



# **PONY CLUB**

## **QUEENSLAND**

### **2026 Queensland addendum for the 2026 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 will be revisited at the end of 2026

This is a summary of modifications, please read in conjunction with the PCA Rules and PCA Handbook

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# PCQ GENERAL RULES

\*\*\*PCQ are trialling some adaptations\*\*\*

## 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 1<sup>st</sup> 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 1<sup>st</sup> January)
- Juniors: 13 years and under 17 years (aged 13, 14, 15 or 16 at 1<sup>st</sup> January)
- Seniors: 17 years and under 26 years (aged 17, 18, 19, 20, 21, 22, 23, 24 or 25 at 1<sup>st</sup> January)
- **Masters: 26+ years as at the 1<sup>st</sup> January. This category may or may not be eligible for PCA National Championships and it is optional at State events -at the organisers discretion. This class is not supported by PCQ Sponsors at State events (ie Rugs and Saddlecloths)**

Unofficial classes:

**Aided 9 & Under - with modified distances available for the under 7 age group\*\***

**Masters Plus 51 years plus\*\***

**\*\*Not eligible for State or National level.**

## Teams events

In a Team Competition, up to 2 individuals contribute to one score by completing 2 of the four phases of the Tetrathlon. Competitors competing as an individual may also use their individual phases as part of a team score. Each competitor must nominate their phases prior to the commencement of the competition.

**Event organisers** should Refer to the PCA Handbook and this combined PCQ/PCA Rule book when running an event. Check the [Tetrathlon & Quizz – Pony Club Queensland](#) for all required forms.

Scoring templates can be found in the [PCA Tetrathlon handbook](#) and the showjumping pencillers sheet can be found in the [Blank Scoring Sheets handbook](#) under resources on the PCQ website: - [Handbooks. – Pony Club Queensland](#) or on the PCQ Tetrathlon page.

**The PCQ Showjumping rule book will be the reference for any rules not in the Tetrathlon rule book.**

## Riding

### General

The Riding Phase may consist of a Derby or Show Jumping course. Ideally, in all formats a gate and slip rail will be included. †

For first time event organisers, It is recommended to run the Riding as a pure Showjumping style course in an enclosed arena, however it may be run as a Derby style course.

**The PCQ Showjumping rule book will be the reference for any rules not in the Tetrathlon rule book.**

Back protectors must be worn if there are any non faultable rails or xc fences in the course.

#### PCQ HEIGHT OPTIONS :

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 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
<b>Official</b>				
Minis 9 years & under*	60cm = 1400*	50cm = 1200*	40cm = 1000*	Gate to be opened and closed
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*
<b>Unofficial</b>				
9 & Under - Aided**	Cross Rails = 800pts	<ul style="list-style-type: none"><li>• <b>Riders to open gate only</b></li><li>• Course can be shortened however must still include the gate and slip rail if they are included in the official classes.</li></ul>		
Masters 51+**	95cm = 1400	85cm = 1200	70cm = 900	60cm = 700

\* Not offered at National Level

\*\* Not offered at State or National Level

#### Officials

The course designer and judge must be a minimum gymkhana level for straight Showjumping style courses OR for Derby style courses an Official Level Course Builder MUST be used. The Course Builder and judge should be from the current Accredited Lists for these positions. The Derby Course builder must have experience building with Cross country fences and be nominated when

the program is submitted otherwise the program won't be approved. The TD can be the course builder, especially in rural and remote areas.

The chief steward will be required to over see all safety aspects and rules in relation to the other 3 phases.

## The Course

**Pure Showjumping Course:** The course is to be flowing and inviting like a jumping equitation course. Fill is however encouraged. 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.

**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. A tolerance of five (5) centimetres in height is acceptable, if dictated by the terrain or by the spacing of the cups.

**Speed:** The max time allowed will be calculated using a speed of 350mpm for 95cm, 325mpm for 85cm, 300mpm for 60 & 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.

**Arena Derby Courses:** Require an Official level Course builder with Cross country fence training and experience. As with the Straight showjumping the course should be flowing & have a balance of vertical & spread obstacles with minimum 12 and maximum 18 jumping efforts, including no more than one double and one triple combination or two double combinations, if a triple is not included. There is no minimum or maximum recommendation for number of cross country fences vs Showjumping fences. This can be as little as 3. As the derby falls under Showjumping, no MERS are required

**Red & White Boundary Flags** or indicators are used to mark the start and finish, to define obstacles and to indicate compulsory changes of direction. Where jumps are narrower than 3m these boundary flags need to be raised on poles on both sides of the fence like wings, a minimum of approx. 1.2m high (Sporting pegs work well for this purpose). Where different cross country jumps apply to different classes, the jump to be negotiated by the class competing at the time, and only that jump, must be defined by such flags. 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/coloured indicator numbers must be affixed indicating which jump is for which class.

When these coloured indicators are used organisers may ask all competitors to walk the course all at once prior to the riding commencing. Each height course walk duration may then be reduced to the length of time it takes to move the boundary flags.

### Obstacle Numbers and Class Indicators

(a) Each obstacle shall be numbered and marked with the relevant number and obstacles with elements or options shall, in addition, be lettered (A, B, C, etc) according to the colour indicator code.

(b) For the convenience of competitors when they are inspecting the course, coloured indicators are used to mark the obstacles for different classes. Colours should be as follows:

White - 95cm

Red – 80cm

Orange – 70cm

Green – 60cm

Any other colour - 50cm & 40cm – Must be indicated on course plan and rider communications.

**Options:**

As per the new PCA rules, All competitors will have the option of jumping an option (O) at **difficult** cross country fences. The O option will be marked with an O. 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). A rider may attempt the O option without first attempting the main obstacle.

Refer to the PCQ Showjumping Rule book for anything not covered in this book.

## Running

Distance, Optimum time and Penalties per second

Age Group	Distance	Gender	Optimum Time	Penalties
<b>Unofficial class only – 7 &amp; Under**</b>	<b>500m</b>	<b>Male/Female</b>	<b>1min 20secs</b>	<b>± 6 pt/sec</b>
<b>9 yrs &amp; Under*</b>	<b>500m</b>	<b>Male/Female</b>	<b>1min 30secs</b>	<b>± 6 pt/sec</b>
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 50s	± 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
<b>26 years &amp; Over*</b>	<b>2000m</b>	<b>Male/Female</b>	<b>8min 00s</b>	<b>± 4.5pt/sec</b>
<b>Unofficial class - 51 + yrs**</b>	<b>1000m</b>	<b>Male/Female</b>	<b>3mins 45s</b>	<b>± 6 pt/sec</b>

\*\*Not applicable at State or National Championships

\*Not applicable at National Championships

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**.

**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.**

### Start

At Club & State events it is permissible to use a mass start for the run.

# Swimming

## PCQ Scoring

Whilst the sport is still in its infancy, PCQ are continuing with the Timed Swim Format as mentioned in the permissible variations in 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 must follow the progress of the swimmer on the side of the pool and stop where the swimmer's head was when the hooter went off.** They then record the point at which the swimmer was and do not to move until the measurement has been checked by a marshal. **It does not matter if the swimmer continues after the hooter, only that the judge stops.**

For local events, Clubs have the option of running Swim-to-Distance format however this must be clearly stated and highlighted on the program.

The 2026 State Championships will be swim to time.

## Swimming Time, Optimum distance and Points accrued per metre

Age Group	Optimal Distance	Gender	Time	Penalties earned/metre
<b>Unofficial aided class only</b> Under 7**	30m	Male/Female	30s	36.6pts/m
9yrs & Under*	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
26yrs & Over*	200m	Male/Female	2 min 30s	5.5pts/m
51+ years**	100m	Male/Female	1 min 20s	11pts/m

\*Not applicable at National Championships      \*\* Not applicable at State or National Championships

The distance is rounded to the nearest meter for scoring.

Swimming Penciller Sheets attached at end, the following is one Example for swim to time: 25m pool

Class:	<u>SubJunior</u>				No:	<u>34</u>		
Name:	<u>Jane Smith</u>							
Last lap in Meters					Eg	<u>5.35m</u>		
Turn metres	1	2	3	4	5	6	7	8
	25	50	75	100	125	150	175	200
Laps (✓)	✓	✓	✓					
Total Distance:	<u>80.35m</u>							

## **Shooting**

### **PCQ additional variations:**

Unofficial under 7 yrs may shoot at 3m\*\* -\*\*not available at State or National Championships

9 & unders -shoot at 5m

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 firing arm must be straight. 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. The nozzle of the pistol must touch the table between shots .All 10 shots, 5 from each series will count towards the score of the competitor, even if a shot misses the target all together. 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.

**PCA RULEBOOK Continued over page....**

*Approved by National Tetrathlon Committee*

PONY CLUB AUSTRALIA Rule Book



**PONY CLUB**  
AUSTRALIA

**2026 NATIONAL**

**TETRATHLON RULES**

## 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 with an International Tetrathlon Exchange held every two years.

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, and until such time as there are National PCA Eventing Rules, the relevant Pony Club Eventing Rules of the host state will apply. For arena-based ride phases the host state's Pony Club Eventing show jumping rules will apply and for ride phases on open grounds the host state's Pony Club Eventing cross country 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 can have both individual and team competitions. An individual overall score is made up from the points accumulated in each of the 4 phases. Teams generally consist of 4 athletes with the best 3 overall scores to count towards the team score.

### **Age and Class Divisions**

Classes may be divided into any combination of age, jumping height or gender at the discretion of the Event Organiser. Girls and boys ideally have separate individual competitions if numbers permit. As the swim and run requirements differ for 12 and under athletes and 13 and over athletes, classes should be set to split 12 and under athletes from 13 and over athletes.

### **Alternative 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. 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. 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.

### **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.

### **Participation**

Competitors must have mounted insurance with PCA to ride at Tetrathlon events, this may be some form of mounted membership or can be single event insurance. 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 set by each state or in the entry pack for the competition.

## **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 Event Organiser 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.

## **Ride Phase Official**

The Event Organiser must appoint an Official who is suitably qualified to oversee the safety, conduct and fairness of the Ride Phase of the event. For cross country or derby events with a maximum height of 95cm and where all fences have been approved by an Accredited Cross Country Course Designer in the previous 12 months, a Tetrathlon Technical Delegate, a Hickstead Inspector or an Eventing TD can be used. For courses including only show jump fences a Show Jump Judge and Show Jump Course Designer can be used.

## **Unmounted Phases Official**

It is recommended to appoint a Tetrathlon Technical Delegate who is familiar with the Tetrathlon Rules to oversee the safety, conduct and fairness of the unmounted phases of the event, this may be the same or a different person to the mandatory ride phase official.

## Table of Officials required for Tetrathlon

Ride Phase	Course Designer	Mandatory Ride Official	Recommended Official
<b>Show Jumping</b>	Show Jump Course Designer	Show Jump Judge	Tetrathlon Technical Delegate
<b>Derby or Cross Country up to 95cm</b>	Cross Country Course Designer within 12 months prior to event	Tetrathlon Technical Delegate, Hickstead Inspector or Eventing TD	Tetrathlon Technical Delegate

## 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 or equivalent, who should act as Chairperson and will have the casting vote
- Phase Steward of the phase concerned
- Member of the Organising 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 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 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. A Derby Course may be in an arena, on open grounds or using a combination of both.

## **The Course**

The number of jumping efforts will be determined by the Riding Phase format in use. For Cross Country and Derby courses on open grounds the maximum number of jumping efforts will conform with the PCA Eventing Rules for the maximum number of jumping efforts at each jumping height.

For Show Jumping and Derby courses in an arena there will be a minimum of 12 and a maximum of 18 jumping efforts. No arena based 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.

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.

## **Time**

The recommended speeds for Derby and Show Jumping courses are; 350mpm for 95cm and above, 325mpm for 80-90cm, 300mpm for 60-75cm and 250mpm for 55cm and below. The speed for Cross Country courses 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 limit will be double the time allowed. No penalties will be imposed for completing the riding phase under the time allowed.

The time allowed can be modified by the Phase Steward to reflect environmental conditions.

## **Course Length**

The length of the course for arena based courses shall not exceed 1850 metres, there is no minimum length. The maximum length of the course for ride phases on open grounds will conform with the PCA Eventing Rules for cross country for the course length at each jump height, there is no minimum length.

## **Start Format**

The start format for arena based courses 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 jumping height penalties**

If classes are segregated on rider ages and riders are competing against each other but some have selected to ride a course jumping lower than the standard height for their age, 100 penalties per round can be deducted for each 5cm the jumping height is below the set height.

### **Dress**

Gear check will be conducted as per PCA National Gear Rules. If any jump on the ride course does not have faultable rails, body protectors must be worn. If all fences on the course 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 club, zone or 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, run-out or unauthorised circle	60 Penalties
Second refusal, run-out or unauthorised circle	100 Penalties
Third refusal, run-out or unauthorised circle on course but not at a single obstacle	150 Penalties
Third refusal, run-out or unauthorised circle at a single obstacle	Elimination
Fourth refusal, run-out or unauthorised circle on course	Elimination
Selection of lower height 'Option' on cross country courses	70 penalties
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 rider's 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	50 Penalties

when the rider's feet touch the ground and finishes when the rider's hand releases the closed slip rail.	
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.

## **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 horse's front feet leave the ground as it re-attempts the fence. The rider has a maximum of 45 seconds from the judge's bell to restart to present to the fence or they are eliminated.

## **Inclusion of Options**

To support riders to complete the cross country courses, at any obstacle where there is a suitable lower option within view of the jump judge, riders are permitted to choose the 'Option' to jump one jump height lower than their course height (i.e. in an 80cm round they can choose to jump a 65cm Option) and will incur a 70 point penalty per Option selected. A rider can choose to select the Option without attempting the obstacle set for their height or having had one or two refusals at the obstacle for their height.

## **Equathon Riding Phase**

Show Jumping and Hickstead formats are the only formats permitted for the Riding Phase for Equathon classes including 6 and 7 year olds. Riders aged 6 and 7 must be in an enclosed arena in the sight of the Ride Phase Official at all times.

## **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 club, zone or state colours 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 – delete this sentence)
- 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.

### **Standard Distance, Optimum time and Penalties per second**

Age Group	Distance	Gender	Optimum Time	Penalties
Equathon	500m	Male/Female	2mins	± 6 pt/sec
8-12 years	1000m	Male	3min 30s	± 6 pt/sec
8-12 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	2000m	Male	7min 20s	± 4.5 pt/sec
17-25 years	2000m	Female	8min 00s	± 4.5 pt/sec

## Permitted Variations

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.

### Recommended Optimum time and Penalties per second for other distances

Age Group	Distance	Gender	Optimum Time	Penalties
Any Age	1500m	Male/Female	6 mins	± 4 pt/sec
16+ years	3000m	Female	12 mins	± 3 pt/sec
16+ years	3000m	Male	11 mins	± 3 pt/sec
Masters	1000m	Male/Female	4 mins	± 6 pt/sec

## The Start

Runners are 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', '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 and do not return to restart 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. The Running phase may also be started in heats of 4-6 or as a mass start.

## 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.

Ideally the pool is 25 or 50 meters in length, with a water temperature range in the range 25-28° and deep enough to dive at one end and tumble turn at the other. Preferably lanes are segregated by lane ropes and secure blocks are available to dive from.

## **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
- Fins, snorkels, paddles and other swimming aids are not allowed
- Use of oil or any other fat solution on the body is not allowed

## **Swim Formats**

The swim phase may be run either as a Distance Swim or as a Timed Swim. In a Distance Swim the swimmers complete a set distance and their time is used to determine their score. In a Timed Swim the swimmers swim for a set period of time and the distance they complete is used to determine their score.

## **Distances, Optimum time and Penalties per second for a Distance Swim**

<b>Age Group</b>	<b>Distance</b>	<b>Gender</b>	<b>Optimum Time</b>	<b>Penalties</b>
Equathon	50m	Male/Female	35 secs	± 8 pt/sec
8-12 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

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.

### Times and Points per metre for a Timed Swim

Age Group	Time	Gender	Points per metre
8-12 years	2 minutes	Male/Female	7 pts/m
13-25 years	3 minutes	Male/Female	5.5 pts/m
13- 25 years	4 minutes	Male/Female	4 pts/m

The distance swum is measured at the point reached by the swimmer's head when the time has elapsed. The starter will give two loud whistles when there is 30 seconds to go and use the starting hooter to signify the end of the set time. 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 number of full laps swum and the number of metres of the partial lap the swimmer has completed when the final hooter sounds.

### 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.

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

### 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 average time is used, with three stopwatches 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
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 over 7m or 10m (depending on age) and must be aware of the safety requirements of handling a laser pistol.

Generally competitors will shoot in details at the direction of the Phase Steward or Range Officer. Shooting may also be conducted by allowing individuals to move to a shooting bay as it becomes available. If this format is used the procedure and commands are called by the Shooting Bay Judge to the individual shooter rather than by the Phase Steward or Range Officer to the entire detail.

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 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 are to be neatly dressed in their club, zone or state colours.

- 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 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 event organiser 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.

## 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 and times by 100 to give a percentage score, the percentage is multiplied by 10 to give a Tetrathlon shoot score.

## 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

## 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 its 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 and it is the competitor's personal pistol not a pool pistol
- 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 and the right to swap to a different approved pistol if they desire and one is readily available.

## 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: NATIONAL CHAMPIONSHIP SPECIFICATIONS

### COMPETITION FORMAT

At the National Championships there will be separate Boys team and Girls team competitions and separate Boys individual and Girls individual competitions. Teams 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 1<sup>st</sup> January)
- Juniors: 13 years and under 17 years (aged 13, 14, 15 or 16 at 1<sup>st</sup> January)
- Seniors: 17 years and under 25 years (aged 17, 18, 19, 20, 21, 22, 23 or 24 at 1<sup>st</sup> January)

### RIDING

The riding course will be a Derby course and will include a gate and a slip rail.

The start format will follow the start for show jumping in the Eventing Rules with 45 seconds from the judge's bell to pass through the start flags.

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. The slip rail and gate are not included as jumping efforts.

The course can only contain one double and one triple combination or two double combinations, if a triple is not included.

The maximum height of fences will be Sub-junior 70cm, 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.

### RUNNING

The National Standard Distance, Optimum time and Penalties per second will be used for the National Championships.

### SWIMMING

A set distance swim using the recommended distances, optimum times and points per second will be used for the National Championships.

The pool must be 25 or 50 meters in length, with a water temperature in the range 25-28° and deep enough to dive at one end and tumble turn at the other. Lanes should be segregated by lane ropes and secure diving blocks available at one end.

Heats based on seed times will be used at the National Championships.

### SHOOTING

The shoot phase will be conducted in details at the National Championships.