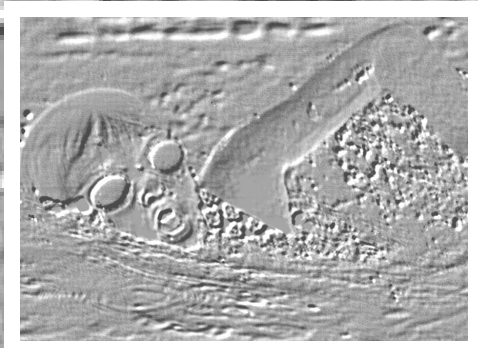
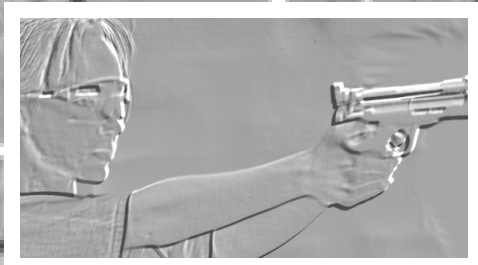


USPC[®]

Handbook and Rules for



Tetrathlon Competition

2010

USPC[®]

Handbook and Rules for



®

Tetrathlon Competition 2010

Reminder: This is a new Rulebook for 2010. Additions, deletions and changes have been made since the last Rulebook was issued. Be sure to read the *entire* publication carefully so you will be aware of all the rules for the upcoming Rally season.

This Rulebook should be kept in a 3-ring binder to allow for addition of revisions and new instructional sections. Do not remove pages from your Rulebook; be sure to make copies of all forms and charts before writing on them.

These rules are based on copyrighted Rules of the U.S. Equestrian Federation and are printed with the permission of the USEF, which neither sponsors nor is responsible for their publication or implementation at any United States Pony Club event.

Uniform Officiation Rules can be found in the current USPC Horse Management Handbook.

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Forms found in the USPC Horse Management Handbook or on the USPC Website:

- USPC Uniform Officiation Procedures
- Uniform Chaperone Rules/Duties
- USPC Policy 0500 – Drugs, Alcohol and Tobacco
- USPC Policy 0525 – Veterinary Medicines and Equine Medications
- Competitor’s Activity and Rally Release
- USPC Rallies Technical Delegate’s Evaluation and Report

INTRODUCTION

GOVERNING RULES

This Rulebook is NOT a general guideline, but is a precise specification of rules that must be followed. Rallies are to be governed by these specific rules as well as the following:

- *USPC Horse Management Handbook and Rules for Rallies* (current edition)
- Official Amendments & Clarifications from USPC.
- USEF Rulebook (current edition). However, since USPC does not always follow USEF rules, where there is a disparity between Rulebooks, this Rulebook will be followed.

Since these Rules cannot provide for every eventuality (unforeseen or exceptional circumstance), it is the obligation of the Ground Jury to make decisions in a sporting spirit and to follow as closely as possible the intention of these Rules.

MISSION STATEMENT:

The mission of the United States Pony Clubs is to provide a program for youth that teaches riding, mounted sports, and the care of horses and ponies, thereby developing responsibility, moral judgment, leadership, and self-confidence.

GUIDING BELIEFS:

- USPC is an educational organization which progressively develops the well-rounded horseperson.
- The well-rounded horseperson is capable of riding safely and tactfully on the flat, over fences, and in the open.
- Knowledgeable care of horses and ponies (Horse Management) is basic to the well-rounded horseperson.
- USPC is committed to the well being of the horse.
- Fair and friendly competition develop teamwork and sportsmanship.
- Fun and friendship are part of Pony Club.
- USPC requires parental and volunteer involvement and support.
- The USPC is committed to safety.
- The local Club is the core of USPC.

HISTORY

Tetrathlon is a sport requiring skill and physical endurance. It includes four events: riding a mount over a course of obstacles, shooting an air pistol, running cross country and swimming.

It derives from the Modern Pentathlon originated by Baron Pierre de Coubertin, the father of the Modern Olympic games, during the first decade of the 20th century. In designing the Modern Pentathlon, de Coubertin incorporated the traditions of the classical Greek Pentathlon, one of the oldest sporting events of the Greek Olympics dating back to 708 BC, and modernized the events. Hence the name. The five events de Coubertin selected for the Modern Pentathlon were those he considered to be most representative of the skills necessary for a military courier of Napoleonic France to carry out his duties: *riding a strange mount, fencing with epee, pistol shooting, swimming, and cross-country running.*

The rules for the Tetrathlon which follow are based on the rules used by the Union International de Pentathlon Modern for all Modern Pentathlon competitions, with the exception of the fencing event, which, because of its complexity, is excluded from the Tetrathlon. Ref. <http://www.pentathlon.org>

The United States Pony Club Tetrathlon consists of the following elements:

- Riding:** Shall be a Show Jumping competition.
- Swimming:** Shall be a swim of predetermined length with points awarded depending on the time for completion.
- Running:** Shall be a cross-country run of predetermined length with points awarded depending on the time for completion.
- Shooting:** Shall be a slow fire for Novices, Intermediates, Juniors and Seniors using a 4.5mm (0.177) caliber compressed air or CO₂ pistols fired at a standing target from a distance of 10 meters.

The Tetrathlon is scored in a manner similar to the Modern Pentathlon. Points are awarded in each event with the overall winner scoring the highest total for four events. The maximum score which can be earned in any phase of the Rally is 1100 points. Hence 4400 points is a perfect score.

It is important that competitors in Tetrathlon strike a balance between the skill events, riding and shooting, and the physical endurance events, running and swimming. Rules for the Tetrathlon differ in some respects from the established rules for the separate sports. Rule differences, as well as the objectives of the Tetrathlon, should be clearly understood by those who train and coach Pony Club Tetrathletes. Regional Organizers are encouraged to contact the Tetrathlon committee for help in organizing clinics and competitions via the USPC Tetrathlon discipline Web site (<http://tetrathlon.ponyclub.org>). Local clubs are encouraged to contact their Regional Tetrathlon Organizer for more information.

INTRODUCTION

Tetrathlon as a Pony Club competition originated in England and was introduced to the USPC in 1972 when Lt. Col. Patrick Langford, then Chairman of the British Pony Club, was a guest at the USPC's Annual Meeting in New York. A number of District Commissioners and Regional Supervisors in attendance felt the idea had merit. As a result Tetrathlon programs, originally viewed as added incentive for boys to join Pony Club, began to appear across the country.

The first USPC Tetrathlon Championship was held in 1974 at the Modern Pentathlon Center at Fort Sam Houston, Texas. From 1975 through the early 80s, Tetrathlon competitions were held at the Kent School in Connecticut. As the numbers increased and girls' teams were added, the Rally was moved around the country, often in conjunction with USPC National Championships. Tetrathlon is now an established discipline offered at the USPC Championships.

One of the special highlights of the Tetrathlon program is an International Exchange and competition involving teams from the United Kingdom, Ireland, Canada, and the United States. This series began when a team of USPC Senior boys was invited to compete in England in the late 70s. Competition for girls was added when USPC and The Canadian Pony Club hosted the exchange in 1980. The exchange takes place every other year and is alternately hosted by the United Kingdom and Ireland every fourth year and by the US and Canada every fourth year.

USPC Tetrathlon provides a challenging competition requiring sound, practical horsemanship and general athletic ability. It encourages Pony Club members to broaden their interest in riding, condition their own bodies, and become multi-sport athletes. Current USPC graduate Tetrathletes frequently continue on in a multi-sport environment by participating in Modern Pentathlon, which may ultimately provide a pathway to the Olympic Games. Regions are encouraged to organize and run multiple qualifying Regional and Inter-Regional Rallies as USPC is the only avenue for competition in this multi-discipline sport.

SECTION 1: General Regulations

Chapter 1: General Rules

A Tetrathlon may be held at the local, Regional, Inter-Regional, national, or International level. National Championships may be held annually and will be designated the Tetrathlon Championship. In years that there are multiple USPC Championships there may be multiple Tetrathlon Championships. Tetrathlon Rallies are organized on the basis of the competitor age. These rules will apply at all USPC local, Regional and National Tetrathlon Rallies. Rallies which qualify competitors for National Championships must be conducted in accordance with these rules and meet all USPC Tetrathlon Committee requirements.

Article 1 – Eligibility of Competitor

1. In order to participate in any Tetrathlon Rally, all local, Regional and National dues must be paid for the current year and a competitor must be a member in good standing of his/her local club.
2. Age of the member on January 1st shall be maintained throughout the Rally year.
3. The District Commissioner must certify the eligibility of the competitor and mount at all Rallies.

Article 2 – Eligibility of Mount

1. Competitors are expected to provide their own mounts. The mount may be owned, borrowed, leased, loaned or rented.
2. The mount used in a qualifying Rally need not be the same one used for Championships.
3. Mounts will be 5 years old or older. NO STALLIONS.
4. When circumstances make it necessary, mounts may be shared by up to three competitors. The Organizer will stipulate any conditions or restrictions pertaining to shared mounts well in advance of the Rally. No mount may be used in more than three rounds per day.
5. All mounts must be treated with consideration. If a competitor mistreats a mount in a manner considered to be an act of cruelty, the competitor will be disqualified. The Riding Phase Steward, aided by the Ring Steward, the riding judge and Horse Management officials, will be responsible for assuring that mounts are properly treated.

See Mounts, Section II, Chapter 1, Riding Phase Article 32.

Article 3 – Organization of Rally for Individual and Team Competition

1. Local, Regional and Inter-Regional Rallies shall consist of an individual Rally and/or a team Rally at the Organizer's option. Team competition is to be encouraged.
2. National Rallies will consist of an individual competition and a team competition.
3. In an individual competition, competitors form teams, but are judged on an individual basis, with the exception of certain shared Horse Management scores. Competitors select a division to enter provided by the Rally Organizer. Typically, the Organizer will offer the qualifying divisions (Novice, Intermediate, Junior, and Senior), as well as several non-qualifying divisions at the discretion of the Organizer. Ribbons are awarded based upon divisions (e.g. first through sixth place among novices) as well as Horse Management awards and others approved by the Organizer.

Article 4 – Team Specifications

1. During local, Regional, Inter-Regional and national Rallies, a team shall consist of three or four riding members, any one of whom may be designated Captain from one club or region.
 - A. If a region doesn't have enough competitors to form a team, regions will be combined to form teams.
 - B. In scoring, the top three total individual scores within a team will be combined to determine the team awards.
 - C. All individuals will be competing for individual awards as well as team awards.
2. Competitors at different levels may be combined to form teams overall or in any phase.
3. Teams will have one official Chaperone appointed and may have a Coach. Different phase Coaches are permitted.
4. During International competitions, a team in the two Senior divisions shall consist of up to five individuals from the same country, division (i.e. Sr. Boys or Sr. Girls)

Article 5: Chaperones

1. There will be one, and only one, official Chaperone per team.
2. Chaperones are to assume responsibility throughout the Rally for their competitors.
3. Chaperones are subject to the rules of the Rally and must sign a Chaperone form.

SECTION 1: General Regulations

Article 6: Coaches

1. Shooting Phase – Coaching is permitted during the firing of the sighting shots. Competitors may be assisted by a loader during the shoot but shall receive no instruction, verbal or otherwise, from the loader.
2. Swimming Phase – Coaches are permitted to advise competitors during the warm-up period prior to the swim. They are not permitted to walk or run on the side of the pool or deck in such a way that it appears they are blatantly attempting to pace the competitor. Swimmers are responsible for counting their own laps. Cheering or encouraging the competitor by Coaches, spectators, and parents (including calling their name) from the stands or from the pool deck is both recommended and encouraged.
3. Running Phase – Coaches are permitted to walk the course with the competitors and advise the competitors during the walk and in the warm-up area. Coaches are not allowed to provide split times. Coaches may not pace the competitor or provide verbal assistance of any kind. However, cheering and encouraging the competitor by Coaches, spectators, and parents (including calling their name) from the sidelines or any spot that they allowed to be by the Organizer is both recommended and encouraged.
4. Riding Phase – Coaches are permitted to walk courses and advise competitors in the warm-up area and during a short after-ride debriefing only. *See Guidelines for Coaching the Riding Phase of Tetrathlon, Appendix III.*

Article 7 – Age Divisions & Ratings (see also Appendix VIII and refer to individual phase rules for competition specifications)

1. Tetrathlon Rallies shall be organized on the basis of competitor's age on January 1st.
2. There shall be four levels of competition offered to boys and girls at Championships and any other national competitions:
 - A. Senior – 16 years and older and must be a C-1 or above. *International competitors will follow all Senior rules.*
 - 1) The length of the run shall be 3000 meters.
 - 2) The length of the swim shall be 200 yards/meters.
 - 3) The jumping height will be maximum of 3'7"
 - 4) The shoot will be 20 shots. Competitors must be standing and shoot one-handed.
 - B. Junior – 13-16 years and must be a D-3 or above.
 - 1) The length of the run shall be 2000 meters.
 - 2) The length of the swim shall be 200 yards/meters.
 - 3) The jumping height will be maximum of 3'3"
 - 4) The shoot will be 20 shots. Competitors must be standing and shoot one-handed.

- C. Intermediate – 13 years and above and must be a D-3 or above.

Competitors in the Intermediate divisions are not eligible for overall competition high score awards except Horse Management.

- 1) The length of the run shall be 1000 meters.
- 2) The length of the swim shall be 100 yards/meters.
- 3) The jumping height will be maximum of 2'9"
- 4) The shoot will be 20 shots. Competitors must be standing and shoot one-handed.

- D. Novice – 11-12 years and must be a D-3 or above.

- 1) The length of the run shall be 1000 meters.
- 2) The length of the swim shall be 100 yards/meters.
- 3) The jumping height will be maximum of 2'9"
- 4) The shoot will be 20 shots. Competitors must be standing and may shoot with two hands.

3. Three additional levels, Pre-Novice, 10-and-Under and 8-and-Under, may be offered at local, Regional and Inter-Regional level if there is sufficient interest to warrant them. These divisions are designed and offered to encourage young Pony Club members to try Tetrathlon. ***The format is presented only as a guide and may be tailored by the Organizer for the Rally.***

- A. Pre-Novice – 13 years and under and must be a D-2 or above.

- 1) The length of the run shall be 500 meters.
- 2) The length of the swim shall be 50 yards/meters.
- 3) The jumping height will be lower (2'3" maximum).
- 4) The shoot will be 20 shots. Competitors must be standing and may shoot with two hands.

- B. 10-and-Under – 10 years and under and must be a D-1 or above

- 1) Length of run shall be 500 meters.
- 2) Length of swim shall be 50 yards/meters.
- 3) Jump height shall be 18" maximum.
- 4) The shooting will be 10 shots. The competitor must be seated and may shoot with two hands.

- C. 8-and-Under – 8 years and under, and a D-1, or un-rated.

- 1) The length of the run shall be 500 meters.
- 2) The length of the swim shall be 25 yards/meters.
- 3) The jumps appropriate (cross rails or poles in an enclosed arena that require steering).
- 4) The shooting will be 10 shots. The competitor must be seated and may shoot with two hands. Targets may, at the Organizer's discretion, be the larger NRA B3 timed and rapid fire pistol targets.

SECTION 1: General Regulations

Article 8 – Championships Qualifications

1. To compete at the National Championship a competitor must have competed at a Regional or Inter-Regional qualifying Rally in the Novice, Intermediate, Junior, or Senior Division. With the endorsement of the DC, the permission of the RS and the Tetrathlon Committee, any A/H-A/B/C-3 (traditional) rated competitors who request it are invited to participate at Championships without attending a qualifying Rally. Any other exceptions to this rule must be approved by the tetrathlon committee and the Vice President of Activities.
2. With the permission of his/her own RS, a competitor may qualify outside his/her own region to compete at the National Championships. However, Regional Supervisors are encouraged to organize and support a circuit of Inter-Regional qualifying Rallies and to allow their Tetrathletes to qualify outside of their respective regions.
3. To compete at Championships, a competitor must be at least 11 years old as of January 1 of the Rally year and of the appropriate rating for the division.
4. At Championships, the competitor must ride at the level he/she rode at his/her Regional qualifying Rally. The competitor who rides down at the Regional qualifying Rally must take the 200 point penalty and ride down at Championships. Only Juniors and Seniors may ride down a level.
5. To compete at Championships, a competitor must compete in all four phases of a qualifying Rally and attain a total score for the four phases and Horse Management, of not less than 2500 points. The secretary of the qualifying Rally must certify this score. The Tetrathlon Committee will review this number annually. A competitor will not qualify for Championships if eliminated or disqualified in any phase of the competition, or if he/she receives a score of less than 550 in the riding phase.
6. To compete at Championships, the competitor's DC and RS must approve that the competitor's riding skill is suitable for his/her level.
7. At Championships, the Organizer will determine the number of competitors that Regions may send.

Article 9 – International Qualifications

In order to be eligible for selection to a team that will participate in International competitions either within or outside the United States:

1. Competitors must have been active Pony Club members in the year prior to application.
2. Competitors must be at least 16 years old and not more than 21 as of January 1 of the current year.

3. Competitors must have a rating of at least C-3 by the date of the application.
4. The competitor must be actively competing in Tetrathlon, or other USPC disciplines, and be an active member in good standing in his/her region.
5. When the USPC is hosting an International Exchange and additional teams are entered, teams two and beyond will be filled in order of score by those who tried out for but did not make the first team. Those meeting International level qualifying standards of age 16 and older on January 1 of the exchange year and a rating of C-1 or higher by the application deadline will fill remaining open slots on additional teams entered. Teams two and beyond will be designated "National" teams. They will participate fully with the International Teams in Exchange Rally competitions and will be eligible for all team and individual awards. *See Appendix II.*

Article 10 – Competitor Behavior

1. Rudeness or unruly behavior, at any time during the Rally, may be penalized by subtracting 25 points from the total score for each offense.
2. Extreme cases of unruly behavior and/or rudeness may result in a maximum penalty (a zero score) being assessed during a phase, or even disqualification from the Rally.

Article 11 – Human Use of Drugs and Alcohol

1. The USPC emphatically forbids the use or possession of alcohol or controlled substances by participants, competitors, Coaches, or Chaperones in all types of USPC sponsored or approved activities, including club, Regional, Inter-Regional, National and International competition Rallies; except when the controlled substance is prescribed for medical reasons.
2. Any competitor bringing prescribed medication to an activity or Rally must notify the Chaperone, the Organizer and the Chief Horse Management Judge.
3. A notation must be on the medical release form that a prescription medication is being used.
4. This policy applies for the duration of the Pony Club activity. Duration of a Pony Club activity is defined in USPC Policy 0500 as being "A period of time beginning with the official opening of the activity and ending with the official closing of the activity." *See Uniform Officiation Rules.*

Article 12 – Use of Equine Drugs and Medications

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1. Medication is defined as any substance that is not plain water, salt, or electrolytes and not considered a normal foodstuff. Any other substance given to a mount oRally, via stomach tube or applied to the skin surface is considered medication. Anything that is administered by injection is a medication.
2. Medication may be administered only under the directions of the Rally veterinarian and/or the Chief Horse Management Judge. If medication is administered during the activity, the person responsible for the mount, or his/her agent, must be responsible for administration of said medication.
3. Any mount requiring medication prescribed by another veterinarian must be accompanied by an explanatory letter, including diagnosis and dosage, which will be presented to the Chief Horse Management Judge or the Rally's official veterinarian upon arrival and posted on the mount's stall card. This information shall then be made available to the Rally veterinarian. *See HM Handbook Appendix C.*
4. If, during the course of the activity, it becomes necessary to administer a tranquilizer, stimulant, or depressant, (e.g., for suturing), the mount may not be ridden while under the influence. *See Uniform Officiation Rules.*
3. Shirts or singlets must be worn for the run. Spikes or cleats are permitted.
4. Dress for the Riding Phase shall consist of an ASTM/SEI certified riding helmet with secured retention system, a shirt with a collar and sleeves, and either breeches or jodhpurs. Boots: tall black or brown dress or field boots, or jodhpur/paddock boots with or without a matching full-grain smooth leather half-chaps or leggings, are allowed. This attire shall be the minimum deemed appropriate whenever the competitor is mounted.
5. Footwear that meets USPC Horse Management standards must be worn at all times in the stable area.
6. Swimming attire shall be **of one piece** and in good taste and suitable for the event. Transparent swim suits are not permitted.
7. A Medical Armband, which includes a current copy of the individual's USPC Medical Card, must be worn at all times while on the competition grounds. Tetrathlon competitors will not be required to wear them while actually shooting or swimming, but must have them visible and next to them for these activities and must wear them at all other times.

Article 13 – Dress

1. Dress in all phases shall be appropriate for the sport and weather conditions.
2. Numbers shall be worn during Horse Management and for all phases, except swimming. Nametags (if used) will show the competitor's name, number, and rating. The back should show the name of the Chaperone.

SECTION 1: General Regulations

Chapter 2 – General Requirements

Article 14 – Order of Events

The order in which the four phases are run will be left to the discretion of the Organizer and will depend upon local conditions and circumstances. However, it is suggested that the endurance phases, running and swimming, be held on separate days when the Rally lasts more than one day.

Article 15 – Prize List and Schedule

A Prize list should be sent out by the Organizing Committee, which includes but is not limited to:

1. The dimensions and the nature of the riding area.
2. A tentative schedule stating the earliest arrival hour and the official briefing time.
3. Location and directions to the Rally.
4. Time courses are open.
5. Food availability.

Article 16 – Horse Management

1. All USPC Horse Management standards as set forth in the current *USPC Horse Management Handbook and Rules for Rallies* will be strictly followed, including first set-up and safety, turnout inspection to the rider's rating level, required equipment, daily sheets, turn back sheets, and a safety check. Attire for the turnout inspection is detailed in Article 52 (Dress for the Riding Phase).
2. Horse Management at Rally will be judged on observance of sound, safe practices in securing, handling, grooming, tacking, riding, cooling out, feeding and watering, and extended care of their mounts by competitors.
3. Workmanlike methods, arrangements, and reasonable common sense in the existing conditions is the goal at Tetrathlon Rallies.
4. All riders using the same mount will be present at the first scheduled turnout inspection time for the mount. If tack is removed or changed between riders, the mount must be returned to Horse Management for a "safety check."
5. Stall cards must be posted.
6. When judging Horse Management, Tetrathlon Rallies may be considered One-Day Rallies. The Rally prize list (or Gold Book) will state when the mounts are required to arrive and when they may depart. The overall schedule will declare the beginning and ending of the Riding Phase (i.e., the judging of Horse Management).

7. Competitors with mounts on grounds outside of the days and times scheduled for the Riding Phase must adhere to all USPC Horse Management rules, practices and policies. Dereliction may result in further Horse Management penalties or disqualification from the Rally. The Ground Jury, in consultation with the Horse Management judge(s), will make this determination.

See Scoring of Horse Management: Section II, Chapter 1, Riding Phase, Article 54

Article 17 – Inquiries and Protests

1. Should a competitor wish to question a score or result, the first course of action will be to petition (inquire) the Steward for that particular phase or the Chief Horse Management Judge for Horse Management. Inquiries must be initiated within 30 minutes of the results being posted (and announced publicly as having been posted).
2. If the competitor is not satisfied with the decision rendered by the Phase Steward or Chief HM Judge, he/she may submit a written protest to the Ground Jury. All protests to the Ground Jury must be submitted within one hour of the decision of the Phase Steward.
3. The decision of the Ground Jury is final. (See Uniform Officiation Rules)

Article 18 – Disqualification and Elimination

Attention is drawn to the difference between disqualification and elimination:

1. A competitor who is eliminated in a phase will receive a zero (0) score for that phase and will not be allowed to complete that phase. However, he or she is allowed to complete the other phases and receive a total score for the Rally.
2. Disqualification is a punishment for misconduct arising from a deliberate attempt to contravene the rules and regulations of the USPC Tetrathlon rulebook. Any person disqualified shall take no further part in any phases of the Rally, must leave the competition grounds, and forfeits any awards. Such person will not be allowed to compete at Championships.
3. The following cases may cause disqualification of a competitor and mount:
 - Poor sportsmanship
 - Cruelty
 - Unlawful use of drugs, medications, and/or alcohol
 - Rude behavior
 - Misuse of equine medications

SECTION 1: General Regulations

- Abuse of mount
 - Dangerous riding
 - Riding a lame, sick, or exhausted mount
 - Cheating
 - Failure to turn in air pistol upon arrival at the Rally or when designated by the Rally Organizer.
 - Unsafe handling of air pistol at any time
4. The Ground Jury may disqualify a competitor if, in its opinion, the competitor constitutes a hazard to the safety or well being of the competitor, mount, other competitors, their mounts, spectators or others.
 5. Abusive use of whips, crops, spurs, or bits will result in disqualification at the discretion of the Ground Jury. The mount may not be struck more than three times per disobedience and may not be struck on the head or neck.

Article 19 – Safety

1. The Organizer should refer to the Uniform Officiation Procedures concerning EMT coverage.
2. At all venues there must be easily accessible directions and maps with the most expeditious route to the nearest hospital or emergency medical treatment center clearly marked.
3. The Organizer or secretary will have the competitor's medical release forms with them at all venues.
4. There must be a currently certified lifeguard at the swim.
5. Water and cups must be available at all venues.
6. Heat index will indicate when the wearing of coats, hat covers, and neckwear MUST be waived. (See Heat Index Chart – Uniform Officiation).

Article 20 – Scoring

It is the responsibility of the Phase Steward to certify the correctness of scores before the scores are computed and posted. In the event of a dispute over results, questions should be directed to the Phase Steward and not the Scorer.

1. Each of the four phases is worth 1100, for a total of 4400 possible points.
2. Horse Management results are scored as penalty points.
 - A. In scoring Horse Management as penalty points, zero (0) is considered a perfect score.
 - C. Horse Management is scored as a penalty. The competitor may receive up to 100 HM points per day. The Horse Management points shall be multiplied by a factor of five (5) and the results will be subtracted from the total score of the four phases.

SECTION 1: General Regulations

Chapter 3 – Officiation

Article 21 – Organizer

1. The Organizer is the person responsible for the overall management of a Rally. If a committee or club is sponsoring a Rally, one individual should be designated as the Organizer. That individual is responsible for answering all questions about the management of the Rally.
2. The duties of the Organizer are detailed in the *Uniform Officiation Rules* and include: Responsibility for selecting the site for the Rally, establishing a table of entry fees, advertising the event and stating conditions of the Rally, appointing officials, locating accommodations for distant competitors, and assuring that all bills incurred by the Rally are paid.

Article 22 – Technical Delegate

1. The Organizer shall appoint a Technical Delegate. He or she will be a minimum of 25 years of age. He or she must be approved by the tetrathlon committee. He or she shall be present during the days of Rally, with no other jobs or duties to attend to during that time.
2. The duties of the TD are detailed in the *Uniform Officiation Rules* and include: to ensure that everything is conducted in accordance with current rules and that correct and accurate results are produced from each phase. He or she shall be responsible for inspecting courses, facilities, and arrangements before they are opened to competitors. This should be carried out in coordination with the Phase Stewards.
3. The Technical Delegate is authorized to require alterations if, in his or her opinion, arrangements are in any way contrary to, or in conflict with, the rules; or would result in unfair, unsafe, or unsuitable competition.
4. Following each Rally, the TD should complete the TD Evaluation Report, found in Appendix IV, and send it to the USPC National Office, where it will be reviewed and copies sent to the Committee Chair and RS.

Article 23 – Ground Jury

1. The Ground Jury shall consist of the four Phase Stewards and the Chief Horse Management Judge, one of whom shall be the President. The Organizer should appoint three alternate Ground Jury members in the event a Phase Steward or Chief HM is unavailable or conflicted. The TD is the facilitator of the actions of the Ground Jury but does not have a vote except in the case of a tiebreaker
2. When acting on an appeal, the Ground Jury will solicit the opinion of the Phase Steward whose phase is involved. That Steward's vote will not be included in a decision. Ties will be broken by the TD.

3. The duties of the Ground Jury are detailed in the Uniform Officiation Rules.

Article 24 – Phase Stewards

1. The Organizer shall appoint a Phase Steward for each of the four phases of Rally.
2. The Phase Steward should be technically proficient, experienced, and understand Pony Club's objectives.
3. Each Steward shall be responsible for the overall organization of his/her phase.
4. Each Phase Steward shall deliver the score from his /her phase to the Chief Scorer. It is the Phase Steward's responsibility to certify the correctness of such lists before the scores are computed and posted. In the event of a dispute over results, questions should be directed to the Phase Steward and not the Scorer.

Article 25 – Judges and Timers

1. Judges, timers, and other officials shall be appointed by the Phase Stewards in coordination with the Organizer.
2. Parents may do these jobs but should not judge or time their own child.

Article 26 – Chief Scorer

1. The Organizer shall appoint a Chief Scorer who will be responsible for converting all results from the various phases, and for keeping records of cumulative results for all phases. The Chief Scorer may appoint assistants as necessary.
2. The Chief Scorer should not be involved in interpreting results. From each Phase Steward, the Chief Scorer should receive the following:
 - A. Shooting: A list of each competitor's score on each target, and the total for all four targets.
 - B. Swimming: a list of each competitor's time.
 - C. Running: a list of each competitor's time.
 - D. Riding: a list of faults for each competitor and a time for each competitor. It should be noted on the judge's card if a competitor rode a level or more below his/her competition level. Rally secretary should so indicate on the score sheet for the judge.
 - E. Horse Management: A total of the competitor's Horse Management points, which will be multiplied by five (5) and subtracted from the total score.

SECTION 1: General Regulations

Article 27 – Horse Management Judges

1. The Organizer and HMO shall appoint the Chief Horse Management (HM) Judge. If the Rally is a National qualifier, a Chief must come from the current list of approved Chief Horse Management Judges, maintained at the USPC National Office and available from the RS. This is available on the USPC Web site.
2. The Organizer, with the help of the HMO, will recruit assistants as needed, depending upon the number of competitors.
3. All USPC Horse Management standards, as set forth in the *USPC Horse Management Handbook and Rules for Rallies* will be strictly followed, including first set-up and safety, turnout inspection to the rider's rating level, required equipment, daily sheets, turn back sheets, and a safety check. Attire for the turnout inspection is detailed in Article 52 (Dress for the Riding Phase).

Article 28 – Inspection Panel

1. The Inspection Panel will consist of the Chief Horse Management Judge, the Riding Phase Steward or the Riding Phase Judge, a veterinarian (if available) or another horse-knowledgeable person.
2. The Inspection Panel will officiate over the Horse Inspection procedure.

SECTION II: Phases of Rally

Chapter 1: Riding Phase

Part 1 – RIDING PHASE RULES

Article 29: General

1. The riding phase of a Tetrathlon Rally is intended to demonstrate the competitor's judgment and ability as a horseman. The Rally will take the form of a Show Jumping competition.

(For further information on questions not addressed in this Chapter, refer to *USEF Rules for Show Jumping*.)

2. Reference shall be made to the General Rules covering the conduct of competitions as all rules contained apply to the riding phase.
3. A competitor must make valid attempts to negotiate each and every obstacle in the course. After three (3) attempts to jump an obstacle, resulting in three (3) refusals or run outs, the competitor must bypass that obstacle and proceed to the next without additional penalty. Failure to do so will result in elimination and a score of zero in that riding round.
4. At the Regional level, in order to encourage safe participation, a competitor riding Senior level or lower shall be allowed to ride a level or more below that in which he or she is competing (i.e., a Senior may ride over the Junior or Novice course). The penalty for doing so will be 200 points per level dropped, (i.e., a Senior can score a maximum of 900 points in the riding phase if he or she competes over the Junior course). The intention of riding at a lower level must be declared before the start of the phase. Seniors and Juniors who elect to jump at one level below their age/rating appropriate division at the qualifying Rally are eligible to qualify for Championships if they have ridden down no more than one level and obtain a minimum score of 550.
5. If qualifying for Championships, the competitor must ride at the level for which he or she is qualifying at his/her Regional Rally, i.e. a Senior at the Senior level, and a Junior at the Junior level, Novice at Novice level. Only Juniors and Seniors may ride down one level and will take a 200-point penalty. If a competitor qualifies for Championships by riding down at the qualifier, that competitor must ride down at Championships as well.
6. The riding phase consists of Riding and Horse Management.
7. At the Regional and Championships level, in order for a competitor to better demonstrate his/her judgment and ability as a horseman, it is the option of the Organizer to ask for the riding phase to consist of two rides for all levels. Notification of this requirement will be published in the Gold Book for the year in which it will be required. Each ride will have a point value of 550 points with scoring, course design specifications, and penalties unchanged from the single ride format. If the two ride option is exercised, all penalty point values will be exactly one-half per ride. The

Gate and Slip Rail features will only be required in one of the rides. Rides will be on different days of the competition with no mount being allowed more than three rides per day. If a rider incurs an elimination penalty on the first riding round, he/she may still ride in the second round. At the option of the Organizer, the following formats may be followed:

- A. Slip Rail and Gate in both rounds
- B. Slip Rail in Round one and Gate in Round two or visa versa (only use one obstacle per round)
- C. Round two is a regular show jumping round with no Slip Rail and Gate
- D. Round two is a regular show jumping round with no Slip Rail and Gate and include a jump off if the round is clean.
- E. Either round one or round two may utilize the slip rail and gate in a fashion allowing the rider to exit and reenter the ring and proceed to negotiate a limited number of fixed cross country jumps.

Notice of which format will be followed shall be stated in the Rally briefing.

8. Unauthorized assistance will result in elimination of the rider and a zero score in that round. Unauthorized assistance specifically entails the following:

Coaches or others handing anything to a mounted competitor, including things that have been dropped, with the exception of spectacles. Exceptions: during the riding phase, water may be handed to a competitor at any time, mounted or unmounted. Should the rider's helmet come off, the competitor must dismount to re-secure it. A loose horse may be caught and returned to the rider.

Officials, staff or any other persons drawing the attention of a competitor to a deviation from a course, constitutes unauthorized assistance. Officials, staff and other persons may render assistance to an injured or sick competitor or to a horse in difficulty.

Article 30: Mounts

1. Competitors are expected to provide their own mounts. The mount may be owned, borrowed, leased, loaned or rented.
2. The mount used in a qualifying Rally need not be the same one used for Championships.
3. Mounts will be 5 years old or older. NO STALLIONS.
4. When circumstances make it necessary, mounts may be shared by up to three competitors. The Organizer will stipulate any conditions or restrictions pertaining to shared mounts well in advance of the Rally.

SECTION II: Phases of Rally

5. All mounts must be treated with consideration. If a competitor mistreats a mount in a manner considered to be an act of cruelty, the competitor may be disqualified from the Rally. The Riding Phase Steward, aided by the Ring Steward, the riding judge and Horse Management officials, will be responsible for assuring that mounts are properly treated.
6. The Organizer may assist in finding a suitable mount, but ultimately it is the competitor's responsibility. Competitors must also keep Horse Management and the Organizer informed of all changes.
7. Other than in urgent cases, if a competitor is using a mount other than his/her own, the assignment of the mount and rider must be made prior to the competitor's briefing, and Horse Management on the mount and tack will begin at this briefing.

Article 31: Arenas

1. The dimensions and the nature of the riding area should be given in the invitation to the Rally.
2. The riding area perimeter should be well defined.
3. In cases where there is limited space for warm up, the number of mounts allowed to warm up at one time will be restricted. A minimum of 15 minutes will be allotted for warm up.
4. The Technical Delegate shall have the right to forbid competition if the proposed riding area is unsuitable or of insufficient size to conduct a Rally safely.
5. The Organizer shall provide a warm-up area including three fences: a vertical, an oxer, and an X. Fences in the warm-up arena shall be marked with red and white flags. Fences must be jumped keeping the red flag on the right and the white flag on the left. Failure to do so will result in elimination for the riding phase and a score of zero (0).
6. Only jump materials provided by the Organizer may be used for warm-up. Rapping or poling is forbidden. The top rail may not be moved once a horse has started the approach to the fence.

Article 32: Access to Arenas

1. Competitors on foot may be admitted to the arena to inspect the course before the jumping competition only when the course is officially open. When the course is not open for inspection, the Riding Phase Steward will place a notice stating "Arena Closed" at the entrance or conspicuously in the middle of the arena. Permission to enter the arena will be given by displaying a notice stating "Arena Open." Notice of time the arena will be open shall be included in the schedule of the Rally.

2. There may be an official walk of the course. Competitors, if they wish, may walk the course more than once when the arena is open, provided there is time. Depending on the course adjustments there may be other course walks, at the discretion of the Riding Phase Steward and/or Organizer when the course is adjusted for different divisions.
3. Competitors may not exercise their mounts in the arena nor jump any obstacles that are part of the Rally.

Article 33: The Signal

1. A bell, horn or whistle may be used as a signal to a competitor. The signal of choice must be loud and clearly audible in all parts of the arena. It is used on the following occasions:
 - A. To give the signal for the start of a round;
 - B. To stop a competitor for any reason or for an unforeseen incident;
 - C. To signal a competitor to continue after an interruption;
 - D. To indicate an obstacle has to be jumped again after it has been knocked down during a refusal;
 - E. To indicate by repeated signaling that the competitor has been eliminated.
 - F. To indicate that 60 seconds have been exceeded at the gate or slip rail obstacles.
2. To start a round, the competitor enters the arena through the in-gate, halts facing the judge, and awaits the judge's signal (1 tone) to begin the round. From the time the start signal is given, the competitor has 45 seconds to begin the round. Failure to cross the start line in 45 seconds will result in elimination.
3. If the competitor fails to obey the signal, he or she will be eliminated from that round.
4. If, after an interruption, a competitor starts before the signal is sounded, he or she will be eliminated from that riding round and receive a score of zero for that round.

Article 34: The Course

1. The course is the track that the competitor must follow to complete a round. The length must be measured accurately, paying particular attention to the turns, from the starting line, along a line normally followed by a horse, and passing through the center of each obstacle to the finish line.
2. The length of the course shall be no less than 350 meters and will not exceed 850 meters.

SECTION II: Phases of Rally

3. The course shall be limited to a maximum of jumping efforts as listed under Article 39: Obstacles. No course shall contain more than one double and one triple combination or two double combinations, if a triple is not included. (*See Article 39.*)
4. The starting line may not be more than 25 meters (82 feet), nor less than 6 meters (19 feet 8 inches) from the first obstacle. The finish line may not be less than 15 meters (49 feet 2-1/2 inches), nor more than 25 meters (82 feet) from the last jump. The start and finish lines shall be marked with appropriate red or white flags or cones.
5. Prior to the opening of the course for inspection and official course walk, the Technical Delegate shall inspect the course and shall indicate to the Organizer, and Riding Phase Steward, his or her approval of the course, or shall suggest changes as shall be necessary to gain approval. Once the Technical Delegate has approved the course, no other modifications may be made.
 - B. The side limits of the obstacles, that is the section of the obstacle or warm up fence over which the mount is to jump. Flags/markers shall be placed on the inner limits of the wings;
 - C. Compulsory turning points;
 - D. The finish;
 - E. Timing cones in front of the slip rail and gate;
 - F. The direction in which the obstacles are to be jumped in the practice arena.

Article 35: The Plan of the Course

1. A plan showing the general layout of the course must be posted prior to the official walking.
2. The plan should show the following:
 - A. Position of the start and finish line. Unless otherwise indicated, these lines may be re-crossed during the round without penalty;
 - B. The relative position of the obstacles, their type and number;
 - C. Any compulsory passages or turning points;
 - D. The length of the course as measured;
 - E. The track to be followed by competitors indicated by an arrow showing the direction in which each obstacle must be jumped and by a solid line to indicate any compulsory passages;
 - F. The time allowed and the time limit;
 - G. After the third horse at each level has jumped the course with no resistances or disobediences, the Riding Judge and the TD shall review the time and may adjust the time allowed and time limit if they deem there has been a gross error in the measurement of the course or in the calculation of the time. From that point on it may not be adjusted. The adjusted time will be used to adjust the scores of the previous competitors.

Article 36: Flags or Markers

1. Entirely red or entirely white flags or markers shall be used to mark the following:
 - A. The start;

2. The flags/markers must be placed so competitors leave the red flags/markers on their right and the white flags/markers on their left. Competitors must pass through the flags and markers correctly under all circumstances.
3. Should a competitor pass the wrong side of a start, finish, or compulsory turning flag/marker, he or she must return and pass the correct side of the flag/marker before jumping the next obstacle. This shall be considered a rectifiable deviation from the course. Should the competitor fail to rectify such a deviation, he or she shall be eliminated from the riding phase and receive a score of zero.
4. Knocking down a flag or marker, wherever it may be on course, does not incur a penalty. However, if a flag is knocked down as the result of a disobedience, it must be replaced before that obstacle is jumped. The clock must be stopped while the flag/marker is replaced, and the penalty of 12, 16, or 20 points applies according to the procedure laid down under time penalties.

Article 37: Obstacles

1. The obstacles must be strong, heavy and impressive in appearance, but not fixed. At the Organizer's discretion and if they choose to utilize the slip rail and gate as an exit and entry point to the show jumping ring (Article 31-7(5)), a limited number of fixed cross country jumps may be used.
2. The obstacles must be sporting and not cause an unpleasant surprise for anyone.
3. When measuring, the metric measurement takes precedence.
4. Rails must rest in standard deep or shallow cups. Cups used for planks, panels, and gates, when they constitute the top element of the jump, must be flat.
5. The height of warm-up fences may NOT exceed the maximum of the competitor's competition height by more than 3".
6. The ground line must be at the base or just in front of the jump. False ground lines are not allowed.

SECTION II: Phases of Rally

7. Up to one inch leeway may be given when measuring obstacles to conform to the following dimensions, if due to the terrain and materials available, the obstacles cannot be made to fit the dimensions.

8. For Senior competitors the obstacles shall not exceed:

| | |
|---------------------------|---|
| Straight obstacles | 1.10m (3 ft 7 in) height |
| Brush fence | 1.30m (4 ft 3 in) height; solid part of brush <1.00m (3ft 3in) |
| Spread obstacles | 1.10m (3 ft 7 in) height 1.30m (3 ft 9 in) width at the highest point 1.60m (5 ft 3 in) width at the base |
| Water jump | 3.00m (9 ft 10 in) |

9. For Juniors the obstacles shall not exceed:

| | |
|---------------------------|--|
| Straight obstacles | 1.00m (3 ft 3 in) height |
| Brush fence | 1.20m (3 ft 11 in) height; solid part of brush <0.90m (2ft 11 in) |
| Spread obstacles | 1.00m (3 ft 3 in) height 1.10m (3 ft 7 in) width at the highest point 1.40m (4 ft 6 in) width at the base. |

10. For Intermediates and Novices, the obstacles shall not exceed:

| | |
|---------------------------|---|
| Straight obstacles | 0.89m (2 ft 9 in) height |
| Brush fence | 1.0m (3 ft); solid part of brush <0.80m (2 ft 7 in) |
| Spread obstacles | 0.89m (2 ft 9 in) height 1.00m (3 ft) width at the highest part 1.40m (4 ft 3 in) width at the base |

11. For Pre-Novice the obstacles shall not exceed:

| | |
|---------------------------|---|
| Straight obstacles | 0.68m (2 ft 3 in) height |
| Spread obstacles | 0.68m (2 ft 3 in) height 0.76m (2 ft 6 in) width at the highest part |

12. For 10-and-Under, obstacles shall not exceed 18" in height and spread.

13. For 8-and-Under, the course will be appropriate for the beginning rider of D-1 Pony Club rating. For a D-1 rider, a course of secure poles on the ground or cross rails that require steering is recommended.

14. The minimum number of jumping efforts per course is eight (8). The maximum number of jumping efforts should not exceed the following:

| | |
|---------------------|----|
| Novice/Intermediate | 10 |
| Junior | 12 |
| Senior | 14 |

15. The above dimensions are the maximum dimensions permitted. Course designers should not interpret these maximums as requiring a course of a set height. In general no more than 50% of the obstacles should be at the maximum and the balance of the course should be of lesser heights. At least three out of the first eight must be spread obstacles.

16. For Regional and local Rallies, Organizers should use their judgment and modify maximum dimensions in non-qualifying divisions according to the capabilities of the competing riders.

17. When there is a range of expertise in a Rally level, those not wanting to qualify for the next level of competition (National Championships), may be offered a lower course, with no deduction of score, if qualifying and non-qualifying divisions are offered.

18. In addition to the maximum number of jumping efforts in No. 12 above, each course at the Novice, Intermediate, Junior and Senior levels shall include a slip rail to be taken down, negotiated and replaced while unmounted and a gate to be opened, negotiated, closed and secured while mounted. See Articles 45 & 46 for computing Time Allowed and Time Limit. See Appendix I for specifications and construction details for the slip rail and gate. Regional Rallies run in conjunction with Modern Pentathlon competitions may exclude the gate and slip rail from the riding phase for all levels.

Article 38: Types of Obstacles

1. Straight Obstacles – An obstacle, whatever its construction, can only be called a straight obstacle when all elements are placed vertically, one above the other, on the take off side, without any rail, hedge, bank or ditch in front of it.

2. Spread Obstacles – A spread obstacle is one that requires the horse to jump width as well as height.

3. Water Jump – For a spread obstacle to be called a water jump, it must not have any obstacle before, in the middle or beyond the ditch full of water.

A. Only a guardrail or hedge, fixed on the ground, may be placed on the take off side.

B. The hedge is not part of the obstacle and displacing or knocking it down is not penalized although it counts in the calculation of total width.

C. The limits of water jumps without guardrails or hedges must be clearly marked on both take-off and landing sides.

D. The landing side, and where necessary the take off side, must be clearly seen by the judge when a horse touches it.

SECTION II: Phases of Rally

4. Banks, slopes, ramps and sunken roads, whether or not they include any type of obstacle and regardless of direction negotiated, are to be considered as combinations of obstacles. A bank without the addition of a jump or with only one pole may be taken in one jump without incurring any penalties.
5. Slip Rail and Gate. Either the slip rail or gate, when used, will be placed about one-third the distance into the course and the other two-thirds the distance. Each is numbered consecutively as obstacles on the course, but they are not counted as jumping efforts, as defined in Article 39-12.
6. Slip Rail – Specifications: Two fences (4' to 5' high by 6' to 8' wide) with bases anchored to the ground, will serve as wings for the slip rail opening. The opening between the wings will be 6' minimum to 8' maximum. The two slip rails will be standard 2x4's that are 8' long for a 6' opening and 10' long for an 8' opening. The top of the lower rail, which remains in place, shall be 10" above the ground. The top of the upper rail, which is to be lowered to the ground at one end or slid back into the wing, shall be 3' to 4' above the ground.

How Ridden: The rider approaches the slip rail between the flagged cones (red on the right, white on the left), halts, dismounts, lowers one end of the top rail to the ground (or slides it fully back into the wing), walks the horse in hand over the lower rail (left in place), replaces the top rail, remounts from the ground and continues on course. Two cones or similar markers will be placed about 20' apart and 10' in front of the slip rail obstacle. Time to negotiate the slip rail will be started when the horse's chest passes between these markers. The slip rail is considered to have been successfully negotiated when the slip rail has been replaced. A mounting block may be used without incurring point penalties. The use of a mounting block is at the discretion of the course designer and show jumping steward. If used, the mounting block should be at least 15 meters or yards from the split rail. It is recommended that the mounting block be natural, such as a log or flower box, and the course designer may integrate the mounting block into the course (e.g., place the flower box next to a jump) and specifically designate it as such.

7. Gate – Specifications: Two fence sections (4' to 5' high by 6' to 8' wide) with bases securely anchored to the ground, will serve as wings for the gate. The opening shall be 6' minimum to 8' maximum to accommodate a typical farm gate of pipe, metal panels or wood. A "stop" on the near side of the post adjacent to the latching end of the gate will permit the gate to be opened in the forward direction only. A loop of rope or other flexible material, fastened to the top of the opening end of the gate, will be placed completely over the inner post of the adjacent wing to secure the gate. The post will extend upward approximately 5" above the gate height to accommodate the loop.

How Ridden: The mounted rider approaches the gate between the flagged cones, opens it, walks through, closes the gate, secures it by placing the rope loop completely over the post, and continues on course. Two cones or similar markers will be placed about 20' apart and 10' in front of the gate obstacle. Time to negotiate the gate will be started when the horse's chest passes between these markers. The gate is considered to have been successfully negotiated when the loop has been placed completely over the post.

Article 39: Combinations of Obstacles

1. A double or triple combination is an obstacle composed of two or three fences necessitating two or three successive jumping efforts. The minimum distance between any two parts is 7 meters (23 ft) and the maximum 12 meters (39 ft 4 in). The distance is measured from the base of the fence on the landing side to the base of the next fence on the take off side.
2. No combinations should consist of closed obstacles.
3. Senior level competitors will be asked to jump a triple combination, a triple and a double, or two double combinations.
4. Juniors will be asked to jump one triple or two doubles.
5. Intermediates will be asked to jump two doubles.
6. Novices and Intermediates will be asked to jump a double combination.
7. Pre-Novice, 10-and-Under and 8-and-Under will not be asked to jump combinations.

Article 40: Faults in the Course

1. An obstacle is considered to have been knocked down, when through a mistake of either the mount or the competitor:
 - A. At least one end of the top element is dislodged from its support.
 - B. Any framework intended to maintain the solidity of the obstacle and forming an integral part of its support falls.
 - C. If there is any doubt, the Jury should rule in favor of the competitor.
2. If an obstacle, which has been dislodged, does not actually fall until after the competitor has crossed the finish line, it is not counted as a fault. No such dislodged obstacle shall be touched until the competitor has crossed the finish line.
3. The penalties for knocking down an obstacle are set out in the Table of Faults and Penalties.
4. When an obstacle is composed of several elements placed one on top of the other in the same vertical plane and one or more of the elements is knocked down, only the top element is penalized.

SECTION II: Phases of Rally

5. When an obstacle to be taken with one jump is composed of several elements not fixed in the same plane, as in spread and water obstacles, knocking down one or more top elements, or a foot in the water when a strip or other suitable material is used, it is counted as one mistake only, regardless of the number of separate elements knocked down.
 6. All the faults for mistakes or disobediences made at each fence of a combination during each attempt are counted separately and added together.
 7. If any element of an obstacle that has been knocked down prevents a competitor from jumping another obstacle or part of a combination, it must be removed. The time taken to do this is deducted from the total time for the round.
 8. A competitor showing a horse an obstacle will be eliminated.
- 2) If a competitor fails to return to jump the obstacle properly, he or she will be penalized by elimination and a score of zero.
- D. Circling: any form of circle or series of circles in any part of the course for any reason – except a horse may circle to regain position after a run-out or refusal. This rule does not apply to circling at the slip rail and gate obstacles.
 - E. Crossing Tracks: crossing one's original tracks between two consecutive obstacles anywhere on the course, unless specifically allowed and shown on the plan of the course.
 - F. Approaching an obstacle or the finish line sideways or by zigzagging or by turning sharply towards them is not a disobedience unless the horse, or part of the horse, passes the obstacles to be taken or passes outside the finish line. If the track of the horse after jumping an obstacle crosses the track made before jumping the same obstacle, no disobedience has occurred.

Article 41: Disobediences, Deviations, Resistance

1. The following are considered disobediences and are penalized as such:
 - A. Rectified deviation from the course: (see item 2B below)
 - B. Refusal:
 - 1) A refusal consists of stopping in front of an obstacle to be jumped, whether or not the mount knocks it down or displaces it.
 - 2) If a competitor knocks down the obstacle during a run out or while stopping and then jumps the obstacle after the officiating judge sounds the signal to stop and before it has been rebuilt and the judge sounds the signal to continue, he or she is penalized by elimination and a score of zero.
 - 3) If a horse slides through an obstacle, the officiating judge must decide whether it is to count as a refusal or a knock down. If the judge decides it is a refusal, the signal is sounded at once and the competitor must be ready to attempt to jump the obstacle as soon as it has been rebuilt and the signal to continue sounded. If the judge decides a knock down has occurred, the signal will not be sounded and the competitor should continue his round.
 - 4) A competitor who, in the opinion of the officiating judge, shows an obstacle to his or her mount after a refusal and before resuming the course will be penalized by elimination and will receive a zero score. The competitor will be excused from the ring.
 - C. Run-out:
 - 1) A horse is considered to have run-out if it is not under the full control of its rider and/or avoids an obstacle it should have jumped. Jumping outside the flags that mark the limits of an obstacle is considered a run out.
2. The following are considered Deviations
 - A. A deviation from course occurs when a competitor:
 - 1) Does not follow the posted plan of the course
 - 2) Disregards a flag indicating the course to be followed, or fails to pass over either the starting or finishing line
 - 3) Fails to jump the obstacles in the prescribed order
 - 4) Misses an obstacle on course
 - 5) Jumps an obstacle previously jumped successfully
 - 6) Jumps an obstacle from the wrong direction
 - 7) Fails to jump the fences in a combination separately and consecutively
 - 8) Fails to renegotiate the entire combination after a refusal, or run out at any of the fences of the combination.
 - B. Correction of Deviation
 - 1) In order to correct a deviation from the course, a competitor must return to the course at the point where the error was committed.
 - 2) A deviation from the course that is rectified before jumping the next obstacle is penalized as a disobedience.
 - 3) A deviation from the course that is not rectified or that is rectified only after jumping the next obstacle, whether that obstacle is a part of the course or not, incurs elimination and a score of zero.

SECTION II: Phases of Rally

3. Resistance

- A) A horse is considered to offer resistance if, at any time, and for whatever reason, it stops, backs, turns around more or less completely, rears, and generally misbehaves. There is no penalty incurred for a simple resistance unless it is classified as a refusal or run-out under Article 41, sections 1.B and 1.C above or persists as in B.2) below.
- B) A competitor will be eliminated and receive a score of zero if:
- 1) resistance occurs for a period of 45 seconds during a round
 - 2) more than 45 seconds is taken to jump an obstacle
 - 3) resistance causes the competitor to fail to pass over the starting line within 45 seconds of the signal to commence the round.

Article 42: Falls

1. A competitor is considered to have fallen when he or she is separated from his/her mount, which has not fallen, in such a manner that he has to remount. A horse is considered to have fallen when, at the same time, both the shoulder and the quarters have touched either the ground or the obstacle and the ground.
2. A fall of a competitor is penalized wherever it takes place after crossing the starting line and before crossing the finish line. A fall of the competitor equals elimination from that round. The competitor will be excused from the ring.
3. The fall of a horse equals elimination from that round. *If the mount is a shared mount or the fall of the mount occurs in the first ride of a Rally where there are to be two rides, the mount must be examined by the TD and a veterinarian (if available on the grounds) to determine if it will be allowed to continue.*

Article 43: Speed

The speeds required are as follows:

Senior competitors

325-350 m/min.(355-380 yds./min.)

Junior competitors

300-325 m/min.(325-355 yds./min.)

Novice and Intermediate competitors

300 m/min.(325 yds./min.)

Pre-Novice, 10-and-Under and 8-and-Under .no time taken

Article 44: Time of Round

1. The time of a round is the time taken by the competitor to complete the course. It begins the exact moment at which the mounted competitor passes the starting line and ends when, still mounted, the competitor crosses the finish line. The horse's chest is used as the measuring point.
2. The time allowed for a round is based on the length and speed on a course by division. Time is added to allow negotiation of the Slip Rail and Gate. The time allowed must be clearly shown on the plan of the course. Time Allowed = (length of course / speed) + time allowed for slip rail and gate

Time Allowed for Slip Rail and Gate: 15 seconds for each – total 30 seconds

Example: International division – 850 meter course at a pace of 325 meters per minute

$$TA = 850 / 325 + 30 = 3:07$$

3. Competitors taking longer to complete the course than the time allowed will be penalized according to the Table of Faults and Penalties.
4. Within the limits of Articles 38, 39, 40 and 44, course designers are free to plan a track suitable to the quality and standard of preparation of the competitors. After the third horse at each level has jumped the course with no resistances or disobediences, the Riding Judge and the TD shall review the time and may adjust the time allowed and time limit if they deem there has been a gross error in the measurement of the course or in the calculation of the time. From that point on it may not be adjusted. The adjusted time will be used to adjust the scores of the previous competitors.

Article 45: Time Limit

1. The time limit is twice the time allowed and is computed as follows:

$$\text{Time Limit} = (\text{length of course} / \text{speed} + 30 \text{ seconds}) \times 2$$

Example: Senior Division, 850 meter course at 325 meters per minute

$$TL = 850 / 325 + 30 = 3:07 \times 2 = 6:14$$

2. Competitors exceeding the time limit are eliminated from that round (a zero (0) score). They are excused from the ring.

Article 46: Recording Time

1. The time recorded in seconds and hundredths or tenths of seconds is calculated from the moment the horse's chest crosses the starting line to the moment the horse's chest crosses the finishing line.

SECTION II: Phases of Rally

2. At least two additional hand-held stopwatches must always be available to time resistances, to check duration of interruptions, and as a standby in case the electronic device should fail during a round.
3. When electronic timing devices are not used, at least three hand-held stopwatches must be used.

Article 47: Penalties

1. If, as a result of a disobedience, a competitor knocks down or dislodges an element of a single obstacle (or the first obstacle of a combination) before jumping the obstacle, the judge will immediately sound the signal (2 tones or 2 whistles) to stop the competitor. When the competitor stops, the competitor's elapsed time will be stopped. The obstacle will be rebuilt. The judge will sound a signal (1 tone or 1 whistle) to resume the competitor's elapsed time. The competitor will then resume the course. The competitor will be penalized for both the disobedience and by an additional 12 time penalties. (See Table 2, Faults and Penalties in the Riding Phase).
2. If a competitor has a refusal or a run out on the second or third obstacle of a combination obstacle, but has not knocked down any element of the combination, the competitor must return to the first element and jump the combination in its entirety. The clock will not be stopped and the disobedience penalties will be applied.
3. If a competitor knocks down or dislodges one of the elements of a combination obstacle, and then has a refusal or a run out at any of the following obstacles in the combination, the judge will immediately sound the signal (2 tones or 2 whistles) to stop the competitor. When the competitor stops, the competitor's elapsed time will be stopped. ALL elements knocked down in the combination jump will be rebuilt. The judge will sound a signal (1 tone or 1 whistle) to resume the competitor's elapsed time. The competitor must retake the whole combination after the obstacle is rebuilt and the signal sounded to continue. The competitor will be penalized for:
 - A. any knockdowns
 - B. the disobedience
 - C. time penalties based on where the disobedience occurred. (See Table 2. Faults and Penalties in the Riding Phase).

Example: On a triple combination jump, the competitor knocks down a rail on the A element, clears the B element and has a run out on the C element. The competitor is signaled to stop and elapsed time is stopped. The rail is replaced on element A. The competitor is signaled to resume, the elapsed time started, and jumps all three elements of the triple combination and knocks down a rail on

the C element and resumes the course. The competitor will be scored as follows:

First run at triple combination

| | |
|---|------------|
| Knockdown at A | .24 points |
| Run out at C | .24 points |
| Time penalties for run out at C | .20 points |

Second run at triple combination

| | |
|---------------------------|------------|
| Knockdown at C | .24 points |
| Total penalties | .92 points |

4. If an obstacle previously knocked down has to be jumped twice in a round and has not been rebuilt by the time the competitor is ready to jump it or a part of any obstacle knocked down might prevent the competitor from safely jumping another obstacle on the course, the signal will be sounded to stop the competitor and, when the competitor stops, the clock will be stopped. When the obstacle has been rebuilt or the hazard removed, the signal will be sounded for the competitor to continue his round and the clock restarted. The competitor is not penalized in this instance.
5. While the clock is stopped for any reason, the competitor may move about freely until he or she is signaled to continue the round, whereupon the clock is restarted. Under no circumstances may the competitor, as a result of interrupted time, restart his or her round from a position which would shorten the length of the course.

Article 48: Interrupted Time and Resistance

1. Judges must be very careful to ensure the clock (stopwatches) is stopped and restarted according to the rules for Rallies so that the time of interruption can be deducted from the total time of the round.
2. When time is interrupted, the overall time watches will continue to run from the beginning of the round until the end. A separate watch will start at the beginning of the interruption and stop when the rider resumes the course. That time will be deducted from the overall time.
3. Judge must have extra watches available to measure interruptions.

Article 49: Falls or Disobediences During Interrupted Time

1. The time of a round is not interrupted except as outlined under interrupted time. The clock (stopwatches) is not stopped for a deviation from the course, running out, or broken equipment.
2. Falls of a horse or competitor will result in elimination of the rider and rider will be excused and receive a zero (0) score for that round even when the clock (stopwatches) is interrupted. Disobediences are not penalized during interrupted time, with the exception of the abuse rule.
3. The rules regarding maximum penalties remain in force during interrupted time.

SECTION II: Phases of Rally

Part 2: SADDLERY AND DRESS FOR RIDING PHASE

Article 50: Whips and Saddlery

1. Maximum length of whip/crop is 75cm (30 in.).
2. No sharp or cutting edges are allowed on whips, tack or attire coming in contact with the mount.
3. Blinders of any kind are prohibited.
4. Properly adjusted running martingales with rein and breast stops are permitted
5. Timing devices may be worn.
6. All equipment must be in good repair, safe and maintained to the competitor's rating level.
7. Acceptable bits are detailed in the *USPC Show Jumping Rulebook*.
8. Braiding is optional as long as it does not interfere with the competitor's responsibilities to his or her mount. Braids shall not stay in overnight. Braiding or not braiding, nor the quality of the braid job, shall have any effect on the performance or turn-out scores.

See current *USPC Horse Management Handbook*, or current *USPC Show Jumping Rulebook* for more information.

Article 51: Dress for the Riding Phase

This attire shall be the minimum deemed appropriate whenever the competitor is mounted.

1. Comfortable clothing suitable for cross-country may be worn.
2. Shirts must have a collar and sleeves.
3. Breeches or jodhpurs with garters and/or hold-down straps.
4. Appropriate footwear must be worn. Footwear that meets USPC Horse Management standards must be worn at all times in the stable area.
5. Only blunt spurs without rowels may be used and must be properly fitted according to USEF rules.
6. An ASTM/SEI certified equestrian helmet with a retention system secured, must be worn at all times while mounted. Failure to do so will result in elimination. If the helmet comes off during competition or if the retention system becomes undone, the rider is forbidden under penalty of elimination to proceed until it has been replaced or re-secured. The rider must dismount until helmet is replaced. The clock continues to run and no other penalty is awarded.
7. Safety vests are optional.

For more information, refer to the current *USPC Horse Management Handbook*.

Part 3: SCORING OF RIDING & HORSE MANAGEMENT

Article 52: Scoring the Riding Phase

1. Errors and disobediences are scored in faults, which are penalized by the loss of points according to Table II: Table of Penalties in the Riding Phase.
2. All errors and disobediences committed between the starting line and the finish line are counted except if an obstacle falls, due to a jumping error, after the competitor has crossed the finish line, or in the case of a disobedience, during interrupted time.
3. A clear round in the time allowed shall give the competitor a maximum of 1100 points.
4. In the event of ties in the riding phase, each competitor will receive identical points toward the Tetrathlon Championship. However, if awards are to be made for the riding phase alone, the competitor with the shorter time will receive the higher award, except at the Novice level where the competitor whose time is closest to the optimum will win the higher award. In the event of identical times, the competitor judged by the Horse Management Chief to have maintained superior Horse Management during the Rally will receive the higher award.
5. When maximum penalties have been awarded, the score is zero (0) for that riding round.

Article 53: Scoring of Horse Management

1. All Horse Management will be judged under the current *USPC Rules for Horse Management*.
2. Horse Management is judged for the duration of the Rally. Horse Management judging continues during the time allotted for the other phases. It starts with the opening of the Rally and continues until the end, or a time designated by the Organizer to facilitate scoring.
3. Horse Management in Rallies will be judged on observance of sound, safe practices in securing, handling, grooming, tacking, riding, cooling out, feeding and watering, and extended care of their mounts by competitors. Workmanlike methods and arrangements are to be strived for and *reasonable common sense in the existing conditions stressed*.
4. Scoring: All Tetrathletes will be judged as a team and as individuals for purposes of Horse Management. Faults against a tack room are received by all competitors sharing that tack room. Faults against a horse are received by all sharing that mount up to their rating level. Individual and team points are added on the master score sheet kept by the overall scorekeeper to obtain the team score in Horse Management.

SECTION II: Phases of Rally

5. A competitor may receive a maximum of 100 penalty points per day in Horse Management. The number of points total is multiplied (factored) by 5 for each competitor's HM total. The factored points are deducted from the competitor's total score.
6. Should the Rally be organized for mounts to be brought in for one day, the Horse Management will be judged under rules for a One-Day Rally.
7. Unauthorized assistance in the stable area may result in elimination and a score of zero in the Riding Phase added to the maximum Horse Management penalty points. Example: Zero for the riding phase and $-100 \times 5 = -500$ from the total score.
8. When more than one competitor is using the same mount, all will receive the same Horse Management deductions, not a percentage of the deductions. In the case where the competitors represent more than one rating level there may be a difference in the turnout inspection score.
9. All riders using the same mount will present at the first scheduled turnout inspection time for the mount. If tack is removed or changed between riders, the mount must be returned to Horse Management for a safety check.

Article 54: Riding Phase Awards

1. When possible, an individual equitation award will be given. This award carries no point value. In the event that the Organizer elects to offer two jumping rounds, notice of which round will be judged for the equitation award will be clearly posted in the Rally schedule or program and be announced at the Rally briefing.
2. When possible, a Horse Management award will be given. This award carries no point value.

SECTION II: Phases of Rally

Table 1: Summary of Riding Actions That Result in Elimination

The following summary from the preceding rules list actions that may lead to a penalty of zero (0) score in the riding round. Officials and competitors should be aware that this summary is prepared for convenience only. Before any competitor is penalized with a zero (0) score, reference should be made to the appropriate section of the preceding rules. Should there be a question of interpretation, the preceding rules apply rather than the summary. If the second ride option is exercised in a competition, and if a rider is eliminated in the first round, he/she may ride in the second round. If the mount falls resulting in the elimination of the rider from that round and the mount is a shared mount or the fall occurred in the first of two rounds, the mount must be examined by the TD and veterinarian (if there is one available on the grounds) to determine if it is suitable to continue.

- Failure to enter the ring when called.
- Jumping an obstacle in the arena before the starting signal, jumping obstacles which are not flagged.
- Starting before the signal is given.
- Failure to cross the starting line within 45 seconds of the starting signal.
- Resistance of the horse at any time during the round for a duration of more than 45 seconds.
- Failure to jump an obstacle within 45 seconds.
- Failure to present a horse three times at an obstacle before proceeding on to the next in the event of a disobedience.
- Failure to bypass an obstacle and proceed to the next after three (3) failed attempts to jump that obstacle.
- Jumping an obstacle without having rectified a deviation from the course.
- Jumping an obstacle not part of the course.
- Jumping an obstacle in the wrong order.
- Passing the wrong side of a flag and not rectifying this mistake.
- Jumping an obstacle which has been knocked down before it has been rebuilt.
- Starting again after an interruption before the starting signal is given.
- Failure to jump the fences in a combination separately and consecutively.
- Failure to jump the whole combination obstacle after a refusal, run out.
- Failure to cross the starting line or finishing line mounted, or failure to cross the finishing line before leaving the arena.
- Competitor and/or mount leaving the arena prior to finishing the round.
- Exceeding the time limit.
- Showing an obstacle to a horse before starting or after a disobedience.
- Accepting anything except dropped spectacles.
- Exercising a mount in the arena.
- Dangerous riding, misuse of equipment.
- Being mounted without an ASTM/SEI equestrian helmet, or without the retention system secure.
- Jumping a practice fence or any flagged obstacle on course the wrong way, as marked by red and white flags or markers.
- First fall of the rider, first fall of the horse.
- Jumping the slip rail or gate in either direction.

At the discretion of the Ground jury, the following are subject to the maximum penalty:

- Entering or leaving the arena dismounted.
- Unauthorized assistance during the riding/Horse Management phase except as previously regulated above.
- Failure to stop on the indication of the signal when sounded.
- Failure to enter the exercise area or arena properly dressed or with the proper and allowable tack on the mount.

The maximum penalty is a zero (0) score for that round.

SECTION II: Phases of Rally

Table 2: Faults and Penalties in the Riding Phase

The competitor is penalized for mistakes defined in the rules on the following basis:

| | |
|--|--------------|
| For each commenced second over the time allowed | .2 points |
| For each knock down or a foot in the water | .24 points |
| Fall of competitor | .Elimination |
| For the first disobedience | .24 points |
| For the second disobedience on course | .48 points |
| For the third and each subsequent disobedience on course | .72 points |
| Fall of horse | .Elimination |

If a refusal occurs which results in an obstacle being knocked down, the competitor shall be penalized for the disobedience as above plus the additional time penalty of:

| | |
|--|------------|
| A single obstacle or the first part of a combination | .12 points |
| The second part of a combination | .16 points |
| The third part of a combination | .20 points |

All faults for disobediences are cumulative, not only if they are incurred at the same obstacle, but throughout the same round.

Scoring the Slip Rail and Gate

Failure to dismount, take down or fully slide the slip rail into the wing, pass through and replace the slip rail, and remount within 60 seconds150 points

When a rider has exceeded the 60 second time limit at a slip rail, the judge at that obstacle shall signal the rider to proceed to the next obstacle by sounding a bell, whistle or horn.

Failure to open, pass through a gate mounted, and resecure the gate within 60 seconds150 points

When a rider has exceeded the 60 second time limit at a gate, the judge at that obstacle shall signal the rider to proceed to the next obstacle by sounding a bell, whistle or horn.

Failure to shut and secure gate mounted or slip rail dismounted, when it is otherwise correctly negotiated (in both cases from the departure side of the obstacle)50 points

Receiving assistance to remount* after the slip rail:

| | |
|--------------------------|------------|
| Seniors and Juniors | .60 points |
| Intermediate | .45 points |
| Novice | .30 points |
| Non-qualifying divisions | .10 points |

**A mounting block may be used without incurring point penalties. The use of a mounting block is at the discretion of the course designer and show jumping steward.*

Jumping the gate or slip rail in any directionElimination

Failure to pass between the cones when approaching the slip rail or gate60 points

(Note: should rider not pass through the cones, the obstacle judge will start the clock as the chest of the horse passes the extended line of the cones.)

Maximum penalty that can be incurred at the slip rail or gate210 points

SECTION II: Phases of Rally

Chapter 2: Running Phase Rules

Article 55: Running Phase Courses & General Rules

- The length of courses shall be:

| | |
|--------------------------------|-------------|
| Senior level competitors | 3000 meters |
| All Juniors..... | 2000 meters |
| All Intermediates..... | 1000 meters |
| All Novices | 1000 meters |
| All Pre-Novices..... | 500 meters |
| All 10-and-Unders | 500 meters |
| All 8-and-Unders | 500 meters |
- The course shall be cross-country in nature and may include obstacles that must be negotiated, such as hay bales, logs, low event fences, etc.
- 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.
- The TD must approve the course before it is opened to competitors to walk.
- The competitor may not be given notification of course deviation, information, guidance or instructions, including reading out split times. It is forbidden for anyone to run with or near a competitor or in any way act as a pacer. This is considered unauthorized assistance and will result in elimination from the phase with a score of zero for the phase.
- A competitor may be given encouragement along the way. Cheering and encouragement is recommended and encouraged including shouting the competitor's name.
- Competitors are allowed to wear headphones during the competition.
- The use of any radio or telephone communication equipment during the race is prohibited.
- Unforeseen occurrences during the running phase which are not covered by these rules, will be resolved under the USATF rules for Cross-Country Running.

Article 56: Scoring the Running Phase

Running times earning 1100 points are based on Championships times for age and gender groups.

A penalty of three points per second is deducted for each second over the Optimum Time which earns 1100 points. *(See the following tables.)*

Article 57: Time & Optimum Time

- 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.

- Optimum times earning 1100 points are:

| | BOYS | GIRLS |
|-----------------------|----------------|-----------------|
| Senior Division | 9 min. 45 sec. | 12 min. 00 sec. |
| Junior Division | 6 min. 45 sec. | 8 min. 00 sec. |
| Intermediate Division | 3 min. 08 sec. | 3 min. 18 sec. |
| Novice Division | 3 min. 30 sec. | 3 min. 45 sec. |
| Pre-Novice Division | 2 min. 00 sec. | 2 min. 00 sec. |
| 10-and-Under | 2 min. 00 sec. | 2 min. 00 sec. |
| 8-and-Under | 2 min. 45 sec. | 2 min. 45 sec. |

In the event of a tie, runners will be awarded the same point total but the ribbons will be determined by averaging raw times to the nearest tenth or hundredth (if available) of a second.

Article 58: Start

- The running event for all divisions may be started in any one of the following formats at the discretion of the Organizer. Individual starts are recommended.
 - Individual Start:* Runners shall be started at one minute intervals and timed from the moment the starter signals them to leave until they cross the finish line. A count-down start shall be used, with a warning at 30 seconds, 15 seconds, 10 seconds, 5, 4, 3, 2, 1, go. Times will be recorded to the nearest hundredth of a second but will be scored by rounding to the next higher second for use with the accompanying tables. Runners leaving before being told will be recalled to start again, being penalized only for the time lost in doing so. A runner starting late will not be eliminated, but his or her time starts from the moment he or she should have started.
 - Group Start:* Starting commands will be: "Runners to your mark," followed by a gun or whistle. False starts are called back by a second shot or whistle.
 - Handicapped Start:* When a Tetrathlon Rally is held in conjunction with a Modern Pentathlon competition, running will be the final phase and will use Modern Pentathlon competition Rules for the running phase (tetrathlon.ponyclub.org). Please refer to Article 6, Event Rules: Running for Handicapped Start Rules and Running Points Tables.
- The starting order shall be posted or announced at least one hour before the race can start.
- Fifteen minutes before the start time of the first runner, a "first call" will be announced. Ten minutes before the start a second call will be announced. Five minutes before the start a final call will be announced. The race has officially started with the first call.

SECTION II: Phases of Rally

Article 59: Control

1. Running courses shall be well marked so that a runner keeps a red flag or marker on the right and a white flag or marker on the left. While passing through any set of flags or markers on course, the runner must immediately be able to look ahead and see the next set of flags or markers.
 - A. If a runner deviates from the marked course in a manner that shortens the required distance, the runner is eliminated and his score will be zero.
 - B. If a runner deviates in a manner that lengthens the course there will be no additional penalty other than the extra time required to run the course.
2. A runner must pass through all course flags and markers. Failure to do so will result in elimination
3. The Running Steward will assign enough spotters to watch all gates. A spotter may watch more than one gate. A spotter at the finish line will record the order of finish as well as finishing times.
4. An official walk of the course may be conducted prior to the race. Participation is not mandatory.

Directions for Running Tables:

The tables for scoring running are found on the following pages. Read across the top of the table for the minutes and down the first column for the seconds on the appropriate page. Stop watch times are rounded up to the next full second for use with the tables.

SECTION II: Phases of Rally

Table 3 – Senior Boys Running – 3000 Meters

| Seconds | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|---------|------|------|-----|-----|-----|-----|-----|
| 0 | 1100 | 1055 | 875 | 695 | 515 | 335 | 155 |
| 1 | 1100 | 1052 | 872 | 692 | 512 | 332 | 152 |
| 2 | 1100 | 1049 | 869 | 689 | 509 | 329 | 149 |
| 3 | 1100 | 1046 | 866 | 686 | 506 | 326 | 146 |
| 4 | 1100 | 1043 | 863 | 683 | 503 | 323 | 144 |
| 5 | 1100 | 1040 | 860 | 680 | 500 | 320 | 140 |
| 6 | 1100 | 1037 | 857 | 677 | 497 | 317 | 137 |
| 7 | 1100 | 1034 | 854 | 674 | 494 | 314 | 134 |
| 8 | 1100 | 1031 | 851 | 671 | 491 | 311 | 131 |
| 9 | 1100 | 1028 | 848 | 668 | 488 | 308 | 128 |
| 10 | 1100 | 1025 | 845 | 665 | 485 | 305 | 125 |
| 11 | 1100 | 1022 | 842 | 662 | 482 | 302 | 122 |
| 12 | 1100 | 1019 | 839 | 659 | 479 | 299 | 119 |
| 13 | 1100 | 1016 | 836 | 656 | 476 | 296 | 116 |
| 14 | 1100 | 1013 | 833 | 653 | 473 | 293 | 113 |
| 15 | 1100 | 1010 | 830 | 650 | 470 | 290 | 110 |
| 16 | 1100 | 1007 | 827 | 647 | 467 | 287 | 107 |
| 17 | 1100 | 1004 | 824 | 644 | 464 | 284 | 104 |
| 18 | 1100 | 1001 | 821 | 641 | 461 | 281 | 101 |
| 19 | 1100 | 998 | 818 | 638 | 458 | 278 | 98 |
| 20 | 1100 | 995 | 815 | 635 | 455 | 275 | 95 |
| 21 | 1100 | 992 | 812 | 632 | 452 | 272 | 92 |
| 22 | 1100 | 989 | 809 | 629 | 449 | 269 | 89 |
| 23 | 1100 | 986 | 806 | 626 | 446 | 266 | 86 |
| 24 | 1100 | 983 | 803 | 623 | 443 | 263 | 83 |
| 25 | 1100 | 980 | 800 | 620 | 440 | 260 | 80 |
| 26 | 1100 | 977 | 797 | 617 | 437 | 257 | 77 |
| 27 | 1100 | 974 | 794 | 614 | 434 | 254 | 74 |
| 28 | 1100 | 971 | 791 | 611 | 431 | 251 | 71 |
| 29 | 1100 | 968 | 788 | 608 | 428 | 248 | 68 |
| 30 | 1100 | 965 | 785 | 605 | 425 | 245 | 65 |
| 31 | 1100 | 962 | 782 | 602 | 422 | 242 | 62 |
| 32 | 1100 | 959 | 779 | 599 | 419 | 239 | 59 |
| 33 | 1100 | 956 | 776 | 596 | 416 | 236 | 56 |
| 34 | 1100 | 953 | 773 | 593 | 413 | 233 | 53 |
| 35 | 1100 | 950 | 770 | 590 | 410 | 230 | 50 |
| 36 | 1100 | 947 | 767 | 587 | 407 | 227 | 47 |
| 37 | 1100 | 944 | 764 | 584 | 404 | 224 | 44 |
| 38 | 1100 | 941 | 761 | 581 | 401 | 221 | 41 |
| 39 | 1100 | 938 | 758 | 578 | 398 | 218 | 38 |
| 40 | 1100 | 935 | 755 | 575 | 395 | 215 | 35 |
| 41 | 1100 | 932 | 752 | 572 | 392 | 212 | 32 |
| 42 | 1100 | 929 | 749 | 569 | 389 | 209 | 29 |
| 43 | 1100 | 926 | 746 | 566 | 386 | 206 | 26 |
| 44 | 1100 | 923 | 743 | 563 | 383 | 203 | 23 |
| 45 | 1100 | 920 | 740 | 560 | 380 | 200 | 20 |
| 46 | 1097 | 917 | 737 | 557 | 377 | 197 | 17 |
| 47 | 1094 | 914 | 734 | 554 | 374 | 194 | 14 |
| 48 | 1091 | 911 | 731 | 551 | 371 | 191 | 11 |
| 49 | 1088 | 908 | 728 | 548 | 368 | 188 | 8 |
| 50 | 1085 | 905 | 725 | 545 | 365 | 185 | 5 |
| 51 | 1082 | 902 | 722 | 542 | 362 | 182 | 2 |
| 52 | 1079 | 899 | 719 | 539 | 359 | 179 | 0 |
| 53 | 1076 | 896 | 716 | 536 | 356 | 176 | 0 |
| 54 | 1073 | 893 | 713 | 533 | 353 | 173 | 0 |
| 55 | 1070 | 890 | 710 | 530 | 350 | 170 | 0 |
| 56 | 1067 | 887 | 707 | 527 | 347 | 167 | 0 |
| 57 | 1064 | 884 | 704 | 524 | 344 | 164 | 0 |
| 58 | 1061 | 881 | 701 | 521 | 341 | 161 | 0 |
| 59 | 1058 | 878 | 698 | 518 | 338 | 158 | 0 |

Table 4 – Junior Boys Running – 2000 Meters

| Seconds | 6 | 7 | 8 | 9 | 10 |
|---------|------|------|-----|-----|-----|
| 0 | 1100 | 1033 | 763 | 493 | 223 |
| 1 | 1100 | 1028 | 758 | 488 | 218 |
| 2 | 1100 | 1024 | 754 | 484 | 214 |
| 3 | 1100 | 1019 | 749 | 479 | 209 |
| 4 | 1100 | 1015 | 745 | 475 | 205 |
| 5 | 1100 | 1010 | 740 | 470 | 200 |
| 6 | 1100 | 1006 | 736 | 466 | 196 |
| 7 | 1100 | 1001 | 731 | 461 | 191 |
| 8 | 1100 | 997 | 727 | 457 | 187 |
| 9 | 1100 | 992 | 722 | 452 | 182 |
| 10 | 1100 | 988 | 718 | 448 | 178 |
| 11 | 1100 | 983 | 713 | 443 | 173 |
| 12 | 1100 | 979 | 709 | 439 | 169 |
| 13 | 1100 | 974 | 704 | 434 | 164 |
| 14 | 1100 | 970 | 700 | 430 | 160 |
| 15 | 1100 | 965 | 695 | 425 | 155 |
| 16 | 1100 | 961 | 691 | 421 | 151 |
| 17 | 1100 | 956 | 686 | 416 | 146 |
| 18 | 1100 | 952 | 682 | 412 | 142 |
| 19 | 1100 | 947 | 677 | 407 | 137 |
| 20 | 1100 | 943 | 673 | 403 | 133 |
| 21 | 1100 | 938 | 668 | 398 | 128 |
| 22 | 1100 | 934 | 664 | 394 | 124 |
| 23 | 1100 | 929 | 659 | 389 | 119 |
| 24 | 1100 | 925 | 655 | 385 | 115 |
| 25 | 1100 | 920 | 650 | 380 | 110 |
| 26 | 1100 | 916 | 646 | 376 | 106 |
| 27 | 1100 | 911 | 641 | 371 | 101 |
| 28 | 1100 | 907 | 637 | 367 | 97 |
| 29 | 1100 | 902 | 632 | 362 | 92 |
| 30 | 1100 | 898 | 628 | 358 | 88 |
| 31 | 1100 | 893 | 623 | 353 | 83 |
| 32 | 1100 | 889 | 619 | 349 | 79 |
| 33 | 1100 | 884 | 614 | 344 | 74 |
| 34 | 1100 | 880 | 610 | 340 | 70 |
| 35 | 1100 | 875 | 605 | 335 | 65 |
| 36 | 1100 | 871 | 601 | 331 | 61 |
| 37 | 1100 | 866 | 596 | 326 | 56 |
| 38 | 1100 | 862 | 592 | 322 | 52 |
| 39 | 1100 | 857 | 587 | 317 | 47 |
| 40 | 1100 | 853 | 583 | 313 | 43 |
| 41 | 1100 | 848 | 578 | 308 | 38 |
| 42 | 1100 | 844 | 574 | 304 | 34 |
| 43 | 1100 | 839 | 569 | 299 | 29 |
| 44 | 1100 | 835 | 565 | 295 | 25 |
| 45 | 1100 | 830 | 560 | 290 | 20 |
| 46 | 1096 | 826 | 556 | 286 | 16 |
| 47 | 1091 | 821 | 551 | 281 | 11 |
| 48 | 1087 | 817 | 547 | 277 | 7 |
| 49 | 1082 | 812 | 542 | 272 | 2 |
| 50 | 1078 | 808 | 538 | 268 | 0 |
| 51 | 1073 | 803 | 533 | 263 | 0 |
| 52 | 1069 | 799 | 529 | 259 | 0 |
| 53 | 1064 | 794 | 524 | 254 | 0 |
| 54 | 1060 | 790 | 520 | 250 | 0 |
| 55 | 1055 | 785 | 515 | 245 | 0 |
| 56 | 1051 | 781 | 511 | 241 | 0 |
| 57 | 1046 | 776 | 506 | 236 | 0 |
| 58 | 1042 | 772 | 502 | 232 | 0 |
| 59 | 1037 | 767 | 497 | 227 | 0 |

SECTION II: Phases of Rally

Table 5A – Intermediate Boys Running – 1000 Meters

| Seconds | 3 | 4 | 5 | 6 |
|---------|------|-----|-----|----|
| 0 | 1100 | 788 | 428 | 68 |
| 1 | 1100 | 782 | 422 | 62 |
| 2 | 1100 | 776 | 416 | 56 |
| 3 | 1100 | 770 | 410 | 50 |
| 4 | 1100 | 764 | 404 | 44 |
| 5 | 1100 | 758 | 398 | 38 |
| 6 | 1100 | 752 | 392 | 32 |
| 7 | 1100 | 746 | 386 | 26 |
| 8 | 1100 | 740 | 380 | 20 |
| 9 | 1094 | 734 | 374 | 14 |
| 10 | 1088 | 728 | 368 | 8 |
| 11 | 1082 | 722 | 362 | 2 |
| 12 | 1076 | 716 | 356 | 0 |
| 13 | 1070 | 710 | 350 | 0 |
| 14 | 1064 | 704 | 344 | 0 |
| 15 | 1058 | 698 | 338 | 0 |
| 16 | 1052 | 692 | 332 | 0 |
| 17 | 1046 | 686 | 326 | 0 |
| 18 | 1040 | 680 | 320 | 0 |
| 19 | 1034 | 674 | 314 | 0 |
| 20 | 1028 | 668 | 308 | 0 |
| 21 | 1022 | 662 | 302 | 0 |
| 22 | 1016 | 656 | 296 | 0 |
| 23 | 1010 | 650 | 290 | 0 |
| 24 | 1004 | 644 | 284 | 0 |
| 25 | 998 | 638 | 278 | 0 |
| 26 | 992 | 632 | 272 | 0 |
| 27 | 986 | 626 | 266 | 0 |
| 28 | 980 | 620 | 260 | 0 |
| 29 | 974 | 614 | 254 | 0 |
| 30 | 968 | 608 | 248 | 0 |
| 31 | 962 | 602 | 242 | 0 |
| 32 | 956 | 596 | 236 | 0 |
| 33 | 950 | 590 | 230 | 0 |
| 34 | 944 | 584 | 224 | 0 |
| 35 | 938 | 578 | 218 | 0 |
| 36 | 932 | 572 | 212 | 0 |
| 37 | 926 | 566 | 206 | 0 |
| 38 | 920 | 560 | 200 | 0 |
| 39 | 914 | 554 | 194 | 0 |
| 40 | 908 | 548 | 188 | 0 |
| 41 | 902 | 542 | 182 | 0 |
| 42 | 896 | 536 | 176 | 0 |
| 43 | 890 | 530 | 170 | 0 |
| 44 | 884 | 524 | 164 | 0 |
| 45 | 878 | 518 | 158 | 0 |
| 46 | 872 | 512 | 152 | 0 |
| 47 | 866 | 506 | 146 | 0 |
| 48 | 860 | 500 | 140 | 0 |
| 49 | 854 | 494 | 134 | 0 |
| 50 | 848 | 488 | 128 | 0 |
| 51 | 842 | 482 | 122 | 0 |
| 52 | 836 | 476 | 116 | 0 |
| 53 | 830 | 470 | 110 | 0 |
| 54 | 824 | 464 | 104 | 0 |
| 55 | 818 | 458 | 98 | 0 |
| 56 | 812 | 452 | 92 | 0 |
| 57 | 806 | 446 | 86 | 0 |
| 58 | 800 | 440 | 80 | 0 |
| 59 | 794 | 434 | 74 | 0 |

Table 5B – Novice Boys Running – 1000 Meters

| Seconds | 3 | 4 | 5 | 6 |
|---------|------|-----|-----|-----|
| 0 | 1100 | 920 | 560 | 200 |
| 1 | 1100 | 914 | 554 | 194 |
| 2 | 1100 | 908 | 548 | 188 |
| 3 | 1100 | 902 | 542 | 182 |
| 4 | 1100 | 896 | 536 | 176 |
| 5 | 1100 | 890 | 530 | 170 |
| 6 | 1100 | 884 | 524 | 164 |
| 7 | 1100 | 878 | 518 | 158 |
| 8 | 1100 | 872 | 512 | 152 |
| 9 | 1100 | 866 | 506 | 146 |
| 10 | 1100 | 860 | 500 | 140 |
| 11 | 1100 | 854 | 494 | 134 |
| 12 | 1100 | 848 | 488 | 128 |
| 13 | 1100 | 842 | 482 | 122 |
| 14 | 1100 | 836 | 476 | 116 |
| 15 | 1100 | 830 | 470 | 110 |
| 16 | 1100 | 824 | 464 | 104 |
| 17 | 1100 | 818 | 458 | 98 |
| 18 | 1100 | 812 | 452 | 92 |
| 19 | 1100 | 806 | 446 | 86 |
| 20 | 1100 | 800 | 440 | 80 |
| 21 | 1100 | 794 | 434 | 74 |
| 22 | 1100 | 788 | 428 | 68 |
| 23 | 1100 | 782 | 422 | 62 |
| 24 | 1100 | 776 | 416 | 56 |
| 25 | 1100 | 770 | 410 | 50 |
| 26 | 1100 | 764 | 404 | 44 |
| 27 | 1100 | 758 | 398 | 38 |
| 28 | 1100 | 752 | 392 | 32 |
| 29 | 1100 | 746 | 386 | 26 |
| 30 | 1100 | 740 | 380 | 20 |
| 31 | 1094 | 734 | 374 | 14 |
| 32 | 1088 | 728 | 368 | 8 |
| 33 | 1082 | 722 | 362 | 2 |
| 34 | 1076 | 716 | 356 | 0 |
| 35 | 1070 | 710 | 350 | 0 |
| 36 | 1064 | 704 | 344 | 0 |
| 37 | 1058 | 698 | 338 | 0 |
| 38 | 1052 | 692 | 332 | 0 |
| 39 | 1046 | 686 | 326 | 0 |
| 40 | 1040 | 680 | 320 | 0 |
| 41 | 1034 | 674 | 314 | 0 |
| 42 | 1028 | 668 | 308 | 0 |
| 43 | 1022 | 662 | 302 | 0 |
| 44 | 1016 | 656 | 296 | 0 |
| 45 | 1010 | 650 | 290 | 0 |
| 46 | 1004 | 644 | 284 | 0 |
| 47 | 998 | 638 | 278 | 0 |
| 48 | 992 | 632 | 272 | 0 |
| 49 | 986 | 626 | 266 | 0 |
| 50 | 980 | 620 | 260 | 0 |
| 51 | 974 | 614 | 254 | 0 |
| 52 | 968 | 608 | 248 | 0 |
| 53 | 962 | 602 | 242 | 0 |
| 54 | 956 | 596 | 236 | 0 |
| 55 | 950 | 590 | 230 | 0 |
| 56 | 944 | 584 | 224 | 0 |
| 57 | 938 | 578 | 218 | 0 |
| 58 | 932 | 572 | 212 | 0 |
| 59 | 926 | 566 | 206 | 0 |

SECTION II: Phases of Rally

Table 6 – Pre-Novice and 10 and Under Boys & Girls Running – 500 Meters

| Seconds | 2 | 3 | 4 |
|---------|------|-----|----|
| 0 | 1100 | 560 | 20 |
| 1 | 1091 | 551 | 11 |
| 2 | 1082 | 542 | 2 |
| 3 | 1073 | 533 | 0 |
| 4 | 1064 | 524 | 0 |
| 5 | 1055 | 515 | 0 |
| 6 | 1046 | 506 | 0 |
| 7 | 1037 | 497 | 0 |
| 8 | 1028 | 488 | 0 |
| 9 | 1019 | 479 | 0 |
| 10 | 1010 | 470 | 0 |
| 11 | 1001 | 461 | 0 |
| 12 | 992 | 452 | 0 |
| 13 | 983 | 443 | 0 |
| 14 | 974 | 434 | 0 |
| 15 | 965 | 425 | 0 |
| 16 | 956 | 416 | 0 |
| 17 | 947 | 407 | 0 |
| 18 | 938 | 398 | 0 |
| 19 | 929 | 389 | 0 |
| 20 | 920 | 380 | 0 |
| 21 | 911 | 371 | 0 |
| 22 | 902 | 362 | 0 |
| 23 | 893 | 353 | 0 |
| 24 | 884 | 344 | 0 |
| 25 | 875 | 335 | 0 |
| 26 | 866 | 326 | 0 |
| 27 | 857 | 317 | 0 |
| 28 | 848 | 308 | 0 |
| 29 | 839 | 299 | 0 |
| 30 | 830 | 290 | 0 |
| 31 | 821 | 281 | 0 |
| 32 | 812 | 272 | 0 |
| 33 | 803 | 263 | 0 |
| 34 | 794 | 254 | 0 |
| 35 | 785 | 245 | 0 |
| 36 | 776 | 236 | 0 |
| 37 | 767 | 227 | 0 |
| 38 | 758 | 218 | 0 |
| 39 | 749 | 209 | 0 |
| 40 | 740 | 200 | 0 |
| 41 | 731 | 191 | 0 |
| 42 | 722 | 182 | 0 |
| 43 | 713 | 173 | 0 |
| 44 | 704 | 164 | 0 |
| 45 | 695 | 155 | 0 |
| 46 | 686 | 146 | 0 |
| 47 | 677 | 137 | 0 |
| 48 | 668 | 128 | 0 |
| 49 | 659 | 119 | 0 |
| 50 | 650 | 110 | 0 |
| 51 | 641 | 101 | 0 |
| 52 | 632 | 92 | 0 |
| 53 | 623 | 83 | 0 |
| 54 | 614 | 74 | 0 |
| 55 | 605 | 65 | 0 |
| 56 | 596 | 56 | 0 |
| 57 | 587 | 47 | 0 |
| 58 | 578 | 38 | 0 |
| 59 | 569 | 29 | 0 |

Table 7 – 8 and Under Boys & Girls Running – 500 Meters

| Seconds | 2 | 3 | 4 |
|---------|------|-----|-----|
| 0 | 1100 | 965 | 425 |
| 1 | 1100 | 956 | 416 |
| 2 | 1100 | 947 | 407 |
| 3 | 1100 | 938 | 398 |
| 4 | 1100 | 929 | 389 |
| 5 | 1100 | 920 | 380 |
| 6 | 1100 | 911 | 371 |
| 7 | 1100 | 902 | 362 |
| 8 | 1100 | 893 | 353 |
| 9 | 1100 | 884 | 344 |
| 10 | 1100 | 875 | 335 |
| 11 | 1100 | 866 | 326 |
| 12 | 1100 | 857 | 317 |
| 13 | 1100 | 848 | 308 |
| 14 | 1100 | 839 | 299 |
| 15 | 1100 | 830 | 290 |
| 16 | 1100 | 821 | 281 |
| 17 | 1100 | 812 | 272 |
| 18 | 1100 | 803 | 263 |
| 19 | 1100 | 794 | 254 |
| 20 | 1100 | 785 | 245 |
| 21 | 1100 | 776 | 236 |
| 22 | 1100 | 767 | 227 |
| 23 | 1100 | 758 | 218 |
| 24 | 1100 | 749 | 209 |
| 25 | 1100 | 740 | 200 |
| 26 | 1100 | 731 | 191 |
| 27 | 1100 | 722 | 182 |
| 28 | 1100 | 713 | 173 |
| 29 | 1100 | 704 | 164 |
| 30 | 1100 | 695 | 155 |
| 31 | 1100 | 686 | 146 |
| 32 | 1100 | 677 | 137 |
| 33 | 1100 | 668 | 128 |
| 34 | 1100 | 659 | 119 |
| 35 | 1100 | 650 | 110 |
| 36 | 1100 | 641 | 101 |
| 37 | 1100 | 632 | 92 |
| 38 | 1100 | 623 | 83 |
| 39 | 1100 | 614 | 74 |
| 40 | 1100 | 605 | 65 |
| 41 | 1100 | 596 | 56 |
| 42 | 1100 | 587 | 47 |
| 43 | 1100 | 578 | 38 |
| 44 | 1100 | 569 | 29 |
| 45 | 1100 | 560 | 20 |
| 46 | 1091 | 551 | 11 |
| 47 | 1082 | 542 | 2 |
| 48 | 1073 | 533 | 0 |
| 49 | 1064 | 524 | 0 |
| 50 | 1055 | 515 | 0 |
| 51 | 1046 | 506 | 0 |
| 52 | 1037 | 497 | 0 |
| 53 | 1028 | 488 | 0 |
| 54 | 1019 | 479 | 0 |
| 55 | 1010 | 470 | 0 |
| 56 | 1001 | 461 | 0 |
| 57 | 992 | 452 | 0 |
| 58 | 983 | 443 | 0 |
| 59 | 974 | 434 | 0 |

SECTION II: Phases of Rally

Table 8 – Senior Girls Running – 3000 Meters

| Seconds | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
|---------|------|-----|-----|-----|-----|-----|----|
| 0 | 1100 | 920 | 740 | 560 | 380 | 200 | 20 |
| 1 | 1097 | 917 | 737 | 557 | 377 | 197 | 17 |
| 2 | 1094 | 914 | 734 | 554 | 374 | 194 | 14 |
| 3 | 1091 | 911 | 731 | 551 | 371 | 191 | 11 |
| 4 | 1088 | 908 | 728 | 548 | 368 | 188 | 8 |
| 5 | 1085 | 905 | 725 | 545 | 365 | 185 | 5 |
| 6 | 1082 | 902 | 722 | 542 | 362 | 182 | 2 |
| 7 | 1079 | 899 | 719 | 539 | 359 | 179 | 0 |
| 8 | 1076 | 896 | 716 | 536 | 356 | 176 | 0 |
| 9 | 1073 | 893 | 713 | 533 | 353 | 173 | 0 |
| 10 | 1070 | 890 | 710 | 530 | 350 | 170 | 0 |
| 11 | 1067 | 887 | 707 | 527 | 347 | 167 | 0 |
| 12 | 1064 | 884 | 704 | 524 | 344 | 164 | 0 |
| 13 | 1061 | 881 | 701 | 521 | 341 | 161 | 0 |
| 14 | 1058 | 878 | 698 | 518 | 338 | 158 | 0 |
| 15 | 1055 | 875 | 695 | 515 | 335 | 155 | 0 |
| 16 | 1052 | 872 | 692 | 512 | 332 | 152 | 0 |
| 17 | 1049 | 869 | 689 | 509 | 329 | 149 | 0 |
| 18 | 1046 | 866 | 686 | 506 | 326 | 146 | 0 |
| 19 | 1043 | 863 | 683 | 503 | 323 | 143 | 0 |
| 20 | 1040 | 860 | 680 | 500 | 320 | 140 | 0 |
| 21 | 1037 | 857 | 677 | 497 | 317 | 137 | 0 |
| 22 | 1034 | 854 | 674 | 494 | 314 | 134 | 0 |
| 23 | 1031 | 851 | 671 | 491 | 311 | 131 | 0 |
| 24 | 1028 | 848 | 668 | 488 | 308 | 128 | 0 |
| 25 | 1025 | 845 | 665 | 485 | 305 | 125 | 0 |
| 26 | 1022 | 842 | 662 | 482 | 302 | 122 | 0 |
| 27 | 1019 | 839 | 659 | 479 | 299 | 119 | 0 |
| 28 | 1016 | 836 | 656 | 476 | 296 | 116 | 0 |
| 29 | 1013 | 833 | 653 | 473 | 293 | 113 | 0 |
| 30 | 1010 | 830 | 650 | 470 | 290 | 110 | 0 |
| 31 | 1007 | 827 | 647 | 467 | 287 | 107 | 0 |
| 32 | 1004 | 824 | 644 | 464 | 284 | 104 | 0 |
| 33 | 1001 | 821 | 641 | 461 | 281 | 101 | 0 |
| 34 | 998 | 818 | 638 | 458 | 278 | 98 | 0 |
| 35 | 995 | 815 | 635 | 455 | 275 | 95 | 0 |
| 36 | 992 | 812 | 632 | 452 | 272 | 92 | 0 |
| 37 | 989 | 809 | 629 | 449 | 269 | 89 | 0 |
| 38 | 986 | 806 | 626 | 446 | 266 | 86 | 0 |
| 39 | 983 | 803 | 623 | 443 | 263 | 83 | 0 |
| 40 | 980 | 800 | 620 | 440 | 260 | 80 | 0 |
| 41 | 977 | 797 | 617 | 437 | 257 | 77 | 0 |
| 42 | 974 | 794 | 614 | 434 | 254 | 74 | 0 |
| 43 | 971 | 791 | 611 | 431 | 251 | 71 | 0 |
| 44 | 968 | 788 | 608 | 428 | 248 | 68 | 0 |
| 45 | 965 | 785 | 605 | 425 | 245 | 65 | 0 |
| 46 | 962 | 782 | 602 | 422 | 242 | 62 | 0 |
| 47 | 959 | 779 | 599 | 419 | 239 | 59 | 0 |
| 48 | 956 | 776 | 596 | 416 | 236 | 56 | 0 |
| 49 | 953 | 773 | 593 | 413 | 233 | 53 | 0 |
| 50 | 950 | 770 | 590 | 410 | 230 | 50 | 0 |
| 51 | 947 | 767 | 587 | 407 | 227 | 47 | 0 |
| 52 | 944 | 764 | 584 | 404 | 224 | 44 | 0 |
| 53 | 941 | 761 | 581 | 401 | 221 | 41 | 0 |
| 54 | 938 | 758 | 578 | 398 | 218 | 38 | 0 |
| 55 | 935 | 755 | 575 | 395 | 215 | 35 | 0 |
| 56 | 932 | 752 | 572 | 392 | 212 | 32 | 0 |
| 57 | 929 | 749 | 569 | 389 | 209 | 29 | 0 |
| 58 | 926 | 746 | 566 | 386 | 206 | 26 | 0 |
| 59 | 923 | 743 | 563 | 383 | 203 | 23 | 0 |

Table 9 – Junior Girls Running – 2000 Meters

| Seconds | 8 | 9 | 10 | 11 | 12 |
|---------|------|-----|-----|-----|----|
| 0 | 1100 | 830 | 560 | 290 | 20 |
| 1 | 1096 | 826 | 556 | 286 | 16 |
| 2 | 1091 | 821 | 551 | 281 | 11 |
| 3 | 1087 | 817 | 547 | 277 | 7 |
| 4 | 1082 | 812 | 542 | 272 | 2 |
| 5 | 1078 | 808 | 538 | 268 | 0 |
| 6 | 1073 | 803 | 533 | 263 | 0 |
| 7 | 1069 | 799 | 529 | 259 | 0 |
| 8 | 1064 | 794 | 524 | 254 | 0 |
| 9 | 1060 | 790 | 520 | 250 | 0 |
| 10 | 1055 | 785 | 515 | 245 | 0 |
| 11 | 1051 | 781 | 511 | 241 | 0 |
| 12 | 1046 | 776 | 506 | 236 | 0 |
| 13 | 1042 | 772 | 502 | 232 | 0 |
| 14 | 1037 | 767 | 497 | 227 | 0 |
| 15 | 1033 | 763 | 493 | 223 | 0 |
| 16 | 1028 | 758 | 488 | 218 | 0 |
| 17 | 1024 | 754 | 484 | 214 | 0 |
| 18 | 1019 | 749 | 479 | 209 | 0 |
| 19 | 1015 | 745 | 475 | 205 | 0 |
| 20 | 1010 | 740 | 470 | 200 | 0 |
| 21 | 1006 | 736 | 466 | 196 | 0 |
| 22 | 1001 | 731 | 461 | 191 | 0 |
| 23 | 997 | 727 | 457 | 187 | 0 |
| 24 | 992 | 722 | 452 | 182 | 0 |
| 25 | 988 | 718 | 448 | 178 | 0 |
| 26 | 983 | 713 | 443 | 173 | 0 |
| 27 | 979 | 709 | 439 | 169 | 0 |
| 28 | 974 | 704 | 434 | 164 | 0 |
| 29 | 970 | 700 | 430 | 160 | 0 |
| 30 | 965 | 695 | 425 | 155 | 0 |
| 31 | 961 | 691 | 421 | 151 | 0 |
| 32 | 956 | 686 | 416 | 146 | 0 |
| 33 | 952 | 682 | 412 | 142 | 0 |
| 34 | 947 | 677 | 407 | 137 | 0 |
| 35 | 943 | 673 | 403 | 133 | 0 |
| 36 | 938 | 668 | 398 | 128 | 0 |
| 37 | 934 | 664 | 394 | 124 | 0 |
| 38 | 929 | 659 | 389 | 119 | 0 |
| 39 | 925 | 655 | 385 | 115 | 0 |
| 40 | 920 | 650 | 380 | 110 | 0 |
| 41 | 916 | 646 | 376 | 106 | 0 |
| 42 | 911 | 641 | 371 | 101 | 0 |
| 43 | 907 | 637 | 367 | 97 | 0 |
| 44 | 902 | 632 | 362 | 92 | 0 |
| 45 | 898 | 628 | 358 | 88 | 0 |
| 46 | 893 | 623 | 353 | 83 | 0 |
| 47 | 889 | 619 | 349 | 79 | 0 |
| 48 | 884 | 614 | 344 | 74 | 0 |
| 49 | 880 | 610 | 340 | 70 | 0 |
| 50 | 875 | 605 | 335 | 65 | 0 |
| 51 | 871 | 601 | 331 | 61 | 0 |
| 52 | 866 | 596 | 326 | 56 | 0 |
| 53 | 862 | 592 | 322 | 52 | 0 |
| 54 | 857 | 587 | 317 | 47 | 0 |
| 55 | 853 | 583 | 313 | 43 | 0 |
| 56 | 848 | 578 | 308 | 38 | 0 |
| 57 | 844 | 574 | 304 | 34 | 0 |
| 58 | 839 | 569 | 299 | 29 | 0 |
| 59 | 835 | 565 | 295 | 25 | 0 |

SECTION II: Phases of Rally

Table 10A – Intermediate Girls Running – 1000 Meters

| Seconds | 3 | 4 | 5 | 6 |
|---------|------|-----|-----|-----|
| 0 | 1100 | 848 | 488 | 128 |
| 1 | 1100 | 842 | 482 | 122 |
| 2 | 1100 | 836 | 476 | 116 |
| 3 | 1100 | 830 | 470 | 110 |
| 4 | 1100 | 824 | 464 | 104 |
| 5 | 1100 | 818 | 458 | 98 |
| 6 | 1100 | 812 | 452 | 92 |
| 7 | 1100 | 806 | 446 | 86 |
| 8 | 1100 | 800 | 440 | 80 |
| 9 | 1100 | 794 | 434 | 74 |
| 10 | 1100 | 788 | 428 | 68 |
| 11 | 1100 | 782 | 422 | 62 |
| 12 | 1100 | 776 | 416 | 56 |
| 13 | 1100 | 770 | 410 | 50 |
| 14 | 1100 | 764 | 404 | 44 |
| 15 | 1100 | 758 | 398 | 38 |
| 16 | 1100 | 752 | 392 | 32 |
| 17 | 1100 | 746 | 386 | 26 |
| 18 | 1100 | 740 | 380 | 20 |
| 19 | 1094 | 734 | 374 | 14 |
| 20 | 1088 | 728 | 368 | 8 |
| 21 | 1082 | 722 | 362 | 2 |
| 22 | 1076 | 716 | 356 | 0 |
| 23 | 1070 | 710 | 350 | 0 |
| 24 | 1064 | 704 | 344 | 0 |
| 25 | 1058 | 698 | 338 | 0 |
| 26 | 1052 | 692 | 332 | 0 |
| 27 | 1046 | 686 | 326 | 0 |
| 28 | 1040 | 680 | 320 | 0 |
| 29 | 1034 | 674 | 314 | 0 |
| 30 | 1028 | 668 | 308 | 0 |
| 31 | 1022 | 662 | 302 | 0 |
| 32 | 1016 | 656 | 296 | 0 |
| 33 | 1010 | 650 | 290 | 0 |
| 34 | 1004 | 644 | 284 | 0 |
| 35 | 998 | 638 | 278 | 0 |
| 36 | 992 | 632 | 272 | 0 |
| 37 | 986 | 626 | 266 | 0 |
| 38 | 980 | 620 | 260 | 0 |
| 39 | 974 | 614 | 254 | 0 |
| 40 | 968 | 608 | 248 | 0 |
| 41 | 962 | 602 | 242 | 0 |
| 42 | 956 | 596 | 236 | 0 |
| 43 | 950 | 590 | 230 | 0 |
| 44 | 944 | 584 | 224 | 0 |
| 45 | 938 | 578 | 218 | 0 |
| 46 | 932 | 572 | 212 | 0 |
| 47 | 926 | 566 | 206 | 0 |
| 48 | 920 | 560 | 200 | 0 |
| 49 | 914 | 554 | 194 | 0 |
| 50 | 908 | 548 | 188 | 0 |
| 51 | 902 | 542 | 182 | 0 |
| 52 | 896 | 536 | 176 | 0 |
| 53 | 890 | 530 | 170 | 0 |
| 54 | 884 | 524 | 164 | 0 |
| 55 | 878 | 518 | 158 | 0 |
| 56 | 872 | 512 | 152 | 0 |
| 57 | 866 | 506 | 146 | 0 |
| 58 | 860 | 500 | 140 | 0 |
| 59 | 854 | 494 | 134 | 0 |

Table 10B – Novice Girls Running – 1000 Meters

| Seconds | 3 | 4 | 5 | 6 |
|---------|------|------|-----|-----|
| 0 | 1100 | 1010 | 650 | 290 |
| 1 | 1100 | 1004 | 644 | 284 |
| 2 | 1100 | 998 | 638 | 278 |
| 3 | 1100 | 992 | 632 | 272 |
| 4 | 1100 | 986 | 626 | 266 |
| 5 | 1100 | 980 | 620 | 260 |
| 6 | 1100 | 974 | 614 | 254 |
| 7 | 1100 | 968 | 608 | 248 |
| 8 | 1100 | 962 | 602 | 242 |
| 9 | 1100 | 956 | 596 | 236 |
| 10 | 1100 | 950 | 590 | 230 |
| 11 | 1100 | 944 | 584 | 224 |
| 12 | 1100 | 938 | 578 | 218 |
| 13 | 1100 | 932 | 572 | 212 |
| 14 | 1100 | 926 | 566 | 206 |
| 15 | 1100 | 920 | 560 | 200 |
| 16 | 1100 | 914 | 554 | 194 |
| 17 | 1100 | 908 | 548 | 188 |
| 18 | 1100 | 902 | 542 | 182 |
| 19 | 1100 | 896 | 536 | 176 |
| 20 | 1100 | 890 | 530 | 170 |
| 21 | 1100 | 884 | 524 | 164 |
| 22 | 1100 | 878 | 518 | 158 |
| 23 | 1100 | 872 | 512 | 152 |
| 24 | 1100 | 866 | 506 | 146 |
| 25 | 1100 | 860 | 500 | 140 |
| 26 | 1100 | 854 | 494 | 134 |
| 27 | 1100 | 848 | 488 | 128 |
| 28 | 1100 | 842 | 482 | 122 |
| 29 | 1100 | 836 | 476 | 116 |
| 30 | 1100 | 830 | 470 | 110 |
| 31 | 1100 | 824 | 464 | 104 |
| 32 | 1100 | 818 | 458 | 98 |
| 33 | 1100 | 812 | 452 | 92 |
| 34 | 1100 | 806 | 446 | 86 |
| 35 | 1100 | 800 | 440 | 80 |
| 36 | 1100 | 794 | 434 | 74 |
| 37 | 1100 | 788 | 428 | 68 |
| 38 | 1100 | 782 | 422 | 62 |
| 39 | 1100 | 776 | 416 | 56 |
| 40 | 1100 | 770 | 410 | 50 |
| 41 | 1100 | 764 | 404 | 44 |
| 42 | 1100 | 758 | 398 | 38 |
| 43 | 1100 | 752 | 392 | 32 |
| 44 | 1100 | 746 | 386 | 26 |
| 45 | 1100 | 740 | 380 | 20 |
| 46 | 1094 | 734 | 374 | 14 |
| 47 | 1088 | 728 | 368 | 8 |
| 48 | 1082 | 722 | 362 | 2 |
| 49 | 1076 | 716 | 356 | 0 |
| 50 | 1070 | 710 | 350 | 0 |
| 51 | 1064 | 704 | 344 | 0 |
| 52 | 1058 | 698 | 338 | 0 |
| 53 | 1052 | 692 | 332 | 0 |
| 54 | 1046 | 686 | 326 | 0 |
| 55 | 1040 | 680 | 320 | 0 |
| 56 | 1034 | 674 | 314 | 0 |
| 57 | 1028 | 668 | 308 | 0 |
| 58 | 1022 | 662 | 302 | 0 |
| 59 | 1016 | 656 | 296 | 0 |

SECTION II: Phases of Rally

Chapter 3: Swimming Phase Rules

Article 60: General Rules for Swimming Phase

Current USA Swimming rules for competitive freestyle swimming shall be used to judge any unforeseen circumstances. This includes current regulations regarding proper swimwear.

1. Officials

The Phase Steward, Referee, Starter, Timekeepers, Lane Judges, Clerk of the Course and others assigned to officiate the swimming phases should be experienced and knowledgeable in their areas of responsibility. The Phase Steward or the Technical Delegate may serve as the referee.

A. The Phase Steward shall:

- 1) Organize the swimming phase including all administrative activities and equipment including but not limited to:
- 2) Arrange for the pool facilities
- 3) Coordinate insurance and USPC Hold Harmless requirements with Rally Organizer
- 4) Provide stop watches and pencils for timers and a starting signal device for starter
- 5) Provide heat sheets for each division
- 6) Provide competitor cards to record swim time
- 7) Appoint all officials to the swimming phase
- 8) Ensure that the results of the event are promptly made available to the Chief Scorer

B. The Referee:

- 1) Shall have full control and authority over all other officials in the swimming phase and shall approve their assignments and instruct them regarding all special features or regulations related to the Rally. The referee shall enforce all rules and decisions of the Swimming Phase Steward in coordination with the Technical Delegate.
- 2) May intervene in the swimming phase at any stage to ensure that the USPC rules are observed and shall advise the Ground Jury in any protest related to the swimming competition in progress.
- 3) Shall determine placing where the Finish Judge's decision and the times recorded do not agree. Automatic officiating equipment or independent videotape documentation, if available and operating, must be consulted.
- 4) Shall ensure that all necessary officials are at their respective posts for the conduct of the competition. May appoint a substitute for any official who is absent, incapable of acting, or found to be incompetent. May appoint additional officials if considered necessary.

- 5) Shall signal to the competitors by a series of short whistles (usually three), at the commencement of each heat, inviting them to remove all clothing except for swimwear. This should be followed by a long whistle indicating that they should 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. When the competitors and the officials are ready for the start, the Referee will indicate to the Starter with stretched out arm that the competitors are now under the Starter's control.

C. The Starter:

- 1) Shall have full control of the competitors from the time the referee turns the competitors over to him/her.
- 2) Shall report a competitor to the referee for delaying the start, for willfully disobeying an order, or for any other misconduct taking place at the start. Only the referee may eliminate a competitor for such a delay.
- 3) Shall have power to decide whether a start is fair, subject only to the decision of the referee. If after the start signal the starter believes that the start was false, the starter shall recall the competitors.
- 4) When starting an event, the starter shall stand on the side of the pool within approximately 5m of the starting end where the timekeepers and the competitors can see and hear the start signal.

D. The Chief Lane Judge shall:

- 1) Ensure that inspectors of turns fulfill their duties.
- 2) Receive the reports from the inspectors of turns if any infringement occurs and shall present them to the referee immediately.

E. Lane Judges shall:

- 1) Be assigned to no more than three lanes at the far end of the pool.
- 2) Ensure that the competitors touch the wall with some part of their body on each turn.
- 3) Report any violation to the chief lane steward who shall immediately convey the report to the referee.

F. The Finish Judge shall:

- 1) Record the order of finish for each heat by lane number and promptly give the results to the Chief .
- 2) The starter may serve as Finish Judge.

G. The Chief Timekeeper shall:

- 1) Conduct a briefing of all timekeepers and assign the positions for all timekeepers and the lanes for which they are responsible. There shall be a minimum of two timekeepers for each lane. There shall be two addi-

SECTION II: Phases of Rally

tional timekeepers designated, either of whom shall be directed to replace a timekeeper whose watch does not start or has stopped during the event, or who for any reason is not able to record the time.

- 2) Collect from each timekeeper a card showing the times recorded for the competitor and, if necessary, inspect their watches.
- 3) Record or examine the official time on the card for each lane.

H. The Timekeeper shall:

- 1) Take the time of the competitor in the lane to which assigned.
- 2) Start the watch at the start signal and stop it when the competitor touches the end of the pool, having completed the race.
- 3) Promptly after the race, records the times of all watches on the card, gives it to the chief and, if requested, presents watches for inspection. Watches will not be cleared until the signal to do so is given by the chief timekeeper or the referee.
- 4) Ensure that the competitors touch the wall with some part of their body on each turn.
- 5) Parents may serve as timekeepers but may not time their own child.

I. The Clerk of the Course shall:

- 1) Assemble competitors prior to each heat.
- 2) Not allow any swimmer to go to the starting place whose swimwear is not in accordance with USPC Tetrathlon rules.
- 3) Check and forbid the start of competitors who have used oil or other fat solutions on their bodies.
- 4) Be responsible for ensuring that the competitors are ready for the starter prior to each heat.

2. The Pool:

Scoring is based on a standard pool. The pool must be 25 or 50 yards or meters in length, and have a minimum depth of 1.3 meters. Optimum temperature is 76°-78° F (26° C).

Article 61: Distances

1. The standard swimming distances shall be:

| | |
|-----------------------|------------------------|
| Senior Division | .200 yards (or meters) |
| Junior Division | .200 yards (or meters) |
| Intermediate Division | .100 yards (or meters) |
| Novice Division | .100 yards (or meters) |
| Pre-Novice Division | .50 yards (or meters) |
| 10-and-Under Division | .50 yards (or meters) |
| 8-and-Under Division | .25 yards (or meters) |

2. Competitors will be divided into heats by level and by gender.
3. When previous swim times are available, heats will be seeded to allow the greatest opportunity for best times. The fastest swimmers shall swim in the final heat of each division. In each heat, the swimmer with the best time will swim in the center lane of the pool. In a pool with an even number of lanes (6 or 8), the center lane will be 3 or 4, respectively. 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.
4. When no previous time is presented, those swimmers will be seeded in the first/slowest heat of their division.
5. The number of competitors in each heat shall be as equal as possible.

Article 62: Scoring

1. There are separate scoring tables for yards and metric pools.
2. Swimming times earning 1100 points are based on Championships times for age and gender groups.
3. A penalty of six points per second is deducted for each second over the optimum time which earns 1100 points. (*See the following tables.*)
4. A penalty of 20 points will be assessed to a competitor for:
 - A. A false start after two previous false starts in that heat.
 - B. Each time the competitor does not touch the wall during a turn.
5. A competitor will be eliminated and receive a phase score of zero for:
 - A. Willfully delaying the start
 - B. Blatantly attempting to shorten the course by turning short of the end of the pool.
 - C. Walking on the bottom of the pool or advancing by pulling on the side of the pool or on the lane lines.
 - D. Receiving unauthorized assistance in the form of a Coach, parent, or spectator blatantly walking alongside the competitor on the pool deck in such a way as to appear to be pacing the competitor. Calling out split times is considered unauthorized assistance.
6. Cheering and encouragement (including calling the competitor by name) is recommended and encouraged and DOES NOT constitute unauthorized assistance. This is geneRally done from the stands, but it is understood that not all venues will have spectator areas and occasionally spectators will have to be on the pool deck in order to view the competition.

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Article 63: Time & Optimum Time

1. Times will be recorded in hundredths of seconds. If two watches are used per lane, times should be averaged and rounded up to the next higher second. If three watches are used, the middle watch is rounded up to the next higher second.
2. At Regional Rallies it is recommended that two watches be used to time each lane.
3. At National Championships there will be at least two watches used to time each lane. In all cases there shall be at least two back up watches to cover each heat.
4. When electronic timing is used, hand held watches must be used as back up.

5. Optimum times earning 1100 points in yard pools are:

| | BOYS | GIRLS |
|-----------------------------------|----------------|----------------|
| Senior Division | 1 min. 49 sec. | 2 min. 00 sec. |
| Junior Division | 1 min. 57 sec. | 2 min. 03 sec. |
| Intermediate and Novice Divisions | 58 sec. | 1 min. 00 sec. |
| Pre-Novice Divisions | 30 sec. | 30 sec. |
| 10-and-Under | 30 sec. | 30 sec. |
| 8-and-Under | 20 sec. | 20 sec. |

Optimum times earning 1100 points in meter pools are:

| | BOYS | GIRLS |
|-----------------------------------|----------------|----------------|
| Senior Division | 2 min. 05 sec. | 2 min. 18 sec. |
| Junior Division | 2 min. 15 sec. | 2 min. 21 sec. |
| Intermediate and Novice Divisions | 1 min. 07 sec. | 1 min. 09 sec. |
| Pre-Novice Divisions | 35 sec. | 35 sec. |
| 10-and-Under | 35 sec. | 35 sec. |
| 8-and-Under | 25 sec. | 25 sec. |

In the event of a tie, swimmers will be awarded equal points. Ribbons will be awarded based on raw times averaged to the nearest tenth or one-hundredth (if available) of a second.

Article 64: Start of Swimming Phase

1. The International Start Commands shall be used:
 - A. On the long whistle from the referee 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.
 - B. Starter announces the event (example: "This is heat 1, Senior Boys, 200 yards, 8 lengths of the pool.")

C. On the starter's command "Take your marks," they shall immediately take up a starting position with at least one foot at the front of the starting block, the edge of the pool or on the wall of the pool.

D. 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 race, and will immediately repeat the signal if there is a false start.

2. A drop line is also recommended to stop swimmers following a false start.
3. When started the competitor does not eliminate him/herself by standing on the bottom for the purpose of resting unless he or she walks one or more complete steps. A competitor may hold on to the side or end of the pool or lane lines to rest without disqualification but may not advance when doing so.

Article 65: False starts

1. In the event of a false start, (a swimmer moving or starting to leave the blocks before the start signal is given) the starter will call back all swimmers after the first and second false start. No penalties shall be given at this point.
2. After the second false start the starter shall warn all the competitors in the heat that the race shall proceed at the third attempt.
3. The starter will penalize any offending competitor(s) at the third start, notifying the Phase Steward and chief timekeeper at once. The penalty shall be 20 points, which shall be deducted from the competitor's score in the swimming phase.

Article 66: Swimming Styles

1. A swimmer may swim any style (stroke) or combination of styles (strokes).
2. Rules relating specifically to breaststroke, backstroke, and butterfly swimming shall not apply.
3. The swimmer must touch the end of the pool with some part of the body when finishing.

Article 67: Turns

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

Directions on Use of Swimming Tables:

The tables for scoring swimming are found in the Tables Section of this rulebook. To use, read across the top of the table for the minutes and down the first column for the seconds on the appropriate page.

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Table 11 – Senior Boys Swimming – 200 Yards

| Seconds | 1 | 2 | 3 | 4 | 5 |
|---------|------|------|-----|-----|---|
| 0 | 1100 | 1034 | 674 | 314 | 0 |
| 1 | 1100 | 1028 | 668 | 308 | 0 |
| 2 | 1100 | 1022 | 662 | 302 | 0 |
| 3 | 1100 | 1016 | 656 | 296 | 0 |
| 4 | 1100 | 1010 | 650 | 290 | 0 |
| 5 | 1100 | 1004 | 644 | 284 | 0 |
| 6 | 1100 | 998 | 638 | 278 | 0 |
| 7 | 1100 | 992 | 632 | 272 | 0 |
| 8 | 1100 | 986 | 626 | 266 | 0 |
| 9 | 1100 | 980 | 620 | 260 | 0 |
| 10 | 1100 | 974 | 614 | 254 | 0 |
| 11 | 1100 | 968 | 608 | 248 | 0 |
| 12 | 1100 | 962 | 602 | 242 | 0 |
| 13 | 1100 | 956 | 596 | 236 | 0 |
| 14 | 1100 | 950 | 590 | 230 | 0 |
| 15 | 1100 | 944 | 584 | 224 | 0 |
| 16 | 1100 | 938 | 578 | 218 | 0 |
| 17 | 1100 | 932 | 572 | 212 | 0 |
| 18 | 1100 | 926 | 566 | 206 | 0 |
| 19 | 1100 | 920 | 560 | 200 | 0 |
| 20 | 1100 | 914 | 554 | 194 | 0 |
| 21 | 1100 | 908 | 548 | 188 | 0 |
| 22 | 1100 | 902 | 542 | 182 | 0 |
| 23 | 1100 | 896 | 536 | 176 | 0 |
| 24 | 1100 | 890 | 530 | 170 | 0 |
| 25 | 1100 | 884 | 524 | 164 | 0 |
| 26 | 1100 | 878 | 518 | 158 | 0 |
| 27 | 1100 | 872 | 512 | 152 | 0 |
| 28 | 1100 | 866 | 506 | 146 | 0 |
| 29 | 1100 | 860 | 500 | 140 | 0 |
| 30 | 1100 | 854 | 494 | 134 | 0 |
| 31 | 1100 | 848 | 488 | 128 | 0 |
| 32 | 1100 | 842 | 482 | 122 | 0 |
| 33 | 1100 | 836 | 476 | 116 | 0 |
| 34 | 1100 | 830 | 470 | 110 | 0 |
| 35 | 1100 | 824 | 464 | 104 | 0 |
| 36 | 1100 | 818 | 458 | 98 | 0 |
| 37 | 1100 | 812 | 452 | 92 | 0 |
| 38 | 1100 | 806 | 446 | 86 | 0 |
| 39 | 1100 | 800 | 440 | 80 | 0 |
| 40 | 1100 | 794 | 434 | 74 | 0 |
| 41 | 1100 | 788 | 428 | 68 | 0 |
| 42 | 1100 | 782 | 422 | 62 | 0 |
| 43 | 1100 | 776 | 416 | 56 | 0 |
| 44 | 1100 | 770 | 410 | 50 | 0 |
| 45 | 1100 | 764 | 404 | 44 | 0 |
| 46 | 1100 | 758 | 398 | 38 | 0 |
| 47 | 1100 | 752 | 392 | 32 | 0 |
| 48 | 1100 | 746 | 386 | 26 | 0 |
| 49 | 1100 | 740 | 380 | 20 | 0 |
| 50 | 1094 | 734 | 374 | 14 | 0 |
| 51 | 1088 | 728 | 368 | 8 | 0 |
| 52 | 1082 | 722 | 362 | 2 | 0 |
| 53 | 1076 | 716 | 356 | 0 | 0 |
| 54 | 1070 | 710 | 350 | 0 | 0 |
| 55 | 1064 | 704 | 344 | 0 | 0 |
| 56 | 1058 | 698 | 338 | 0 | 0 |
| 57 | 1052 | 692 | 332 | 0 | 0 |
| 58 | 1046 | 686 | 326 | 0 | 0 |
| 59 | 1040 | 680 | 320 | 0 | 0 |

Table 12 – Senior Boys Swimming – 200 Meters

| Seconds | 1 | 2 | 3 | 4 | 5 |
|---------|------|------|-----|-----|----|
| 0 | 1100 | 1100 | 770 | 410 | 50 |
| 1 | 1100 | 1100 | 764 | 404 | 44 |
| 2 | 1100 | 1100 | 758 | 398 | 38 |
| 3 | 1100 | 1100 | 752 | 392 | 32 |
| 4 | 1100 | 1100 | 746 | 386 | 26 |
| 5 | 1100 | 1100 | 740 | 380 | 20 |
| 6 | 1100 | 1094 | 734 | 374 | 14 |
| 7 | 1100 | 1088 | 728 | 368 | 8 |
| 8 | 1100 | 1082 | 722 | 362 | 2 |
| 9 | 1100 | 1076 | 716 | 356 | 0 |
| 10 | 1100 | 1070 | 710 | 350 | 0 |
| 11 | 1100 | 1064 | 704 | 344 | 0 |
| 12 | 1100 | 1058 | 698 | 338 | 0 |
| 13 | 1100 | 1052 | 692 | 332 | 0 |
| 14 | 1100 | 1046 | 686 | 326 | 0 |
| 15 | 1100 | 1040 | 680 | 320 | 0 |
| 16 | 1100 | 1034 | 674 | 314 | 0 |
| 17 | 1100 | 1028 | 668 | 308 | 0 |
| 18 | 1100 | 1022 | 662 | 302 | 0 |
| 19 | 1100 | 1016 | 656 | 296 | 0 |
| 20 | 1100 | 1010 | 650 | 290 | 0 |
| 21 | 1100 | 1004 | 644 | 284 | 0 |
| 22 | 1100 | 998 | 638 | 278 | 0 |
| 23 | 1100 | 992 | 632 | 272 | 0 |
| 24 | 1100 | 986 | 626 | 266 | 0 |
| 25 | 1100 | 980 | 620 | 260 | 0 |
| 26 | 1100 | 974 | 614 | 254 | 0 |
| 27 | 1100 | 968 | 608 | 248 | 0 |
| 28 | 1100 | 962 | 602 | 242 | 0 |
| 29 | 1100 | 956 | 596 | 236 | 0 |
| 30 | 1100 | 950 | 590 | 230 | 0 |
| 31 | 1100 | 944 | 584 | 224 | 0 |
| 32 | 1100 | 938 | 578 | 218 | 0 |
| 33 | 1100 | 932 | 572 | 212 | 0 |
| 34 | 1100 | 926 | 566 | 206 | 0 |
| 35 | 1100 | 920 | 560 | 200 | 0 |
| 36 | 1100 | 914 | 554 | 194 | 0 |
| 37 | 1100 | 908 | 548 | 188 | 0 |
| 38 | 1100 | 902 | 542 | 182 | 0 |
| 39 | 1100 | 896 | 536 | 176 | 0 |
| 40 | 1100 | 890 | 530 | 170 | 0 |
| 41 | 1100 | 884 | 524 | 164 | 0 |
| 42 | 1100 | 878 | 518 | 158 | 0 |
| 43 | 1100 | 872 | 512 | 152 | 0 |
| 44 | 1100 | 866 | 506 | 146 | 0 |
| 45 | 1100 | 860 | 500 | 140 | 0 |
| 46 | 1100 | 854 | 494 | 134 | 0 |
| 47 | 1100 | 848 | 488 | 128 | 0 |
| 48 | 1100 | 842 | 482 | 122 | 0 |
| 49 | 1100 | 836 | 476 | 116 | 0 |
| 50 | 1100 | 830 | 470 | 110 | 0 |
| 51 | 1100 | 824 | 464 | 104 | 0 |
| 52 | 1100 | 818 | 458 | 98 | 0 |
| 53 | 1100 | 812 | 452 | 92 | 0 |
| 54 | 1100 | 806 | 446 | 86 | 0 |
| 55 | 1100 | 800 | 440 | 80 | 0 |
| 56 | 1100 | 794 | 434 | 74 | 0 |
| 57 | 1100 | 788 | 428 | 68 | 0 |
| 58 | 1100 | 782 | 422 | 62 | 0 |
| 59 | 1100 | 776 | 416 | 56 | 0 |

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Table 13 – Senior Girls Swimming – 200 Yards

| Seconds | 1 | 2 | 3 | 4 | 5 |
|---------|------|------|-----|-----|----|
| 0 | 1100 | 1100 | 740 | 380 | 20 |
| 1 | 1100 | 1094 | 734 | 374 | 14 |
| 2 | 1100 | 1088 | 728 | 368 | 8 |
| 3 | 1100 | 1082 | 722 | 362 | 2 |
| 4 | 1100 | 1076 | 716 | 356 | 0 |
| 5 | 1100 | 1070 | 710 | 350 | 0 |
| 6 | 1100 | 1064 | 704 | 344 | 0 |
| 7 | 1100 | 1058 | 698 | 338 | 0 |
| 8 | 1100 | 1052 | 692 | 332 | 0 |
| 9 | 1100 | 1046 | 686 | 326 | 0 |
| 10 | 1100 | 1040 | 680 | 320 | 0 |
| 11 | 1100 | 1034 | 674 | 314 | 0 |
| 12 | 1100 | 1028 | 668 | 308 | 0 |
| 13 | 1100 | 1022 | 662 | 302 | 0 |
| 14 | 1100 | 1016 | 656 | 296 | 0 |
| 15 | 1100 | 1010 | 650 | 290 | 0 |
| 16 | 1100 | 1004 | 644 | 284 | 0 |
| 17 | 1100 | 998 | 638 | 278 | 0 |
| 18 | 1100 | 992 | 632 | 272 | 0 |
| 19 | 1100 | 986 | 626 | 266 | 0 |
| 20 | 1100 | 980 | 620 | 260 | 0 |
| 21 | 1100 | 974 | 614 | 254 | 0 |
| 22 | 1100 | 968 | 608 | 248 | 0 |
| 23 | 1100 | 962 | 602 | 242 | 0 |
| 24 | 1100 | 956 | 596 | 236 | 0 |
| 25 | 1100 | 950 | 590 | 230 | 0 |
| 26 | 1100 | 944 | 584 | 224 | 0 |
| 27 | 1100 | 938 | 578 | 218 | 0 |
| 28 | 1100 | 932 | 572 | 212 | 0 |
| 29 | 1100 | 926 | 566 | 206 | 0 |
| 30 | 1100 | 920 | 560 | 200 | 0 |
| 31 | 1100 | 914 | 554 | 194 | 0 |
| 32 | 1100 | 908 | 548 | 188 | 0 |
| 33 | 1100 | 902 | 542 | 182 | 0 |
| 34 | 1100 | 896 | 536 | 176 | 0 |
| 35 | 1100 | 890 | 530 | 170 | 0 |
| 36 | 1100 | 884 | 524 | 164 | 0 |
| 37 | 1100 | 878 | 518 | 158 | 0 |
| 38 | 1100 | 872 | 512 | 152 | 0 |
| 39 | 1100 | 866 | 506 | 146 | 0 |
| 40 | 1100 | 860 | 500 | 140 | 0 |
| 41 | 1100 | 854 | 494 | 134 | 0 |
| 42 | 1100 | 848 | 488 | 128 | 0 |
| 43 | 1100 | 842 | 482 | 122 | 0 |
| 44 | 1100 | 836 | 476 | 116 | 0 |
| 45 | 1100 | 830 | 470 | 110 | 0 |
| 46 | 1100 | 824 | 464 | 104 | 0 |
| 47 | 1100 | 818 | 458 | 98 | 0 |
| 48 | 1100 | 812 | 452 | 92 | 0 |
| 49 | 1100 | 806 | 446 | 86 | 0 |
| 50 | 1100 | 800 | 440 | 80 | 0 |
| 51 | 1100 | 794 | 434 | 74 | 0 |
| 52 | 1100 | 788 | 428 | 68 | 0 |
| 53 | 1100 | 782 | 422 | 62 | 0 |
| 54 | 1100 | 776 | 416 | 56 | 0 |
| 55 | 1100 | 770 | 410 | 50 | 0 |
| 56 | 1100 | 764 | 404 | 44 | 0 |
| 57 | 1100 | 758 | 398 | 38 | 0 |
| 58 | 1100 | 752 | 392 | 32 | 0 |
| 59 | 1100 | 746 | 386 | 26 | 0 |

Table 14 – Senior Girls Swimming – 200 Meters

| Seconds | 1 | 2 | 3 | 4 | 5 |
|---------|------|------|-----|-----|-----|
| 0 | 1100 | 1100 | 848 | 488 | 128 |
| 1 | 1100 | 1100 | 842 | 482 | 122 |
| 2 | 1100 | 1100 | 836 | 476 | 116 |
| 3 | 1100 | 1100 | 830 | 470 | 110 |
| 4 | 1100 | 1100 | 824 | 464 | 104 |
| 5 | 1100 | 1100 | 818 | 458 | 98 |
| 6 | 1100 | 1100 | 812 | 452 | 92 |
| 7 | 1100 | 1100 | 806 | 446 | 86 |
| 8 | 1100 | 1100 | 800 | 440 | 80 |
| 9 | 1100 | 1100 | 794 | 434 | 74 |
| 10 | 1100 | 1100 | 788 | 428 | 68 |
| 11 | 1100 | 1100 | 782 | 422 | 62 |
| 12 | 1100 | 1100 | 776 | 416 | 56 |
| 13 | 1100 | 1100 | 770 | 410 | 50 |
| 14 | 1100 | 1100 | 764 | 404 | 44 |
| 15 | 1100 | 1100 | 758 | 398 | 38 |
| 16 | 1100 | 1100 | 752 | 392 | 32 |
| 17 | 1100 | 1100 | 746 | 386 | 26 |
| 18 | 1100 | 1100 | 740 | 380 | 20 |
| 19 | 1100 | 1094 | 734 | 374 | 14 |
| 20 | 1100 | 1088 | 728 | 368 | 8 |
| 21 | 1100 | 1082 | 722 | 362 | 2 |
| 22 | 1100 | 1076 | 716 | 356 | 0 |
| 23 | 1100 | 1070 | 710 | 350 | 0 |
| 24 | 1100 | 1064 | 704 | 344 | 0 |
| 25 | 1100 | 1058 | 698 | 338 | 0 |
| 26 | 1100 | 1052 | 692 | 332 | 0 |
| 27 | 1100 | 1046 | 686 | 326 | 0 |
| 28 | 1100 | 1040 | 680 | 320 | 0 |
| 29 | 1100 | 1034 | 674 | 314 | 0 |
| 30 | 1100 | 1028 | 668 | 308 | 0 |
| 31 | 1100 | 1022 | 662 | 302 | 0 |
| 32 | 1100 | 1016 | 656 | 296 | 0 |
| 33 | 1100 | 1010 | 650 | 290 | 0 |
| 34 | 1100 | 1004 | 644 | 284 | 0 |
| 35 | 1100 | 998 | 638 | 278 | 0 |
| 36 | 1100 | 992 | 632 | 272 | 0 |
| 37 | 1100 | 986 | 626 | 266 | 0 |
| 38 | 1100 | 980 | 620 | 260 | 0 |
| 39 | 1100 | 974 | 614 | 254 | 0 |
| 40 | 1100 | 968 | 608 | 248 | 0 |
| 41 | 1100 | 962 | 602 | 242 | 0 |
| 42 | 1100 | 956 | 596 | 236 | 0 |
| 43 | 1100 | 950 | 590 | 230 | 0 |
| 44 | 1100 | 944 | 584 | 224 | 0 |
| 45 | 1100 | 938 | 578 | 218 | 0 |
| 46 | 1100 | 932 | 572 | 212 | 0 |
| 47 | 1100 | 926 | 566 | 206 | 0 |
| 48 | 1100 | 920 | 560 | 200 | 0 |
| 49 | 1100 | 914 | 554 | 194 | 0 |
| 50 | 1100 | 908 | 548 | 188 | 0 |
| 51 | 1100 | 902 | 542 | 182 | 0 |
| 52 | 1100 | 896 | 536 | 176 | 0 |
| 53 | 1100 | 890 | 530 | 170 | 0 |
| 54 | 1100 | 884 | 524 | 164 | 0 |
| 55 | 1100 | 878 | 518 | 158 | 0 |
| 56 | 1100 | 872 | 512 | 152 | 0 |
| 57 | 1100 | 866 | 506 | 146 | 0 |
| 58 | 1100 | 860 | 500 | 140 | 0 |
| 59 | 1100 | 854 | 494 | 134 | 0 |

SECTION II: Phases of Rally

Table 15 – Junior Boys Swimming – 200 Yards

| Seconds | 1 | 2 | 3 | 4 | 5 |
|---------|------|------|-----|-----|---|
| 0 | 1100 | 1082 | 722 | 362 | 2 |
| 1 | 1100 | 1076 | 716 | 356 | 0 |
| 2 | 1100 | 1070 | 710 | 350 | 0 |
| 3 | 1100 | 1064 | 704 | 344 | 0 |
| 4 | 1100 | 1058 | 698 | 338 | 0 |
| 5 | 1100 | 1052 | 692 | 332 | 0 |
| 6 | 1100 | 1046 | 686 | 326 | 0 |
| 7 | 1100 | 1040 | 680 | 320 | 0 |
| 8 | 1100 | 1034 | 674 | 314 | 0 |
| 9 | 1100 | 1028 | 668 | 308 | 0 |
| 10 | 1100 | 1022 | 662 | 302 | 0 |
| 11 | 1100 | 1016 | 656 | 296 | 0 |
| 12 | 1100 | 1010 | 650 | 290 | 0 |
| 13 | 1100 | 1004 | 644 | 284 | 0 |
| 14 | 1100 | 998 | 638 | 278 | 0 |
| 15 | 1100 | 992 | 632 | 272 | 0 |
| 16 | 1100 | 986 | 626 | 266 | 0 |
| 17 | 1100 | 980 | 620 | 260 | 0 |
| 18 | 1100 | 974 | 614 | 254 | 0 |
| 19 | 1100 | 968 | 608 | 248 | 0 |
| 20 | 1100 | 962 | 602 | 242 | 0 |
| 21 | 1100 | 956 | 596 | 236 | 0 |
| 22 | 1100 | 950 | 590 | 230 | 0 |
| 23 | 1100 | 944 | 584 | 224 | 0 |
| 24 | 1100 | 938 | 578 | 218 | 0 |
| 25 | 1100 | 932 | 572 | 212 | 0 |
| 26 | 1100 | 926 | 566 | 206 | 0 |
| 27 | 1100 | 920 | 560 | 200 | 0 |
| 28 | 1100 | 914 | 554 | 194 | 0 |
| 29 | 1100 | 908 | 548 | 188 | 0 |
| 30 | 1100 | 902 | 542 | 182 | 0 |
| 31 | 1100 | 896 | 536 | 176 | 0 |
| 32 | 1100 | 890 | 530 | 170 | 0 |
| 33 | 1100 | 884 | 524 | 164 | 0 |
| 34 | 1100 | 878 | 518 | 158 | 0 |
| 35 | 1100 | 872 | 512 | 152 | 0 |
| 36 | 1100 | 866 | 506 | 146 | 0 |
| 37 | 1100 | 860 | 500 | 140 | 0 |
| 38 | 1100 | 854 | 494 | 134 | 0 |
| 39 | 1100 | 848 | 488 | 128 | 0 |
| 40 | 1100 | 842 | 482 | 122 | 0 |
| 41 | 1100 | 836 | 476 | 116 | 0 |
| 42 | 1100 | 830 | 470 | 110 | 0 |
| 43 | 1100 | 824 | 464 | 104 | 0 |
| 44 | 1100 | 818 | 458 | 98 | 0 |
| 45 | 1100 | 812 | 452 | 92 | 0 |
| 46 | 1100 | 806 | 446 | 86 | 0 |
| 47 | 1100 | 800 | 440 | 80 | 0 |
| 48 | 1100 | 794 | 434 | 74 | 0 |
| 49 | 1100 | 788 | 428 | 68 | 0 |
| 50 | 1100 | 782 | 422 | 62 | 0 |
| 51 | 1100 | 776 | 416 | 56 | 0 |
| 52 | 1100 | 770 | 410 | 50 | 0 |
| 53 | 1100 | 764 | 404 | 44 | 0 |
| 54 | 1100 | 758 | 398 | 38 | 0 |
| 55 | 1100 | 752 | 392 | 32 | 0 |
| 56 | 1100 | 746 | 386 | 26 | 0 |
| 57 | 1100 | 740 | 380 | 20 | 0 |
| 58 | 1094 | 734 | 374 | 14 | 0 |
| 59 | 1088 | 728 | 368 | 8 | 0 |

Table 16 – Junior Boys Swimming – 200 Meters

| Seconds | 1 | 2 | 3 | 4 | 5 |
|---------|------|------|-----|-----|-----|
| 0 | 1100 | 1100 | 830 | 470 | 110 |
| 1 | 1100 | 1100 | 824 | 464 | 104 |
| 2 | 1100 | 1100 | 818 | 458 | 98 |
| 3 | 1100 | 1100 | 812 | 452 | 92 |
| 4 | 1100 | 1100 | 806 | 446 | 86 |
| 5 | 1100 | 1100 | 800 | 440 | 80 |
| 6 | 1100 | 1100 | 794 | 434 | 74 |
| 7 | 1100 | 1100 | 788 | 428 | 68 |
| 8 | 1100 | 1100 | 782 | 422 | 62 |
| 9 | 1100 | 1100 | 776 | 416 | 56 |
| 10 | 1100 | 1100 | 770 | 410 | 50 |
| 11 | 1100 | 1100 | 764 | 404 | 44 |
| 12 | 1100 | 1100 | 758 | 398 | 38 |
| 13 | 1100 | 1100 | 752 | 392 | 32 |
| 14 | 1100 | 1100 | 746 | 386 | 26 |
| 15 | 1100 | 1100 | 740 | 380 | 20 |
| 16 | 1100 | 1094 | 734 | 374 | 14 |
| 17 | 1100 | 1088 | 728 | 368 | 8 |
| 18 | 1100 | 1082 | 722 | 362 | 2 |
| 19 | 1100 | 1076 | 716 | 356 | 0 |
| 20 | 1100 | 1070 | 710 | 350 | 0 |
| 21 | 1100 | 1064 | 704 | 344 | 0 |
| 22 | 1100 | 1058 | 698 | 338 | 0 |
| 23 | 1100 | 1052 | 692 | 332 | 0 |
| 24 | 1100 | 1046 | 686 | 326 | 0 |
| 25 | 1100 | 1040 | 680 | 320 | 0 |
| 26 | 1100 | 1034 | 674 | 314 | 0 |
| 27 | 1100 | 1028 | 668 | 308 | 0 |
| 28 | 1100 | 1022 | 662 | 302 | 0 |
| 29 | 1100 | 1016 | 656 | 296 | 0 |
| 30 | 1100 | 1010 | 650 | 290 | 0 |
| 31 | 1100 | 1004 | 644 | 284 | 0 |
| 32 | 1100 | 998 | 638 | 278 | 0 |
| 33 | 1100 | 992 | 632 | 272 | 0 |
| 34 | 1100 | 986 | 626 | 266 | 0 |
| 35 | 1100 | 980 | 620 | 260 | 0 |
| 36 | 1100 | 974 | 614 | 254 | 0 |
| 37 | 1100 | 968 | 608 | 248 | 0 |
| 38 | 1100 | 962 | 602 | 242 | 0 |
| 39 | 1100 | 956 | 596 | 236 | 0 |
| 40 | 1100 | 950 | 590 | 230 | 0 |
| 41 | 1100 | 944 | 584 | 224 | 0 |
| 42 | 1100 | 938 | 578 | 218 | 0 |
| 43 | 1100 | 932 | 572 | 212 | 0 |
| 44 | 1100 | 926 | 566 | 206 | 0 |
| 45 | 1100 | 920 | 560 | 200 | 0 |
| 46 | 1100 | 914 | 554 | 194 | 0 |
| 47 | 1100 | 908 | 548 | 188 | 0 |
| 48 | 1100 | 902 | 542 | 182 | 0 |
| 49 | 1100 | 896 | 536 | 176 | 0 |
| 50 | 1100 | 890 | 530 | 170 | 0 |
| 51 | 1100 | 884 | 524 | 164 | 0 |
| 52 | 1100 | 878 | 518 | 158 | 0 |
| 53 | 1100 | 872 | 512 | 152 | 0 |
| 54 | 1100 | 866 | 506 | 146 | 0 |
| 55 | 1100 | 860 | 500 | 140 | 0 |
| 56 | 1100 | 854 | 494 | 134 | 0 |
| 57 | 1100 | 848 | 488 | 128 | 0 |
| 58 | 1100 | 842 | 482 | 122 | 0 |
| 59 | 1100 | 836 | 476 | 116 | 0 |

SECTION II: Phases of Rally

Table 17 – Junior Girls Swimming – 200 Yards

| Seconds | 1 | 2 | 3 | 4 | 5 |
|---------|------|------|-----|-----|----|
| 0 | 1100 | 1100 | 758 | 398 | 38 |
| 1 | 1100 | 1100 | 752 | 392 | 32 |
| 2 | 1100 | 1100 | 746 | 386 | 26 |
| 3 | 1100 | 1100 | 740 | 380 | 20 |
| 4 | 1100 | 1094 | 734 | 374 | 14 |
| 5 | 1100 | 1088 | 728 | 368 | 8 |
| 6 | 1100 | 1082 | 722 | 362 | 2 |
| 7 | 1100 | 1076 | 716 | 356 | 0 |
| 8 | 1100 | 1070 | 710 | 350 | 0 |
| 9 | 1100 | 1064 | 704 | 344 | 0 |
| 10 | 1100 | 1058 | 698 | 338 | 0 |
| 11 | 1100 | 1052 | 692 | 332 | 0 |
| 12 | 1100 | 1046 | 686 | 326 | 0 |
| 13 | 1100 | 1040 | 680 | 320 | 0 |
| 14 | 1100 | 1034 | 674 | 314 | 0 |
| 15 | 1100 | 1028 | 668 | 308 | 0 |
| 16 | 1100 | 1022 | 662 | 302 | 0 |
| 17 | 1100 | 1016 | 656 | 296 | 0 |
| 18 | 1100 | 1010 | 650 | 290 | 0 |
| 19 | 1100 | 1004 | 644 | 284 | 0 |
| 20 | 1100 | 998 | 638 | 278 | 0 |
| 21 | 1100 | 992 | 632 | 272 | 0 |
| 22 | 1100 | 986 | 626 | 266 | 0 |
| 23 | 1100 | 980 | 620 | 260 | 0 |
| 24 | 1100 | 974 | 614 | 254 | 0 |
| 25 | 1100 | 968 | 608 | 248 | 0 |
| 26 | 1100 | 962 | 602 | 242 | 0 |
| 27 | 1100 | 956 | 596 | 236 | 0 |
| 28 | 1100 | 950 | 590 | 230 | 0 |
| 29 | 1100 | 944 | 584 | 224 | 0 |
| 30 | 1100 | 938 | 578 | 218 | 0 |
| 31 | 1100 | 932 | 572 | 212 | 0 |
| 32 | 1100 | 926 | 566 | 206 | 0 |
| 33 | 1100 | 920 | 560 | 200 | 0 |
| 34 | 1100 | 914 | 554 | 194 | 0 |
| 35 | 1100 | 908 | 548 | 188 | 0 |
| 36 | 1100 | 902 | 542 | 182 | 0 |
| 37 | 1100 | 896 | 536 | 176 | 0 |
| 38 | 1100 | 890 | 530 | 170 | 0 |
| 39 | 1100 | 884 | 524 | 164 | 0 |
| 40 | 1100 | 878 | 518 | 158 | 0 |
| 41 | 1100 | 872 | 512 | 152 | 0 |
| 42 | 1100 | 866 | 506 | 146 | 0 |
| 43 | 1100 | 860 | 500 | 140 | 0 |
| 44 | 1100 | 854 | 494 | 134 | 0 |
| 45 | 1100 | 848 | 488 | 128 | 0 |
| 46 | 1100 | 842 | 482 | 122 | 0 |
| 47 | 1100 | 836 | 476 | 116 | 0 |
| 48 | 1100 | 830 | 470 | 110 | 0 |
| 49 | 1100 | 824 | 464 | 104 | 0 |
| 50 | 1100 | 818 | 458 | 98 | 0 |
| 51 | 1100 | 812 | 452 | 92 | 0 |
| 52 | 1100 | 806 | 446 | 86 | 0 |
| 53 | 1100 | 800 | 440 | 80 | 0 |
| 54 | 1100 | 794 | 434 | 74 | 0 |
| 55 | 1100 | 788 | 428 | 68 | 0 |
| 56 | 1100 | 782 | 422 | 62 | 0 |
| 57 | 1100 | 776 | 416 | 56 | 0 |
| 58 | 1100 | 770 | 410 | 50 | 0 |
| 59 | 1100 | 764 | 404 | 44 | 0 |

Table 18 – Junior Girls Swimming – 200 Meters

| Seconds | 1 | 2 | 3 | 4 | 5 |
|---------|------|------|-----|-----|-----|
| 0 | 1100 | 1100 | 866 | 506 | 146 |
| 1 | 1100 | 1100 | 860 | 500 | 140 |
| 2 | 1100 | 1100 | 854 | 494 | 134 |
| 3 | 1100 | 1100 | 848 | 488 | 128 |
| 4 | 1100 | 1100 | 842 | 482 | 122 |
| 5 | 1100 | 1100 | 836 | 476 | 116 |
| 6 | 1100 | 1100 | 830 | 470 | 110 |
| 7 | 1100 | 1100 | 824 | 464 | 104 |
| 8 | 1100 | 1100 | 818 | 458 | 98 |
| 9 | 1100 | 1100 | 812 | 452 | 92 |
| 10 | 1100 | 1100 | 806 | 446 | 86 |
| 11 | 1100 | 1100 | 800 | 440 | 80 |
| 12 | 1100 | 1100 | 794 | 434 | 74 |
| 13 | 1100 | 1100 | 788 | 428 | 68 |
| 14 | 1100 | 1100 | 782 | 422 | 62 |
| 15 | 1100 | 1100 | 776 | 416 | 56 |
| 16 | 1100 | 1100 | 770 | 410 | 50 |
| 17 | 1100 | 1100 | 764 | 404 | 44 |
| 18 | 1100 | 1100 | 758 | 398 | 38 |
| 19 | 1100 | 1100 | 752 | 392 | 32 |
| 20 | 1100 | 1100 | 746 | 386 | 26 |
| 21 | 1100 | 1100 | 740 | 380 | 20 |
| 22 | 1100 | 1094 | 734 | 374 | 14 |
| 23 | 1100 | 1088 | 728 | 368 | 8 |
| 24 | 1100 | 1082 | 722 | 362 | 2 |
| 25 | 1100 | 1076 | 716 | 356 | 0 |
| 26 | 1100 | 1070 | 710 | 350 | 0 |
| 27 | 1100 | 1064 | 704 | 344 | 0 |
| 28 | 1100 | 1058 | 698 | 338 | 0 |
| 29 | 1100 | 1052 | 692 | 332 | 0 |
| 30 | 1100 | 1046 | 686 | 326 | 0 |
| 31 | 1100 | 1040 | 680 | 320 | 0 |
| 32 | 1100 | 1034 | 674 | 314 | 0 |
| 33 | 1100 | 1028 | 668 | 308 | 0 |
| 34 | 1100 | 1022 | 662 | 302 | 0 |
| 35 | 1100 | 1016 | 656 | 296 | 0 |
| 36 | 1100 | 1010 | 650 | 290 | 0 |
| 37 | 1100 | 1004 | 644 | 284 | 0 |
| 38 | 1100 | 998 | 638 | 278 | 0 |
| 39 | 1100 | 992 | 632 | 272 | 0 |
| 40 | 1100 | 986 | 626 | 266 | 0 |
| 41 | 1100 | 980 | 620 | 260 | 0 |
| 42 | 1100 | 974 | 614 | 254 | 0 |
| 43 | 1100 | 968 | 608 | 248 | 0 |
| 44 | 1100 | 962 | 602 | 242 | 0 |
| 45 | 1100 | 956 | 596 | 236 | 0 |
| 46 | 1100 | 950 | 590 | 230 | 0 |
| 47 | 1100 | 944 | 584 | 224 | 0 |
| 48 | 1100 | 938 | 578 | 218 | 0 |
| 49 | 1100 | 932 | 572 | 212 | 0 |
| 50 | 1100 | 926 | 566 | 206 | 0 |
| 51 | 1100 | 920 | 560 | 200 | 0 |
| 52 | 1100 | 914 | 554 | 194 | 0 |
| 53 | 1100 | 908 | 548 | 188 | 0 |
| 54 | 1100 | 902 | 542 | 182 | 0 |
| 55 | 1100 | 896 | 536 | 176 | 0 |
| 56 | 1100 | 890 | 530 | 170 | 0 |
| 57 | 1100 | 884 | 524 | 164 | 0 |
| 58 | 1100 | 878 | 518 | 158 | 0 |
| 59 | 1100 | 872 | 512 | 152 | 0 |

SECTION II: Phases of Rally

Table 19 – Intermediate & Novice Boys Swimming – 100 Yards

| Seconds | 0 | 1 | 2 |
|---------|------|------|-----|
| 0 | 1100 | 1076 | 356 |
| 1 | 1100 | 1064 | 344 |
| 2 | 1100 | 1052 | 332 |
| 3 | 1100 | 1040 | 320 |
| 4 | 1100 | 1028 | 308 |
| 5 | 1100 | 1016 | 296 |
| 6 | 1100 | 1004 | 284 |
| 7 | 1100 | 992 | 272 |
| 8 | 1100 | 980 | 260 |
| 9 | 1100 | 968 | 248 |
| 10 | 1100 | 956 | 236 |
| 11 | 1100 | 944 | 224 |
| 12 | 1100 | 932 | 212 |
| 13 | 1100 | 920 | 200 |
| 14 | 1100 | 908 | 188 |
| 15 | 1100 | 896 | 176 |
| 16 | 1100 | 884 | 164 |
| 17 | 1100 | 872 | 152 |
| 18 | 1100 | 860 | 140 |
| 19 | 1100 | 848 | 128 |
| 20 | 1100 | 836 | 116 |
| 21 | 1100 | 824 | 104 |
| 22 | 1100 | 812 | 92 |
| 23 | 1100 | 800 | 80 |
| 24 | 1100 | 788 | 68 |
| 25 | 1100 | 776 | 56 |
| 26 | 1100 | 764 | 44 |
| 27 | 1100 | 752 | 32 |
| 28 | 1100 | 740 | 20 |
| 29 | 1100 | 728 | 8 |
| 30 | 1100 | 716 | 0 |
| 31 | 1100 | 704 | 0 |
| 32 | 1100 | 692 | 0 |
| 33 | 1100 | 680 | 0 |
| 34 | 1100 | 668 | 0 |
| 35 | 1100 | 656 | 0 |
| 36 | 1100 | 644 | 0 |
| 37 | 1100 | 632 | 0 |
| 38 | 1100 | 620 | 0 |
| 39 | 1100 | 608 | 0 |
| 40 | 1100 | 596 | 0 |
| 41 | 1100 | 584 | 0 |
| 42 | 1100 | 572 | 0 |
| 43 | 1100 | 560 | 0 |
| 44 | 1100 | 548 | 0 |
| 45 | 1100 | 536 | 0 |
| 46 | 1100 | 524 | 0 |
| 47 | 1100 | 512 | 0 |
| 48 | 1100 | 500 | 0 |
| 49 | 1100 | 488 | 0 |
| 50 | 1100 | 476 | 0 |
| 51 | 1100 | 464 | 0 |
| 52 | 1100 | 452 | 0 |
| 53 | 1100 | 440 | 0 |
| 54 | 1100 | 428 | 0 |
| 55 | 1100 | 416 | 0 |
| 56 | 1100 | 404 | 0 |
| 57 | 1100 | 392 | 0 |
| 58 | 1100 | 380 | 0 |
| 59 | 1088 | 368 | 0 |

Table 20 – Intermediate & Novice Boys Swimming – 100 Meters

| Seconds | 0 | 1 | 2 |
|---------|------|------|-----|
| 0 | 1100 | 1100 | 464 |
| 1 | 1100 | 1100 | 452 |
| 2 | 1100 | 1100 | 440 |
| 3 | 1100 | 1100 | 428 |
| 4 | 1100 | 1100 | 416 |
| 5 | 1100 | 1100 | 404 |
| 6 | 1100 | 1100 | 392 |
| 7 | 1100 | 1100 | 380 |
| 8 | 1100 | 1088 | 368 |
| 9 | 1100 | 1076 | 356 |
| 10 | 1100 | 1064 | 344 |
| 11 | 1100 | 1052 | 332 |
| 12 | 1100 | 1040 | 320 |
| 13 | 1100 | 1028 | 308 |
| 14 | 1100 | 1016 | 296 |
| 15 | 1100 | 1004 | 284 |
| 16 | 1100 | 992 | 272 |
| 17 | 1100 | 980 | 260 |
| 18 | 1100 | 968 | 248 |
| 19 | 1100 | 956 | 236 |
| 20 | 1100 | 944 | 224 |
| 21 | 1100 | 932 | 212 |
| 22 | 1100 | 920 | 200 |
| 23 | 1100 | 908 | 188 |
| 24 | 1100 | 896 | 176 |
| 25 | 1100 | 884 | 164 |
| 26 | 1100 | 872 | 152 |
| 27 | 1100 | 860 | 140 |
| 28 | 1100 | 848 | 128 |
| 29 | 1100 | 836 | 116 |
| 30 | 1100 | 824 | 104 |
| 31 | 1100 | 812 | 92 |
| 32 | 1100 | 800 | 80 |
| 33 | 1100 | 788 | 68 |
| 34 | 1100 | 776 | 56 |
| 35 | 1100 | 764 | 44 |
| 36 | 1100 | 752 | 32 |
| 37 | 1100 | 740 | 20 |
| 38 | 1100 | 728 | 8 |
| 39 | 1100 | 716 | 0 |
| 40 | 1100 | 704 | 0 |
| 41 | 1100 | 692 | 0 |
| 42 | 1100 | 680 | 0 |
| 43 | 1100 | 668 | 0 |
| 44 | 1100 | 656 | 0 |
| 45 | 1100 | 644 | 0 |
| 46 | 1100 | 632 | 0 |
| 47 | 1100 | 620 | 0 |
| 48 | 1100 | 608 | 0 |
| 49 | 1100 | 596 | 0 |
| 50 | 1100 | 584 | 0 |
| 51 | 1100 | 572 | 0 |
| 52 | 1100 | 560 | 0 |
| 53 | 1100 | 548 | 0 |
| 54 | 1100 | 536 | 0 |
| 55 | 1100 | 524 | 0 |
| 56 | 1100 | 512 | 0 |
| 57 | 1100 | 500 | 0 |
| 58 | 1100 | 488 | 0 |
| 59 | 1100 | 476 | 0 |

SECTION II: Phases of Rally

Table 21 – Intermediate & Novice Girls Swimming – 100 Yards

| Seconds | 0 | 1 | 2 |
|---------|------|------|-----|
| 0 | 1100 | 1100 | 380 |
| 1 | 1100 | 1088 | 368 |
| 2 | 1100 | 1076 | 356 |
| 3 | 1100 | 1064 | 344 |
| 4 | 1100 | 1052 | 332 |
| 5 | 1100 | 1040 | 320 |
| 6 | 1100 | 1028 | 308 |
| 7 | 1100 | 1016 | 296 |
| 8 | 1100 | 1004 | 284 |
| 9 | 1100 | 992 | 272 |
| 10 | 1100 | 980 | 260 |
| 11 | 1100 | 968 | 248 |
| 12 | 1100 | 956 | 236 |
| 13 | 1100 | 944 | 224 |
| 14 | 1100 | 932 | 212 |
| 15 | 1100 | 920 | 200 |
| 16 | 1100 | 908 | 188 |
| 17 | 1100 | 896 | 176 |
| 18 | 1100 | 884 | 164 |
| 19 | 1100 | 872 | 152 |
| 20 | 1100 | 860 | 140 |
| 21 | 1100 | 848 | 128 |
| 22 | 1100 | 836 | 116 |
| 23 | 1100 | 824 | 104 |
| 24 | 1100 | 812 | 92 |
| 25 | 1100 | 800 | 80 |
| 26 | 1100 | 788 | 68 |
| 27 | 1100 | 776 | 56 |
| 28 | 1100 | 764 | 44 |
| 29 | 1100 | 752 | 32 |
| 30 | 1100 | 740 | 20 |
| 31 | 1100 | 728 | 8 |
| 32 | 1100 | 716 | 0 |
| 33 | 1100 | 704 | 0 |
| 34 | 1100 | 692 | 0 |
| 35 | 1100 | 680 | 0 |
| 36 | 1100 | 668 | 0 |
| 37 | 1100 | 656 | 0 |
| 38 | 1100 | 644 | 0 |
| 39 | 1100 | 632 | 0 |
| 40 | 1100 | 620 | 0 |
| 41 | 1100 | 608 | 0 |
| 42 | 1100 | 596 | 0 |
| 43 | 1100 | 584 | 0 |
| 44 | 1100 | 572 | 0 |
| 45 | 1100 | 560 | 0 |
| 46 | 1100 | 548 | 0 |
| 47 | 1100 | 536 | 0 |
| 48 | 1100 | 524 | 0 |
| 49 | 1100 | 512 | 0 |
| 50 | 1100 | 500 | 0 |
| 51 | 1100 | 488 | 0 |
| 52 | 1100 | 476 | 0 |
| 53 | 1100 | 464 | 0 |
| 54 | 1100 | 452 | 0 |
| 55 | 1100 | 440 | 0 |
| 56 | 1100 | 428 | 0 |
| 57 | 1100 | 416 | 0 |
| 58 | 1100 | 404 | 0 |
| 59 | 1100 | 392 | 0 |

Table 22 – Intermediate & Novice Girls Swimming – 100 Meters

| Seconds | 0 | 1 | 2 |
|---------|------|------|-----|
| 0 | 1100 | 1100 | 488 |
| 1 | 1100 | 1100 | 476 |
| 2 | 1100 | 1100 | 464 |
| 3 | 1100 | 1100 | 452 |
| 4 | 1100 | 1100 | 440 |
| 5 | 1100 | 1100 | 428 |
| 6 | 1100 | 1100 | 416 |
| 7 | 1100 | 1100 | 404 |
| 8 | 1100 | 1100 | 392 |
| 9 | 1100 | 1100 | 380 |
| 10 | 1100 | 1088 | 368 |
| 11 | 1100 | 1076 | 356 |
| 12 | 1100 | 1064 | 344 |
| 13 | 1100 | 1052 | 332 |
| 14 | 1100 | 1040 | 320 |
| 15 | 1100 | 1028 | 308 |
| 16 | 1100 | 1016 | 296 |
| 17 | 1100 | 1004 | 284 |
| 18 | 1100 | 992 | 272 |
| 19 | 1100 | 980 | 260 |
| 20 | 1100 | 968 | 248 |
| 21 | 1100 | 956 | 236 |
| 22 | 1100 | 944 | 224 |
| 23 | 1100 | 932 | 212 |
| 24 | 1100 | 920 | 200 |
| 25 | 1100 | 908 | 188 |
| 26 | 1100 | 896 | 176 |
| 27 | 1100 | 884 | 164 |
| 28 | 1100 | 872 | 152 |
| 29 | 1100 | 860 | 140 |
| 30 | 1100 | 848 | 128 |
| 31 | 1100 | 836 | 116 |
| 32 | 1100 | 824 | 104 |
| 33 | 1100 | 812 | 92 |
| 34 | 1100 | 800 | 80 |
| 35 | 1100 | 788 | 68 |
| 36 | 1100 | 776 | 56 |
| 37 | 1100 | 764 | 44 |
| 38 | 1100 | 752 | 32 |
| 39 | 1100 | 740 | 20 |
| 40 | 1100 | 728 | 8 |
| 41 | 1100 | 716 | 0 |
| 42 | 1100 | 704 | 0 |
| 43 | 1100 | 692 | 0 |
| 44 | 1100 | 680 | 0 |
| 45 | 1100 | 668 | 0 |
| 46 | 1100 | 656 | 0 |
| 47 | 1100 | 644 | 0 |
| 48 | 1100 | 632 | 0 |
| 49 | 1100 | 620 | 0 |
| 50 | 1100 | 608 | 0 |
| 51 | 1100 | 596 | 0 |
| 52 | 1100 | 584 | 0 |
| 53 | 1100 | 572 | 0 |
| 54 | 1100 | 560 | 0 |
| 55 | 1100 | 548 | 0 |
| 56 | 1100 | 536 | 0 |
| 57 | 1100 | 524 | 0 |
| 58 | 1100 | 512 | 0 |
| 59 | 1100 | 500 | 0 |

SECTION II: Phases of Rally

Table 23 – Pre-Novice and 10 and Under Boys and Girls Swimming – 50 Yards

| Seconds | 0 | 1 | 2 |
|---------|------|-----|----|
| 0 | 1100 | 740 | 20 |
| 1 | 1100 | 728 | 8 |
| 2 | 1100 | 716 | 0 |
| 3 | 1100 | 704 | 0 |
| 4 | 1100 | 692 | 0 |
| 5 | 1100 | 680 | 0 |
| 6 | 1100 | 668 | 0 |
| 7 | 1100 | 656 | 0 |
| 8 | 1100 | 644 | 0 |
| 9 | 1100 | 632 | 0 |
| 10 | 1100 | 620 | 0 |
| 11 | 1100 | 608 | 0 |
| 12 | 1100 | 596 | 0 |
| 13 | 1100 | 584 | 0 |
| 14 | 1100 | 572 | 0 |
| 15 | 1100 | 560 | 0 |
| 16 | 1100 | 548 | 0 |
| 17 | 1100 | 536 | 0 |
| 18 | 1100 | 524 | 0 |
| 19 | 1100 | 512 | 0 |
| 20 | 1100 | 500 | 0 |
| 21 | 1100 | 488 | 0 |
| 22 | 1100 | 476 | 0 |
| 23 | 1100 | 464 | 0 |
| 24 | 1100 | 452 | 0 |
| 25 | 1100 | 440 | 0 |
| 26 | 1100 | 428 | 0 |
| 27 | 1100 | 416 | 0 |
| 28 | 1100 | 404 | 0 |
| 29 | 1100 | 392 | 0 |
| 30 | 1100 | 380 | 0 |
| 31 | 1088 | 368 | 0 |
| 32 | 1076 | 356 | 0 |
| 33 | 1064 | 344 | 0 |
| 34 | 1052 | 332 | 0 |
| 35 | 1040 | 320 | 0 |
| 36 | 1028 | 308 | 0 |
| 37 | 1016 | 296 | 0 |
| 38 | 1004 | 284 | 0 |
| 39 | 992 | 272 | 0 |
| 40 | 980 | 260 | 0 |
| 41 | 968 | 248 | 0 |
| 42 | 956 | 236 | 0 |
| 43 | 944 | 224 | 0 |
| 44 | 932 | 212 | 0 |
| 45 | 920 | 200 | 0 |
| 46 | 908 | 188 | 0 |
| 47 | 896 | 176 | 0 |
| 48 | 884 | 164 | 0 |
| 49 | 872 | 152 | 0 |
| 50 | 860 | 140 | 0 |
| 51 | 848 | 128 | 0 |
| 52 | 836 | 116 | 0 |
| 53 | 824 | 104 | 0 |
| 54 | 812 | 92 | 0 |
| 55 | 800 | 80 | 0 |
| 56 | 788 | 68 | 0 |
| 57 | 776 | 56 | 0 |
| 58 | 764 | 44 | 0 |
| 59 | 752 | 32 | 0 |

Table 24 – Pre-Novice and 10 and Under Boys and Girls Swimming – 50 Meters

| Seconds | 0 | 1 | 2 |
|---------|------|-----|----|
| 0 | 1100 | 800 | 80 |
| 1 | 1100 | 788 | 68 |
| 2 | 1100 | 776 | 56 |
| 3 | 1100 | 764 | 44 |
| 4 | 1100 | 752 | 32 |
| 5 | 1100 | 740 | 20 |
| 6 | 1100 | 728 | 8 |
| 7 | 1100 | 716 | 0 |
| 8 | 1100 | 704 | 0 |
| 9 | 1100 | 692 | 0 |
| 10 | 1100 | 680 | 0 |
| 11 | 1100 | 668 | 0 |
| 12 | 1100 | 656 | 0 |
| 13 | 1100 | 644 | 0 |
| 14 | 1100 | 632 | 0 |
| 15 | 1100 | 620 | 0 |
| 16 | 1100 | 608 | 0 |
| 17 | 1100 | 596 | 0 |
| 18 | 1100 | 584 | 0 |
| 19 | 1100 | 572 | 0 |
| 20 | 1100 | 560 | 0 |
| 21 | 1100 | 548 | 0 |
| 22 | 1100 | 536 | 0 |
| 23 | 1100 | 524 | 0 |
| 24 | 1100 | 512 | 0 |
| 25 | 1100 | 500 | 0 |
| 26 | 1100 | 488 | 0 |
| 27 | 1100 | 476 | 0 |
| 28 | 1100 | 464 | 0 |
| 29 | 1100 | 452 | 0 |
| 30 | 1100 | 440 | 0 |
| 31 | 1100 | 428 | 0 |
| 32 | 1100 | 416 | 0 |
| 33 | 1100 | 404 | 0 |
| 34 | 1100 | 392 | 0 |
| 35 | 1100 | 380 | 0 |
| 36 | 1088 | 368 | 0 |
| 37 | 1076 | 356 | 0 |
| 38 | 1064 | 344 | 0 |
| 39 | 1052 | 332 | 0 |
| 40 | 1040 | 320 | 0 |
| 41 | 1028 | 308 | 0 |
| 42 | 1016 | 296 | 0 |
| 43 | 1004 | 284 | 0 |
| 44 | 992 | 272 | 0 |
| 45 | 980 | 260 | 0 |
| 46 | 968 | 248 | 0 |
| 47 | 956 | 236 | 0 |
| 48 | 944 | 224 | 0 |
| 49 | 932 | 212 | 0 |
| 50 | 920 | 200 | 0 |
| 51 | 908 | 188 | 0 |
| 52 | 896 | 176 | 0 |
| 53 | 884 | 164 | 0 |
| 54 | 872 | 152 | 0 |
| 55 | 860 | 140 | 0 |
| 56 | 848 | 128 | 0 |
| 57 | 836 | 116 | 0 |
| 58 | 824 | 104 | 0 |
| 59 | 812 | 92 | 0 |

SECTION II: Phases of Rally

Table 25 – 8 and Under Boys and Girls Swimming – 25 Yards

| Seconds | 0 | 1 |
|---------|------|-----|
| 0 | 1100 | 620 |
| 1 | 1100 | 608 |
| 2 | 1100 | 596 |
| 3 | 1100 | 584 |
| 4 | 1100 | 572 |
| 5 | 1100 | 560 |
| 6 | 1100 | 548 |
| 7 | 1100 | 536 |
| 8 | 1100 | 524 |
| 9 | 1100 | 512 |
| 10 | 1100 | 500 |
| 11 | 1100 | 488 |
| 12 | 1100 | 476 |
| 13 | 1100 | 464 |
| 14 | 1100 | 452 |
| 15 | 1100 | 440 |
| 16 | 1100 | 428 |
| 17 | 1100 | 416 |
| 18 | 1100 | 404 |
| 19 | 1100 | 392 |
| 20 | 1100 | 380 |
| 21 | 1088 | 368 |
| 22 | 1076 | 356 |
| 23 | 1064 | 344 |
| 24 | 1052 | 332 |
| 25 | 1040 | 320 |
| 26 | 1028 | 308 |
| 27 | 1016 | 296 |
| 28 | 1004 | 284 |
| 29 | 992 | 272 |
| 30 | 980 | 260 |
| 31 | 968 | 248 |
| 32 | 956 | 236 |
| 33 | 944 | 224 |
| 34 | 932 | 212 |
| 35 | 920 | 200 |
| 36 | 908 | 188 |
| 37 | 896 | 176 |
| 38 | 884 | 164 |
| 39 | 872 | 152 |
| 40 | 860 | 140 |
| 41 | 848 | 128 |
| 42 | 836 | 116 |
| 43 | 824 | 104 |
| 44 | 812 | 92 |
| 45 | 800 | 80 |
| 46 | 788 | 68 |
| 47 | 776 | 56 |
| 48 | 764 | 44 |
| 49 | 752 | 32 |
| 50 | 740 | 20 |
| 51 | 728 | 8 |
| 52 | 716 | 0 |
| 53 | 704 | 0 |
| 54 | 692 | 0 |
| 55 | 680 | 0 |
| 56 | 668 | 0 |
| 57 | 656 | 0 |
| 58 | 644 | 0 |
| 59 | 632 | 0 |

Table 26 – 8 and Under Boys and Girls Swimming – 25 Meters

| Seconds | 0 | 1 |
|---------|------|-----|
| 0 | 1100 | 680 |
| 1 | 1100 | 668 |
| 2 | 1100 | 656 |
| 3 | 1100 | 644 |
| 4 | 1100 | 632 |
| 5 | 1100 | 620 |
| 6 | 1100 | 608 |
| 7 | 1100 | 596 |
| 8 | 1100 | 584 |
| 9 | 1100 | 572 |
| 10 | 1100 | 560 |
| 11 | 1100 | 548 |
| 12 | 1100 | 536 |
| 13 | 1100 | 524 |
| 14 | 1100 | 512 |
| 15 | 1100 | 500 |
| 16 | 1100 | 488 |
| 17 | 1100 | 476 |
| 18 | 1100 | 464 |
| 19 | 1100 | 452 |
| 20 | 1100 | 440 |
| 21 | 1100 | 428 |
| 22 | 1100 | 416 |
| 23 | 1100 | 404 |
| 24 | 1100 | 392 |
| 25 | 1100 | 380 |
| 26 | 1088 | 368 |
| 27 | 1076 | 356 |
| 28 | 1064 | 344 |
| 29 | 1052 | 332 |
| 30 | 1040 | 320 |
| 31 | 1028 | 308 |
| 32 | 1016 | 296 |
| 33 | 1004 | 284 |
| 34 | 992 | 272 |
| 35 | 980 | 260 |
| 36 | 968 | 248 |
| 37 | 956 | 236 |
| 38 | 944 | 224 |
| 39 | 932 | 212 |
| 40 | 920 | 200 |
| 41 | 908 | 188 |
| 42 | 896 | 176 |
| 43 | 884 | 164 |
| 44 | 872 | 152 |
| 45 | 860 | 140 |
| 46 | 848 | 128 |
| 47 | 836 | 116 |
| 48 | 824 | 104 |
| 49 | 812 | 92 |
| 50 | 800 | 80 |
| 51 | 788 | 68 |
| 52 | 776 | 56 |
| 53 | 764 | 44 |
| 54 | 752 | 32 |
| 55 | 740 | 20 |
| 56 | 728 | 8 |
| 57 | 716 | 0 |
| 58 | 704 | 0 |
| 59 | 692 | 0 |

SECTION II: Phases of Rally

Chapter 4: Target Shooting Phase Rules

Article 68: General Rules for the Shooting Phase

1. Unforeseen cases shall be judged by ISSF Pistol Rules for air pistol shooting at 10 meters.
2. Target control is the responsibility of the shooting Steward, the scorers and the range officer. It is recommended that the shooters be given their targets as they go on the range. On command from the range officer, shooters or Coaches should put up their own targets but must not touch targets that have been fired upon.
3. If more than five shots appear on the target and it is clear that the **extra shots could not have been fired by the competitor**, then the lowest shot will be deducted from the total score on that target. The Phase Steward and Technical Delegate will make this decision.
4. The air or CO₂ pistol, if handled improperly, is as dangerous as any firearm. Appropriate safety procedures and pistols control will be observed at all times.

Article 69: Equipment

1. *General:* All shooting equipment not mentioned in these rules, or which is contrary to these rules and regulations, is forbidden.
2. *Turn in and inspection:*
 - A. All pistols must be turned in to the Organizer at the beginning of the Rally or at the time designated by the Organizer.
 - B. All pistols must be presented in a case with the competitor's name and Pony Club clearly marked. Locked cases are recommended. The key will remain with the competitor.
 - C. The Shooting Steward has the right to and will examine all pistols and equipment prior to the beginning of the shooting phase. The competitor must be present for the inspection. All equipment must fit all the following specifications.
3. *Pistol:* Any type of compressed air or CO₂ pistol is permitted which does not exceed the following specifications:
 - A. Pistols will be .177 caliber (4.5 mm). Pellets must be of soft lead or similar composition. Pellets designated for target "match" shooting are recommended. Projectiles of steel or other hard metals in any shape or form are strictly prohibited.
 - B. Trigger pull on all guns with trigger pressure adjustment capability must have a minimum of 500 grams, weighted with the barrel in a vertical position.

- C. Thumb rests and hand heel rests are permitted, provided they conform to the overall dimensions required in paragraph E.
- D. No part of the grip or accessories is permitted to encircle the hand beyond the limits of the dimensions in paragraph E.
- E. The air pistol with all accessories must fit into a box that has inside dimensions of 420 mm long x 200 mm wide x 50 mm deep.
- F. Barrel or balancing weights may not extend beyond the muzzle of the air pistol.
- G. Maximum total weight, ready to shoot, 1500 grams (3.3 lbs.).
- H. Pistols should be single shot. Multiple shot pistols may be used but must be loaded in such a manner so that there is only one pellet in the magazine at any given time.

Article 70: Sights

1. Correcting lenses may not be attached to the air pistol in either the rear or the front sights. Correcting lenses, if required, must be worn by the shooter.
2. Only open rear sights are allowed. The front sight may be post and blade type only. The front sight may be protected and shaded by a tube located directly over the muzzle and may not extend beyond the muzzle of the air pistol.

Article 71: Targets

1. The targets used will be the ISSF Approved 10-Meter Air Pistol Target. (Exception: 8-and-Under may use the "Official 50 ft. timed and rapid fire pistol target B3.)
2. Distance from the firing line to the target shall be 10 meters.
3. Targets shall be placed in a row, with the bottom edge of the target four feet above the ground.
4. Targets should be pre-marked with competitor's name and number.

Article 72: Course

1. For Novices, Intermediate, Juniors, and Seniors, the course will consist of 20 shots slow fire to be fired in 4 strings of 5 shots at 3 minutes per string.

SECTION II: Phases of Rally

- A. For 10-and-under and 8-and-under divisions, at the discretion of the Organizer and the Shooting Steward, the competitors may either shoot the full 20 shots as described above or they may shoot a 10-shot competition. The course would consist of 10 shots slow fire to be fired in two strings of five shots at three minutes per string. For scoring purposes, each target of five shots would be multiplied by two to determine the target score, which is applied to the scoring table.
2. Coaching is allowed during the firing of sighting shots, but is not allowed during shooting for record. Loaders may be used if desired, but they must not speak to or communicate in any way with the competitors during the actual firing for record. A competitor receiving any form of coaching during the time of record fire will be eliminated.
3. If a loader interferes with another competitor at any time on the shooting line, the loader will be removed from the shooting line. The competitor interfered with will be given the opportunity to retake any shots that were affected. The competitor that was being assisted by the loader may be eliminated if, in the judgment of the range officer and the Phase Steward, it was a deliberate incident.

Article 73: Pistols Control

1. All air pistols shall be turned in to the Organizer of the Rally by the competitor, Chaperone or team Coach upon arrival at the Rally or at the time designated by the Organizer.
2. The air pistol will be reissued for the shooting phase only and then recollected until the end of the Rally.
3. The control site for the air pistols will be a locked area. If possible the control site should be climate controlled.

Article 74: Range Safety

1. The Shooting Phase Steward will appoint a Range Officer who will direct all firing and be responsible for safety on the firing line. The Shooting Phase Steward may serve as the Range Officer.
2. Failure to comply with any of the following rules will result in elimination and incur maximum penalties (a zero (0) score):
 - A. Pistols shall be pointed downrange at all times.
 - B. Pistols shall be cleared and benched while anyone is downrange.
 - C. No pistols or equipment may be handled, in any way, when anyone is downrange.
 - D. The command "cease fire" must be obeyed instantly, whether given by the Range Officer or by anyone observing unsafe conditions either on the firing line or downrange.

- E. No one shall go forward of the firing line until authorized by the Range Officer. Pistols shall not be loaded until the command "load" is given by the Range Officer.
 - F. After loading, until the order to fire is given, competitors must hold their air pistols at arms length pointed downrange at an angle of at least 45 degrees below the horizontal.. Upon completion of each round, pistols must be benched.
 - H. Safety glasses are mandatory.
3. All shooting officials and loaders must wear safety glasses while in the area of the shooting line.

Article 75: Practice

1. There will be a practice period for Novices, Intermediates, Juniors and Seniors not to exceed 5 minutes. Competitors may shoot as many rounds as they choose during the 5 minute warmup period.
2. Coaching is allowed only during the practice phase of shooting.

Article 76: Shooting Position

1. Age: 8 and Under.

- A. The shooter must be seated.
- B. The shooter may use supporting material, such as boxes, duffel bags, bean bags, or sand bags, on the table or bench.
- C. The competitor's shooting arm must be fully extended, with the sights at eye level.
- D. The non-firing hand may provide support for the firing hand or the butt of the pistol.
- E. The shooter may rest any part of either or both hands and forearms and the pistol, including the barrel, on the supporting material.

2. Age Group 10 and Under

- A. The shooter must be seated.
- B. The shooter may use supporting material, such as boxes, duffel bags, bean bags, or sand bags, on the table or bench.
- C. The competitor's shooting arm must be fully extended, with the sights at eye level.
- D. The non-firing hand may provide support for the firing hand or the butt of the pistol.
- E. The shooter may rest his or her elbows on the supporting material.

SECTION II: Phases of Rally

3. Two-Handed

- A. Novice and Pre-Novice Division
- B. The shooter must shoot from a standing position, with the pistol held with both hands. The pistol must be supported entirely by the strength of the shooter. No artificial support of any kind is allowed.
- C. The competitor's shooting arm must be fully extended, with the sights at eye level.
- D. The shooter's non-firing hand will be used to provide support for the firing hand. The support hand may contact any part of the shooting hand and wrist.

4. One-Handed

- A. Senior, Junior, Intermediate Divisions
- B. The shooter must shoot from a standing position, with the pistol held with only one hand. The pistol must be supported entirely by the strength of the shooter. No artificial support of any kind is allowed.
- C. The competitor's shooting arm must be extended, with the sights at eye level.
- D. The shooter's non-firing hand and arm may not contact any part of the firing hand or arm.

Article 77: Hit Scoring

1. The value of a shot is determined by the outer edges of the pellet hole.
2. If the edge of the pellet hole cuts or marks the outside of the scoring ring, the shot will be given the higher value.
3. In case of keyholed or tipped shots, the higher value will be awarded if the edge of the bullet hole touches the scoring ring of the higher value, even if the hole is elongated to the pellet's length, rather than a circle.
4. In the event of an elongated tear that leaves a flap of paper, the scorer should determine the hit location of the pellet and score the shot based on where the pellet hit, not where the tear ends.
5. In the event that there are less than 5 shots in a target and there is a hole that is larger than what is normally made by one shot, then it should be assumed the missing shot went through the larger hole. If in doubt, zeros should be verified by the shooting Steward.
6. On a line of slow fire, all shots by the competitor after the command to "Commence Firing" will be counted in the score even if the air pistol is accidentally discharged.
7. Hits on the wrong target are scored as misses. In case of excessive hits (more than five) on a target, the five shots of the lowest value will be scored. See Article 69-3 for the exception.

8. A magnifying glass or scoring gauge will be used to determine difficult cases.

Article 78: Scoring

1. Scoring shall be done after each five shots.
2. The maximum score is 1100 points. See the conversion chart to determine how to convert the total target points to Tetrathlon points.
3. After each string, when all pistols are cleared and benched, on the command of the range officer, competitors may move forward to examine their targets.
4. Any question as to the number of scoring shots is to be determined at this time. If a competitor touches a target, the score for that target will not count.

Article 79: Malfunctions

1. In case of malfunction, the competitor shall be given additional time to fire remaining rounds.
2. The malfunction shall be a failure of equipment, NOT to include:
 - A. Errors made by the competitor in loading such as:
 - 1) inserting wrong caliber pellet;
 - 2) inserting pellet backwards;
 - 3) leaving safety on.
 - B. Running out of gas with CO₂ pistols.
3. In case of low pressure for either air or CO₂ pistols, the shot will be scored if it leaves the barrel. A change of gas cartridge is allowed, but no alibi will be awarded.
4. Competitors may change pistols at any time during the Rally, but they may NOT keep a loaded pistol on the bench.

Article 80: The Series

1. The Range Officer shall determine that the range is clear before admitting competitors to the firing lane.
2. The following commands shall be used both in practice and in competition. The commands shall be used for all divisions.

SECTION II: Phases of Rally

TABLE 27
Target Points Conversion Chart

* 20 shots on a 10 Meter Air pistol ten-ringed target can give maximum 200 shooting points. * 165 shooting points is equal to 1100 Tetrathlon points. * Every shooting point below the 165 is - 7 pts * CHANGES IN SCORING THE TARGET: The entire bulls eye is worth 10 pts. The very smallest center is used to break ties.

| Target Points | Score | Target Points | Score | Target Points | Score | Target Points | Score |
|---------------|-------|---------------|-------|---------------|-------|---------------|-------|
| 200 | 1100 | 151 | 1004 | 101 | 660 | 50 | 309 |
| 199 | 1100 | 150 | 997 | 100 | 653 | 49 | 303 |
| 198 | 1100 | 149 | 990 | 99 | 646 | 48 | 296 |
| 197 | 1100 | 148 | 983 | 98 | 639 | 47 | 289 |
| 196 | 1100 | 147 | 976 | 97 | 633 | 46 | 282 |
| 195 | 1100 | 146 | 969 | 96 | 626 | 45 | 275 |
| 194 | 1100 | 145 | 963 | 95 | 619 | 44 | 268 |
| 193 | 1100 | 144 | 956 | 94 | 612 | 43 | 261 |
| 192 | 1100 | 143 | 949 | 93 | 605 | 42 | 254 |
| 191 | 1100 | 142 | 942 | 92 | 598 | 41 | 248 |
| 190 | 1100 | 141 | 935 | 91 | 591 | 40 | 241 |
| 189 | 1100 | 140 | 928 | 90 | 584 | 39 | 234 |
| 188 | 1100 | 139 | 921 | 89 | 578 | 38 | 227 |
| 187 | 1100 | 138 | 914 | 88 | 571 | 37 | 220 |
| 186 | 1100 | 137 | 908 | 87 | 564 | 36 | 213 |
| 185 | 1100 | 136 | 901 | 86 | 557 | 35 | 206 |
| 184 | 1100 | 135 | 894 | 85 | 550 | 34 | 199 |
| 183 | 1100 | 134 | 887 | 84 | 543 | 33 | 193 |
| 182 | 1100 | 133 | 880 | 83 | 536 | 32 | 186 |
| 181 | 1100 | 132 | 873 | 82 | 529 | 31 | 179 |
| 180 | 1100 | 131 | 866 | 81 | 523 | 30 | 172 |
| 179 | 1100 | 130 | 859 | 80 | 516 | 29 | 165 |
| 178 | 1100 | 129 | 853 | 79 | 509 | 28 | 158 |
| 177 | 1100 | 128 | 846 | 78 | 502 | 27 | 151 |
| 176 | 1100 | 127 | 839 | 77 | 495 | 26 | 144 |
| 175 | 1100 | 126 | 832 | 76 | 488 | 25 | 138 |
| 174 | 1100 | 125 | 825 | 75 | 481 | 24 | 131 |
| 173 | 1100 | 124 | 818 | 74 | 474 | 23 | 124 |
| 172 | 1100 | 123 | 811 | 73 | 468 | 22 | 117 |
| 171 | 1100 | 122 | 804 | 72 | 461 | 21 | 110 |
| 170 | 1100 | 121 | 798 | 71 | 454 | 20 | 103 |
| 169 | 1100 | 120 | 791 | 70 | 447 | 19 | 96 |
| 168 | 1100 | 119 | 784 | 69 | 440 | 18 | 89 |
| 167 | 1100 | 118 | 777 | 68 | 433 | 17 | 83 |
| 166 | 1100 | 117 | 770 | 67 | 426 | 16 | 76 |
| 165 | 1100 | 116 | 763 | 66 | 419 | 15 | 69 |
| 164 | 1093 | 115 | 756 | 65 | 413 | 14 | 62 |
| 163 | 1086 | 114 | 749 | 64 | 406 | 13 | 55 |
| 162 | 1079 | 113 | 743 | 63 | 399 | 12 | 48 |
| 161 | 1073 | 112 | 736 | 62 | 392 | 11 | 41 |
| 160 | 1066 | 111 | 729 | 61 | 385 | 10 | 34 |
| 159 | 1059 | 110 | 722 | 60 | 378 | 9 | 28 |
| 158 | 1052 | 109 | 715 | 59 | 371 | 8 | 21 |
| 157 | 1045 | 108 | 708 | 58 | 364 | 7 | 14 |
| 156 | 1038 | 107 | 701 | 57 | 358 | 6 | 7 |
| 155 | 1031 | 106 | 694 | 56 | 351 | 5 | 0 |
| 155 | 1031 | 105 | 688 | 55 | 344 | 4 | 0 |
| 154 | 1024 | 104 | 681 | 54 | 337 | 3 | 0 |
| 153 | 1018 | 103 | 674 | 53 | 330 | 2 | 0 |
| 152 | 1011 | 102 | 667 | 52 | 323 | 1 | 0 |
| | | | | 51 | 316 | 0 | 0 |

SECTION II: Phases of Rally

TABLE 28

Shooting Commands for Novices, Intermediates, Juniors and Seniors

COMMAND

“Competitors move to the firing line.
You may handle your pistols.”

“Practice period. Ten rounds in 5 minutes.”

“Is the line ready?”

“Commence firing.”

“Cease firing.”

“Clear and bench all pistols.”

“Is the line clear?”

“The line is clear. Go forward and
inspect targets.”

“Is the range clear?”

“The range is clear. You may handle
your pistols and LOAD.”

“On the line for your first string of
record fire.”

“Five rounds in three minutes.”

“Is the line ready?”

“The line is ready. Commence firing.”

“Cease firing.”

“Are there any alibis?”

“Clear and bench all pistols.”

“Is the line clear?”

“The line is clear. Scorer, go forward
and collect targets. Competitors go
forward and put up next targets.”

ACTION

*Competitors prepare themselves and
pistols.*

Supervised practice.

Anyone not ready or with questions should notify the Range Officer.

*Any time this command is given, **ALL** firing must **STOP**
IMMEDIATELY.*

*All pistols should be empty, breach open, locked, and on the bench
pointing downrange.*

Anyone not completely clear shall speak up.

Targets are prepared for record fire.

*The Range Officer satisfies himself that all personnel are behind the
firing line.*

One or two minutes are allowed for preparation.

*Competitors fire five rounds, reloading without command at their own
pace.*

ALL** firing shall **STOP IMMEDIATELY.

*Any competitor who has cause to ask for additional firing time must do
so at this time. The condition that caused firing to cease must still exist.
If the Range Officer validates the alibi, the competitor will be given time
to fire remaining rounds, at ONE minute per round.*

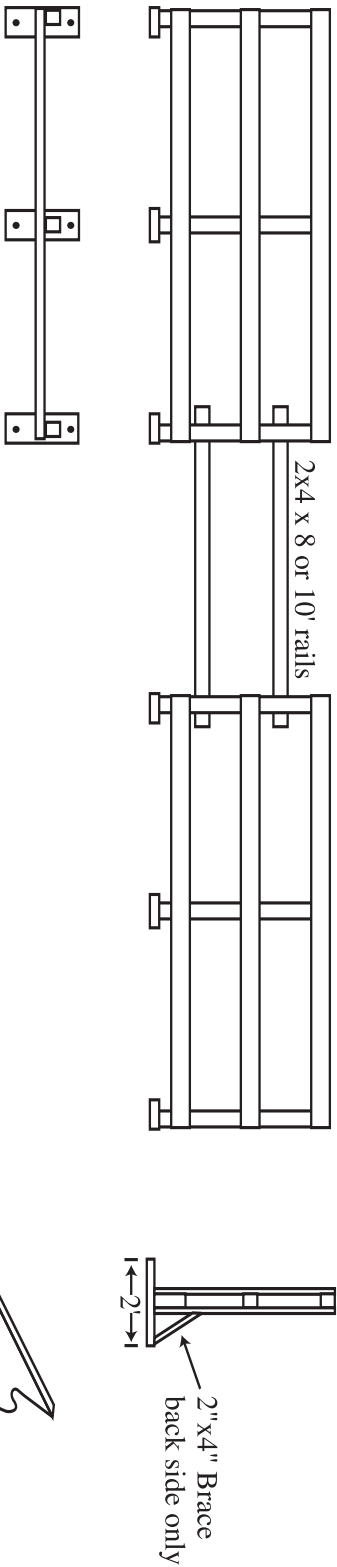
*Competitors shall **NOT** touch targets already fired upon and shall
remain one meter away from the targets until they have been
removed. Scorer will inspect the new targets before the next string
begins.*

SECTION III: Appendices

APPENDIX I

Build a USPC Slip Rail Fence

Wings 6' - 8' wide



INSTRUCTIONS:

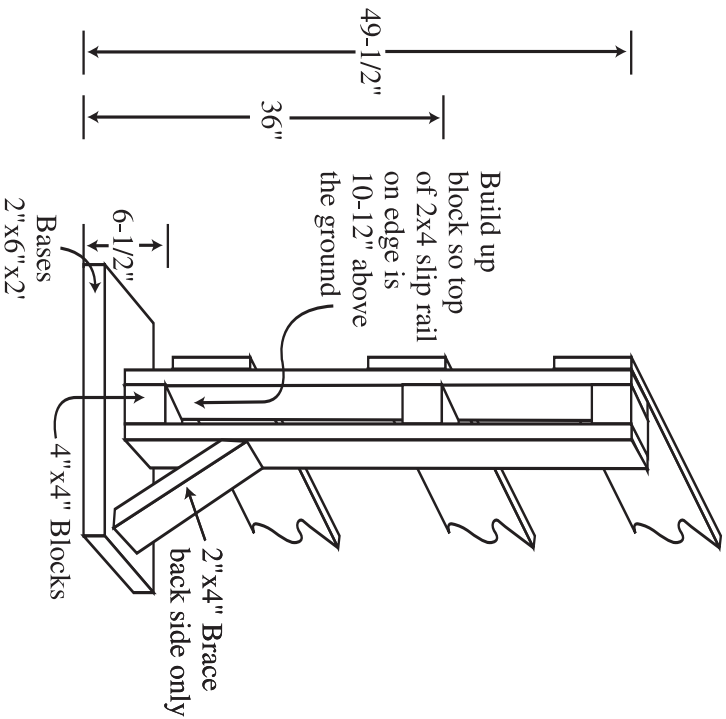
These plans meet specifications found in current Tetrathlon Rules. Other designs may also meet specifications.

- Use pressure-treated lumber throughout.
- Fasten slats (decking) to 4 x 4 posts w/four 2-1/2" drywall screws.
- Pre-drill and counter sink screws and/or nail holes.
- Fasten bases (2" x 6" x 2") to bottom of posts with 4" - 5" spikes.
- For stability, drill 3/4" holes near outside edges of bases and drive in 2' x 1/2" rebar with top 3" bent at 90 degrees. Requires acetylene torch. Two per wing should be enough.

COST ESTIMATE:

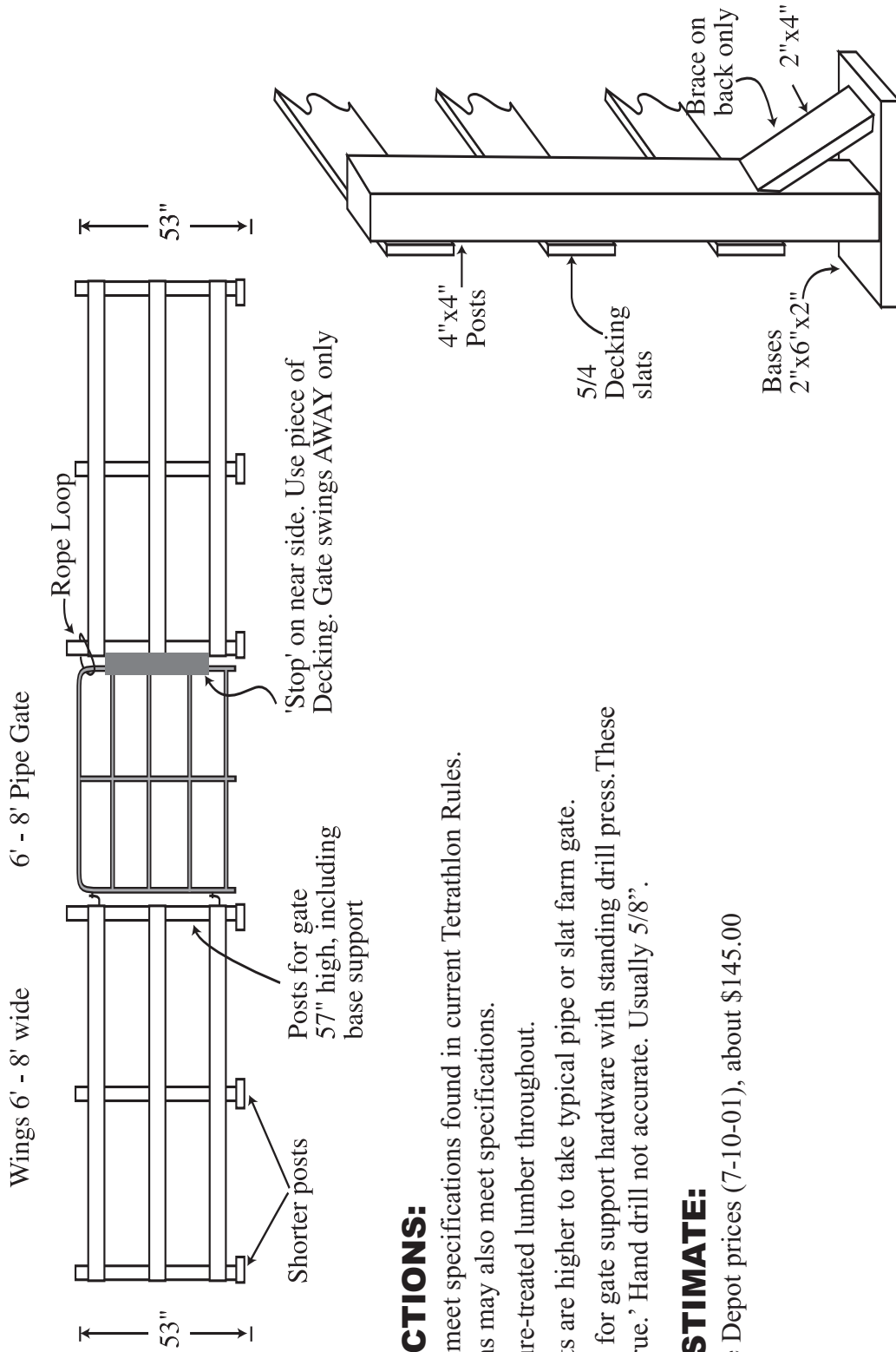
Using Home Depot prices (7-10-01), about \$90.00

- 4 ea. 8' x 4 x 4 (four outside posts)
- 5 ea. 8' x 2 x 4 (two for rails, two cut in half for inside posts, 1 for braces,
- 2 ea. 8' x 2 x 6 (six bases – two left over for gate wing bases)
- 6 ea. 8' x 5/4 Decking



SECTION III: Appendices

Build a USPC Tetrathlon Gate



INSTRUCTIONS:

These plans meet specifications found in current Tetrathlon Rules.

Other designs may also meet specifications.

- Use pressure-treated lumber throughout.
- Inside posts are higher to take typical pipe or slat farm gate.
- Drill holes for gate support hardware with standing drill press. These must be 'true.' Hand drill not accurate. Usually 5/8".

COST ESTIMATE:

Using Home Depot prices (7-10-01), about \$145.00

SECTION III: Appendices

APPENDIX II

Selection Procedure for International Tetrathlon Teams

APPLICATION REQUIREMENTS:

The announcement for applications for the USPC International Tetrathlon Team will be made on the USPC website. You may also obtain application information via e-mail at activities@ponyclub.org

When the competition is overseas, applicant must:

- Be 16 years old as of January 1 in the year of the exchange.
- Be a C-3 Pony Club member by the date of the application and be an active member in good standing with his/her local club and region.
- Have experience in Eventing at training level or above.
- Have strong experience riding unfamiliar mounts over fences successfully.
- Possess the personal qualities of a good ambassador of USPC and the USA.
- Submit a complete application on time and provide required reference forms to DC, RS and one other Pony Club official (RIC, HMO, NE, etc.).
- All applicants will be responsible for ensuring all reference forms are returned to the Tetrathlon Committee Chair by the specified deadline and to confirm receipt of the application and references before the deadline expiration.
- If candidate has been a member of a previous International team, he/she must have the recommendation of the Coach/Chaperone of that trip in addition to those required above.

When the USPC is hosting an International Exchange and additional teams are entered:

- Teams two and beyond will be filled in order of score by those who tried out for but did not make the first team. Remaining open slots on additional teams entered will be filled by those meeting International-level qualifying standards of age 16 and older on January 1 of the exchange year and a rating of C-1 or higher by the application deadline. Teams two and beyond will be designated "National" teams. They will participate fully with the International Teams in Exchange competition and will be eligible for all team and individual awards.

TEAM SELECTION:

Ambassadorship is a critical component, especially when sending a team overseas. This encompasses all areas of participation, i.e., team interaction and support, responsibility, maturity, good social judgment, and good sportsmanship. The team will be selected from the list of those applicants meeting the ambassadorship criteria. The team may be selected from verifiable performance records, or at a Selection Trial. The team selection

method will be included in the Exchange announcement and in the application information.

- An independent three-to-five-member panel will review all applications and reference forms, evaluating ambassadorship and horsemanship on a pass/fail basis.
- The panel will be selected by the Tetrathlon Chair, subject to approval of the International Competitive Exchange Chair and Vice President Activities.
- No panel member may have a child who is a candidate.
- Readers may invite comments from others who know the candidate, if they believe information at hand is incomplete or not sufficiently up-to-date.
- References will be confidential in order to encourage candid responses.
- Chaperone/host family evaluation may be requested.
- The decision process may, if felt necessary, include a conference call involving the panel members to discuss the applications and reach a group decision.
- The panel will provide the Tetrathlon Committee with a list of those who meet the ambassadorship requirement, and the panel's decision will be considered final.
- Candidates must be willing and available to meet as a team for a training period prior to traveling.
- An announcement will be made of the four male and four female athletes comprising the teams. The fifth and sixth athletes for each will be designated as first and second alternates.

OTHER REQUIREMENTS:

- Selected candidates must sign and adhere to the Code of Conduct for International Exchange Team Members.
- Selected candidates must obtain a valid passport.
- If the International Exchange is held in the US, International team members must provide their own mounts for the riding phase and provide rides for International visitors. If they choose not to make their own mounts available, arrangements for a suitable mount must be made well in advance and such information conveyed to the Tetrathlon Chair. Cost, feed, transportation, and any required insurance, etc., are the responsibility of the US team member. Should the arrangements not materialize, the US team member must make own mount available without question.
- An effort will be made by Tetrathlon Committee members and team candidates to raise funds to underwrite the cost of the trip for the Pony Club members, Chaperone, and Coach. If there are insufficient funds, the Tetrathletes will be responsible for their share, payable before the start of the trip.

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APPENDIX III

Guidelines for Coaching Tetrathlon

*Photocopy as needed. One copy should be given to the Coach;
a signed copy should be retained by the Organizer.*

By agreeing to serve as a USPC Chaperone, you:

- Agree to be familiar with and observe all USPC By-Laws, Policies and Competition Rules.
- Agree to adhere to the USPC Conflict of Interest and Code of Ethics Policies in all your actions and decisions.
- Agree to disclose any possible potential conflicts of interest.
- Agree to conduct yourself in a fair and courteous manner.
- Agree to the confidentiality of discussions and actions.
- Give permission for a criminal background check.
- Agree to uphold USPC Policy 0500 Drug/ Alcohol/Tobacco. Chaperones must refrain from using alcohol or other substances when they are serving in their “official capacity” as team Chaperone – refer to USPC web site ponyclub.org for full policy statement.

All teams and individuals **may** have Phase Coaches.

All Coaches must be familiar with Pony Club and Tetrathlon, the riding phase rules and scoring, and may be asked to assist competitors in learning the rules prior to Rally.

All Coaches must wear identification provided by the Organizer during the Rally times.

Communication between Coaches and competitors is limited to:

1. Official briefings
2. Course walks
3. Warm-up
4. Schooling times provided during a multi-day Rally
5. Horse matching sessions when a strange mount must be borrowed
6. Brief critique following the jumping phase

Coaches must:

1. Attend the official briefing
2. Attend the official course walk
3. Attend any other briefing or walk required

Duties as pertained to the jumping phase:

1. Observing, but not participating in, any pre-competitive soundness checks
2. Assist in matching if a borrowed mount must be used
3. Accompany competitors during the course inspection or at any other subsequent times the courses are open for walking, during which time Coaches may give advice.
4. Assist competitors in the designated schooling/warm-up area.

5. Short debriefing of competitors after they exit the competition area, if desired by competitor
6. May, if needed, lead/assist getting the competitor’s mount through the in-gate
7. May request an adjustment of tack. If granted the competitor must return to Horse Management for a safety check on the adjustment.

The Coach may not interfere with the immediate care of the mount under penalty of elimination of the competitor from that phase, in accordance with the rules of unauthorized assistance.

SPIRIT OF COACHING

The role of a Coach is to assist the competitor

1. In learning warm-up area techniques,
2. In the assessment of the running and riding courses and shooting range condition,
3. In learning how to deal with mistakes made.
4. In learning the rules of competition before competition begins.

The presence of a Coach at a Tetrathlon Rally is to promote safety, good sportsmanship during all phases and good horsemanship in the warm-up area and during the riding phase.

A Pony Club Coach is expected to help any Pony Club competitor who asks for help or who is present without a Coach.

The Coach is not present to give a riding lesson in the warm up area.

All Phase Coaches must sign that they have read this sheet:

*I _____ have read
the USPC Tetrathlon rules and above guidelines for coaching.*

Printed Name

Please list the competitors whom you are coaching and in what phase:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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Appendix IV USPC Tetrathlon Rally

Technical Delegate's Evaluation and Report

Region: _____ Rally Date: _____
Rally Levels: _____ # of Teams/Competitors per level: _____
Chief Horse Management Judge: _____
Organizer's Name: _____ Telephone: (____) _____
Address: _____ City/State/Zip: _____
TDs Name: _____ Telephone: (____) _____
Address: _____ City/State/Zip: _____

Yes No

- _____ Did you have a CURRENT copy of the USPC Rules for Tetrathlon?
_____ Was the entire Rally conducted according to these rules?
_____ Did Horse Management function according to the rules?
_____ Did you have any problem with a stated rule?
_____ Did you have a situation for which there was no stated rule?
_____ Did you or your representative conduct a field inspection?
_____ Were suggestions made at the inspection visit carried out?
_____ Did the Organizer prepare a program (maps, order of go, etc.)?
_____ Were qualified medical personnel and equipment (EMT, ambulance) on grounds during mounted activities and on call at all times?
_____ Were Medical Releases and horse papers on grounds for each competitor?
_____ Were any accidents reported? (Please attach a copy of the accident report)
_____ Were horse services available? Vet / farrier on grounds on call (circle one)
_____ Were communications adequate for all phases?
_____ Where the lines visible to the competitors and officials?
_____ Were the facilities suitable for all phases?
a) warm-up area yes no c) parking yes no
b) cool-out area yes no d) written tests yes no
_____ Were there enough:
a) telephones yes no d) trash cans yes no
b) toilets yes no e) necessary equipment yes no
c) concession stands yes no
_____ Were Coaches/Chaperones forms signed?
_____ Were briefings held for:
a) Umpires yes no on time d) Judges yes no on time
b) Chaperones yes no on time e) Competitors yes no on time
c) Stewards yes no on time f) Scorer / Timer yes no on time
_____ Were sufficient personnel provided to manage all phases?
_____ Were the Organizers and other officials friendly and supportive to competitors and each other?
_____ Were you satisfied with accommodations for horses?
a) stabling/tie area yes no c) water yes no
b) feed/hay/bedding supply yes no d) other yes no
_____ Were you satisfied with accommodations for officials?
a) housing yes no c) transportation yes no
b) food/drink yes no d) officials area near competition sites yes no

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- _____ Were the courses appropriate for the levels?
_____ Was the Rally a learning experience for all competitors?

REMARKS: If any of the above were "No" or questionable, please explain on a separate sheet of paper.

HORSE MANAGEMENT REVIEW:

As the Technical Delegate, you are charged with the first level of reviewing the decisions in Horse Management. Under the rules of competition, the initial protest from the decision of the Chief Horse Management Judge is to the Technical Delegate. A protest can only be made by the team or individual competitor against whom an adverse decision is made. Therefore if a protest comes to you to reconsider the decision of the Chief Horse Management Judge and you do **NOT** sustain the decision of the judge, the protest is concluded. If you do sustain the Chief Horse Management Judge, then a protest can be placed before the Ground Jury.

It is essential that we find out your evaluation of the Horse Management program at this Rally. Please answer the following questions:

1. How many Assistant Horse Management Judges were used: _____.
2. Did the Chief Horse Management Judges briefing to the competitors fairly address all of the issues critical to this competition?
YES _____ NO _____
3. Did the Chief Horse Management Judge and assistants treat the judging phase as an opportunity to teach and educate the competitors?
YES _____ NO _____
4. Was the Chief Horse Management Judge open and accessible to the competitors and prepared to hear the arguments and reasons of the competitors?
YES _____ NO _____
5. Were there problems in the competition with issues and matters that were not discussed or explained in the competitors' briefing?
YES _____ NO _____

If yes, what issues arose that had not been addressed at the briefing:

7. Did the Chief Horse Management Judge and their assistants deal with the competitors and other officials at the Rally in a collegial and respectful manner and vice versa?
YES _____ NO _____
8. Based on your knowledge of the Horse Management Handbook and the issues that arose during the Rally, did you feel comfortable in the position of the initial arbiter of protests?
YES _____ NO _____
9. Do you have any concerns with the manner in which Horse Management was addressed and judged at this Rally?
YES _____ NO _____

If yes, please explain: _____

If you have any suggestions for our Rallies or this report, please write them below or on a separate sheet of paper.

Technical Delegate's Signature _____ Date _____

Please return filled out original to:

Activities Services Director
USPC National Office
4041 Iron Works Parkway
Lexington, KY 40511

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APPENDIX V Competitor's Activity and Rally Release

The undersigned competitor ("Competitor"), and his/her parents or legal guardians ("Parents"), have elected to participate, or in the case of Parents, permit the Competitor to participate, in the _____ (description of activity) to be held on (dates) _____ at (location) _____ and hereby acknowledge, represent, warrant, and agree that:

- (1) the acceptance of Competitor as a participant in the Activity by The United States Pony Clubs, Inc., does not constitute a determination of any nature by The United States Pony Clubs, Inc., its affiliates, employees and agents ("USPC") that the Activity is suitable, safe or otherwise appropriate, for competitor, by reason of Competitor's having attained any specific USPC Rating Level or otherwise, and that USPC makes no determination, evaluation, representation or warranty to any such effect,
- (2) they understand the Activity and the jumps, courses and equestrian performances, competitions and activities (mounted or unmounted) constituting the Activity, any or all of which may, in fact, be more difficult and different than those constituting the jumps, courses and equestrian performances, competitions and activities (mounted or unmounted) used in establishing, testing for and assigning or awarding any USPC (or any other organization's) Rating Level,
- (3) they understand that equestrian activities such as the Activity are inherently dangerous and that they accept the inherent risks involved therein (including, without limitation, the risk of injury, death and damage or destruction of horses and other property),
- (4) the decision to participate in the Activity, and any evaluation of the Competitor's ability to safely and competently participate therein, has been made at the sole and absolute discretion of the Competitor and Parents and Competitor and Parents accept complete responsibility for such decision and such participation,
- (5) Competitor and Parents have read and understand the policies and regulations governing The United States Pony Clubs, Inc., participation in activities sponsored or operated by it, and specifically the rules for the Activity, and each agree to abide by such rules, as now in effect, and as amended and in effect from time to time hereafter,
- (6) Competitor and Parents understand that failure to adhere to the code of conduct and/or the policies and regulations may result in dismissal from the competition or other such action as deemed necessary by the officials of the competition,
- (7) Competitor's entry into this competition constitutes his/her release to photograph and/or video tape and publish and/or broadcast his/her involvement in this competition to USPC.
- (8) Competitor and Parents each hereby release and agree to hold harmless USPC from and against any claims and causes of action, Competitor or Parent (or their respective successors, representatives, heirs or assigns) may have as a result of Competitor's participation in above stated activity.

Signature of Competitor

Date

Signature of Parent

Date

Signature of Parent

Date

Equine Release

The undersigned hereby represents and warrants to USPC that (1) the undersigned is sole owner of the horse whose name appears on the entry form; (2) that said horse is to be ridden and used by Competitor in the Activity; and that said horse is in good health and condition, and is sound and fit for participation in the activity. The undersigned hereby gives permission to USPC, its agents and employees, in case of an emergency, or otherwise in the discretion of USPC, its agents or employees, for immediate treatment of such horse by a licensed veterinarian during or in connection with the Activity.

Signature of Horse Owner

Date

Print Name

(_____) _____
Phone Number

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APPENDIX VI Suggested Distances Between Elements of Combinations

| | Seniors | | Juniors | | Intermediate/Novice | |
|---------------|--------------|-----------|------------|-----------|---------------------|-----------|
| | 1 Stride | 2 Strides | 1 Stride | 2 Strides | 1 Stride | 2 Strides |
| A to A | 24 – 26' | 34 – 36' | 24 – 25' | 34 – 35' | 23 – 24' | 33 – 34' |
| A to B | 23 – 25' | 33 – 35' | 23 – 25' | 33 – 34' | 22 – 23' | 32 – 33' |
| A to C | 23.5 – 25.5' | 33 – 35' | 23.5 – 25' | 33 – 34' | 22 – 23' | 32 – 34' |
| A to D | 24' | 33 – 34' | * | * | * | * |
| | | | | | | |
| B to A | 25 – 26' | 34 – 36' | 24 – 25' | 34 – 35' | 23 – 24' | 33 – 34' |
| B to B | 24 – 25' | 33 – 35' | 24' | 33 – 34' | 22 – 23' | 32 – 33' |
| B to C | 24 – 25' | 33 – 35' | 24' | 33 – 34' | 22 – 23' | 32 – 33' |
| B to D | 23 – 25' | 33 – 35' | * | 33 – 35' | * | * |
| | | | | | | |
| C to A | 23 – 25' | 33 – 35' | 22 – 24' | 33 – 35' | 22 – 23' | 33 – 34' |
| C to B | 23 – 24' | 33 – 35' | 23 – 24' | 33 – 35' | 21 – 23' | 32 – 34' |
| C to C | 23 – 24' | 33 – 34' | 22 – 24' | 33 – 34' | 21 – 23' | 32 – 34' |
| C to D | * | * | * | * | * | * |
| | | | | | | |
| D to A | * | * | * | * | * | * |
| D to B | * | * | * | * | * | * |
| D to C | * | * | * | * | * | * |
| D to D | * | * | * | * | | |

When jumps are set at the lower height for that level, the distance between elements of the combination should be the shorter distance shown above. When fences are set at or near the maximum, use the longer distances. Note: Uneven ground, bad footing, small rings and combinations set following short turns may necessitate modification of these distances.

All distances are measured from the base of the first element on the landing side to the base of the next element on the takeoff side.

For triple combinations, use the above distances as applicable to each pair of the combination. For example: Vertical to Vertical to Ascending Oxer is A to A and A to B.

Distances for lower level competitors or non-qualifying divisions: Distances between jumps, including combinations should be reduced in relationship to the conditions, footing and height of obstacles.

* = Not allowed

A = Straight (vertical) fence

B = Ascending oxer

C = Square oxer

D = Triple Bar

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APPENDIX VII Recommended Specifications for Regional Rallies Qualifying Riders/Teams for Championships

| Class | Height | Spreads | | Water | Minimum Number of Spreads | Number of Jumping Efforts | Number of Combinations | Length of Course |
|--------------|-----------|-----------|------------|-------|--|---------------------------|--|------------------|
| | | Oxers | Triple Bar | | | | | |
| Seniors | 3'-3'6" | 3'-3'9" | 5'11" | 9'10" | 3 spreads out of first 8 jumping efforts plus 1 spread for each 4 more efforts | 8-14 | 1 Triple or 1 Triple and 1 Double or 2 Doubles | 450-850 |
| Juniors | 2'9"-3'3" | 2'9"-3'6" | 5'5" | NA | Same as above | 8-12 | 1 Triple or 2 Doubles | 450-850 |
| Intermediate | 2'3"-2'9" | 2'3"-3'0" | NA | NA | Same as above | 8-10 | 2 Doubles | 450-850 |
| Novice | 2'3"-2'9" | 2'3"-3'0" | NA | NA | Same as above | 8-10 | 1 Double | 450-850 |
| Pre Novice | 2'-2'3" | 2'-2'3" | NA | NA | Same as above | 8-10 | None Allowed | 450-850 |
| 10-and-Under | 12"-18" | 18" | NA | NA | Same as above | 6-8 | None Allowed | 450-850 |
| 8-and-Under | 0"-12" | 12" | NA | NA | Same as above | 6-8 | None Allowed | 450-850 |

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APPENDIX VIII Tetrathlon Division Criteria

| LEVEL | AGE | Rating | SHOOT | RUN (Meters) | SWIM | RIDE | COMMENT |
|--------------|--------------|---------------|------------------|------------------------|-------------|-------------|-------------------------|
| 8-and-under | 8 and under | UR/D-1 | 10/resting | 500 | 25 | p/xrails | |
| 10-and-under | 10 and under | D-1 and up | 10/resting | 500 | 50 | 18 in | |
| Pre-Novice | 13 and under | D-2 and up | 10/2 hands stand | 500 | 50 | 2'3" | |
| Novice | 11 to 12 | D-3 and up | 20/2 hands stand | 1000 | 100 | 2'9" | |
| Intermediate | 13 and up | D-3 and up | 20/1 hand | 1000 | 100 | 2'9" | |
| Junior | 13 to 16 | D-3 and up | 20/1 hand | 2000 | 200 | 3'3" | May ride down w/penalty |
| Senior | 16 and up | C-1 and up | 20/1 hand | 3000 | 200 | 3'7" | May ride down w/penalty |