in final scores, the points in the riding phase shall decide the final placing. If these are the same the result shall be declared a tie.
- (b) In the event of a tie for a Challenge Trophy, it shall be held for an equal period by each party concerned.

#### *17. Elimination. Disqualification and Substitution*

A competitor who is eliminated during a phase scores nought for that phase. A competitor who is disqualified at any stage of the competition scores nought for the whole competition and takes no further part in it.

- (a) Elimination is awarded in the first place by the Chief Steward of the phase concerned, or by the scorers on his/her behalf in the case of elimination under Rule 30 (b), or by the Official Steward in cases of misconduct Under Rule 6 (e).
- (b) Disqualification is awarded by the Official Steward on a report by the Chief Steward of the phase concerned. When there is no Official Steward the District Commissioner or the Organiser acts in his/her place.

## *Substitution*

### The Championships

After the closing date for entries, no substitutions may be made of horses or riders except in cases of illness, lameness or other unavoidable circumstances which must be certified by the District Commissioner, or Appointed Representative and approved by the Chairman of Tetrathlon.

In such a case:

- i) If a horse has to be substituted an alternative competitor may be nominated.
- ii) If a competitor has to be substituted an alternative horse may be nominated.
- iii) If a Branch enters two teams under Rule 1 (a, b, c) substitution may be made from one team to the other.
- iv) At both Area, Branch Tetrathlons and the Championships
  - i) No rider may be substituted after the competition has started.
  - ii) No horse may be substituted after the Riding Phase has started.
  - iii) In all cases of substitution, the District Commissioner or Appointed Representative must certify in writing that the substitute is eligible under Rules 1 and 17.

## RIDING PHASE

### *18. Eligibility of Horses*

- (a) There is no height limit.
- (b) Horses and ponies must be a minimum of 5 year of age.
- (c) DCs must sign the entry form to confirm the combination of horse and rider is experienced riding cross country (i.e. PC Hunter Trials, One Day Event, or Area Training day – cross country). At Minimum level siblings are allowed share ponies providing they fulfil the criteria above. Juniors and Seniors should where at all possible ride their own pony (i.e. the one they regularly ride at branch activities and in competition).
- (d) In the Riding phase, no horse may be shared by more than two competitors.
- (e) All animals must have been regularly ridden at rallies/camp by a Member of the Pony Club.
- (f) IPC Anti-Doping Rules



The Irish Pony Club Anti-Doping rules are the Irish Anti-Doping Rules as adopted by the Sport Ireland, as amended from time to time. The rules contained in the said Irish Anti-Doping Rules shall have effect and be construed as the rules of the Irish Pony Club. For more information click on this link: <http://www.sportireland.ie/Anti-Doping/>

## *19. Medical and Veterinary*

### (a) Medical

- (1) A doctor or paramedic must be present during the riding phase at all Tetrathlon competitions.
- (2) At all Tetrathlon/Triathlon competitions, an ambulance with trained first aid staff must be present throughout the riding phase.
- (3) The local unit of St. John's Ambulance, the Red Cross or Order of Malta should provide the ambulance and they should confirm that they have arranged for the nearest convenient hospital to accept any casualties.
- (4) An alternative plan should be made in case the doctor/paramedic, first aid staff and ambulance have to leave the ground during the phase.
- (5) **Concussion: Riders concussed during the riding phase are not allowed to ride again, nor to take part in any other phase until certified fit by a doctor. On no account may they continue on the same day. The Official Steward, when appointed, or, if not, the Chief Steward of the riding phase, is responsible for enforcing this rule.**

**Concussion – mandatory 21-day suspension from all Irish Pony Club activities which involve riding. For further information on Irish Pony Club rules regarding concussion go to [www.irishponyclub.ie](http://www.irishponyclub.ie)**

### (b) Veterinary

- (1) A Veterinary surgeon should be available on call at Branch, Area and National Tetrathlon level.
- (2) At all Tetrathlon Competitions during the riding phase a tarpaulin should be available to cover a horse should one be killed.

### (c) Communications

- (1) Medical personnel, the veterinary surgeon and the ambulance are best sited near control.

- (2) Organisers must ensure that the communication system, whether by radio or flags, is such that an accident at any fence can be notified to control as quickly as possible.
- (3) Routes around the course for medical personnel with their ambulance, and for the veterinary surgeon must be reconnoitred in advance.

## 20. *Dress and Equipment*

Contravention of the following rules in respect of dress, saddlery, etc. may incur elimination.

### (a) Dress

#### (1) **Hats: Refer to current tack sheet.**

- (2) The Official Steward/Organiser may, at his discretion, eliminate a competitor riding in the area of the competition without a hat or with the chinstrap unfastened (Rules 22 & 30b).
- (3) A competitor whose hat comes off or chinstrap comes undone, whilst riding in the competition must, on penalty of elimination, replace it, or do it up, before continuing. He may dismount without penalty to recover the hat or have it passed up from the ground, or he may stop without penalty to do up the chinstrap.
- (4) Any circles which a competitor completes in the course of recovering the hat, or doing up the chinstrap shall not be penalised as refusals.

### (b) Spurs

Only blunt spurs made of metal without rowels or sharp edges may be worn. If the spur is curved, the curve must be downward and the shank must point straight to the back. For Juniors, they shall not exceed **2cm** in length. Seniors (u. 23 & over 14 yrs.) may ride with 3 cm. spurs.

### (c) No Jewellery shall be worn.

### (d) Clothing

- 1) Shirts, stock and hacking jackets or cross-country sweaters, body protectors, (level 3), must be worn. While walking the course, competitors must be tidily dressed, but not necessarily in riding clothes.
- 2) Whips: No rider may carry, use or permit to be used a whip exceeding 76.2cm (30") in length overall.
- 3) Saddlery Refer to current tack sheet

(i) **The Official Steward** has absolute discretion to forbid the use of any bit or gadget which he considers to be cruel.

(ii) **Saddlery or gadgets.** Competitors using saddlery and gadgets on the day of the Riding phase which are not allowed in the competition will be eliminated. Lungeing in side reins, but not bearing or balancing reins, is permitted.

(iii) If a tack steward finds any gadget/bit or piece of saddlery that in his/her opinion is cruel, the Chief Steward will be sent for, who has absolute discretion to forbid its use.

## 21. *Tack and Turn-out Award*

Tack and Turn-out award will be awarded to the branch that is judged 'best turned-out'. This will be judged on the care and condition of tack, the pony/horse and the riders. Due consideration will also be given to team spirit, good manners, behaviour and attitude of the branch teams, trainer and parents.

## 22. *Earphones*

Earphones are forbidden during competition in all phases of Minimus and Tetrathlon. They may be worn during warm-up of the running phase but are not allowed while competing.

## 23. *Rapping*

Rapping at or anywhere in the vicinity of the event is strictly prohibited.

**Definition of rapping:** Raising, throwing or moving a pole, stick, rope or other object against one or more of the legs of a horse while it is jumping an obstacle, so that the horse in either case is induced to raise such leg or legs higher in order to clear the obstacle.

## 24. *Elimination*

The Chief Steward of the Riding phase, or in the case of misconduct, the Official Steward (who may, if the circumstances warrant it, award disqualification), may eliminate a competitor at any stage of the phase:

- (a) for dangerous riding
- (b) if, in his opinion, a horse is lame, sick or exhausted
- (c) for misuse of whip or spur, or ill-treatment of the horse
- (d) for unseemly behaviour

- (e) for any breach of the Rules

## 25. *The Course*

- (a) At Tetrathlon competitions the length of the course shall be a minimum 2 km. and maximum 3 km.
- (b) There shall be not more than 32 and not less than 20 jumping efforts. This number excludes the slip rail to take down and replace dismounted and the gate to open and shut mounted. There should be two identical slip rails and two identical gates, both with appropriate enclosure to prevent a pony running away.
- (c) Course designers should bear in mind that the object is to test the rider rather than the horse.

## 26. *Obstacles Boys' and Girls' Senior Events*

### (a) General

All obstacles shall be fixed and numbered and should appear solid and imposing while being sited if possible in a natural setting.

### (b) Dimensions

- (1) No obstacle will exceed a height of **1.10m** measured from the point from which an average horse would normally take off.
- (2) Obstacles with spread only (stream, ditch, etc.) will not exceed a spread of **2.20m** inclusive of any guard rail, etc. A low rail or hedge, provided that it merely facilitates the jumping of the obstacle, is not considered to give height to this type of obstacle.
- (3) Obstacles with both height and spread (oxer, open ditch, etc.) will not exceed a spread of **1.40m** at the highest point and **2.10m** at the base
- (4) The Slip rail will be between (.90m) and (1.20m) high. There will also be a lower rail, to be negotiated (dismounted) without taking it down, about (.30m) high.
- (5) The overall height of a natural hedge or brush fence may not exceed the maximum height by more than (.20 m).
- (6) Poles used for timber obstacles shall not be less than (10 cm) in diameter at their narrowest end.
- (7) Hedges may go 20cm on top of the drop fence limits.

(c) Open Ditches

These must be at least 45 cm deep, irrespective of the guard rail; if they have no guard rail, they should be riveted on the take-off side. *An open ditch can be in front of a natural obstacle i.e bank or wall.*

(d) Banks

- (1) Banks onto the top of which a horse is intended to jump in one should not exceed a height of (1.10m) or have a spread of less than (2.70 m).
- (2) If the slope is sufficient to allow a horse to land on the face and scramble up, there is no limit to the height or spread.

(e) Water Obstacles

- (1) Water obstacles which require a horse to jump into water, either over a fence or down a vertical drop, may be included.
- (2) In water obstacles, the water must be at least 5.40 m. wide to ensure that a bold horse does not attempt to jump it, and not deeper than 30 cm measured at the point at which the average horse would land. Likewise, the water must not exceed this depth where the average horse would take off. Elsewhere the water should not greatly exceed this depth.

(f) Gate and Slip Rail

If the gate and slip rail are not in an existing fence, a length of fencing must be constructed, extending about 3 metres (or more) on either side. Clear markers (not flags) should be placed 3 metres in front of the gate and slip rail indicating the point where the timing commences for each.

(g) Bullfinches & Bounces are not allowed.

(h) Corners if included must have an easier alternative.

For Minimus only: after the Slip Rail, to control the ponies for remounting an enclosed re-mounting area is recommended.

## 27. *Obstacles (Junior and Minimus Events)*

The general provisions of Rules 23 and 24 apply, including the scales of penalties (see Rule 30), but the dimensions are modified as follows for Junior and Minimus respectively: -

(a) Maximum height: 90 cm for junior

Maximum height 80 cm for Minimus.

(b) Spread only 1.80m for junior.

Spread only 1.50m for Minimus.

**(c) Height and spread: 90 cm at highest point, 1.80 m at base for junior.**

**Height and spread: 80 cm at highest point, 125 cm at base for Minimus.**

(d) All competitors will have the option of jumping an option (O) at difficult fences. Should a competitor decide to take the O option, a 70-point penalty will occur. A competitor may jump the O option after unsuccessfully attempting the main obstacle. Should a competitor first try the main fence, have a refusal and then go on to jump the O option fence, the penalty incurred will be 130 points (60 for the refusal and 70 for the O option). Three refusals at either the O or main obstacle will incur the 360-point penalty (60 + 100 + 200) and the competitor will be asked to move on.

## *28. Hazards*

(a) Certain natural features such as ditches and 'drops', which, although not regarded as obstacles, might cause some horses to refuse, may be classified as hazards. Their dimensions must not exceed the maximum allowed for other obstacles.

(b) At hazards, ordinary refusals, run-outs and circles will not be penalised. Riders may not go around, or dismount and lead through, a hazard until they have attempted to negotiate it for 60 seconds, on penalty of elimination. After 60 seconds' failure, incurring 200 penalties (Rule 32, (6)), they may do so without further penalty.

Riders who pass the wrong side of a hazard or who do not attempt for 60 seconds will incur 500 penalties (except as per Rule 28 (C)).

(c) If a rider omits a hazard and in doing so

i) endangers other competitors or spectators

ii) shortens the length of their course by more than 100m

iii) damages an area of land not crossed as part of the competition

then they will be eliminated at the discretion of the Chief Steward. In Minimus competitions the rider will incur 500 penalties.

- (d) Jumping a fence/obstacle not flagged as a hazard or a fence not flagged for the current competition in such a way that:
- i) endangers other competitors or spectators
  - ii) shortens the length of the rider's course by more than 100m
  - iii) damages an area of land not crossed as part of the competition
- then they will be eliminated at the discretion of the Chief Steward. Minimus competitions the rider will incur 500 penalties.

***(e) An outside Technical Delegate will inspect the course when it is fully built and deemed completed.***

***They will measure the dimensions, photograph the fences, check that all fences are properly secured, they will also check the ground conditions, most notably at take-off and landing points. Gateways and Ride-ways will be checked for suitability for Competitors and Spectators alike.***

***The Course will only be open for walking after the TD officially signs off on its suitability for competition.***

TABLE OF MAXIMUM DIMENSIONS

	Senior	Junior	Minimus
Max height	1.10m	90cms	<b><u>80cms</u></b>
Max spread at highest point	<b>1.40m</b>	<b>100cm</b>	<b><u>80cms</u></b>
Max spread at base	<b>2.10m</b>	1.50m	<b><u>1.25m.</u></b>
Water	Must be over 5.40m. wide & not deeper than 30 cm		
Slip Rail	Between 90cm & 120cm high Low rail 30cm high		
<b>Ditches</b>	<b>2.10 m</b>	<b>1.50m</b>	<b>1.20m</b>
<b>Length of Course</b>	<b>3km</b>	<b>3km</b>	<b>3km</b>
<b>Jumping Efforts</b>	<b>Max 32</b>	<b>Max 32</b>	<b>Max 32</b>
<b>Spread only</b>	<b>2.20m</b>	<b>1.80m</b>	<b>1.50m</b>
<b>Maximum no of fences including Slip Rail and Gate</b>	<b>22</b>	<b>22</b>	<b>22</b>
<b>Drop Fences</b>	<b>1.60 m</b>	<b>1.4 m</b>	<b>1.20 m</b>

## 29. Speed

- (a) The **Time Allowed** for completing the course is calculated on a speed of 400 metres per minute for the Boys' and Girls' Senior Tetrathlon, or 350 metres per minute for the Junior Tetrathlon, or 300 metres per minute for Minimus. Plus 30 seconds, in all cases (to allow for gate and slip rail).
- (b) There is no Time Limit and ties are not decided by the fastest time nor by proximity to the Time Allowed.

## 30. Faults

- (a) There are no penalty zones. Faults (refusals, run-outs, circling) will be penalised only if, in the opinion of the judge concerned, they are connected with the negotiation or attempted negotiation of one of the numbered obstacles.
- (b) If, after the signal to start, a horse fails to cross the starting line within 60 seconds, it will be eliminated.

## 31. Scoring

**1,400 marks are awarded for a clear round within the Time Allowed.**

**At Minimus Only:**

**Teams with either 3 or 4 competitors will receive a bonus of 100 points if all team members achieve 1,400 points in the cross-country phase i.e. a clear round. These bonus points will be added to the team result only. No bonus points will be added to an individual's score on the team.**

## 32. (a) Penalties

- |       |  |                      |
|-------|--|----------------------|
| (1)   | First refusal, run out or circle at obstacle           | 60 penalties         |
|       | (See Rule 33 a, b & 34 a, b, c)                        |                      |
| (2)   | Second refusal, run out or circle of horse at obstacle | 90 penalties         |
| (3)   | Third refusal, run out or circle of horse at obstacle  | 100 penalties        |
|       | (The above penalties are cumulative)                   |                      |
|       | <b>Total for 3 refusals</b>                            | <b>250 penalties</b> |
| (3.1) | Refusal at a fence that has an option                  |                      |
|       | First refusal  | 60 penalties         |
|       | Second refusal   | 100 penalties        |
|       | Third refusal  | 200 penalties        |



(The above penalties are cumulative)

**Total for 3 refusals**

**360 penalties**

- (4) **Fall of rider** - 150 penalties  
Plus 50 penalties for each fence beyond the point of the fall not attempted.
- (5) Horse resisting rider anywhere on the course for 60 secs. 200 penalties
- (6) Failure to negotiate a hazard in 60 secs. (see rule 28). 200 penalties
- (7) **Time Penalties**  
Every completed second in excess of time allowed 2 penalties
- (8) **Gate and Slip Rail**
- (i) Failure to open and pass through the gate mounted within 60 secs (see rule 26 (f)) 200 penalties
- (ii) Failure to shut gate mounted, within the 60 secs allowed, when it is otherwise correctly negotiated. 50 penalties
- (iii) Failure to dismount, take down and pass through the slip rail dismounted within 60 secs. 200 penalties
- (iv) Failure to replace slip rail dismounted, when it is correctly negotiated. 50 penalties
- (v) Failure to attempt to complete negotiation of gate or slip rail (including shutting /replacing) for 60 secs. 250 penalties
- (vi) Receiving assistance to re-mount after the slip rail 80 penalties
- (vii) Jumping the gate or slip rail. 80 penalties  
(Rider must go back and negotiate properly or is eliminated).

**(b) Elimination:**

A rider will be eliminated in the following circumstances:

- (1) Omission of obstacle or flag.  
(If this is rectified before the next fence is jumped there is no elimination).
- (2) Jumping an obstacle in wrong order or backwards

- (3) Re-taking an obstacle already jumped  
(except part of a combination see rule 31)
- (4) Going around an obstacle without attempting to jump it three times  
(see rule 30a)
- (5) Continuing the course without a hat (see rule 20)
- (6) 3 refusals at 4 fences or at 3 fences plus failure at gate or slip rail (rule 32 (b) (8))
- (7) Failure to cross start line within 60 secs. (see rule 28b)
- (8) Failure to attempt to pass through a hazard for 60 secs
- (9) For misbehaviour (see rule 22)
- (10) Receiving outside assistance (see rule 38a)
- (11) For going wrong side of flag (if this is corrected before the next fence is jumped there is no elimination see rule 33b).
- (12) Inspecting course before it is officially opened and or tampering with fences or flags on the course.
- (13) Riding a horse on, over or near any part of the course except when competing.
- (14) Jumping a fence which is not on the course on which the flags are crossed.

*(c) Penalties incurred after a fall in Tetrathlon and Minimus*

Riders who fall do not necessarily score zero, but shall retain credit for that part of the course which they have completed before retiring. The score for a rider who does not complete the course shall be calculated by totalling:

- a) 150 penalties for the fall
- b) Any jumping penalties incurred BEFORE the fall
- c) Plus 50 penalties for each fence BEYOND the point of the fall i.e. fences which the rider has not attempted.

*(d) Special Conditions*

- (1) (i) After three refusals, or after failure to negotiate the gate, slip rail or hazard (within 60 secs.), a competitor will be told by the fence judge to go around and pass on to the next obstacle.
- (ii) At each obstacle, an escape route must be provided to allow competitors to go round as described above.

- (2) After failures, as in Rule 32 (b) (6) above at 4 obstacles, a competitor is eliminated. On being eliminated or on retiring he must leave the course at a walk, and shall take every precaution to avoid disturbing other competitors. He shall not attempt any further obstacles.
- (3) A competitor continuing the course after retiring or incurring elimination may be disqualified unless there are considered to be extenuating circumstances (such as doubt on his part as to the award of a refusal).  
The Chief Scorer will report such cases, as will any Official to whom they are evident.
- (4) If a competitor is unable to mount after the slip rail he may receive assistance to do so but will incur 80 penalties.
- (5) A competitor, or horse whilst in hand, who jumps the gate or the slip rail incurs 80 penalties and must return round, over or through so as to rectify his error of course. Before the obstacle is re-negotiated the gate must be shut or the slip rail replaced. Fence Judges (only) should assist as appropriate.
- (6) The maximum penalties (other than for falls) which can be incurred at any one obstacle is 250. However, 280 penalties may be incurred at the Slip Rail or Gate.

### *33. Double, Treble or Multiple Obstacles*

#### (a) Separately numbered

If two or more obstacles, although sited close together, are designed as separate problems, each will be numbered and judged independently. A competitor may circle between them without penalty, provided that this is not as a result of attempting to negotiate an obstacle. He must not, under penalty of elimination, retake any obstacle which he has already jumped (see Rule 30 (b)4)

#### (b) Lettered

If, however, a single obstacle is formed of several elements such as banks or steps, a normal or an angled combination, each part shall be flagged and marked with a different letter (A, B, C, etc.) but only the first element shall be numbered, and it will be judged as one obstacle. A competitor may make only three attempts in all before proceeding to the next numbered obstacle. Any circle between elements is penalised as for a refusal but, if a competitor refuses at any part, he is at liberty to retake the complete obstacle, or any part thereof.

### 34. *Definitions of Faults*

(a) *A horse is considered to have refused* if it stops in front of the obstacle to be negotiated. A stop, followed by a standing jump, is penalised. The horse may step sideways but if the horse steps back even a single pace, voluntarily or not, or if the halt is prolonged, this constitutes a refusal.

If a horse that has already stepped back once is re-presented at the obstacle and halts or steps back a second time, or if the halt is prolonged and the rider redoubles or changes his effort, still without success, this constitutes a second refusal, and so on.

(b) *A horse is considered to have run out* if it avoids an obstacle to be negotiated and runs out to one side or the other.

(c) *A horse is considered to have circled* if it crosses its original track, from whichever direction, while negotiating or attempting to negotiate the obstacle, or any part thereof. If a horse completes a circle while being re-presented at the obstacle after a refusal, run-out or fall, it is only penalised for the refusal, run-out or fall.

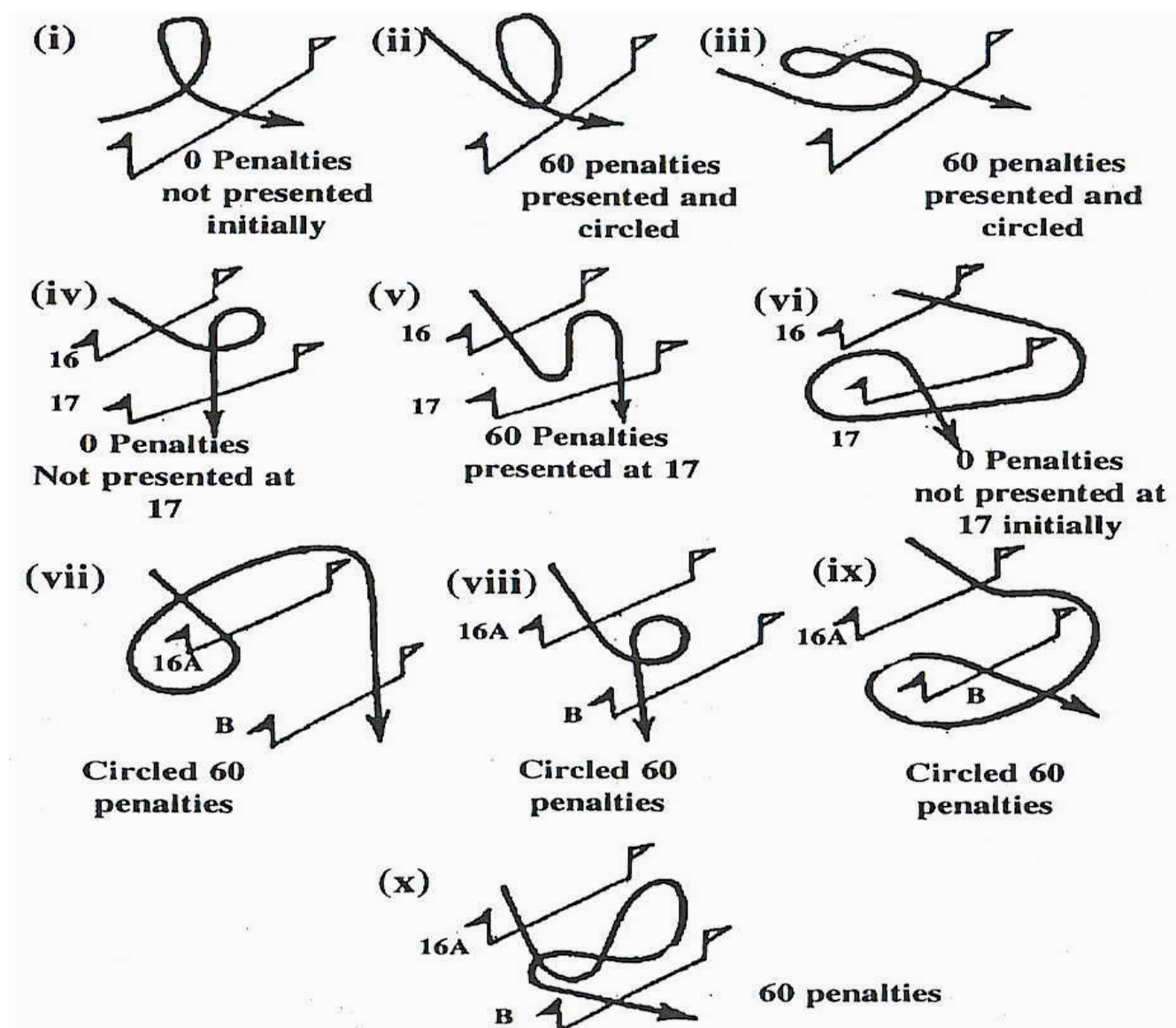
See also Rule 20 (a) (i) - (iii) regarding hats. A competitor may circle without penalty between two separately numbered obstacles even if they are quite close together, provided he clearly does not present his horse in an attempt to negotiate the second obstacle after jumping the first. However, if two or more elements of an obstacle are lettered A, B or C, i.e., are designed as one integral test, then any circling between these elements will be penalised.

(d) *A rider is considered to have fallen* when he is separated from his horse in such a way as to necessitate remounting or vaulting into the saddle:

(e) *A horse is considered to have fallen* when the shoulder and quarters have touched either the ground or the obstacle and the ground.

(f) *There is no penalty for knocking down a boundary or obstacle flag.* If in the process the horse's head passes the wrong side of the flag, i.e., to the left of the white or the right of the red, the competitor must retake the fence and will be debited the penalties for the run-out(s). Competitors may ask if they have to re-take the fence and the Fence Judge is obliged to tell them. This is not considered 'Forbidden Assistance'.

*Examples of refusals, run-outs and circles;*



### 35. *Marking the Course*

- (a) Boundary Flags: Red or White Boundary Flags or indicators are used to mark the start and finish and compulsory sections of the course, to define obstacles and to indicate compulsory changes of direction.
- (b) Flags are to be placed in such a way that a rider must leave a red flag on his right and a white flag on his left. Such red or white flags or indicators must be respected, under penalty of elimination, wherever they occur on the course, whether singly or in pairs.
- (c) Where different parts of an obstacle apply to different classes, the part to be negotiated by the class competing at the time, and only that part, must be defined by such flags. **Alternatives not to be jumped must be clearly marked to that effect, e.g. by crossed flags.**
- (d) Only obstacles which are numbered and marked by two boundary flags, or elements which are flagged and lettered as in Rule 31 (b) above, are judged as obstacles, and only features defined on the ground and on the plan of the course as hazards and marked by two boundary flags are judged as hazards.
- (e) All boundary and turning flags must be in position prior to the inspection of the course by competitors, or, when there are different positions of flags for different classes; notices must be affixed indicating where flags are to be for the alternative class. Direction Indicators (yellow and orange) are placed so as to mark the route and help the rider in keeping to the course. They may be passed on either side and keeping close to them is not necessary.
- (f) Boundary and Direction Flags shall be large and placed in conspicuous positions.

### 36. *Inspection of the Course*

The Course must be completed and ready for inspection by 3.00 pm on the day preceding the Riding Phase, unless local circumstances make this impossible. Competitors may inspect the course on foot only. Unauthorised alteration to or tampering with obstacles or direction flags on the course is strictly forbidden and may be penalised by elimination or disqualification (see Rule 17). **Any competitor walking the course before it is open for inspection will be eliminated. A trainer who does so will cause the team(s) in his /her charge to be eliminated.**

### *37. Plan or Map of the Course*

A plan of the course shall be displayed by the time it is open for inspection (see rule 34). It must include:

- (a) The course to be followed and its length.
- (b) The Time Allowed.
- (c) The numbering of the obstacles.
- (d) The identification of the gate to be opened and slip rail to be taken down.
- (e) Any compulsory turning points.
- (f) Any hazards.

### *38. Modification of the Course*

- (a) After the course is open for inspection by competitors no alteration may be made. If exceptional circumstances (such as heavy rain) make one or more obstacles unfair or dangerous, the Organiser is authorised, with the sanction of the Official Steward, to reduce the severity of or to by-pass such obstacles.
- (b) In such a case, the Chief Steward of the Riding Phase and every competitor must be officially and personally informed of the proposed alteration before the start. The displayed plan of the course should be altered.
- (c) An official may be stationed at the place where an alteration has been made, in order to warn the competitors.
- (d) If it is necessary to order an obstacle to be by-passed during the competition, all jumping faults previously incurred at that obstacle shall be cancelled except in the case of a competitor who has incurred refusals at that obstacle which result, in combination with those at other obstacles, in elimination under Rule 30 (b). A competitor who has been eliminated shall NOT be re-instated in the Phase.
- (e) Once taken out, the obstacle shall NOT be re-introduced.
- (f) If omission of the obstacle involves substantial alteration to the length of the course, the Time Allowed for the competitors concerned should be adjusted.
- (g) A board should be placed at the start with the Time Allowed and Course alterations on it.

### *39. Competitor in Difficulty at an Obstacle*

- (a) A competitor in difficulty at an obstacle must give way to the following horse by quickly clearing away from the front of the obstacle. A competitor

negotiating the gate or slip rail may continue until his 60 secs., have elapsed, in which case a succeeding competitor will be given an allowance for the time during which he is held up.

- (b) If in attempting to negotiate an obstacle a horse should be trapped in such a way that it is liable to injure itself or be unable to proceed without assistance, the Zone Steward or Phase Steward shall decide if parts of the obstacle shall be dismantled or if any other assistance shall be given to extricate the horse.
- (c) In such a case, the Fence Judge will first instruct the competitor to dismount. The competitor must at once do so, and even if he does not or at that precise moment the horse frees itself, he is automatically penalised for a refusal and a fall (60 + 150 penalties). The competitor will not be allowed to proceed and must then walk home unmounted, 50 penalties will be added to his/her score for every fence not jumped after this obstacle.

If a competitor is held up before an obstacle while it is being repaired the time during which the competitor is prevented from proceeding will be noted and written down and the competitors time will be modified accordingly by the scorers.

#### *40. Forbidden Assistance*

- (a) Outside assistance is forbidden, **guilty parties will receive a penalty of 100 points**. The Chief Steward has discretion to eliminate a competitor for what they consider to be a serious breach of outside assistance.
- (b) Any intervention by a third party, whether solicited or not, with the object of facilitating the task of the competitor or of helping his horse is considered illegal assistance.
- (c) In particular the following are forbidden
  - (i) Intentionally to join another competitor and to continue the course in company with him.
  - (ii) to post friends at certain points to call directions or make signals in passing.
  - (iii) for anyone at an obstacle actively to encourage the horse by any means whatsoever.
  - (iv) for anyone, including a fence judge or official, to call back or assist a competitor by directions to rectify an error of course.
  - (v) to receive any information, by any means whatsoever, about the course, before it is officially open to competitors.



Riding Phase. Normally a competitor will be penalised or eliminated, unless in the opinion of the Chief Steward, they did not receive benefit in any way from such assistance. Fence judges should report any incidents to Control by the fastest possible means.

- (d) Whether or not a competitor has received forbidden assistance, and is to be **penalised or** eliminated, will be left to the discretion of the Chief Steward of the Riding phase. Normally a competitor will be eliminated unless, in the opinion of the Chief Steward, he did not receive benefit in any way from such assistance. Fence Judges should report any incidents to Control by the fastest possible means.
- (e) EXCEPTIONS: Catching a loose horse, and, after a fall, or provided he dismounts, helping a dismounted competitor both to remount and to adjust his saddlery is permitted. When a competitor has been awarded three refusals, or a 60 second failure at a gate, slip-rail or hazard, the judge shall inform him and tell him to proceed to the next obstacle, and if necessary explain the by-pass route to him. See also Rule 32f regarding knocking down a flag.

#### *41. Exercise*

- (a) Horses may be exercised in the area provided. They shall not be exercised in the car park or horse box area or among spectators. They may not be ridden on, over or near any part of the Riding Course (see Rule 34).
- (b) Where practice fences are provided they will have red and white flags and must be jumped with red on the right and white on the left.
- (c) Saddlery and Gadgets: See Rule 20 (d)(3).
- (d) Only the competitor, or competitors sharing a horse, may ride that horse on the day of the competition.

#### *42. Time-Keeping and Starting*

- (a) Time is counted from the signal to start until the instant when the competitor passes the finishing post.
- (b) The Starter will give reasonable warning before giving the signal to start. Although in principle it should be a standing start, this does not mean that the horse must be stationary. It may be moving in any direction other than towards the starting line, when the signal is given. If the start is in any way false, the starter will recall the competitor, who must, on penalty of

elimination, return and re-cross the starting line, but time is invariably counted from the instant the starter gives the signal to start.

- (c) If the horse fails to cross the starting line within 60 seconds the competitor is eliminated. Assistance at the start is permitted provided it ceases immediately the signal to start is given. Any subsequent assistance is forbidden (See Rule 38)
- (d) When it is necessary for an official to stop a competitor on the course while an obstacle is being repaired or because of an accident, or because another competitor is negotiating the gate or slip rail, the period during which a competitor was held up will be deducted from the time recorded as in rule 40 (a) above, to give his corrected time for completing the course (see also Rule 37). This includes the case where the competitor has damaged the fence substantially in the course of a first or second refusal.

## SHOOTING

### 43. *Shooting Safety Rules*

- (i) Never at any time point a pistol, loaded or unloaded, at anyone.
  - (ii) Always assume it is loaded until it is proved otherwise.
  - (iii) Never leave a cocked or loaded pistol unattended.
  - (iv) Always point a pistol down the range or in a safe direction.
  - (v) When carrying a pistol in the hand it should be unloaded and pointed at the floor.
- (b) Other Equipment: Hats, Eye patches are permitted. However, Slings are **NOT** permitted.

### 45. *Specification of Pistols*

**(a)** All pistols used in Irish Pony Club Tetrathlon Competitions shall be air pistols which comply with the International Shooting Rules for Air Pistol Target Shooting. In particular:

- (i) All pistols shall be of .177 calibre.

### 46. *Procedural Rules for Shooting Phase*

- (i) For the National Championships, seniors & Juniors shoot pistol from the standing position. Procedure for shooting from the standing position is set out below:

#### (ii). Practice Targets

- a) Senior & Junior Competitors shall be given one practice target at which they may fire unlimited sighting shots within a 4-minute period. During the 4-minute period Coaches may be present on the line.

#### iii) Senior & Junior Pistol Shooting

Targets used shall be International 10m Air Pistol Targets. The distance between the target and the table or line behind which the competitors stand shall be 10m for Seniors & **8m for Juniors**. Targets will be placed with their lower edge 130cms from the ground.

Competitors may not lean against or touch any part of the table while in the standing position. Doing so is an infringement of the Rules.

The orders to competitors in the standing position will be as follows:

"You will be given 4 minutes in which to fire your sighting shots starting now.

"You will have two competition targets with five shots each"

You have 4 minutes in which to fire 5 shots and you will be told when 30 seconds are left."

"Are you ready to start?"

Then - if no one says they are unready -

"You have 4 minutes in which to fire 5 shots, starting from now"

"Thirty seconds left"

After 4 minutes have expired –

**"STOP - pistols down, re-load"**

iv)

Neither coaches nor adults may load pistols in competitions.

The following are infringements of the shooting rules:

a) Leaning on or touching any part of the table when in the standing position.

b) Firing before the order to begin or to fire has been given

c) Firing after the order to stop has been given. These infringements are dealt with at the discretion of the range officer who may issue a warning and/or order the offending competitors card to be omitted from the scoring

(vi) Where a pistol misfires (i.e. the pellet does not leave the pistol) the competitor should put their hand up, get the attention of the Range Officer or Chief Steward only, who make a decision about whether or not the competitor is allowed to shoot another pellet.

(vii) The competitor's name should not be visible to the shooting scorer.

(viii) **No loaders allowed.**

#### *47. Guidelines for Shooting Trainers*

One detail shooting and the next two details waiting only allowed in the competition hall.

Shooting Trainer is allowed to be with his/her members during practice.

#### Practice Targets

Senior competitors shall be given one practice target at which they may fire unlimited sighting shots within a 4 minute period. Thereafter Trainers may not be present on the line. Junior competitors shall be given one

practice target at which they may fire 5 sighting (practice) shots which will be under firing orders.

## Scoring

When a detail is finished, the Assistant Range Officer collects the targets, they are stored in a safe place by the Chief Range Officer until they are collected by the Assistant to the Shooting Scorer, who delivers them to the Chief Shooting Scorer and his/her Assistants.

Trainers are **not** allowed in Scoring Area.

For air pistol shots are scored by measuring the distance between the centre of the shot to the centre of the target. As a rule of thumb if a shot touches or cuts an upper scoring ring then the upper score is achieved. However, if the circle of the shot is poorly defined or the shot is close, then an appropriate gauge is inserted into the shot hole to correctly determine the centre of the shot and the appropriate score. The gauged shot must be reviewed by 3 scorers including the Chief Scorer and two of the three will determine the score **before** the gauge is removed. Once a shot has been gauged and scored it is marked with a 'G' and cannot be further queried (as the gauge will increase the size of the shot hole).

**All Competitors are allowed to photograph their targets on the line after they have taken their five shots.**

Once scoring is completed and recorded the target cards are returned to the 'Card Display Officer', who will display the cards for checking by the DC or Team Trainer.

Provisional Scores are displayed in the hall adjacent to the Shooting Range.

District Commissioners or their Official Representative/Team Trainers should check scores on target cards in the presence of the appointed Shooting Card Display Officer.

Target cards should not be handled.

If the DC or Trainer is happy with the scores - the target cards are returned to the DC/Trainer.

If there is a query - the Chief Range Officer or the Shooting Card Display Officer holds the card, the query is brought to the Chief Scorer by the Assistant Scorer. The card is read again by the Chief Scorer. His/her decision is final.

Scores may only be queried up to 8 pm on the shooting day.

#### ***48. Organisation of a Shooting phase –***

see Organising a Tetrathlon at the end of this booklet. The Branch pistol club subscription should be sent to IPC Headquarters before shooting practice commences.

### **Safety**

Safety is paramount to the shooting phase and should be adequately provided for by the organisers. This involves providing sufficient personnel and a storage area for air pistols when not in use.

THE FOLLOWING RULES APPLY AT ALL TIMES;

1. Never at any time point a pistol at someone whether loaded or unloaded.
2. Always assume a pistol is loaded until proven otherwise.
3. Never leave a cocked or loaded pistol unattended.
4. Always point a pistol down range or in a safe direction.
5. When carrying a pistol, it should be unloaded and pointed at the floor.
6. Obey any instructions given by a Range Officer or a person in charge, IMMEDIATELY.

Decisions concerning disputes/infringements are at the discretion of the Chief Range Officer and are final with no appeal. Such decisions relate to Safety on the range, Operation of the Range during a competition and conduct of Shooters, Coaches and all Spectators while they are present on the range.

#### ***49. Targets cards are available from the Irish Pony Club Shop.***

[www.irishponyclub.ie/shop](http://www.irishponyclub.ie/shop)

## RUNNING

### 50. *General*

- (a) The distance shall be 3,000 metres in the Boys' Senior Tetrathlon, 1,500 metres for Senior Girls and Juniors, 1,000 metres for Minimus.
- (b) The course should take advantage of the natural country, with some ups and downs, but not steep hills.
- (c) Where there are compulsory turning points in the course or where a specific route is to be followed (e.g. over an obstacle), boundary markers will be used - flags, posts, etc. Where appropriate, yellow or orange direction indicators will be used. All these markers will have the same significance as on the Riding course (Rule 33)
- (d) A competitor may be given instructions, encouragement or information whilst running but it is forbidden for anyone to run with or near him acting as a pacemaker. A penalty of 30 secs. will be incurred for each breach of his rule.

### 51. *Scoring*

Optimum times which score 1000 points are show below together with the points which are added or subtracted for each completed second under or over this time:

- (a) **Boys' Senior** (3000 m) 10 mins. 30 secs. plus or minus 3 pts. but after 13min 16 secs. the points deducted shall be reduced to 1 point per second.
- (b) **Girls' Senior** (1500 m) 5 mins. 20 secs. plus or minus 4 pts. but after 7 min 25 secs. the points deducted shall be reduced the 2 points per second
- (c) **Junior Boys and Girls** (1500 m) 5 mins. 40 secs. plus or minus 5 pts.
- (d) **Minimus Boys and Girls** (1000 m) 4 mins. plus or minus 6 pts.

(Ready Reckoners are given in Appendix A)

### 52. *Guidelines for Trainers for Running Phase of Minimus and Tetrathlon*

Trainers will be informed via the program re the order in which competitors will run. In most cases it will be in numerical order and trainers should make sure the competitors are lined up in time and in the correct order.

Competitors will be given an official number to be worn while he/she is running. This may be the riding cross-country number or a stick on number, but only the number that is given by the organizers can be worn.

Competitors may be given instruction, encouragement or information whilst running but it is forbidden for anyone to run with or near the competitor acting as a pacemaker. A penalty of 30 seconds will be incurred for each breach of this rule. Trainers should make sure all competitors and their parents are aware of this rule.

The distance the competitor has to run is listed in the official tetrathlon rule book. The course will be set up by the competition organizers and may have flags to guide the competitors around the course. The trainers should make sure the competitors walk their course prior to the competition and are aware of all flags as these markers will have the same significance as on a Riding Course.

Competitors will be dispatched at intervals and timed from the moment they leave the start until they cross the finishing line.

**The trainer should check the results which will be posted almost immediately on the running field. If they are not happy with the result displayed they should notify the Chief Phase Steward immediately. No one should approach the course stewards or starters at any time. Trainers should instruct both competitors and parents of this. The query will be dealt with as soon as possible and if the trainer is still not happy, he/she must lodge an appeal to the appeals committee.**

The committee will be made up of the following:

Chairman of the Irish Pony Club or his/her appointed deputies.

Chairman of Tetrathlon.

Chief Steward of Running Phase or his/her appointed deputies.

The appeal must be in writing and be accompanied by a deposit of €30, which will be forfeit if the Appeal is not held up. The decision of the Appeals Committee is final.

Queries regarding the calculation of scores may be made up to one half hour after the final running scores are posted.



## SWIMMING

### *53. Swimming General*

Competitors will score points according to the distance they have swum in 4 minutes for the Boys' Senior Tetrathlon, 3 mins. for Senior Girls and Juniors, 2 mins. for Minimus. They may use whatever style they wish and may change it during the swim.

**District Commissioners must ensure that members are competent swimmers.**

### *54. Method*

- (a) Competitors should swim in heats, the number in each heat depending on the width of the pool.
- (b) A competitor may start the swim already in the water provided he is in contact with the end of the pool by at least one hand or one foot.
- (c) (l) The Starter shall take up a position at the side of the pool.  
The competitors, on a signal from the starter, shall take up position a short pace back from the edge of the pool; on the preparatory command from the Starter "Take your Marks", the competitors shall immediately take up a starting position on the edge of the pool, and remain stationary until the starting signal is given. If a false start occurs, the swimmers must be recalled and the heat re-started.
- (2) If the first attempt to start the heat is false, the swimmers must be warned that in the event of any further false starts those deemed responsible will be required to start in the water for all subsequent restarts.
- (d) The Time is taken from the whistle and a whistle will blow to signal the end of 4 minutes, 3 minutes or 2 minutes as the case may be. The timekeeper should indicate with a bell when one minute remains and the last 30 seconds of the swim should be counted down in 10 second intervals to help judges and coaches.
- (e) A swimmer must touch the end of the pool with some part of his body each time he turns, and 100 pts will be deducted each time he fails to do so. IS.A. rules about how the end is to be touched, depending on the style of the swim, do not apply in Tetrathlon.
- (f) The distance swum is measured at the point reached by the foremost part of the swimmer's person when the whistle is blown.

### *55. Safety*

A lifeguard will be on duty at any pool used for the swimming competition.

### *56. Coaches*

Coaches and/or parents are **not** allowed at the end of the pool.

### *57. Scoring*

- (a) **Boys' Senior:** A competitor will score 2 points for every metre he swims up to 150 metres, 6 points for every further metre he swims after that, up to 250 metres, and 3 points per metre he swims above 250. Thus a boy swimming 150 metres will score 300 and one swimming 250 metres will score 900 points.
- (b) **Girls' Senior:** Score 3 points per metre up to 100 metres 6 points for every further metre she swims up to 200 metres, and 4 points per metre thereafter.
- (c) **Junior Boys and Girls:** Score 4 points per metre up to 50 metres, plus 6 points per metre from 51 to 200 metres and 4 points per metre thereafter.
- (d) **Minimus Boys and Girls:** Score 8 points per metre throughout. Thus, a competitor swimming 125 metres will score 1,000.

### *58. Walking*

- (a) If a competitor is seen to be walking on the bottom of the pool, the judge is empowered to deduct from the distance covered by that competitor an amount equal to the distance he estimates he walked instead of swimming.
- (b) There is nothing to prevent a competitor who, for any reason, leaves the pool, re-entering and continuing his swim provided he is within the time and starts again from the point at which he left off.

### *59. Costumes worn*

Swimmers must abide by Swim Ireland rules.

### *60. Guidelines for Trainers for Swimming Phase of Minimus and Tetrathlon*

Trainers will receive a swimming heats list on which the competitor's heat number and swimming lane will be listed. Trainers should make sure their competitors are ready and lined up when the steward calls them.

The competitor will be handed their own heat slip when they are called to swim which should have their name on it. Trainers should be sure each competitor checks that they have the correct slip and notify the steward if they do not. The

competitor will hand their slip to the lane judge for the lane they are swimming in. Again, the competitor should be sure to hand the slip to the correct lane judge.

Competitors should have been properly coached and trained to dive before attempting it at a competition. **It is the responsibility of the trainer to ensure that if their competitors are not competent to dive off the side of the pool or from blocks that they instruct them not to dive.** Competitors may start in the water or dive from a sitting position if this is safer for them.

When the competitor is finished swimming, they should leave the pool area immediately so as to keep the number of people on deck to a minimum.

The rules regarding length in minutes that the competitors swim, as well as the routine that will take place for the start, finish, and signals that will be used at these and other intervals will be announced by the Chief Steward of the phase. These rules will be repeated after each warm-up period, which take place for the competitors at designated intervals as per the heats list.

**The trainer should check the results which will be posted almost immediately at the pool side. If they are not happy with the result displayed they should notify the Chief Phase Steward immediately. No one should approach the lane judges or starters at any time. Trainers should instruct both competitors and parents of this. The query will be dealt with as soon as possible and if the trainer is still not happy he/she must lodge an appeal to the appeals committee.**

The Appeals Committee will be made up of the following:

1. Chairman of the Irish Pony Club or his/her appointed deputies.
2. Chairman of Tetrathlon.
3. Chief Steward of Swimming Phase or their appointed deputies.

The appeal must be in writing and be accompanied by a deposit of €30, which will be forfeit if the Appeal is not held up. The decision of the Appeals Committee is final.

The period for checking and querying swimming lengths and metres ceases at the end of the swimming phase. Queries regarding the calculation of scores may be made up to one half hour after the provisional scores are posted.

## PART III NOTES ON THE SCORING IN THE TETRATHLON / MINIMUS

### *61. General*

- (a) The production of quick and accurate scores, kept up to date with running totals as the phases progress, adds greatly to the interest and is vital to the general success of the event. Competitors or their supporters may well know what scores they have earned and are only waiting for them to be confirmed by the organisers; indeed, team trainers may also be keeping the scores of the team's principal rivals.
- (b) Nothing damages the reputation of the Branch running the event more than long delays at the end, when all want to get their horses and themselves home. If the riding is the last phase, producing the final results promptly and without mistakes needs good organisation and capable workers. For this reason, it is usually preferable to have the running or swimming last; but some feel that the riding, as the principal feature of any Pony Club Event, should have pride of place as the deciding phase. Scoring is made considerably easier by using a computer. However, this is not essential.

### *62. Officials*

- (a) The scoring team should consist of a Chief Scorer and three scorers. A fourth scorer should be added at times of pressure, so that they can work in pairs leaving the Chief Scorer to exercise general supervision. A separate official to keep the public scoreboard written up is also useful.
- (b) Ideally Scorers should not be involved personally with any of the competitors or teams.

### *63. Deployment*

- (a) The scoring team should have an office, completely on their own and isolated from the public; a caravan may be suitable. No-one except the scorers, the messengers bringing results from judges, the Organiser or his assistants, the Official Steward where applicable, and Chief Stewards of phases, should be allowed into the office.
- (b) The scoring office can be moved from place to place if the venues of the phases necessitate it, but unnecessary movement is undesirable as it disrupts the scorers' concentration and is not helpful to accurate work.
- (c) All queries by team managers or competitors must be channelled through the Organiser or his assistant, who can then discuss the query with the Chief

Scorer at an opportune moment, and give a decision or the information asked for.

**64. *Forms - Riding***

- (a) Riding Score Sheets (Individual Obstacles) are available from the Pony Club Shop.
- (b) The normal Eventing Cross-Country Master Score Sheet is entirely suitable for Tetrathlon Riding Phase.
- (c) The Chief Scorer is responsible for reporting riders who continue after four failures at obstacles.

# ORGANISING A TETRATHLON

## ORGANISATION OF THE RIDING PHASE

### 1. *THE COURSE*

#### a) The Aim

When planning and constructing a tetrathlon riding course, the aim is to test the rider and not the horse. Ideally, the course should be so designed that the good rider on an average horse has as much chance of getting a good score as he would have on a really good horse, in practice, this can hardly ever be achieved, but much can be done by making fences that are straightforward from the horse's point of view, and which favour the rider who has informed himself exactly what is required and who is in full control of his horse.

The cross-country course must be inspected by an approved official (a skilled and competent person e.g. a senior instructor, a member of the IPC Eventing Committee or someone experienced in taking this role with another equestrian organisation e.g. Eventing Irl., AIRC etc. This should be done at least one week before the competition to allow for alterations if necessary.

#### b) Design of Course

The fences should look strong, solid and inviting. The design of the course should not favour the galloping horse, nor should it be lenient to the horse or rider who dawdles. Short turns and occasions for 'taking a pull' to test the rider, but these should not be overdone because this may favour the very handy horse rather than the good rider on an average horse.

#### c) Escape Routes

Escape routes must be provided so that a rider can bypass each obstacle if he has three refusals or fails to negotiate a hazard; fence judges must be briefed about this (See Rule 30(a-2)). The usual way of making a time allowance when the escape route is long is to decide on a fixed allowance at the obstacle concerned. The judge should ensure that the rider, who may not have reconnoitred this on his walk round, understands where to go and how to re-join the course, this applies especially when the next obstacle follows closely, as in a combination with separate numbers. In a lettered combination (See Rule 31 b), failure at one element exempts from attempting the next.

#### d) Marking the Course

The course should be adequately marked with direction indicators (Rule 33) wherever, after negotiating an obstacle, the route to the next is not obvious.

#### e) Practice Jump

A practice jump(s) should be provided near the Start, marked with red and white flags (see Rule 39b)

### 2. GATE AND SLIP RAIL (See Rules 22b) and 23 f)

#### a) Aim

These two obstacles are peculiar to the Tetrathlon. They are intended to test the rider's ability to stop his horse at the obstacle and control it in manoeuvring at the halt, in mounting and dismounting without delay, and leading a horse through an obstacle.

#### b) Siting

These obstacles should not be sited too early in the course, and before horses are going freely. One of them at about fence 4-6 makes a convenient mark on the course for despatching the next rider. It may also be a good thing to site one or both in such a way that a rider going fast needs to 'take a pull' if he is to take the obstacle efficiently.

#### c) Design

1. The gate should be so hung that it is reasonably easy to open and shut provided the rider tackles it correctly (facing his horse the right way, making it move sideways, etc.). The latch should be of such design that it can be unfastened and the gate opened with one hand (some modern latches on poorly hung gates do not allow this). The gate should need some pushing or pulling to shut it; one that shuts and latches itself when left untouched is an inadequate test. The latch must be firm enough to stand repeated use. A wire loop is not really robust enough.
2. The slip rail should not be too heavy for a small rider to lift.
3. Clear markers should be placed 3 metres in front of the gate and slip rail indicating the point where the timing commences for each.

#### d) Marking

The gate that is to be opened and the slip rail that is to be taken down must be clearly marked both on the ground and on any plan of the course that is exhibited. Especially

as it is quite common to have similar looking obstacles which the rider is required to jump.

#### e) Judging

The Rules for judging and scoring the gate and slip rail are complicated. The judges should be selected with this in mind and specially briefed. Besides the judges at these obstacles, an extra official is necessary at each with a separate stop-watch for timing a competitor who is held up by the one in front. See Rules 29, 30, 37a) and 38 e).

### 3. *BRIEFING*

- a) Special attention must be paid to the briefing of fence judges. Apart from the peculiarities of the gate and slip rail, all will need to appreciate the differences from horse trials. The main ones are that the scoring for refusals, falls, etc., though having the same pattern, is on a much greater scale (in order to make it comparable with the other phases) and that a rider is not eliminated for three refusals. There are also certain matters on which the judge must give information or instructions to the competitor; see Rules 29, 30a) and 38.
- b) It is important to ensure that judges, competitors, parents and other supporters, who in tetrathlon may not be familiar with horse trials practice, are fully aware of the rules concerning Forbidden Assistance (Rule 38). A briefing session for competitors and supporters may be necessary for this, among other purposes, but other means should be used if possible because such a session may disrupt their crowded programme.

### 4. *RUN-IN*

The run-in from the last fence should be short.

### 5. *OFFICIALS*

The organisation of the riding phase is similar to that for a hunter trial or cross-country phase of a horse trial. The following team of officials is required:

- a) Chief Steward, Collecting Ring Stewards, Fence Judges (and hazard)\*  
Score Collectors (adult), Starter, Timekeeper (two), Tack Inspectors.

\* A compulsory turning point on the Course (Rule 33) should be monitored either by a fence judge or by a separate judge. While it is the responsibility of competitors to ensure that their saddlery and dress are correct in accordance with the Rules (Rule 19), Tack Inspectors must be appointed to oversee this.



b) Medical and Veterinary

The requirements for doctor, first-aid cover and veterinary surgeon are given in Rule 18.

6. *JUDGING*

- a) Each fence judge must be provided with clip-board, or a board with bulldog clip and pencil, Pony Club Tetrathlon Riding Score Sheet (Individual Obstacle), copy of the leaflet Instructions for Fence Judges, timetable of competitors' starting times, and for judges at gate and slip rail a copy of Instructions for Judges at Gate and Slip Rail. Each fence judge should be provided with a red flag to be used when it is necessary to stop a competitor. The fence steward will use their own discretion and stop a competitor while on the xc course. Any competitor stopped on the course will be timed for the duration of the stop and the time taken off the final time score achieved by the competitor. If a slower rider is being Red Flagged, to give way and not tailgate, he will not be credited with that time back, just like a rider being asked to give way on the course in front of a fence.
- b) All judges should have some kind of time-piece (ideally a stop-watch) by which they can record the time a rider is held up at their fence through no fault of his own.
- c) Judges should enter up all their sheets with their name, fence number and sheet number, but it is important that no rider's number be entered until he appears at the approach to the obstacle, and this point should be emphasised at the briefing.
- d) If a rider negotiates the obstacle without penalty, the Fence Judge puts a tick in the 'Clear' column. If a rider incurs a penalty, a cross should be put in the appropriate column. Fence judges should check the completion of each sheet before they hand it to the score collector.

7. *STARTING*

- a) Riders should report to the collecting ring some minutes before their scheduled time, having already been through the Tack Inspection.
- b) The rider should be started at a suitable moment, at approximately the programmed time (see Rule 40 b).

## 8. *TIMEKEEPING*

- a) Electronic digital stop watches, with split action, should be used if possible, in which case two are sufficient (one of them as back-up), the start and finish time of each rider being recorded.
- b) When a rider finishes, one timekeeper stops and reads the watch, writes down the time and hands it to the other who reads it as a check. It is also sensible to have another timepiece running continuously, by which approximate start and finish times can be recorded, as a check against a stop watch failing or the wrong one being used.

## ORGANISATION OF THE RUNNING PHASE

### 9. *GENERAL*

This is the easiest phase to organise. Because of the number of runners on the course at one time, and the fact that they may disappear for much of the time, it is important to ensure that there are sufficient stewards placed around the running course.

### 10. *THE COURSE*

- a) In Area Tetrathlons and the Championships, and in less formal events if possible, the course should be measured with a wheel. This measurement must be checked against gross error.
- b) The course should take advantage of natural country with some ups and downs and may include a few permanent obstacles such as gates and rails to surmount.
- c) Good marking of the course is vital. A competitor may have walked the course and the marks may be up to the standard usual on a riding course, but a tired runner's faculties for looking about him and spotting a mark, and even going the correct side of it, are impaired.

Red and/or white markers are needed at every point where there can be any doubt of the correct route and such markers in the open should have a hurdle, tape or string as a 'wing' to prevent runners going the wrong side. Yellow posts, markers or direction arrows should be used liberally round the course to help runners. These may be passed on either side and keeping close to them is not necessary. There should also be distance markers placed every 500 metres.

- d) If the course is over the same ground as the riding, the marks must be of different design, or materials, though the colours must conform and the marking signs for the Riding must be taken down.

The practice whereby runners have to pass within one metre of each flag is not applicable to Tetrathlon. Stewards should be stationed round the course as necessary, to check that the runners complete the course, that they are not paced by supporters, and to keep them on the correct route where there is any difficulty (this is allowed by the rules in running, though not in riding).

## ***11. START AND FINISH***

- a) A good lay-out is to have the start and finish at the same point, separated by a post (e.g. start on its left, finish on its right). If this is done, good marking of the final stage of the course, preferably with the run-in roped off funnel-wise with white or yellow rope or tape, is essential. It is important that runners' paths do not cross anywhere near the start/finish, and this area must be kept free of spectators as, when runners finish in a bunch, the judges' job is not easy.
- b) Alternatively, the start and finish can be in different places but care must be taken to ensure not only that the starter's and finish judge's watches are synchronised by being started at the same moment, but also that one does not gain on the other. In these cases it is suggested that modern electronic stop watches are used because of their high degree of accuracy. A back-up watch should always be used to avoid disaster from sudden battery run down or from accidentally pressing the stop button.

## ***12. OFFICIALS***

The following are recommended: Chief Steward, Starter and Assistant, Finish Judge and Timekeeper, Turning Point Stewards, Runners, Blackboard Writer.

15.

## ***13. PROCEDURE***

- a) At the appropriate time just before the start, the starter and timekeeper start their watches simultaneously, if using separate watches. The assistant starter acts as collecting ring steward and marshals the runners so that they report to the starter in time and in

the correct order. The starter warns each runner of the approach of his starting time and starts him by a countdown, recording the time of starting (a tick may suffice if he starts at the planned time). He also checks that the runner does not cross the line before time, and recalls him if necessary.

- b) It helps the time-keeper using an analogue display if the starter calls out from time to time e.g. 'time now 21.50'; this may save the timekeeper making a mistake of a whole minute (it of course applies only when both are at the same site). It is advisable also to have an assistant about 50 metres from the finish, calling out each runner's number, as numbers may be difficult to distinguish from the finish on a tired competitor. It is important that runners wear numbers both back and front, so tied that they do not slip or crumple.
- c) As each runner comes in, if a split-action watch is not in use, the finish judge calls out "No. (so and so) finishing ...NOW", whereupon the time-keeper reads the clock and records the reading. With a split action time-piece the time-keeper can of course time a runner's finish directly. The finish judge checks it as soon as practicable and the blackboard writer promptly enters the finish time and the provisional time take on the board or calls out the finish time for the benefit of spectators - this enables any query to be settled on the spot while the matter is fresh in the Officials' minds.
- d) After every four or five runners finish, the time-keeper's record is sent by runner to the scorers.
- e) If the running is the last phase, the feeding of the scorers with the timings immediately they are known is important. The nearer the start and finish are to the scorers, therefore, the quicker the final results will come out.

## ORGANISATION OF THE SWIMMING PHASE

### 14. VENUE

- a) A heated indoor pool should be used if possible, especially in Official competitions. b) Public pools and those at schools, etc., can often be booked only at certain times. This may well dictate the order of phases and timings. Organisers should take this into account very early in the planning.

## **15. OFFICIALS**

The following are required:

Chief Steward

Starter/Time-keeper

Marshal

One Lane Judge per lane

Writer

Runner

## **16. PREPARATION OF THE POOL**

- a) At least one side of the pool must be marked out for the judging of the distance swum. Modern pools are normally an exact length in metres, usually 25 or 50, and should be marked in metres.
- b) In any case, the marking must run in both directions and the marks should be visible but not necessarily readable, from the opposite side. Chalk has the disadvantage that it washes out if it gets at all wet. Strips of adhesive tape can be good and better still is a continuous length of black tape along the edge of the pool, marked in metres with a different colour for each direction; or, if an enthusiast can be recruited, wooden blocks with a slot in which a card is inserted, with numbers painted on either side (e.g. 8 and 17 metres) are excellent. Or the proprietors of the pool may allow marks to be painted which is the best of all.
- c) Lane ropes are a must in any serious competition. The management of the pool need prior warning that they are required. If starting blocks are in position, their use by competitors is optional. A stopping rope, for use on a false start, is also necessary, as swimmers hardly ever hear shouts and whistles once in the water. It should be manned by two of the lane judges.
- d) It has to be accepted that no spectators can be accommodated at all.

## **17. WARM-UP**

- a) If there is a separate practice pool, as is found in some major sports complexes, warming up presents no problem, but if not, competitors should be allowed a warm-up swim of a length or more. If time is tight, it may be necessary to have all warming up done before the competitive swimming begins.
- b) When a heat is called to the start, swimmers should be allowed to get in, swim two or three strokes only, and get out, in order to get wet. Any longer swim at this juncture should not be allowed, as it constitutes a

'warm-up' which should have been done earlier and causes delay (in fact in public swimming races it incurs disqualification)

### **18. THE START**

- a) The Phase Steward or the Starter calls out the names of those to swim in the heat and they come to the start. Here they are checked by the Lane Judges, as to lane number, competitor's number and name (this is advisable since they cannot wear numbers).
- b) The Starter, when he is satisfied the Lane Judges have the swimmers' details, should start the swimmers with a whistle, and a false start is signalled by a second blast on the whistle, and use of a stop rope.
- c) Swimmers must, on 'taking their marks', be motionless until the signal to start; they are not allowed to have their arms swinging or be making anticipatory movements of the body, though they may adopt any attitude they wish provided it is static. d) On the start being signalled, the Time-keeper starts his stopwatch. There should be a stand-by watch in use, which may be manned by the Phase Steward (See Rule 52c) and d).

### **19. THE LANE JUDGES**

Lane Judging is an onerous task and requires concentration.

- a) During the swim, these judges keep a record of the complete lengths swum by their respective swimmers, and of the further distance at the end.
- b) Each Judge has a **lane judge's slip** (copy available from HQ), on which he writes the heat number, lane number, swimmer's number and name. During the swim, he makes a record each time his swimmer *completes* a length. On completion of the first length, he writes a figure 1 with a circle round it (to distinguish it from the other number), after the second a 2 with a circle round it and so on. Thus, at the end the total number of complete lengths will appear in the last circle. This is the best way to avoid mistakes which are easy to make if the judge's attention is distracted.
- c) An additional check is for the lane judge to enter a vertical arrow indicating which way the competitor was swimming at the finish, the bottom of the page representing the starting end of the pool.
- d) As a further check on distance swum it is as well to have a separate judge or two as back-up noting down the number of lengths each swimmer completes and the direction he was swimming at the end.

## 20. *THE FINISH*

- a) The Time-keeper gives the half-time call and calls the countdown (Rule 52d). Half time and 30 secs., may well be signalled by ringing a hand bell, swimmers being warned of its meaning before the start.
- b) The Starter (or Timekeeper, if one person fills both roles) signals the finish with a blast on the whistle.
- c) During the countdown, each lane judge walks level with his swimmer, stopping exactly when the whistle goes, so that he can read off the further distance swum (in completed metres) by means of marks along the edges of the pool (See Rule 52 f)
- d) The Phase Steward should ensure that someone checks that the swimmers actually touch the end of the pool each time they turn and that competitors do not walk on the bottom. This can be done by an independent person or by the lane judges at the Phase Steward's discretion.
- e) The lane judges, after recording the odd metres, tear off their sheets and send or take them to the Writer, who writes the lengths and extra distance on a blackboard which can be seen by the coaches.
- f) The Trainer should check the lengths and metres posted on the blackboard/flipchart. If they are not happy with the result displayed, they should notify the Phase Steward immediately. No one should approach the Lane Judge or Starter at any time. The query will be dealt with as soon as possible by the Phase Steward and if the Trainer is still not happy he/she must lodge an appeal to the Appeals Committee.
- g) Finally, lane judges' sheets, or a consolidated record of the heat, are taken to the Scorers by the Runner.

## 21. *TIMINGS*

Provided a good drill has been thought out and is followed, there should be no difficulty in running the swimming smoothly. Four-minute swims can be completed comfortably in seven or eight minutes per heat (and three-minute in a minute less). It can be done quicker, but at the risk of confusion and error or of unnecessary pressure on competitors.

## ORGANISATION OF SHOOTING PHASE

### Guidelines

Shooting Hall/Venue      Minimum size 15m long by 12 m wide

The target end of the range should be windowless and door less

Any doors beyond the firing line should be capable of being locked during the shooting phase.

### Lighting

Adequate lighting is required. Artificial or natural or both. The target system should provide light to illuminate the targets. Windows where possible should be fitted with a blind if the sun is going to cause a problem to shooters at the firing line.

### Range Equipment

A Target changing system - optional

Tables, chairs and or benches.

Extension leads (for lights and/or target changers)

Partitions/screens

1. If hall is too large for the event.
2. For partitioning the dry fire area.
3. Thick sheets of cardboard (for Hall protection if needed)

### Dry fire area

This allows shooters to practice in a safe way before the competition. The dry fire area should be parallel to the actual range to enhance safety. It should be screened off at the firing point end (see diagram).

### Safety

It is paramount to the shooting phase and should be well provided for by organisers. A storage area for air pistols when not in use should be provided and supervised at all times by a Range Officer or competition steward.

### Personnel

One Chief Range Officer (CRO):

Two Assistant Range Officers (RO):

General Floor Safety Officer:

### Duty

To control the range as a whole and also run the details

To assist the CRO in his duties on the range.

To call next details.

To control spectators and noise levels



One person: To control use of dry fire area

### Scoring Personnel

Minimum of three people are required to complete scoring:

One Chief Scorer (with some experience)	To evaluate shot hole
One Scorer	To calculate score
Second Scorer	To check both of the above and write up scores.

Note: Scoring area should be away from spectators, coaches and competitors.

### Host Club Duties

To arrange shooting schedule

Provide range equipment (see above) including target system if possible.

Provide adequate First Aid Kit to be on hand at all times

To liaise with those transporting the target system as to the venue and starting times.

### Range Layout

Firing point: Shooters, Loaders \*\* and Officials only

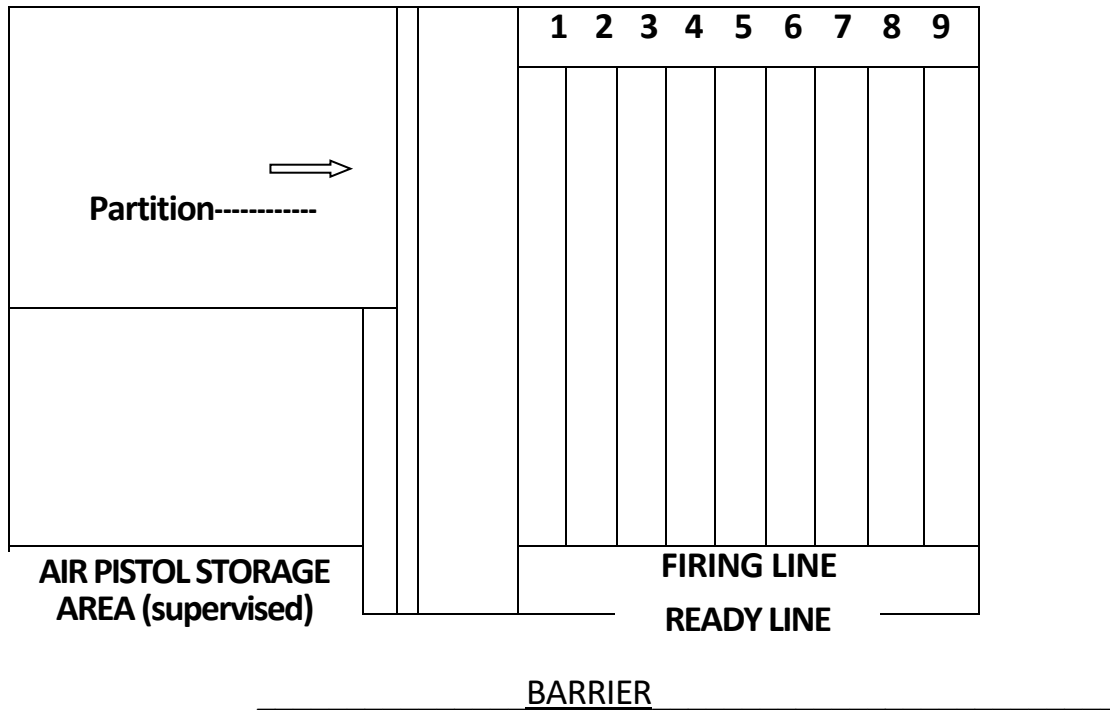
Ready line: Next detail ready to shoot. Shooters/Coaches only

### Viewing line:

All Spectators including Competitors not on ready line and officials not involved in the shooting phase.

*It is recommended that shooting details should be of 15 minutes' duration.*

## LAYOUT OF AIR PISTOL RANGE



**Viewing Line**

## READY RECKONERS

1. As already stated, all calculation by the scorers on the day, to convert the judges' or timekeepers' reports into scores that can be avoided must be. For this purpose, ready reckoners must be used for all except adding penalties or scores together and, in the Riding, subtracting penalties from 1400. Failure to use them can only result in mistakes and slow scoring.

### APPENDIX A

#### Mistakes and slow scoring

2. In the running phase of official Boys' Senior, Junior and Girls' Tetrathlon, the ready reckoners are standard and are printed in this Appendix. For the time penalties in the Riding and for the scores in the swimming, however, a special reckoner has to be made for the occasion, depending on the Time Allowed and the length of the pool respectively, so only examples of these can be given.
3. All ready reckoners have their principal feature in common: against the facts reported by the time-keeper or judge are read directly the time penalties or positive scores. Thus, there is no question of finding by how much the Time Taken exceeds the Time Allowed, nor of finding the total distance swum, and even less of multiplying these by so many faults per second or points per metre. The ready reckoner shows the time penalty against the Time Taken and the swimming score directly against the completed lengths and further metres reported.
4. Constructing a ready reckoner is simple and is undertaken by all horse trials scorers. After arranging suitable columns for whole minutes or whole lengths and setting out the 60 seconds or the appropriate further metres (according to the length of the pool), start at a suitable known score and enter each one successively after that.
5. Thus, in the example of Riding Time faults, with a Time Allowed of 4 min. 45 secs.; start at that time and enter 0 against it. Then against each further second, enter successively, 2, 4, 6, 8, etc., until reaching the maximum time penalties considered worth providing for. Equally, in the Senior swimming, start at the minimum distance worth providing for, 2 lengths or 50 metres in the example (scoring 100 points), and enter successively 102, 104, 106, etc., against each further metre until reaching the score of 300 (150 metres), thereafter add 6 for each metre until 900 points, when it becomes 3 per metre.

6. Human error is as inevitable in this as in any other arithmetical process, so checks must be made. Calculate various scores at random and check that the reckoner agrees. Ensure that the difference between figures in adjacent columns is correct, e.g. that the difference between 5 min 50 secs. and 6 min 50 secs. in the Riding is  $2 \times 60 = 120$  points, or that the difference between 6 & 7 lengths of a 25 metre pool is  $6 \times 25 = 150$  points. Ensure, of course, that all riding time faults are even numbers, that all Senior swimming scores from 300 to 900 are multiples of 6, i.e. an even number and a multiple of 3, and that all over 900 are multiples of 3 (any number whose digits add up to a multiple of 3 is itself such a multiple)
7. Pools whose length is an exact number of metres present no problem, but some are of lengths such as 30 yards or 100 feet. The solution recommended is to mark out the pool in metres from the starting end and take up any incomplete metre in the ready reckoner 100ft for instance, is 30.48 metres, virtually 30.5. In this case, the side is mark-up to 29 metres from the starting end and on completing one length the swimmer scores for 30 metres; on turning and passing the first 'metre' mark, he has done 30.5 plus 1.5, or 32 metres, and scores accordingly, and so on for every alternative length. (Changes in scale of scoring are in bold)
8. Much the same can be done with 30 yards, which is 27.43 metres, putting out 26 metre marks. No substantial inaccuracy arises from treating a 25-yard pool (22.86m) as exactly 23m. No attempt should be made to score in fractions of a metre; all distances not measured in whole metres in the first place should be rounded off to the nearest whole metre.

Lastly, before using an example from this Appendix, or an old or borrowed reckoner, check to make sure that it is based on the scale of scoring that appears on the schedule of the event. A reckoner made for some past event at 4 points each for the first 100 metres is useless for one in which 4 points are to be scored for the first 50.

**READY RECKONER FOR GIRLS SENIOR TETRATHLON RUNNING****5 mins 20 for 1000 pts; 4pts per sec until 7 mins 25 secs; 2 pts per sec thereafter**

<b>mins.</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>mins.</b>
<b>sec.</b>	<b>pts</b>	<b>pts</b>	<b>pts</b>	<b>pts</b>	<b>pts</b>	<b>pts</b>	<b>pts</b>	<b>pts</b>	<b>sec.</b>
<b>0</b>	1320	1080	840	600	430	310	190	70	<b>0</b>
<b>1</b>	1316	1076	836	596	428	308	188	68	<b>1</b>
<b>2</b>	1312	1072	832	592	426	306	186	66	<b>2</b>
<b>3</b>	1308	1068	828	588	424	304	184	64	<b>3</b>
<b>4</b>	1304	1064	824	584	422	302	182	62	<b>4</b>
<b>5</b>	1300	1060	820	580	420	300	180	60	<b>5</b>
<b>6</b>	1296	1056	816	576	418	298	178	58	<b>6</b>
<b>7</b>	1292	1052	812	572	416	296	176	56	<b>7</b>
<b>8</b>	1288	1048	808	568	414	294	174	54	<b>8</b>
<b>9</b>	1284	1044	804	564	412	292	172	52	<b>9</b>
<b>10</b>	1280	1040	800	560	410	290	170	50	<b>10</b>
<b>11</b>	1276	1036	796	556	408	288	168	48	<b>11</b>
<b>12</b>	1272	1032	792	552	406	286	166	46	<b>12</b>
<b>13</b>	1268	1028	788	548	404	284	164	44	<b>13</b>
<b>14</b>	1264	1024	784	544	402	282	162	42	<b>14</b>
<b>15</b>	1260	1020	780	540	400	280	160	40	<b>15</b>
<b>16</b>	1256	1016	776	536	398	278	158	38	<b>16</b>
<b>17</b>	1252	1012	772	532	396	276	156	36	<b>17</b>
<b>18</b>	1248	1008	768	528	394	274	154	34	<b>18</b>
<b>19</b>	1244	1004	764	524	392	272	152	32	<b>19</b>
<b>20</b>	1240	1000	760	520	390	270	150	30	<b>20</b>
<b>21</b>	1236	996	756	516	388	268	148	28	<b>21</b>
<b>22</b>	1232	992	752	512	386	266	146	26	<b>22</b>
<b>23</b>	1228	988	748	508	384	264	144	24	<b>23</b>
<b>24</b>	1224	984	744	504	382	262	142	22	<b>24</b>
<b>25</b>	1220	980	740	500	380	260	140	20	<b>25</b>
<b>26</b>	1216	976	736	498	378	258	138	18	<b>26</b>
<b>27</b>	1212	972	732	496	376	256	136	16	<b>27</b>
<b>28</b>	1208	968	728	494	374	254	134	14	<b>28</b>

<b>29</b>	1204	964	724	492	372	252	132	12	<b>29</b>
<b>30</b>	1200	960	720	490	370	250	130	10	<b>30</b>
<b>31</b>	1196	956	716	488	368	248	128	8	<b>31</b>
<b>32</b>	1192	952	712	486	366	246	126	6	<b>32</b>
<b>33</b>	1188	948	708	484	364	244	124	4	<b>33</b>
<b>34</b>	1184	944	704	482	362	242	122	2	<b>34</b>
<b>35</b>	1180	940	700	480	360	240	120	0	<b>35</b>
<b>36</b>	1176	936	696	478	358	238	118	and over	<b>36</b>
<b>37</b>	1172	932	692	476	356	236	116		<b>37</b>
<b>38</b>	1168	928	688	474	354	234	114		<b>38</b>
<b>39</b>	1164	924	684	472	352	232	112		<b>39</b>
<b>40</b>	1160	920	680	470	350	230	110		<b>40</b>
<b>41</b>	1156	916	676	468	348	228	108		<b>41</b>
<b>42</b>	1152	912	672	466	346	226	106		<b>42</b>
<b>43</b>	1148	908	668	464	344	224	104		<b>43</b>
<b>44</b>	1144	904	664	462	342	222	102		<b>44</b>
<b>45</b>	1140	900	660	460	340	220	100		<b>45</b>
<b>46</b>	1136	896	656	458	338	218	98		<b>46</b>
<b>47</b>	1132	892	652	456	336	216	96		<b>47</b>
<b>48</b>	1128	888	648	454	334	214	94		<b>48</b>
<b>49</b>	1124	884	644	452	332	212	92		<b>49</b>
<b>50</b>	1120	880	640	450	330	210	90		<b>50</b>
<b>51</b>	1116	876	636	448	328	208	88		<b>51</b>
<b>52</b>	1112	872	632	446	326	206	86		<b>52</b>
<b>53</b>	1108	868	628	444	324	204	84		<b>53</b>
<b>54</b>	1104	864	624	442	322	202	82		<b>54</b>
<b>55</b>	1100	860	620	440	320	200	80		<b>55</b>
<b>56</b>	1096	856	616	438	318	198	78		<b>56</b>
<b>57</b>	1092	852	612	436	316	196	76		<b>57</b>
<b>58</b>	1088	848	608	434	314	194	74		<b>58</b>
<b>59</b>	1084	844	604	432	312	192	72		<b>59</b>



### Ready Reckoner for Boys' Senior Tetrathlon Running

10 min. 30 sec. for 1000 points; 3 pts. per sec. until 13 mins. 16 sec.; 1 pt. per sec. thereafter

<b>mins</b> →	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>mins</b>
<b>secs.</b>	<b>pts.</b>	<b>pts.</b>	<b>pts.</b>	<b>pts.</b>	<b>pts.</b>	<b>pts.</b>	<b>pts.</b>	<b>pts.</b>	<b>pts.</b>	<b>pts.</b>	<b>pts.</b>	<b>pts.</b>	<b>pts.</b>	
<b>0</b>	1270	1090	910	730	550	458	398	338	278	218	158	98	38	<b>0</b>
<b>1</b>	1267	1087	907	727	547	457	397	337	277	217	157	97	37	<b>1</b>
<b>2</b>	1264	1084	904	724	544	456	396	336	276	216	156	96	36	<b>2</b>
<b>3</b>	1261	1081	901	721	541	455	395	335	275	215	155	95	35	<b>3</b>
<b>4</b>	1258	1078	898	718	538	454	394	334	274	214	154	94	34	<b>4</b>
<b>5</b>	1255	1075	895	715	535	453	393	333	273	213	153	93	33	<b>5</b>
<b>6</b>	1252	1072	892	712	532	452	392	332	272	212	152	92	32	<b>6</b>
<b>7</b>	1249	1069	889	709	529	451	391	331	271	211	151	91	31	<b>7</b>
<b>8</b>	1246	1066	886	706	526	450	390	330	270	210	150	90	30	<b>8</b>
<b>9</b>	1243	1063	883	703	523	449	389	329	269	209	149	89	29	<b>9</b>
<b>10</b>	1240	1060	880	700	520	448	388	328	268	208	148	88	28	<b>10</b>
<b>11</b>	1237	1057	877	697	517	447	387	327	267	207	147	87	27	<b>11</b>
<b>12</b>	1234	1054	874	694	514	446	386	326	266	206	146	86	26	<b>12</b>
<b>13</b>	1231	1051	871	691	511	445	385	325	265	205	145	85	25	<b>13</b>
<b>14</b>	1228	1048	868	688	508	444	384	324	264	204	144	84	24	<b>14</b>
<b>15</b>	1225	1045	865	685	505	443	383	323	263	203	143	83	23	<b>15</b>
<b>16</b>	1222	1042	862	682	502	442	382	322	262	202	142	82	22	<b>16</b>
<b>17</b>	1219	1039	859	679	501	441	381	321	261	201	141	81	21	<b>17</b>
<b>18</b>	1216	1036	856	676	500	440	380	320	260	200	140	80	20	<b>18</b>
<b>19</b>	1213	1033	853	673	499	439	379	319	259	199	139	79	19	<b>19</b>
<b>20</b>	1210	1030	850	670	498	438	378	318	258	198	138	78	18	<b>20</b>
<b>21</b>	1207	1027	847	667	497	437	377	317	257	197	137	77	17	<b>21</b>
<b>22</b>	1204	1024	844	664	496	436	376	316	256	196	136	76	16	<b>22</b>
<b>23</b>	1201	1021	841	661	495	435	375	315	255	195	135	75	15	<b>23</b>
<b>24</b>	1198	1018	838	658	494	434	374	314	254	194	134	74	14	<b>24</b>
<b>25</b>	1195	1015	835	655	493	433	373	313	253	193	133	73	13	<b>25</b>
<b>26</b>	1192	1012	832	652	492	432	372	312	252	192	132	72	12	<b>26</b>
<b>27</b>	1189	1009	829	649	491	431	371	311	251	191	131	71	11	<b>27</b>
<b>28</b>	1186	1006	826	646	490	430	370	310	250	190	130	70	10	<b>28</b>



<b>29</b>	1183	1003	823	643	489	429	369	309	249	189	129	69	9	<b>29</b>
<b>30</b>	1180	1000	820	640	488	428	368	308	248	188	128	68	8	<b>30</b>
<b>31</b>	1177	997	817	637	487	427	367	307	247	187	127	67	7	<b>31</b>
<b>32</b>	1174	994	814	634	486	426	366	306	246	186	126	66	6	<b>32</b>
<b>33</b>	1171	991	811	631	485	425	365	305	245	185	125	65	5	<b>33</b>
<b>34</b>	1168	988	808	628	484	424	364	304	244	184	124	64	4	<b>34</b>
<b>35</b>	1165	985	805	625	483	423	363	303	243	183	123	63	3	<b>35</b>
<b>36</b>	1162	982	802	622	482	422	362	302	242	182	122	62	2	<b>36</b>
<b>37</b>	1159	979	799	619	481	421	361	301	241	181	121	61	1	<b>37</b>
<b>38</b>	1156	976	796	616	480	420	360	300	240	180	120	60	0	<b>38</b>
<b>39</b>	1153	973	793	613	479	419	359	299	239	179	119	59	and over	<b>39</b>
<b>40</b>	1150	970	790	610	478	418	358	298	238	178	118	58		<b>40</b>
<b>41</b>	1147	967	787	607	477	417	357	297	237	177	117	57		<b>41</b>
<b>42</b>	1144	964	784	604	476	416	356	296	236	176	116	56		<b>42</b>
<b>43</b>	1141	961	781	601	475	415	355	295	235	175	115	55		<b>43</b>
<b>44</b>	1138	958	778	598	474	414	354	294	234	174	114	54		<b>44</b>
<b>45</b>	1135	955	775	595	473	413	353	293	233	173	113	53		<b>45</b>
<b>46</b>	1132	952	772	592	472	412	352	292	232	172	112	52		<b>46</b>
<b>47</b>	1129	949	769	589	471	411	351	291	231	171	111	51		<b>47</b>
<b>48</b>	1126	946	766	586	470	410	350	290	230	170	110	50		<b>48</b>
<b>49</b>	1123	943	763	583	469	409	349	289	229	169	109	49		<b>49</b>
<b>50</b>	1120	940	760	580	468	408	348	288	228	168	108	48		<b>50</b>
<b>51</b>	1117	937	757	577	467	407	347	287	227	167	107	47		<b>51</b>
<b>52</b>	1114	934	754	574	466	406	346	286	226	166	106	46		<b>52</b>
<b>53</b>	1111	931	751	571	465	405	345	285	225	165	105	45		<b>53</b>
<b>54</b>	1108	928	748	568	464	404	344	284	224	164	104	44		<b>54</b>
<b>55</b>	1105	925	745	565	463	403	343	283	223	163	103	43		<b>55</b>
<b>56</b>	1102	922	742	562	462	402	342	282	222	162	102	42		<b>56</b>
<b>57</b>	1099	919	739	559	461	401	341	281	221	161	101	41		<b>57</b>
<b>58</b>	1096	916	736	556	460	400	340	280	220	160	100	40		<b>58</b>
<b>59</b>	1093	913	733	553	459	399	339	279	219	159	99	39		<b>59</b>

**READY RECKONER FOR JUNIOR TETRATHLON RUNNING**  
**BOYS & GIRLS**

1,000 points for 5 min. 40 secs., 5 points per second, until 7 mins. 20 secs., 3 pts /sec. thereafter

<b>mins</b>	<b>5 mins</b>	<b>6 mins</b>	<b>7 mins</b>	<b>8 mins</b>	<b>9 mins</b>	<b>10 mins</b>	
<b>Secs.</b>	<b>Pts.</b>	<b>pts.</b>	<b>Pts.</b>	<b>pts.</b>	<b>Pts.</b>	<b>pts.</b>	<b>Secs.</b>
<b>0</b>	1200	900	600	380	200	20	<b>0</b>
<b>1</b>	1195	895	595	377	197	17	<b>1</b>
<b>2</b>	1190	890	590	374	194	14	<b>2</b>
<b>3</b>	1185	885	585	371	191	11	<b>3</b>
<b>4</b>	1180	880	580	368	188	8	<b>4</b>
<b>5</b>	1175	875	575	365	185	5	<b>5</b>
<b>6</b>	1170	870	570	362	182	2	<b>6</b>
<b>7</b>	1165	865	565	359	179	0	<b>7</b>
<b>8</b>	1160	860	560	356	176		<b>8</b>
<b>9</b>	1155	855	555	353	173		<b>9</b>
<b>10</b>	1150	850	550	350	170		<b>10</b>
<b>11</b>	1145	845	545	347	167		<b>11</b>
<b>12</b>	1140	840	540	344	164		<b>12</b>
<b>13</b>	1135	835	535	341	161		<b>13</b>
<b>14</b>	1130	830	530	338	158		<b>14</b>
<b>15</b>	1125	825	525	335	155		<b>15</b>
<b>16</b>	1120	820	520	332	152		<b>16</b>
<b>17</b>	1115	815	515	329	149		<b>17</b>
<b>18</b>	1110	810	510	326	146		<b>18</b>
<b>19</b>	1105	805	505	323	143		<b>19</b>
<b>20</b>	1100	800	500	320	140		<b>20</b>
<b>21</b>	1095	795	497	317	137		<b>21</b>
<b>22</b>	1090	790	494	314	134		<b>22</b>
<b>23</b>	1085	785	491	311	131		<b>23</b>
<b>24</b>	1080	780	488	308	128		<b>24</b>
<b>25</b>	1075	775	485	305	125		<b>25</b>
<b>26</b>	1070	770	482	302	122		<b>26</b>
<b>27</b>	1065	765	479	299	119		<b>27</b>
<b>28</b>	1060	760	476	296	116		<b>28</b>
<b>29</b>	1055	755	473	293	113		<b>29</b>

<b>30</b>	1050	750	470	290	110		<b>30</b>
<b>31</b>	1045	745	467	287	107		<b>31</b>
<b>32</b>	1040	740	464	284	104		<b>32</b>
<b>33</b>	1035	735	461	281	101		<b>33</b>
<b>34</b>	1030	730	458	278	98		<b>34</b>
<b>35</b>	1025	725	455	275	95		<b>35</b>
<b>36</b>	1020	720	452	272	92		<b>36</b>
<b>37</b>	1015	715	449	269	89		<b>37</b>
<b>38</b>	1010	710	446	266	86		<b>38</b>
<b>39</b>	1005	705	443	263	83		<b>39</b>
<b>40</b>	1000	700	440	260	80		<b>40</b>
<b>41</b>	995	695	437	257	77		<b>41</b>
<b>42</b>	990	690	434	254	74		<b>42</b>
<b>43</b>	985	685	431	251	71		<b>43</b>
<b>44</b>	980	680	428	248	68		<b>44</b>
<b>45</b>	975	675	425	245	65		<b>45</b>
<b>46</b>	970	670	422	242	62		<b>46</b>
<b>47</b>	965	665	419	239	59		<b>47</b>
<b>48</b>	960	660	416	236	56		<b>48</b>
<b>49</b>	955	655	413	233	53		<b>49</b>
<b>50</b>	950	650	410	230	50		<b>50</b>
<b>51</b>	945	645	407	227	47		<b>51</b>
<b>52</b>	940	640	404	224	44		<b>52</b>
<b>53</b>	935	635	401	221	41		<b>53</b>
<b>54</b>	930	630	398	218	38		<b>54</b>
<b>55</b>	925	625	395	215	35		<b>55</b>
<b>56</b>	920	620	392	212	32		<b>56</b>
<b>57</b>	915	615	389	209	29		<b>57</b>
<b>58</b>	910	610	386	206	26		<b>58</b>
<b>59</b>	905	605	383	203	23		<b>59</b>

## READY RECKONER FOR TRIATHLON MINIMUS RUNNING

1,000 points for 4 mins, 6 points per sec. until 5 mins. 23 sec., 3 pts./sec. thereafter

	3 mins	4 mins	5 mins	6 mins	7 mins	8 mins	
Secs	Pts	Pts	Pts	Pts	Pts	Pts	Secs
<b>0</b>	1360	1000	640	391	211	31	<b>0</b>
<b>1</b>	1354	994	634	388	208	28	<b>1</b>
<b>2</b>	1348	988	628	385	205	25	<b>2</b>
<b>3</b>	1342	982	622	382	202	22	<b>3</b>
<b>4</b>	1336	976	616	379	199	19	<b>4</b>
<b>5</b>	1330	970	610	376	196	16	<b>5</b>
<b>6</b>	1324	964	604	373	193	13	<b>6</b>
<b>7</b>	1318	958	598	370	190	10	<b>7</b>
<b>8</b>	1312	952	592	367	187	7	<b>8</b>
<b>9</b>	1306	946	586	364	184	4	<b>9</b>
<b>10</b>	1300	940	580	361	181	1	<b>10</b>
<b>11</b>	1294	934	574	358	178	0	<b>11</b>
<b>12</b>	1288	928	568	355	175		<b>12</b>
<b>13</b>	1282	922	562	352	172		<b>13</b>
<b>14</b>	1276	916	556	349	169		<b>14</b>
<b>15</b>	1270	910	550	346	166		<b>15</b>
<b>16</b>	1264	904	544	343	163		<b>16</b>
<b>17</b>	1258	898	538	340	160		<b>17</b>
<b>18</b>	1252	892	532	337	157		<b>18</b>
<b>19</b>	1246	886	526	334	154		<b>19</b>
<b>20</b>	1240	880	520	331	151		<b>20</b>
<b>21</b>	1234	874	514	328	148		<b>21</b>
<b>22</b>	1228	868	508	325	145		<b>22</b>
<b>23</b>	1222	862	502	322	142		<b>23</b>
<b>24</b>	1216	856	499	319	139		<b>24</b>
<b>25</b>	1210	850	496	316	136		<b>25</b>
<b>26</b>	1204	844	493	313	133		<b>26</b>
<b>27</b>	1198	838	490	310	130		<b>27</b>
<b>28</b>	1192	832	487	307	127		<b>28</b>
<b>29</b>	1186	826	484	304	124		<b>29</b>

<b>30</b>	1180	820	481	301	121		<b>30</b>
<b>31</b>	1174	814	478	298	118		<b>31</b>
<b>32</b>	1168	808	475	295	115		<b>32</b>
<b>33</b>	1162	802	472	292	112		<b>33</b>
<b>34</b>	1156	796	469	289	109		<b>34</b>
<b>35</b>	1150	790	466	286	106		<b>35</b>
<b>36</b>	1144	784	463	283	103		<b>36</b>
<b>37</b>	1138	778	460	280	100		<b>37</b>
<b>38</b>	1132	772	457	277	97		<b>38</b>
<b>39</b>	1126	766	454	274	94		<b>39</b>
<b>40</b>	1120	760	451	271	91		<b>40</b>
<b>41</b>	1114	754	448	268	88		<b>41</b>
<b>42</b>	1108	748	445	265	85		<b>42</b>
<b>43</b>	1102	742	442	262	82		<b>43</b>
<b>44</b>	1096	736	439	259	79		<b>44</b>
<b>45</b>	1090	730	436	256	76		<b>45</b>
<b>46</b>	1084	724	433	253	73		<b>46</b>
<b>47</b>	1078	718	430	250	70		<b>47</b>
<b>48</b>	1072	712	427	247	67		<b>48</b>
<b>49</b>	1066	706	424	244	64		<b>49</b>
<b>50</b>	1060	700	421	241	61		<b>50</b>
<b>51</b>	1054	694	418	238	58		<b>51</b>
<b>52</b>	1048	688	415	235	55		<b>52</b>
<b>53</b>	1042	682	412	232	52		<b>53</b>
<b>54</b>	1036	676	409	229	49		<b>54</b>
<b>55</b>	1030	670	406	226	46		<b>55</b>
<b>56</b>	1024	664	403	223	43		<b>56</b>
<b>57</b>	1018	658	400	220	40		<b>57</b>
<b>58</b>	1012	652	397	217	37		<b>58</b>
<b>59</b>	1006	646	394	214	34		<b>59</b>



**BOYS SENIOR TETRATHLON SWIMMING**

**Example of Ready Reckoner for 25 Metre pool**

**0-150 2pt. per metre; 151-250 metre 6 pts per metre. Over 250 metre 3 pts per metre**

<b>Lengths</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>		<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>		<b>14</b>	<b>15</b>
<b>Metres</b>							<b>Metres</b>							<b>Metres</b>		
<b>0</b>	100	150	200	250	300	450	<b>0</b>	600	750	900	975	1050	1125	<b>0</b>	<b>1200</b>	<b>1275</b>
<b>1</b>	102	152	202	252	306	456	<b>1</b>	606	756	903	978	1053	1128	<b>1</b>	<b>1203</b>	<b>1278</b>
<b>2</b>	104	154	204	254	312	462	<b>2</b>	612	762	906	981	1056	1131	<b>2</b>	<b>1206</b>	<b>1281</b>
<b>3</b>	106	156	206	256	318	468	<b>3</b>	618	768	909	984	1059	1134	<b>3</b>	<b>1209</b>	<b>1284</b>
<b>4</b>	108	158	208	258	324	474	<b>4</b>	624	774	912	987	1062	1137	<b>4</b>	<b>1212</b>	<b>1287</b>
<b>5</b>	110	160	210	260	330	480	<b>5</b>	630	780	915	990	1065	1140	<b>5</b>	<b>1215</b>	<b>1290</b>
<b>6</b>	112	162	212	262	336	486	<b>6</b>	636	786	918	993	1068	1143	<b>6</b>	<b>1218</b>	<b>1293</b>
<b>7</b>	114	164	214	264	342	492	<b>7</b>	642	792	921	996	1071	1146	<b>7</b>	<b>1221</b>	<b>1296</b>
<b>8</b>	116	166	216	266	348	498	<b>8</b>	648	798	924	999	1074	1149	<b>8</b>	<b>1224</b>	<b>1299</b>
<b>9</b>	118	168	218	268	354	504	<b>9</b>	654	804	927	1002	1077	1152	<b>9</b>	<b>1227</b>	<b>1302</b>
<b>10</b>	120	170	220	270	360	510	<b>10</b>	660	810	930	1005	1080	1155	<b>10</b>	<b>1230</b>	<b>1305</b>
<b>11</b>	122	172	222	272	366	516	<b>11</b>	666	816	933	1008	1083	1158	<b>11</b>	<b>1233</b>	<b>1308</b>
<b>12</b>	124	174	224	274	372	522	<b>12</b>	672	822	936	1011	1086	1161	<b>12</b>	<b>1236</b>	<b>1311</b>
<b>13</b>	126	176	226	276	378	528	<b>13</b>	678	828	939	1014	1089	1164	<b>13</b>	<b>1239</b>	<b>1314</b>

<b>14</b>	128	178	228	278	384	534	<b>14</b>	684	834	942	1017	1092	1167	<b>14</b>	<b>1242</b>	<b>1317</b>
<b>15</b>	130	180	230	280	390	540	<b>15</b>	690	840	945	1020	1095	1170	<b>15</b>	<b>1245</b>	<b>1320</b>
<b>16</b>	132	182	232	282	396	546	<b>16</b>	696	846	948	1023	1098	1173	<b>16</b>	<b>1248</b>	<b>1323</b>
<b>17</b>	134	184	234	284	402	552	<b>17</b>	702	852	951	1026	1101	1176	<b>17</b>	<b>1251</b>	<b>1326</b>
<b>18</b>	136	186	236	286	408	558	<b>18</b>	708	858	954	1029	1104	1179	<b>18</b>	<b>1254</b>	<b>1329</b>
<b>19</b>	138	188	238	288	414	564	<b>19</b>	714	864	957	1032	1107	1182	<b>19</b>	<b>1257</b>	<b>1332</b>
<b>20</b>	140	190	240	290	420	570	<b>20</b>	720	870	960	1035	1110	1185	<b>20</b>	<b>1260</b>	<b>1335</b>
<b>21</b>	142	192	242	292	426	576	<b>21</b>	726	876	963	1038	1113	1188	<b>21</b>	<b>1263</b>	<b>1338</b>
<b>22</b>	144	194	244	294	432	582	<b>22</b>	732	882	966	1041	1116	1191	<b>22</b>	<b>1266</b>	<b>1341</b>
<b>23</b>	146	196	246	296	438	588	<b>23</b>	738	888	969	1044	1119	1194	<b>23</b>	<b>1269</b>	<b>1344</b>
<b>24</b>	148	198	248	298	444	594	<b>24</b>	744	894	972	1047	1122	1197	<b>24</b>	<b>1272</b>	<b>1347</b>



<b>GIRLS SENIOR TETRATHLON SWIMMING</b>											
<b>Example of Ready Reckoner for 25m pool</b>											
<b>3 min. swim - 3 pt./m., 1-100m. 6 pts./m., 101-200m. 4 pts./m. Over 200</b>											
<b>Lengths</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>Lengths</b>
<b>Metres</b>											<b>Metres</b>
<b>0</b>	75	150	225	300	450	600	750	900	1000	1100	<b>0</b>
<b>1</b>	78	153	228	306	456	606	756	904	1004	1104	<b>1</b>
<b>2</b>	81	156	231	312	462	612	762	908	1008	1108	<b>2</b>
<b>3</b>	84	159	234	318	468	618	768	912	1012	1112	<b>3</b>
<b>4</b>	87	162	237	324	474	624	774	916	1016	1116	<b>4</b>
<b>5</b>	90	165	240	330	480	630	780	920	1020	1120	<b>5</b>
<b>6</b>	93	168	243	336	486	636	786	924	1024	1124	<b>6</b>
<b>7</b>	96	171	246	342	492	642	792	928	1028	1128	<b>7</b>
<b>8</b>	99	174	249	348	498	648	798	932	1032	1132	<b>8</b>
<b>9</b>	102	177	252	354	504	654	804	936	1036	1136	<b>9</b>
<b>10</b>	105	180	255	360	510	660	810	940	1040	1140	<b>10</b>
<b>11</b>	108	183	258	366	516	666	816	944	1044	1144	<b>11</b>
<b>12</b>	111	186	261	372	522	672	822	948	1048	1148	<b>12</b>
<b>13</b>	114	189	264	378	528	678	828	952	1052	1152	<b>13</b>
<b>14</b>	117	192	267	384	534	684	834	956	1056	1156	<b>14</b>
<b>15</b>	120	195	270	390	540	690	840	960	1060	1160	<b>15</b>
<b>16</b>	123	198	273	396	546	696	846	964	1064	1164	<b>16</b>
<b>17</b>	126	201	276	402	552	702	852	968	1068	1168	<b>17</b>

<b>18</b>	129	204	279	408	558	708	858	972	1072	1172	<b>18</b>
<b>19</b>	132	207	282	414	564	714	864	976	1076	1176	<b>19</b>
<b>20</b>	135	210	285	420	570	720	870	980	1080	1180	<b>20</b>
<b>21</b>	138	213	288	426	576	726	876	984	1084	1184	<b>21</b>
<b>22</b>	141	216	291	432	582	732	882	988	1088	1188	<b>22</b>
<b>23</b>	144	219	294	438	588	738	888	992	1092	1192	<b>23</b>
<b>24</b>	147	222	297	444	594	744	894	996	1096	1196	<b>24</b>
Separate reckoners must be used when the pool is not 25m. long											

## TETRATHLON JUNIOR SWIMMING

25 metre Pool-3 min swim. 4pts/m/6/m/51-200. 4/m over 200

Lengths	1	2	3	4	5	6	7	8	Lengths
Metres									Metres
0	100	200	350	500	650	800	950	1100	0
1	104	206	356	506	656	806	956	1104	1
2	108	212	362	512	662	<b>812</b>	962	1108	2
3	112	218	368	518	668	818	968	1112	3
4	116	224	374	524	674	824	974	1116	4
5	120	230	380	530	680	<del>830</del>	980	1120	5
6	124	236	386	536	686	836	986	1124	6
7	128	242	392	542	692	842	992	1128	7
8	132	248	398	548	698	848	998	1132	8
9	136	254	404	554	704	854	1004	1136	9
10	140	260	410	560	710	860	1010	1140	10
11	144	266	416	566	716	866	1016	1144	11
12	148	272	422	572	722	872	1022	1148	12
13	152	278	428	578	728	878	1028	1152	13
14	156	284	434	584	734	884	1034	1156	14
15	160	290	440	590	740	890	1040	1160	15
16	164	296	446	596	746	896	1046	1164	16
17	168	302	452	602	752	902	1052	1168	17
18	172	308	458	608	758	908	1058	1172	18
19	176	314	464	614	764	914	1064	1176	19
20	180	320	470	620	770	920	1070	1180	20
21	184	326	476	626	776	926	1076	1184	21
22	188	332	482	632	782	932	1082	1188	22
23	192	338	488	638	788	938	1088	1192	23
24	196	344	494	644	794	944	1094	1196	24

## TRIATHLON MINIMUS SWIMMING

### 25 Metre Pool - 8 pts. per Metre '

Lengths	1	2	3	4	5	6	
Metres							
0	200	400	600	800	1000	1200	0
1	208	408	608	808	1008	1208	1
2	218	416	616	816	1016	1216	2
3	224	424	624	824	1024	1224	3
4	232	432	632	832	1032	1232	4
5	240	440	640	840	1040	1240	5
6	248	448	648	848	1048	1248	6
7	256	456	656	856	1056	1256	7
8	264	464	664	864	1064	1264	8
9	272	472	672	872	1072	1272	9
10	280	480	680	880	1080	1280	10
11	288	488	688	888	1088	1288	11
12	296	496	696	896	1096	1296	12
13	304	504	704	904	1104	1304	13
14	312	512	712	912	1112	1312	14
15	320	520	720	920	1120	1320	15
16	328	528	728	928	1128	1328	16
17	336	536	736	936	1136	1336	17
18	344	544	744	944	1144	1344	18
19	352	552	752	952	1152	1352	19
20	360	560	760	960	1160	1360	20
21	368	568	768	968	1168	1368	21
22	376	576	776	976	1172	1372	22
23	384	584	784	984	1184	1384	23
24	392	592	792	992	1192	1392	24

APPENDIX B  
LANE JUDGES SLIP

Lane Judges Slip

Competitor name \_\_\_\_\_ No....

Heat No..... Lane....

Lengths:      1   2   3   4   5   6   7   8   9   10   11   12   13   14   15

Swimmer Facing (circle one)

towards shallow end                      towards starting end

Lengths \_\_\_\_\_ Metres \_\_\_\_\_

Notes:.....

**SLIP RAIL JUDGE'S SHEET**

**JUGES SCORE SHEET SHEET NO.....**

**FENCE NO .....**

**JUDGES Name .....**

<b>NO</b>	<b>FAILURE TO DISMOUNT &amp; NEGOTIATE IN 60 SECS</b>	<b>FAILURE TO REPLACE SLIP-RAIL IN 60 SECS</b>	<b>RECEIVING ASSISTANCE TO REMOUNT</b>	<b>JUMPING OVER SLIP RAIL</b>	<b>FAILURE TO ATTEMPT TO NEGOTIATE FOR 60 SECS</b>	<b>FALL OF HORSE OR RIDER</b>	<b>CLEAR</b>	<b>REMARKS</b>

**GATE JUDGE'S SHEET**

**JUGES SCORE SHEET SHEET NO.....**

**FENCE NO .....**

**JUDGES Name .....**

<b>NO</b>	<b>FAILURE TO OPEN AND PASS THROUGH GATE IN 60 SECS</b>	<b>FAILURE TO SHUT GATE MOUNTED IN 60 SECS</b>	<b>JUMPING OVER THE GATE</b>	<b>FAILURE TO ATTEMPT TO NEGOTIATE FOR 60 SECS</b>	<b>FALL OF HORSE OR RIDER</b>	<b>ERROR OF COURSE</b>	<b>CLEAR</b>	<b>REMARKS</b>

