



PONY CLUB

QUEENSLAND

2024 Queensland addendum for the 2023 PCA National TETRATHLON RULES

In order to make tetrathlon more accessible to all abilities and all ages the PCQ Subcommittee has made some adaptations for QLD only events.

These are being trialed until the end of 2025

GENERAL RULES

*****PCQ are trialing some adaptations - all modifications will be in RED*****

Format

Rider's Age – at 1st January in the year of competition.

Boys and girls will compete together unless there are at least 3 of each in the group.

Official classes:

- **Minis: 9 years and under (aged 9 or less on the 1st January) – This category is not eligible for PCA National Championships**
- Sub-juniors: 10 years and under 13 years (aged 10, 11 or 12 years at 1st January)
- Juniors: 13 years and under 17 years (aged 13, 14, 15 or 16 at 1st January)
- Seniors: 17 years and under 26 years (aged 17, 18, 19, 20, 21, 22, 23, 24 or 25 at 1st January)
- **Masters: 26+ years as at the 1st January. This category is not eligible for PCA National Championships**

Teams events are run as per the appendix on page 19 of the PCA National rules.

Riding

General

The Riding Phase may consist of a Derby, Cross Country or Show Jumping course. Ideally, in all formats a gate and slip rail will be included. **If using the Cross Country/Derby format, the maximum height for the cross country fences is 80cm to avoid riders needing to have acquired 3 x MERS from eventing competitions. (As per the PCQ Horse Trials rulebook for jumping 95cm and above)**

It is recommended to run the Riding as a Showjumping style course in an enclosed arena, however as per the rules it may be run as a cross country style course. If run as a Showjumping course or Derby in an enclosed arena then the PCQ Showjumping rule book will be the reference for any rules not in the Tetrathlon rule book. If run on a cross country course then the PCQ Horse Trials rules will be the reference point. Back protectors must be worn if there are any non faultable rails or xc fences in the course.

PCQ NEW CLASSES :

All competitions up to State level will offer a min of 3 height options per age group; The maximum points will be reduced by 100 penalties per 5cm drop as per the Novice class on page 20 of the PCA Rulebook.

Class	Max Height / Max. score	Max Height Option B/ Max. Score	Max. Height Option C/ Max. Score	Max Height Option D/ Max. Score
Official				
Minis 9 years & under*	60cm = 1400*	50cm = 1200*	40cm = 1000*	
SubJuniors 10-12 yrs	70cm = 1400	60cm = 1200 *	50cm = 1000*	40cm = 800*

Juniors 13-16 years	85cm = 1400	70cm = 1100*	60cm = 900*	50cm = 700*
Seniors 17-25 years	95cm = 1400	85cm = 1200*	70cm = 900*	60cm = 700*
Masters 26+ years*	95cm = 1400*	85cm = 1200*	70cm = 900*	60cm = 700*
Unofficial				
Led 8 & Under*	Cross rails = 1100			

*** Not offered at National Level**

The Course

The course designer, judge and technical delegate should be from the current Accredited Lists for these positions.

The length of the course shall not exceed 1850 metres. The course shall be limited to a minimum of 12 and a maximum of 18 jumping efforts. No course shall contain more than one double and one triple combination or two double combinations, if a triple is not included. The slip rail and gate are not included as jumping efforts. The max time allowed will be calculated using a speed of 350mpm for 95cm, 325mpm for 85cm, 300mpm for 70cm & 250mpm for 50cm & below – conditions will dictate if this is reduced. 30 secs for the gate & 30secs for the slip rail will be added to time allowed.

Maximum height of fences will be **Minis 60cm**, Sub-junior **70cm**, Junior 85cm and Senior & **Masters** 95cm. This is the absolute maximum height of fences, there is no allowance for brush fences to be over height. The maximum width of obstacles at their highest point is to be no wider than the maximum allowable height.

Running

Distance, Optimum time and Penalties per second

Age Group	Distance	Gender	Optimum Time	Penalties
Under 7	250m	Male/Female	45secs	± 6 pt/sec
7- 9 years	500m	Male	1min 30secs	± 6 pt/sec
7- 9 years	500m	Female	1min 30secs	± 6 pt/sec
10-12 years	1000m	Male	3min 40s	± 6 pt/sec
10-12 years	1000m	Female	3min 45s	± 6 pt/sec
13-16 years	2000m	Male	7min 30s	± 4.5 pt/sec
13-16 years	2000m	Female	8min 00s	± 4.5pt/sec
17- 25 years	2000m	Male	7min 20s	± 4.5pt/sec
17-25 years	2000m	Female	8min 00s	± 4.5pt/sec
26-50 years	2000m	Male/Female	8min 00s	± 4.5pt/sec
51 + yrs	1000m	Male/Female	4mins 15s	± 6 pt/sec

A **minimum score of 20 points** is achieved by any runner correctly negotiating the course.

The time taken to complete the course will be recorded to the nearest hundredth of a second and will be **rounded to the nearest second for scoring**.

In all classes, participants will run the distance according to their age.

Please note: 10 - 16yr old Boys Optimum time has been increased to allow for combining boys/ girls groups fairly at local level competitions. To be of Nationals level the boys need to be aiming for the National Rule Optimum times.

Swimming

PCQ Scoring

PCQ are trialing the Timed Swim Format as mentioned in the permissible variations on page 22 of the PCA Rulebook. The Penalties and optimum times will remain the same as the official classes, however competitors will swim for the optimum time and their distance will be measured to calculate their score. Competitors should still train to swim the set distances for their age.

The distance swum is measured at the point reached by the swimmer's head. One lane judge is allocated to each swimmer. The lane judge follows the progress of the swimmer on the side of the pool and records the point at which the final hooter sounds.

Swimming Time, Optimum distance and Points accrued per metre

Age Group	Optimal Distance	Gender	Time	Penalties earned/metre
Under 7	25m	Male/Female	30s	44pts/m
7-9 years	50m	Male/Female	40s	22pts/m
10-12 years	100m	Male/Female	1 min 20s	11pts/m
13-16 years	200m	Male/Female	2 min 30s	5.5pts/m
17- 25 years	200m	Male/Female	2 min 30s	5.5pts/m
26-50 years	200m	Male/Female	2 min 30s	5.5pts/m
51+ years	100m	Male/Female	1 min 20s	11pts/m

The distance is then rounded to the nearest meter for scoring.

In all classes, participants will swim the distance according to their age.

Shooting - 7-9 Year olds will shoot at 5m & under 7yr olds will shoot at 3m Masters will shoot at 10m

A very brief explanation is outlined below:

Competitors will use laser pistols to shoot at electronic targets on a 10m shooting range and must be aware of the safety requirements of handling a laser pistol. The competitor must shoot from a standing position and the competitor's arm or arms must be fully extended with the sights at eye level. No part of the body is allowed to contact the table while a shot is being taken.

Competitors 13 years and over and will shoot from 10 metres. The pistol must be held in one hand only. The other hand or arm may not be used to hold or support the pistol, the pistol hand or any part of the pistol arm.

Competitors 10 to 12 years will shoot from 7 metres. The competitor may hold the pistol in one or both hands. The shooter's non firing hand may be used to provide support for the firing hand and may contact any part of the shooting hand, wrist or base of the pistol stock. The non-firing hand must have no direct or indirect contact with the barrel or the trigger.

- Enclosed shoes that do not cover the anklebone are compulsory – not riding boots (sneakers are ideal)

Method

Each competitor will shoot 2 series each with 5 shots fired consecutively and with a time limit of 2 minutes per series of 5 shots. All 10 shots, 5 from each series will count towards the score of the competitor. A maximum of 1090 points can be achieved.

During the Competition Series no communication of any nature is allowed between the competitor and any person other than the Phase Steward or Range Officer. Coaches, parents and supporters will be required to leave the venue or help count the shots/record the scores of another competitor as required by the event organisers.

The competitor may not touch the firing point table with any part of their body whilst in the act of raising the pistol and firing. The pistol must not touch the table between each shot.

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2024 Amendments to the 2023 National Tetrathlon Rules

Rule and Location	2024 New Rule	2023 Previous Rule
Page 4 final paragraph	For any eventuality not covered in the Riding Phase of the Tetrathlon Rule Book, the most relevant Eventing Rules will apply. Until such time as there are National PCA Eventing Rules, the state Eventing rules of the state in which the event is hosted will apply. For arena based ride phases the eventing show jumping rules will apply. For ride phases on open grounds the eventing cross country rules will apply.	For any eventuality not covered in the Riding Phase of the Tetrathlon Rule Book, the current Pony Club Australia Eventing Rules will apply.
Page 8 The Course	The maximum height of fences will be Sub-Junior 70cm, Junior 85cm and Senior 95cm.	The maximum height of fences will be Sub-Junior 75cm, Junior 85cm and Senior 95cm.
Page 8 Dress	Gear check will be conducted as per PCA National Gear Rules with the following exception. If any jump on a ride course is not faultable, body protectors must be worn. If all fences on the course have faultable rails, body protectors are not compulsory.	Gear check will be conducted as per PCA National Gear Rules with the exception that as all fences in the National Championships have faultable rails, body protectors are not compulsory.
Page 9 Penalties table (penalty points are unchanged)	First refusal, run-out or unauthorised circle Second refusal, run-out or unauthorised circle Third refusal, run-out or unauthorised circle on course but not at a single obstacle Third refusal, run-out or unauthorised circle at a single obstacle	First refusal Second refusal Third refusal on course but not at a single obstacle Third refusal at a single obstacle
Page 10 Time	The time allowed for the National Championship courses will be calculated using a speed of 350mpm for 95cm, 325mpm for 85cm and 300mpm for 70cm.	The time allowed for the National Championship courses will be calculated using a speed of 350mpm for 95cm, 325mpm for 85cm and 300mpm for 75cm.
Page 10 Refusal with Knockdown	The time is held from the time of the knockdown to when the horses front feet leave the ground as it re-attempts the fence.	The time is held from the time of the knockdown to when the judge rings their bell to allow the rider to represent.
Page 11 Table of Run Distance, Optimum time and Penalties/sec	17-25 years 2000m Male 7min 20s ±4.5pt/sec 17-25 years 2000m Female 8mins ±4.5pt/sec	17-25 years 3000m Male 11min 00s ±3pt/sec 17-25 years 3000m Female 12min 00s ±3pt/sec



PONY CLUB

AUSTRALIA

2023 NATIONAL TETRATHLON RULES



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THE EVENT

Tetrathlon is a four-phase event developed by Pony Club in Great Britain and is one of the disciplines contested at the Pony Club Australia National Championships.

It aims to provide participants 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 Pony Club, by combining riding with other activities.

There are international opportunities to represent Pony Club Australia in Tetrathlon, and Tetrathlon provides a pathway leading into the Olympic sport of Modern Pentathlon.

In each phase competitors score points according to the standard of their performance. The points achieved for each phase are added together and the winner is the competitor with the highest score at the end of the event.

- In the Riding Phase, competitors have jumping penalties and time penalties deducted from the optimum score of 1400 points.
- In the Running and Swimming Phases competitors have points deducted from, or added to, the optimum score of 1100 points based on their performance relative to an optimum time.
- In the Shooting Phase positive points are awarded for 10 shots on a scaled target with a maximum achievable score of 1090.

Ideally, each of the Running, Swimming and Shooting Phases should have an equal influence on the final result with the Riding Phase carrying slightly more weight. It should be appreciated that the influence of a phase is governed by the spread of the scores, not by the maximum achieved or achievable.

A competitor is ultimately responsible for knowing these Rules and complying with them. In any unforeseen or exceptional circumstances, it is the duty of the official/s responsible to make a decision in a sporting spirit and in accordance with the intention of these rules.

For any eventuality not covered in the Riding Phase of the Tetrathlon Rule Book, the current Pony Club Australia Eventing Rules will apply. For other phases the governing body for Modern Pentathlon – UIPM <https://www.uipmworld.org/uipm-rules-and-regulations> should be referred to, followed by the rules for Olympic governing body for the respective sport.

GENERAL RULES

Format

Tetrathlon has separate Boys team and Girls team competitions and Boys individual and Girls individual competitions. Teams may each consist of 4 athletes with the best 3 overall scores to count towards the team score. All competitors' individual overall scores will count towards Individual Girl or Individual Boy placings. Individual placings will also be awarded for each of the running, swimming and shooting phases.

Rider's Age – at 1st January in the year of competition.

- Sub-juniors: 10 years and under 13 years (aged 10, 11 or 12 years at 1st January)
- Juniors: 13 years and under 17 years (aged 13, 14, 15 or 16 at 1st January)
- Seniors: 17 years and under 26 years (aged 17, 18, 19, 20, 21, 22, 23, 24 or 25 at 1st January)

Participation

Competitors must be current junior or senior riding members of an affiliated Pony Club in their home State. Minimum age for horses is 4 years of age. All competitors are required to abide by the PCA, Affiliated Bodies and associated event venue Codes of Conduct.

Scheduling

The order for completing the four phases (riding, running, shooting and swimming) will be at the discretion of the organiser. The event may be held over one day or up to four days. At official events, competitors must be allowed a minimum of one hour between each phase.

Dress

Dress requirements for each phase are specified in the individual phase rules. Dress requirements for presentations are described in the National Competition guidelines.

Scoring

The scores of a competitor in each of the four phases are added together to give an overall score for the individual competitor. 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 themselves or their horse. A competitor who fails to follow the above rule, unless granted exemption by the Organizer and the Tetrathlon Technical Delegate, will score zero for his overall score and will not be eligible for any awards.

Scores for each phase should be posted within two hours of the completion of the phase.

A team score is calculated by adding the individual overall scores of the three highest placed competitors in the team of four.

Ties

In the event of equality in final scores, the riding phase shall decide the final placing. If these are the same, the result shall be declared a tie.

Elimination and Disqualification

Elimination from a phase will be determined by the Phase Steward of the phase concerned (or by the scorers on his/her behalf) or by the Tetrathlon Technical Delegate in cases of misconduct. Elimination in any phase of the Tetrathlon does not result in elimination from the whole competition. Scores from each phase are added to give the total score.

Disqualification is determined by the Tetrathlon Technical Delegate on a report by the Phase Steward of the phase concerned or by the Jury of Appeal. A competitor who is disqualified at any stage of the competition scores zero for the whole competition and takes no further part in it and will not be eligible for any awards.

Tetrathlon Technical Delegate

The host state shall appoint a Tetrathlon Technical Delegate (TTD) for the event. The TTD must be PCA or EA accredited and should be able to oversee and liaise with Phase Stewards on safety, conduct and fairness in all phases of the event. The Tetrathlon Technical Delegate will ideally have experience with multisport competitions and may appoint an Assistant Technical Delegate for any phase they have insufficient experience or accreditation to officiate.

Phase Stewards

Each phase will have a Phase Steward who has sufficient experience to conduct their phase in accordance with the rules. Phase Stewards will be appointed by the Event Organisers.

Jury of Appeal

The Jury of Appeal consists of the:

- Tetrathlon Technical Delegate, who should act as Chairperson and will have the casting vote
- Phase Steward of the phase concerned
- Member of State National Event Committee or National Tetrathlon Committee

Members of the Jury of Appeal should not include a relative, coach or any other connected person to a competitor in the age group or class which the appeal concerns. The Jury of Appeal meets to decide on appeals and protests and must meet immediately after having received the protest. The Jury of Appeal will give its decision after the investigation and its decision is final. The Jury of Appeal must remain on the ground until half an hour after the scores for each phase have been published.

Protests

Formal protests may only be lodged by the Team Manager on behalf of the Competitor. Formal protests must be made in writing and addressed to the Tetrathlon Technical Delegate. The originator of a protest may amplify his/her case before the Jury of Appeal, but will not be present at their deliberations.

Formal protests must be accompanied by a deposit of \$50, which is forfeited unless the Jury of Appeal decides that there were sound and reasonable grounds for the objection. Formal protests must be lodged not later than half an hour after the incident which gave rise to them or half an hour after scores have been published. The Jury of Appeal will give its decision after investigation and its decision is final.

If a formal protest has been lodged, then a protest indicator will be placed on the score sheet for that class. This is to inform other competitors and officials that a protest is being heard and therefore scores may not be final.

Medical and Veterinary

Refer to Minimum Medical Standards for Pony Club Events on the PCA website under 'Policies and Risk Management'.

<https://ponyclubaustralia.com.au/about-us/resources/>

Legal Liabilities

Neither the Organising Committee, nor any person acting on their behalf or PCA or the host state accept liability for any loss, damage, accident, injury or illness to horses, competitors, spectators or any person or property whatsoever.

Reservation of Right

The Organisers reserve the right:

1. To cancel any class or event
2. To divide any class
3. To transfer competitors between sections of a class
4. To alter the advertised times

RIDING

General

The riding phase for the National Competition will be held as a Virtual Competition with each state running a hub and building an identical course to the set specifications. The course designer will be appointed by the host state and will design the course on a grid which can be replicated in all states.

The jumping efforts must be contained within an arena, all fences must have faultable rails and be easily replicable across venues and the course must include a gate and a slip rail.

The start format follows the show jump phase eventing rules with 45 seconds from the judge's bell to pass through the start flags. On entry to the competition course the rider must present directly to the judge; failure to present directly will incur elimination.

The Course

The length of the course shall not exceed 1850 metres, there is no minimum length. The course shall be limited to a minimum of 12 and a maximum of 18 jumping efforts. No course shall contain more than one double and one triple combination or two double combinations, if a triple is not included. The slip rail and gate are not included as jumping efforts.

The maximum height of fences will be Sub-junior 75cm, Junior 85cm and Senior 95cm. This is the absolute maximum height of fences. The maximum width of obstacles at their highest point is to be no wider than the maximum allowable height.

Arena size, arena surface and fence specifications can be set for each event by the course designer. Fences should include a variety of challenges for example a mix of spreads, uprights, skinnies, water trays, walls and may include fences not conventional in show jumping courses for example, apexes, as long as they include a faultable rail.

A mounting block will be available for use by competitors and will be no further than 15 metres from the slip rail. There are no penalties for using the mounting block.

Safety Cups are compulsory for all PCA Jumping Competitions and must be used on the back rails of spread fences and middle and back rails of triple bars, including practice fences in the warm up ring.

Dress

Gear check will be conducted as per PCA National Gear Rules with the exception that as all fences in the National Championship have faultable rails, body protectors are not compulsory. Rider bib number and two bridle/saddlecloth numbers are required. Competitor number, safety helmet, and riding boots must be worn at all times whilst riding. Competitors should be neatly dressed in the designated uniform of their home state.

Fitness of Horse and Rider

The Tetrathlon Technical Delegate may at any time exclude from the competition any horse and rider combination who in their opinion is unfit or unsafe to start or complete the riding phase without endangering the safety of the rider or the welfare of the horse. The TTD may receive information in this regard from the: Vet on Course; Warm-up Ring Marshall; Jump Judge; Phase Steward or any other designated official of the event. It is the responsibility of the rider to demonstrate effective control of the horse and sufficient horsemanship during the: approach; take-off; flight; landing and recovery/getaway over a jump to be allowed into the competition arena. Any falls of horse or rider in the warm up arena must be cleared by medical personal before the rider can continue.

Scoring

1400 points are awarded for a clear round within the time allowed.

Penalties

Rail Knockdown	30 Penalties
First Refusal	60 Penalties
Second Refusal	100 Penalties
Third Refusal on course but not at a single obstacle	150 Penalties
Third Refusal at a single obstacle	Elimination
Fourth Refusal on course	Elimination
Fall of Rider	Elimination
Fall of Horse	Elimination
Failure to pass through slip rail dismounted within 30 seconds	200 Penalties
Failure to open and pass through the gate mounted within 30 seconds	200 Penalties
Failure to shut the gate mounted within 30 seconds when it is otherwise correctly negotiated from the departure side. The timing starts when the riders hand touches the gate and finishes when the latch is sufficiently closed that the gate cannot be pushed open without releasing the latch.	50 Penalties
Failure to replace the slip rail dismounted within 30 seconds when it is otherwise correctly negotiated from the departure side. The timing starts when the rider's feet touch the ground and finishes when the riders hand releases the closed slip rail.	50 Penalties
Receiving assistance to re-mount after the slip rail.	60 Penalties
A competitor, or horse whilst in hand, who jumps the gate or slip rail. The rider must return around, over or through so as to rectify their error of course and re-attempt the obstacle. Before the obstacle is re-negotiated the gate must be shut or the slip rail replaced. The allocated Steward (only) should assist as appropriate.	60 Penalties
Failure to attempt to complete negotiation of the gate or slip rail (including shutting/replacing) for 30 seconds.	Elimination
Horse resisting rider anywhere on course other than at the gate or slip rail for longer than 60 seconds.	Elimination
Error of course	Elimination
Unauthorised assistance	Elimination
Exceeding the time limit	Elimination
Each commenced second over the time allowed	1 Penalty
Elimination for any reason	400 Penalties
Jumping efforts not attempted after elimination	50 Penalties

Elimination for any reason in the riding phase will incur a penalty of 400 points. This will be added to the jumping penalties already incurred on the round to the point of elimination, including those penalties occurred at the obstacle of elimination. They will then incur 50 penalties per jumping effort on the course not attempted and 200 penalties each for the gate or slip rail not attempted. At the point of elimination the rider must leave the course.

Time

The time allowed for the National Championship courses will be calculated using a speed of 350mpm for 95cm, 325mpm for 85cm and 300mpm for 75cm. A total of 60 seconds will be added to the time allowed to cater for the time required to negotiate the gate and slip rail (30 seconds each). The time limit will be double the time allowed. No penalties will be imposed for completing the riding phase under the time allowed.

Refusal with knockdown requiring rebuild

The penalties for a refusal with knockdown are the same as for a refusal with no knockdown. The time is held from the time of the knockdown to when the judge rings their bell to allow the rider to represent. The rider has a maximum of 45 seconds from the judge's bell to represent to the fence or they are eliminated.

RUNNING

General

The running phase requires the competitor to complete the course in the fastest possible time. The course must be clearly marked without the need for navigation. The next marker must be clearly visible from the previous marker.

The course shall be cross country in nature and may include obstacles that must be negotiated. To facilitate accurate timing and to assure equal amounts of uphill and downhill terrain in the course, the start and finish should be close to the same elevation and within 20 meters of each other.

Where there are compulsory turning points or compulsory routes to be followed (e.g. over an obstacle), course markers must use a red flag or marker on the right and a white flag or marker on the left. Where appropriate, yellow or orange direction indicators can also be used. All markers must have the same significance as on a riding course.

The Phase Steward must approve the course before it is opened for competitors to walk. An official course walk and running course(s) map(s) are recommended and should include the start, finish, all turning points and compulsory markers. Participation is not mandatory.

Dress

Competitors are to wear their designated home state uniform and clearly display their competitor number at all times in a manner designated by the Phase Steward.

- Running shoes with spikes are permitted at the discretion of the organising committee
- Singlets may be worn for the running phase. Competitors must wear a top which covers their midriff
- Use of ipods, headphones and mobile phones is not permitted
- Watches which do not include a communication device are permitted

Scoring

Completing the run course in the optimum time scores 1100 points. For each second above or below the optimum time, penalty points are added or removed from 1100 points. A minimum score of 20 points is achieved by any runner correctly negotiating the course.

Distance, Optimum time and Penalties per second

Age Group	Distance	Gender	Optimum Time	Penalties
10-12 years	1000m	Male	3min 30s	± 6 pt/sec
10-12 years	1000m	Female	3min 45s	± 6 pt/sec
13-16 years	2000m	Male	7min 20s	± 4.5 pt/sec
13-16 years	2000m	Female	8min 00s	± 4.5 pt/sec
17- 25 years	3000m	Male	11min 00s	± 3 pt/sec
17-25 years	3000m	Female	12min 00s	± 3 pt/sec

The Start

Runners shall be started at 30 second or 1 minute intervals and timed from the moment the starter signals them to leave, until they cross the finish line. A countdown start shall be used,

with a warning at '30 seconds', '15 seconds', '10 seconds', '5, 4, 3, 2, 1, GO'. The runners foot must be behind the line until the starter has said go.

Runners who cross the start line within the 5 second countdown and before being told to 'GO' will be penalised 30 points. Runners who start outside of the 5 second countdown will be eliminated and score zero for the phase. Runners starting late will have their start time recorded as when they should have started.

The starting order shall be posted or announced at least one hour before the scheduled start time for the race.

Timing

There will be at least three watches running to officiate time. If electronic timers are used, hand held watches must be used as back-up. The time taken to complete the course will be recorded to the nearest hundredth of a second and will be rounded to the nearest second for scoring.

Penalties

Starting before being told to 'GO' but within the 5 sec countdown	30 penalties
Starting before the 5 second countdown	Elimination score = 0
Deviating from the marked course in a manner that shortens the required distance	Elimination score = 0
Deviating from the marked course in a manner that lengthens the required distance	No penalty, only the extra time required
Failure to pass through compulsory flags or markers	Elimination score = 0
Receiving directions or assistance to navigate the course	Elimination score = 0
Use of a pacer (a person running alongside the runner within 5 metres of the runner)	Elimination score = 0
Use of any form of electronic communication while negotiating the course	Elimination score = 0

SWIMMING

General

Current Australian Swimming rules for competitive freestyle swimming shall be used to judge any rules not covered in this document.

A swimmer may swim any style (stroke) or combination of styles (strokes). Rules relating specifically to breaststroke, backstroke, and butterfly swimming shall not apply.

Open or flip turns may be used. The competitors must touch the end of the pool with some part of their body on each turn.

The swimmer must touch the end of the pool with some part of the body when finishing.

At the finish swimmers must stay in their assigned lane until given permission to exit. Swimmers must exit via the side of pool not the end of pool.

The pool must be 25 or 50 meters in length, and have a minimum depth of 1.1 meters. The allowable water temperature range is 25-28° C. The optimum temperature is 26° C.

Dress

Competitors are to abide by current Australian Swimming regulations regarding proper swimwear.

- Swimmers should present with their official competitor number to have their arm number applied
- Swimming goggles and caps are recommended but not compulsory
- Wet suits and swimming costumes of wetsuit type material are not allowed
- Masks, fins, snorkels, paddles and other swimming aids are not allowed
- Use of oil or any other fat solution on the body is not allowed

Scoring

Completing the swim in the optimum time scores 1100 points. For each second above or below the optimum time, penalty points are added or removed from 1100 points. A minimum score of 20 points is achieved by any swimmer correctly negotiating the course.

Distance, Optimum time and Penalties per second

Age Group	Distance	Gender	Optimum Time	Penalties
10-12 years	100m	Male/Female	1 min 20s	± 6 pt/sec
13-16 years	200m	Male/Female	2 min 30s	± 4 pt/sec
17- 25 years	200m	Male/Female	2 min 30s	± 4 pt/sec

Heats

Competitors will be divided into heats by seed time and by gender. The fastest swimmers shall swim in the final heat. In each heat, the swimmer with the best time will swim in the centre lane of the pool. The swimmer with the next fastest time will be placed to the left of the swimmer with the top speed, then alternate the others right and left in descending order by their swimming times.

When no previous time is presented, those swimmers will be seeded in the first/slowest heat of their division. The number of competitors in each heat shall be as equal as possible.

The Start

The International Start Commands shall be used:

- On the long whistle from the Starter the competitors shall take their positions on the back of the starting block or at the edge of the pool or in the pool, as desired by the competitor
- On the Starter's command "Take your marks" they shall immediately take up a starting position at the front of the starting block, the edge of the pool or on the wall of the pool
- When all competitors are stationary, within 3 seconds the Starter will then fire a pistol, blow a whistle or use an electronic buzzer to start the heat. There is no command "Get Set"
- If a swimmer is seen to move after the Starter has said "Take your marks" the Starter will ask all swimmers to step down off the blocks, explain the reason, then recommence from the long whistle
- If any swimmer moves on the second attempt to start they will be penalised 30 points for a false start
- Any swimmer who breaks after the Starter has said "Take your marks" and before the start signal is awarded 30 penalty points and the heat continues with no recall
- Any swimmer who accidentally falls in prior to the Starter saying "Take your marks" must remain in the water, hold the wall and start in the water on the start signal with no penalty
- Any swimmer who deliberately starts prior to the Starter saying "Take your marks" and continues to swim without returning to the wall will be eliminated and score zero for the phase

Timing

Electronic timing is preferred, if electronic timing is not available then a minimum of two stopwatches per lane are to be used. In all cases there shall be at least two back-up watches to cover each heat. Times on each device will be recorded to the nearest hundredth of a second. With two stopwatches the slowest time is used, with three stopwatches it is the median time is used. The time is then rounded to the nearest second for scoring.

Penalties

Deliberately delaying the start	Elimination score = 0
Deliberately shortening the course by turning short of the end of the pool	Elimination score = 0
Swimmer is seen to move after the Starter has said "Take your marks" moves on the second attempt to start.	30 penalties
Starting after the Starter has called "Take your marks" and before the Starter's start signal	30 penalties
Accidentally falling in prior to the Starter saying "Take your marks" and remaining in the water, holding the wall until the Starter's signal	No penalties, only the disadvantage of not diving
Deliberately starting prior to the Starter saying "Take your marks" and continuing to swim without returning to the wall	Elimination score = 0
Failing to touch the wall during a turn	30 penalties
Walking on the bottom of the pool or advancing by pulling on the side of the pool or on the lane ropes	No penalty, only the extra time required

SHOOTING

General

Competitors will use laser pistols to shoot at electronic targets on a 10m shooting range and must be aware of the safety requirements of handling a laser pistol. Competitors will shoot in details dependent on the capacity of the range and at the direction of the Phase Steward.

The competitor must shoot from a standing position and the competitor's arm or arms must be fully extended with the sights at eye level. The pistol must be supported entirely by the strength of the shooter. No artificial support of any kind is allowed. No part of the body is allowed to contact the table while a shot is being taken.

Competitors 13 years and over and will shoot from 10 metres. The pistol must be held in one hand only. The other hand or arm may not be used to hold or support the pistol, the pistol hand or any part of the pistol arm.

Competitors 10 to 12 years will shoot from 7 metres. The competitor may hold the pistol in one or both hands. The shooter's non firing hand may be used to provide support for the firing hand and may contact any part of the shooting hand, wrist or base of the pistol stock. The non-firing hand must have no direct or indirect contact with the barrel or the trigger.

Dress

Competitors will be neatly dressed in the designated uniform of their home state.

- Enclosed shoes that do not cover the anklebone are compulsory.
- Competitors are not allowed to wear items of clothing that are military in nature
- The use of special devices or garments to support the competitor's leg, body or arms are prohibited
- A wristband (or equivalent) to provide support on the hand and arm holding the pistol is prohibited
- Visors/caps and glasses/corrective lenses or filters may be worn
- Silent timing devices are permitted
- Radios, tape recorders or any type of sound-producing systems are prohibited
- Mobile phones and any other type of communication system must be switched off

Method

Each competitor will shoot 2 series each with 5 shots fired consecutively and with a time limit of 2 minutes per series of 5 shots. All 10 shots, 5 from each series will count towards the score of the competitor. A maximum of 1090 points can be achieved.

Prior to the competition each competitor will have 5 minutes Preparation Time including unlimited practice sighting shots. Coaching is allowed during the firing of practice sighting shots.

When the shooter has completed their required practice sighting shots they will notify their Shooting Bay Judge that they are ready to commence the Competition Series.

During the Competition Series no communication of any nature is allowed between the competitor and any person other than the Phase Steward or Range Officer. Coaches, parents and supporters will be required to leave the venue or move to the rear of the venue and remain silent, as determined by the Phase Steward.

The competitor may not touch the firing point table with any part of their body whilst in the act of raising the pistol and firing. The pistol must not touch the table between each shot.

If a shooter fires more than 5 shots in a series or continues to shoot after being told their 2 minute time is finished, the penalty is to have their highest score(s) removed.

The commands for the Preparation Time and the Competition Series are described below.

Procedure and Commands for the Preparation Time

1. "Competitors to the line for your 5 minute preparation time" – Competitors to open cases, place pistol on the table, settle and take up stance
2. "Load" – Competitors to pick up and load the pistol but keep the pistol barrel in contact with the table
3. "Start" – Competitors to start their 5 minutes of unlimited practice shots
4. "30 seconds" – Warning that 4 minutes and 30 seconds has elapsed
5. "Stop" – Competitors to cease fire and place pistols on the table in a safe position
6. "Range is safe" – All laptops will be cleared ready for the competition series

Procedure and Commands for the Competition Series

1. "Competitors to the line for your first (or second) series of 5 shots in 2 minutes" – Competitors to settle and take up a stance
2. "Load" – Competitors to pick up and load the pistol but keep the pistol barrel in contact with the table
3. "Start" – Competitors to start their 2 minutes for their 5 competition shots
4. "30 seconds" – Warning that 1 minute and 30 seconds has elapsed
5. "Stop" – Competitors to cease fire and place pistols on the table in a safe position
6. "Range is safe" – All laptops will be cleared once scores have been recorded ready for the next competition series

The above procedure is repeated for the Second Competition Series of 5 shots. This takes place at least 1 minute after the command "Stop" in the First Competition Series.

Equipment

The equipment for the shooting phase consists of the laser pistol. Competitors may provide their own laser pistols. The host state must also provide a pool of laser pistols for the event.

Pistols must conform to the following criteria;

- UIPM endorsed laser pistol
- No modifications to the standard issue barrel or trigger mechanism, modifications to the stock are permitted
- No use of air propellant pistols or pistols emitting significant noise
- Only open sights are allowed. Optical, mirror, telescopic, laser beam, electronically projected dot and optically enlarged sights are prohibited
- Corrective lenses and/or filters must not be attached to the pistol
- No part of the grip or accessories are to encircle the hand or extend in any way which would give any support beyond the hand
- Adjustable grips are permitted if they do not give any support beyond the hand

The competitor is responsible for presenting all pistols and equipment and/or accessories for official inspection and approval at marshalling for the event.

After the equipment has been approved, the pistol is not to be modified, adjusted (other than adjustment of sight alignment) or exchanged.

The use of accessories and equipment which are contrary to the spirit of these rules is prohibited.

The competitor must use the same pistol in all shots of the event unless it ceases to be functional.

Targets

Electronic precision targets with a ring of 11.5mm diameter with each ring increasing by 16mm as used at ISSF events will be used.

Targets are to be placed with the centre of the target at 1.4m above the ground (plus or minus 5cm) and a minimum distance of 1m apart.

The distance between the target and the back edge of the table is to be 10m for competitors 13 years and over, and 7m for competitors aged 10-12 years.

Scoring

All shots are recorded on a computer linked to the precision target. Rings are marked from 1 to 10 with a maximum of 10.9 for a dead centre shot. The number of points awarded per shot is 10 times the value of the computer score.

All 10 shots – 5 from each series will count towards a maximum score of 1090.

As each shot is taken the score for each shot is manually recorded on a score sheet by the Shooting Bay Judge.

If more than 5 shots are recorded on the target and it is clear the extra shot could not have been fired by that firer – then the lower score is deducted.

Once the detail has completed both Competition Series, each shooter will review their score sheet of shots recorded by the Shooting Bay Judge, and will sign the score sheet to confirm the recorded shots are correct.

Penalties

Failing to touch the table with pistol between each shot, first offence	Warning, no penalties
Failing to touch the table with pistol between each shot, second and subsequent offences	30 penalties
Any part of the body contacting the table while a shot is being taken or the arm not being fully extended, first offence	Warning, no penalties
Any part of the body contacting the table while a shot is being taken or the arm not being fully extended, second and subsequent offences	30 penalties
Beginning the competition with an unapproved pistol	Elimination score = 0
Exchanging, altering or adjusting of the officially approved pistol other than adjusting the sight alignment	Elimination score = 0
Receiving coaching during the Competition Series	Elimination score = 0

Malfunction

If a shot has not fired due to malfunction and the competitor wishes to claim malfunction, they must hold their pistol pointing down the range, retain their grip and immediately inform the Phase Steward by raising their free hand. They must not disturb other competitors. The Shooting Bay Judge will record the time elapsed in the 2 minute Competition Series when the competitor raises their hand, this will be used to resume the series once the malfunction has been resolved.

A competitor may try to correct a malfunction or continue the shot, but if they do they may not claim malfunction.

If the external appearance of the pistol does not show obvious reason for the malfunction, the Phase Steward must pick up the pistol. The Phase Steward must not interfere with or touch the mechanism but point the pistol in a safe direction and pull the trigger once to determine whether the trigger mechanism has been released. If the pistol does not discharge the Phase Steward must complete the examination of the pistol to determine the cause of the malfunction and decide whether or not the malfunction is allowable.

A malfunction of a pistol is considered as allowed when a part of the pistol has failed, including but not limited to:

- The trigger mechanism has failed to operate
- Target does not register a shot

If, after inspection, the Phase Steward decides there was a permissible malfunction that was not the competitor's fault – the competitor has the right to fire a new shot instead of the one that did not go off. If the malfunction cannot be resolved the competitor may use an alternative recognised pistol. This is allowed without penalty only twice in the course of the competition. After the replacement shot, the clock is restarted and the competitor then has the time remaining from the point of malfunction to complete their remaining shots.

A malfunction is considered disallowed when it is the competitor's fault including but not limited to:

- The competitor or another person has touched the pistol before it's inspection by the Phase Steward
- The safety catch has not been released or had gone 'safe' during shooting
- The competitor has not loaded the pistol
- The pistol has run out of power
- The malfunction was due to any other cause that could reasonably have been controlled by the competitor

If after inspection of the pistol the Phase Steward decides the failure was not a permissible malfunction, the competitor loses the shot that did not go off but has the right to fire the remaining shots in the time they have remaining.

Safety

All competitors are subject to Australian and host State legislation, host State laser pistol regulations and the constitution and by-laws of the host state for the competition.

At all Pony Club shooting occasions (competitions or practice) there must always be a designated Range Officer who is over 21 years and competent to supervise all persons at that firing point.

Always follow firearm regulations when handling an optical gun. Carry it in a proper case or bag. A person not familiar with this kind of equipment may mistake it for a regular weapon, not an optical or safe one.

- Never direct the laser beam at another person or an animal
- Do not look at the beam either directly or through any optical devices
- Do not direct the beam at airplanes, cars, windows or other similar objects
- Use the device only in an area specified for this purpose
- Do not hand over the device to anyone who does not understand the dangers of using a laser beam
- It is forbidden to open or modify the device excluding the changing of battery or the grip/stock
- Operating temperature -10°C to +50°C
- The system is meant for outdoor use as well and is protected against normal humidity and rain

APPENDIX 1: PERMISSIBLE VARIATIONS FOR STATE AND CLUB EVENTS

GENERAL

Event Formats

Alternative event formats may be offered using any combination of the four phases of Tetrathlon. These may include;

Equathon – Swimming, Running and Riding Phases.

Triathlon – Running, Shooting and Riding Phases.

Biathlon – Swimming and Riding or Swimming and Running or Running and Riding Phases.

Pairs Competition

In a Pairs Competition, two individuals each complete two of the four phases. The score is the sum of the two competitor's scores. Non-pony club members may participate in the unmounted phases but must pay a day insurance fee. Competitors competing as an individual may also use two of their individual phases as part of a pair score. Each competitor must nominate their two phases prior to the commencement of the competition.

Team Competition

In a Team Competition, up to four individuals contribute to one score by completing one or more of the four phases of the Tetrathlon. Non-pony club members may participate in the unmounted phases but must pay a day insurance fee. Competitors competing as an individual may also use one of their individual phases as part of a team score. Each competitor must nominate their phase prior to the commencement of the competition.

Age and Class Divisions

Classes may be divided into any combination of age, jumping height or gender at the discretion of the Event Organiser.

Exemptions for athletes with special needs

Inclusivity is important to the sport of tetrathlon. Modifications can be made in all phases to make them achievable for all abilities. Exemption certificates can be issued by State Offices certifying the condition and the modifications required. Exemption certificates can then be provided to event organisers with entry.

Jury of Appeal

The third member of the Jury of Appeal may be any member of the Event Organising Committee, State Committee or Club Committee.

RIDING

General

The Riding Phase may consist of a Show Jump, Derby or Cross Country course. In all formats a gate and slip rail will ideally be included. In a Derby course, some cross country style fences of any type may be included in the form of portable or permanent obstacles, secured and built to the standard of PCA Eventing rules.

The start format for arena based events follows the show jump phase eventing rules with 45 seconds to pass through the start flags. For courses on open grounds, a cross country style start box with a countdown start is used.

On entry to the competition course the rider must present directly to the judge for an arena event or the start box for a course on open grounds, failure to present directly will incur elimination.

Novice Classes

Novice classes can be offered for riders who are not competent to compete at the jumping height specified for their age. For riders competing in Novice classes the Riding Phase score has 100 penalties deducted for each 5cm the jumping height is below the set height.

The Course

The number of jumping efforts will be determined by the Riding Phase format in use. For cross country courses the maximum number of jumping efforts will conform to the PCA Eventing Rules for the maximum number of jumping efforts at each jumping height. At club events cross country obstacles which meet eventing course design specifications may be used.

Time

The recommended speeds for arena based courses are; 350mpm for 95cm and above, 325mpm for 80-90cm, 300mpm for 60-75cm and 250mpm for 55cm and below. The speeds for cross country courses and derby courses on open grounds should use the speed for each jumping height as specified in the PCA Eventing Rules for cross country. The calculated time allowed will have an additional 60 seconds added, 30 seconds each for the gate and the slip rail. The time allowed can be modified by the Phase Steward to reflect environmental conditions.

Overtaking a Slower Rider

If a rider wishes to pass a slower rider then this cannot be performed within 15m of an obstacle. The faster rider should only overtake when safe to do so and notify the slower rider by shouting 'Coming Through'. If a slower rider has a refusal, they must move away and allow the faster rider to attempt the obstacle.

RUNNING

Distance, Optimum time and Penalties per second

The running distance and split of age categories may be varied for club and state events. The suggested distances for older age groups are; 3000m for 26-34 years, 2000m for 35-59 years and 1000m for 60 years and over. In addition a 1500m distance may also be used. For a 1500m run the recommended optimum time is 6 minutes and penalties of +/- 4 points per second.

Ideally the optimum times and penalties per second specified in the National Rules for each distance should be used regardless of the age category competing at that distance. However, the Event Organisers may use their discretion to vary the optimum time and penalties per second to suit the anticipated standard of the competition. Any variations should be published with the event entry information.

Start

At club events it is permissible to use a mass start for the run.

SWIMMING

Venues

Pool length, depth and temperature can vary outside the National Championship requirements for club and state events.

Heats

While swimming in seeded heats is preferable, the Event Organisers may allocate heats in any format that assists the smooth running of the event.

Distance, Optimum time and Penalties per second

The swimming distance and split of age categories may be varied for club and state events. The suggested distance for swimmers under 10 years or 60 years and over is 50m. For a 50m swim the recommended optimum time 32.5 seconds and penalties of +/- 8 points per second.

Ideally the optimum times and penalties per second specified in the National Rules for each distance should be used regardless of the age category competing at that distance. However, the Event Organisers may use their discretion to vary the optimum time and penalties per second to suit the anticipated standard of the competition. Any variations should be published with the event entry information.

Timed Swim

Club events may use a Timed Swim as an alternative to a Set Distance Swim. Competitors score 4 points for every metre swum within the 4 minutes allowed. The distance swum is measured at the point reached by the swimmer's head when the 4 minutes has elapsed. The starter will give two loud whistles when three and half minutes have elapsed and use the starting hooter to signify the end of the 4 minutes. One lane judge is allocated to each swimmer. The lane judge follows the progress of the swimmer on the side of the pool and records the point at which the final hooter sounds.

SHOOTING

General

Shooting may be conducted by allowing individuals to move to a shooting bay as it becomes available rather than shooting in details.

Age Limits

Legal limits on the age of the shooter vary between states and must be adhered to on a state by state basis. In states where the minimum age legal age to shoot is 10 years, an Equathon or Biathlon competition can be offered as an alternative for the youngest age groups.

Method

When shooting is not conducted in details, the procedure and commands are called by the Shooting Bay Judge to the individual shooter rather than by the Range Officer to the entire detail.

Alternative Format

When Hit and Miss Targets are available instead of Precision Targets the shoot can be run using an alternative format. Competitors have five minutes to fire a maximum of 25 shots. The number of green hits is recorded and divided by 25 to give a percentage score, the percentage is multiplied by 1000 to give a Tetrathlon shoot score.

Malfunction

If a competitor is using a pool pistol and the pool pistol runs out of power during their competition series, this is considered to be beyond the control of the competitor and is a permissible malfunction.



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