

Pony Club

Where it all begins



Tetrathlon Rulebook

2019

THE USPC PLEDGE

*As a Member of the United States Pony Club,
I stand for the best in sportsmanship as well as in horsemanship.
I shall compete for the enjoyment of the game well played and
take winning or losing in stride, remembering that without good
manners and good temper, sport loses its cause for being.
I shall endeavor to maintain the best tradition of the ancient and
noble skill of horsemanship, always treating my horse
with consideration due a partner.*

USPC MISSION STATEMENT

The United States Pony Clubs, Inc. develops character, leadership, confidence, and a sense of community in youth through a program that teaches the care of horses and ponies, riding and mounted sports.

Introduction

Tetrathlon is a sport unique to Pony Club which 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. USPC graduate Tetrathletes frequently continue in a multi-sport environment by participating in Modern Pentathlon, which may ultimately provide a pathway to the Olympic Games.

Competitions

Tetrathlon competitions are comprised of four phases: the running phase, shooting phase, swimming phase, and the riding phase. A competitor's combined scores in all four phases plus Horse Management determines their overall placing in the competition. 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 5500 points is a perfect score.

The riding phase of competition provides an opportunity for the rider and mount to demonstrate equestrian skills over a predefined, jumping course. Courses are designed as stadium, cross-country, or a combination of both, where the course incorporates stadium fixtures as well as natural terrain.

The running phase challenges each competitor's physical stamina and endurance over cross country terrain and may

USPC CORE VALUES

Horsemanship with respect to healthcare, nutrition, stable management, handling and riding a mount safely, correctly and with confidence.

Organized teamwork including cooperation, communication, responsibility, leadership, mentoring, teaching and fostering a supportive yet competitive environment.

Respect for the horse and self through horsemanship; for land through land conservation; and for others through service and teamwork.

Service by providing an opportunity for members, parents, and others to support the Pony Club program locally, regionally and nationally through volunteerism.

Education at an individual pace to achieve personal goals and expand knowledge through teaching others.

include negotiating obstacles such as hay bales, logs, and low fences. The course will be of a predetermined length and points awarded depending on the time for completion.

The shooting phase tests a competitor's skill and accuracy in a slow fire, standing position, using an air pistol on a 10-meter course of fire. Any type of air pistol which does not exceed the specifications outlined in the Tetrathlon Rulebook is permitted.

The swimming phase allows competitors to demonstrate their swimming skills over a predetermined length course length, with points awarded depending on the time for completion.

Regions are encouraged to organize and run multiple standard regional and inter-regional rallies as USPC is the only avenue for competition in this multi-discipline sport.

Tetrathlon in Pony Club

One of the special highlights of the USPC 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 and girls competition was added in 1980. It is not only an opportunity to compete on the international stage but a great way to be an ambassador for Pony Club as a leader and team member. The exchange takes place every other year and is alternately hosted by the participating countries.

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Resource List

- USPC website www.ponyclub.org
- USPC Tetrathlon web page www.ponyclub.org/Members/ Disciplines/Tetrathlon
- USPC Tetrathlon Facebook Page www.facebook.com/TetrathloninUSPC
- USPC International Tetrathlon Exchange Facebook Page www.facebook.com/USPCTetrathlonTeam
- UIPM World Pentathlon website www.pentathlon.org

Reminder: This is a new rulebook for 2019. 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.

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SECTION I: USPC Rally Uniform Officiation Rules (UOR)

Article 1—Rally Definition

A Pony Club rally is defined as a team competition (whenever possible) where a team's achievement is emphasized whether competing unmounted or mounted. A rally may take place all in one day or may span several days of competition. Any rally may be held within the framework of a local or recognized show.

This rulebook is intended to establish standards for United States Pony Clubs (USPC) rallies while allowing variety in the types of competitions. Organizers of competitions should work with their regional supervisors to offer the levels and divisions that they feel are appropriate for the local needs. It is the responsibility of the organizer and regional supervisor to offer the appropriate standard or modified rallies and divisions that meet the needs of their members wishing to become eligible for Championships. Regions may host more than one rally per discipline in the same year. In modified rallies and divisions, this rulebook is to be considered a guide and rules may be adjusted. Any adjustments must be outlined in the entry information. Criteria for standard and modified rallies is listed below.

Standard Rallies

Standard rallies are always preferred. These rallies specifically follow all the rules outlined in the discipline rulebooks including utilizing a chief horse management judge from the approved CHMJ list on the USPC website, and any other specified licensed officials. Certain divisions of Championships require the member attend a standard rally, and attendance at a standard rally and meeting minimum eligibility requirements guarantees a member's ability to attend Championships.

Modified Rallies

Modified rallies do not specifically follow the discipline rulebooks and generally occur because of limited resources. While attendance of a modified rally makes some members eligible for the modified divisions of Championships, it does not meet the minimum eligibility requirements for other divisions.

Each year, every region should host rallies and is encouraged to work cooperatively with other regions to host joint rallies as appropriate. At all levels, organizers are encouraged to keep rallies simple and inexpensive. Local and regional rallies are team competitions involving club/centers from only one region. Inter-regional rallies are team competitions between two or more regions. Championships are national rallies organized by USPC and the discipline committee that occur annually in varying locations. Visit the USPC website for specific details about upcoming Championships dates and locations.

If an individual's region does not offer a rally in the desired discipline, they may earn eligibility in another region upon obtaining approval from the RS in both regions.

Rally competitions are normally competed in as teams, but sometimes members compete as individuals based on the needs of the hosting group. In all rallies teams should be recognized for their achievements in the competition. In mounted rallies, team/competitor placings will be based on a combination of their riding scores and their horse management scores. Separate horse management awards are often given for the team/individual achieving the lowest horse management penalties during the rally.

Article 2—Governing Rules

With regards to standard rallies, this rulebook is a precise specification of rules that **MUST** be followed. For modified rallies/divisions, this rulebook should be viewed as a general guideline that can be adjusted by the rally organizer/regional supervisor to best meet the needs of the region. Modifications should be listed in the rally entry information. Additional governing documents for all rallies are the following:

- Annual Discipline Newsletters
- USPC Horse Management Handbook and Rules for Rallies (current edition)
- Official Amendments & Clarifications from USPC.
- Appropriate parent organization rulebooks (i.e. USEF, APA). If the rally is being run in conjunction with a recognized event, the parent organization rulebook will supersede this rulebook. If the rally is not being run in conjunction with a recognized event, then this rulebook will be followed.

Since rules cannot provide for every eventuality (unforeseen or exceptional circumstance), it is the obligation of the discipline ground jury to make decisions in a sporting spirit and to follow as closely as possible the intention of these rules. If there is an inconsistency, the discipline rulebook takes precedence over the Horse Management Handbook.

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Article 3—Responsibility

A competitor is ultimately responsible for knowing these rules and complying with them. The appointment of an official, whether or not provided for in these rules, does not absolve the competitor from such responsibility.

Article 4—Legal Liability

Neither the USPC, host club/center/region(s), the organizer, competition officials, staff, nor any other person acting on behalf of the organizer, shall be held liable for any loss, damage, accident, injury or illness to competitors, mounts or to any other person or property whatsoever.

SECTION I: USPC Rally Uniform Officiation Rules (UOR)

Article 5—Member Participation and Eligibility

Participation in Rallies:

At local, regional, and inter-regional rallies, participants may be of any age or certification, and must be a member in good standing, must have paid all local, regional, and national dues and insurance fees, and their membership be on record with the USPC National Office at the time of the rally. Members, parents, and anyone participating in USPC activities must all abide by the Participating Member Code of Conduct. Members seeking Championships eligibility must meet the criteria determined by the discipline committee and outlined later in this document. For rally purposes, the member's age as of January 1st shall be the age of record throughout the competition year.

Championships Competitor Age and Certification:

Each discipline/division has minimum age and certification requirements for participation in Championships. Championships competitors must meet the age requirement based on their age on January 1 of the Championships' competition year. They must have competed at the minimum or higher certification level at a standard rally and have achieved the minimum certification level by the closing date of the Championships. Therefore, any fall standard rallies should base their division entry status on the competitor's age for the following year and take into account planned advancements in certification level.

DCs/CAs are responsible for the eligibility of competitors and mounts at all rallies. It is the responsibility of DCs/CAs and club/center primary instructors to see that mounts and riders are entered in rallies at the level corresponding to the combination's abilities, to make all competitors aware of health requirements i.e., coggins, immunizations and state health certificates with valid dates, and to see that entry forms are complete and mailed to the rally secretary on time. It is also the responsibility of DCs/CAs to see that all Pony Club members in their jurisdiction have access to a copy of the current USPC discipline rulebook, current USPC Horse Management Handbook (HMH), current USPC discipline annual newsletter(s) and any other relevant information from the USPC discipline committees or the organizer of a specific rally where they will be competing.

Article 6—Member in Good Standing

Members are considered in good standing if they are current with all dues and fees owed the registered club/riding center program, region, and USPC and when available participate in one or more of the following:

1. They show evidence of sincere interest in the activities of Pony Club at the local, regional, or national level.
2. They assist younger members in the learning process.

3. They participate in Pony Club activities at the local, regional, or national level when and where appropriate, according to age, experience, and suitability of mount.

Article 7—Code of Conduct Expectations

Anyone not conforming to the code of conduct is subject to the following action: the officials of the competition may immediately suspend or expel any individual from the competition upon consulting with the discipline ground jury.

DCs, CAs, RSs, rally organizers, officials and judges must be familiar with, and enforce, the Participating Member and Adult Code of Conduct.

Participating Member Code of Conduct

The United States Pony Clubs, Inc. is proud of its reputation for good sportsmanship, horsemanship, teamwork and well-behaved members. The USPC expects appropriate behavior from all members, parents and others participating in any USPC activity. Inappropriate behavior may include, but is not limited to: possession, use or distribution of any illegal drugs or alcohol; profanity, vulgar language or gestures; harassment (i.e., using words or actions that intimidate, threaten or persecute others before, during or following USPC activities); failure to follow rules; cheating; and abusing a mount.

Adult Code of Conduct

The United States Pony Clubs, Inc. is proud of its reputation for good sportsmanship, horsemanship, teamwork and well-behaved members. It expects no less from the parents, guardians, adult family members or others who volunteer for the organization. The USPC expects appropriate behavior when participating in any Pony Club activity. Inappropriate behavior may include, but not be limited to: profanity, vulgar language or gestures; harassment (for example: using words or actions that intimidate, threaten or persecute others before, during or following any Pony Club activity); failure to follow rules; cheating; or abusive behavior.

"I understand that USPC activities operate under the governance of USPC and are subject to all applicable USPC By-laws, Policies, Rules and Regulations. I understand that I have access to these By-laws, Policies, Rules and Regulations and that it is my responsibility to read them. I agree to adhere to these By-laws, Policies, Rules, Regulations and this Code of Conduct."

Article 8—Human Use of and Alcohol & Drugs Policy (Policy 0500)

The policy of the Board of Governors is that Pony Club members' use of illegal substances that can affect judgment, health, and safety, is forbidden for the duration of any USPC sponsored activity. Adult use of alcohol and tobacco must conform to local laws and applicable safety regulations and should show concern for the present health and future health habits of Pony Club members. All adults attending USPC functions are expected to exercise discretion and responsi-

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bility. Adult members and leaders should refrain from using alcohol or other substances that may adversely affect their judgment at any time that they are acting, or may be called upon to act in a responsible position.

A notation must be on the medical card/bracelet that a prescription medication is being used. 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."

Any underage Pony Club member found to be using, in possession of, or under the influence of alcohol, tobacco, or other age restricted or illegal substances during a USPC sponsored activity shall be disqualified and barred from further participation in that activity. Any adult Pony Club member found to be using, in possession of, or under the influence of illegal substances during a USPC sponsored activity shall be disqualified and barred from further participation in that activity.

Any adult attending, participating, assisting with, officiating or chaperoning at any USPC sponsored activity whose behavior is inappropriate or creates a potential hazard to the safety and/or well-being of Pony Club members, officials, mounts, or other individuals may, at the discretion of the officials in charge of the activity, be asked to leave and be barred from the remainder of the activity.

Smoking is strictly forbidden in and around stable areas.

Article 9—Mounts (Policy 0910.A)

Mounts used at a regional or interregional rally should be the participant's regular USPC mount, and be accustomed to being handled by its rider without adult supervision. A participant may use a mount other than the regular mount only with the advance permission of the DC/CA and RS.

Per USPC Policy suitable mounts are defined as follows:

1. Stallions are not considered suitable mounts.
2. Mounts must be serviceably sound, in good overall health and in condition for the activity in question.
3. Mounts must be appropriate for the certification level of the rider and must be at a level of training to participate safely in the activity.
4. Except as noted below, mounts must be at least five (5) years of age in order to participate in USPC competitive, instructional, and recreational programs and activities. In establishing the age of mounts, the first year is considered to be January 1 following the date of foaling.
5. Members holding a riding certification of C-1 and above may participate in all USPC activities on an appropriate mount at least four (4) years of age (See above). A mount must be excused from any activity if in the opinion of the instructor, examiner, or appropriate authority, it is unsafe either to its rider or to other riders or mounts.

Ownership of a mount is not a prerequisite for membership in USPC. The responsibility for obtaining a suitable mount for mounted activities rests with the parents or guardians of the individual member.

Article 10—Substitution of Mounts

For all mounted rallies (except Tetrathlon) mount and rider become eligible for Championships as a team. Therefore, a competitor must enter Championships only on the mount they earned eligibility on. In extraordinary circumstances, after becoming eligible for Championships, a substitute mount may be requested utilizing the appropriate form, by the regional supervisor and must be approved by the applicable discipline chair and the Vice President of Activities.

Any substituted entry must meet the same mount and eligibility requirements as the original entry.

No mount substitution may be made once a competition has commenced. Refer to 'Mount Substitution Form'

Article 11—Sharing of Mounts

At regional rallies, the rally organizer in consultation with the RS may allow for the sharing of mounts by competitors. For Championships, requests for shared mounts must be submitted to the appropriate discipline chair, and VPA utilizing the Mount Substitution Form. Each request will be reviewed on a case-by-case basis, for approval or denial. Determination of shared mounts must take into consideration the discipline, competition schedule, and suitability of mount. Obviously, the welfare of the mount should be the highest priority in this situation and all competitors must agree that if the horse management, judges, technical delegate/steward, organizers or HM onsite feel that the health of the mount is in jeopardy at any time that they may be removed from the rest of the riding portion of the competition.

Article 12—Equine Drugs & Medication (Policy 0190.C)

Per USPC Policy 0910.C. DCs/CAs, RSs, rally organizers, officials and judges must be familiar with and enforce this policy. Parents and competitors must also be familiar with and abide by this policy. Failure to observe this policy will result in disqualification.

1. All mounts in a USPC sponsored activity shall be serviceably sound and healthy. Mounts should be free of medication other than dressings for minor wounds or scrapes, unless under treatment by a veterinarian. Medications and supplements may not be used to provide an unfair advantage over other competitors or to allow an unfit mount to be used.
2. Medication is defined as any substance that is not water, salt, electrolytes, or a supplement and is not considered a normal foodstuff. It is administered either orally, via stom-

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each tube, by application to an external surface, or by injection.

3. Any mount under treatment by a veterinarian for a condition requiring administration of a medication while at a Pony Club activity or competition shall have a veterinarian's certificate stating the diagnosis, medication, dosage and method of administration.
4. Supplements that are administered to any mount at a Pony Club activity or competition must be recorded on the mount's feed chart and stall card.
5. Medications or supplements may only be administered by the owner of the mount, or by a person designated by the owner of the mount.
6. If, during the course of an activity, it becomes necessary to administer a tranquilizer, stimulant, or depressant (e.g. for suturing) the mount may not be used while under the influence of the medication.
7. Competitors at a rally shall be governed by the procedures on the use of equine medications and supplements described in the Horse Management Handbook.

For any competitions recognized by USEF, or in states that require it, mounts may be drug tested.

Article 13—Cruelty to and Abuse of a Mount

Cruelty to or the abuse of a mount present on the grounds of any competition is forbidden and renders the offender subject to penalty. The organizing committee must bar violators from further participation for the remainder of the competition.

USPC, judges, stewards, or TDs may appoint a veterinarian to inspect any animal on competition grounds or entered to compete. Refusal to submit an animal for examination by an authorized veterinarian after due notification shall constitute a violation.

The following are included under the words cruelty and abuse but are not limited thereto:

1. Abuse. Any act or series of actions that, in the opinion of a judge, TD, steward, member of the discipline ground jury or other rally official can clearly and without doubt be defined as abuse of mounts shall be penalized by disqualification. Such acts include, but are not limited to:
 - Riding an exhausted mount.
 - Excessive pressing of a tired mount.
 - Excessive use of whip and/or spurs, and/or bit.
 - Striking a mount in front of the shoulder.
 - Riding an obviously lame mount.
2. Rapping. All rapping (poling) is forbidden.
3. Whip. The use of the whip must be for a good reason, at an appropriate time, in the right place, and with appropriate severity.

- Reason—The whip must only be used either as an aid to encourage the mount forward, or as a reprimand. It must never be used to vent a rider's temper. Such use is always excessive.
- Time—As an aid, the only appropriate time is when a mount is reluctant to go forward under normal aids of the seat and legs. As a reprimand, the only appropriate time is immediately after a mount has been disobedient, e.g. napping or refusing. The whip should not be used after elimination. The whip should not be used after a mount has jumped the last fence on a course.
- Place—As an aid to go forward, the whip may be used down the shoulder or behind the rider's leg. As a reprimand, it must only be used behind the rider's leg. It must never be used overhand, e.g. a whip in the right hand being used on the left flank. The use of a whip on a mount's head, neck, etc., is always excessive use.
- Severity—As a reprimand only, a mount may be hit hard. However, it should never be hit more than two times for any one incident. If a mount is marked by the whip, e.g. the skin is broken, its use is excessive.

4. Spurs—Spurs must not be used to reprimand a mount. Such use is always excessive, as is any use that results in a mount's skin being broken.
5. Bit—The bit must never be used to reprimand a mount. Any such use is always excessive.
6. Reporting—Officials must report such actions as soon as possible to the discipline ground jury, supported where possible by statements from witnesses.
 - Discipline ground jury—if such actions are reported, the discipline ground jury shall decide if there is a case to be answered. If an individual member of the discipline ground jury observes such actions, they are obliged to disqualify the competitor forthwith on their own authority. There is no appeal against a discipline ground jury's decision in a case of abuse.

Any action(s) against a mount by a competitor or an exhibitor, which are deemed excessive by a judge, steward, technical delegate or competition veterinarian, in the competition ring or anywhere on the competition grounds may be punished by official warning, elimination, or other sanctions which may be deemed appropriate by the organizing committee. Such action(s) may include, but are not limited to excessive use of the whip or spurs.

Article 14—Dangerous Riding

- Any competitor who rides in such a way as to constitute a hazard to the safety or wellbeing of the competitor, mount, other competitors, their mounts, spectators, or others will be penalized accordingly.
- Any act or series of actions that in the opinion of the judge, TD, steward, member of the discipline ground jury can be

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defined as dangerous riding shall be penalized at the discretion of the discipline ground jury.

- If such actions are reported, the discipline ground jury shall decide if there is a case to be answered. If an individual member of the discipline ground jury observes such actions, they may eliminate or penalize the competitor forthwith on their own authority. There is no appeal against a discipline ground jury decision.

Article 15—Safety

USPC is committed to safety while recognizing that equestrian activities are inherently dangerous. This dedication to safety extends to requiring certain equipment be utilized during Pony Club activities and include:

1. Protective Headgear (Policy 0800.A): USPC requires members participating in mounted and some unmounted activities to wear a properly fitted equestrian helmet, securely fastened, containing certification that it meets the criteria established by the following international or national safety bodies: ASTM F1163 (North America), AS/NZ 3838 (Australia and NZ), PAS 015 (UK).
2. Safety Vest (Policy 0800.E): USPC requires members to wear a properly fitted equestrian body protector when jumping cross-country or solid obstacles during any activity sponsored by the USPC, its regions, registered clubs or riding center programs. USPC recommends wearing a body protector that is ASTM-certified (manufactured in US) or certified to the BETA Level 3 (manufactured in Great Britain).
3. Medical Armbands and Bracelets (Policy 0800.D):
 - USPC requires that members participating in any USPC affiliated mounted or unmounted activity, must wear either a Medical Armband or Medical Bracelet while participating in the activity. The member may choose which one to wear.
 - Medical armbands must include a current completed copy of the individual's USPC or USEA Medical Card. It must be worn on the upper arm. If the member has small arms, he/she may safety pin the armband to his/her upper sleeve. (Armbands are available for purchase from Shop Pony Club.)
 - Medical bracelets must visibly list these six items on them: name and date of birth, contact information, known allergies, current medications, and existing medical conditions. More information is acceptable, but these six items are required to be on the bracelet
 - All officials on site at the USPC mounted or unmounted activity are encouraged to work with the competitors to remind them of this requirement.
 - Any member at a USPC affiliated mounted or unmounted activity* found not wearing either a medical armband or medical bracelet must be removed from the

activity until the member conforms to the policy requirements.

- * 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.
4. Unmounted Footwear: When working in the barn or near mounts unmounted footwear must meet all the following criteria:
 - Thick-soled , shoes/boots (short or tall)
 - Cover the ankle
 - In good condition
 - Made of leather or synthetic materials
 - Entirely closed
 - Securely fastened
 - Well-fitted to foot
 - Sturdy construction (e.g. Ugg-type boots do not meet this requirement)

Examples: paddock/jodphur boots, rubber riding boots, rain boots/wellies, western boots.

Article 16—Heat Related Information

Heat Illness (Policy 0800.C): USPC requires all Pony Club volunteers in a leadership position within Pony Club and especially anyone involved directly with mounted or unmounted lessons or activities to complete the Centers for Disease Control and Prevention (CDC) heat illness training module.

At all USPC activities, rally officials must consider the:

- Temperature and humidity using the "Heat Index Chart" (Appendix II).
- Time of day and season of activity.
- Level of exertion necessary for participation in the activity.

The Heat Index (HI) or "Apparent Temperature" is the temperature the body feels when heat and humidity are combined. This reduces the amount of evaporation of sweat from the body and outdoor exercise becomes dangerous even for those in good shape. Please refer to Appendix II.

Steps to prevent heat related illness include:

- Providing unlimited cool water for consumption in ALL areas, especially riding areas.
- Make water breaks mandatory.
- Do not depend on thirst as an indicator of the need for water.
- Avoid the hottest part of the day if this is an option.
- Consider shortening the length/level or exertion of the activity.

During rallies, the discipline ground jury (overall ground jury at Championships) is responsible for monitoring the Heat

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Index and taking appropriate action as necessary. Those actions could include, but are not limited to:

- Waiving of coats/jackets
- Banning of coats/jackets
- Altering of schedule

Any official can and should bring a potentially dangerous heat situation to the attention of the president of the ground jury. If coats/jackets are waived or banned the following processes should be followed.

Waived Coats/Jackets

When the temperature and humidity are recorded in the danger zone, removal of coats during warm up is MANDATORY.

If the rider wants to put their coat/jacket on for their competition round, then they may leave their neckwear and helmet cover on during warm up.

If the rider does not want to put their coat/jacket on for their competition round, then they must remove all neckwear and their helmet cover during warm up.

Additional Information

- When coats are waived, the competitors must be turned out per Competition Attire (including coats/jackets) unless they choose to compete wearing Basic Riding Attire.
- Riders must wear a collared shirt with long or short sleeves if they are not wearing a jacket.
- T-Shirts are not permitted.

Competitors must also remove neckwear and helmet covers on vented helmets if they do not wish to wear their jackets for their competitive ride.

Banned Coats/Jackets

When temperature and humidity are recorded in the danger zone and based on the decision of the discipline ground jury (overall ground jury at Championships) coats/jackets may be banned for the safety of competitors. If coats/jackets are banned then competitors must remove coats/jackets, neckwear and helmet covers for turnout inspections, warm up and for competition rounds.

Heat Illness Return To Play

A member believed by a leader, coach, parent or official of a USPC unmounted or mounted activity or competition to be suffering from heat illness shall be removed from play at that time and given appropriate treatment before being allowed to return to play.

Article 17—Concussion and Return to Play

Concussion and Return to Play (Policy 0800.B): A member believed by a leader, coach, parent or official to have sustained a concussion during a USPC unmounted or mounted activity must be referred to medical personnel. Medical per-

sonnel in conjunction with rally officials and organizers will determine if a written release is required for the member to return to the competition.

Article 18—Unauthorized Assistance and Permitted Assistance in all Phases

1. Unauthorized Assistance: Unauthorized assistance is help and/or assistance during the competition from anyone other than other competitors, HMJs, and rally officials. Unauthorized assistance can occur in person or through the use of electronic communication, unless allowed by the specific discipline rulebook (e.g. coaches in certain situations)
2. If, in the opinion of the president of the ground jury, unauthorized assistance has been received by a competitor, that competitor may be eliminated from that phase of the rally, or in extreme cases, disqualified from the entire competition. If there is any question, the discipline ground jury makes the final decision. There is no appeal.
3. Permitted Assistance:
 - Adults may aid in the unloading of mounts and carrying of heavy gear into the stable area upon arrival, after which non-competitors must immediately leave the area.
 - After a fall of a competitor or competitor dismounts, they may be assisted to catch their mount, to adjust their saddlery, to remount, or to be handed any part of their saddlery or equipment, including whip, while they are dismounted or after they have remounted. Helmets must be replaced and retention harnesses refastened before riders may remount.
 - A competitor may receive clarification of jumping penalties from an obstacle judge, e.g. after jumping a flag at a corner, the judge may clarify whether it was a run-out or not.
 - If bodily harm to mount and/or rider is imminent, assistance from anyone (Official or otherwise), without concern for penalties, is expected. Time permitting, the situation should be brought to the attention of an Official. If immediate intervention is necessary, then an Official will be notified as soon as possible concerning the situation.
 - If a mount is ill or injured, the owner/agent of the mount will be called in to discuss care.

Article 19—Excused

1. Jumping disciplines may call this a "Technical Elimination"
2. To grant permission to, or request that a competitor leave the phase/round/game due to circumstances outside of the competitor's control (e.g., illness of rider, illness or lameness of mount)

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3. Decided by
 - Inspection panel at horse inspection
 - Judge
 - Discipline ground jury
4. May not ride; therefore, will not receive any riding score during the Excuse, but
 - May request a lameness recheck
 - Rider may request to compete in following phases/ rounds/games after if illness passes.
 - Both the mount and rider shall stay on rally grounds (unless the mount is transported for medical reasons) and continue to participate with the team and continue to be scored in horse management.
 - If ill, mount will be moved to another area, if possible.

Article 20—Elimination

- Elimination means to exclude a competitor or mount, for cause, from judging consideration in a class/phase. Competitor not scored in a class due to a mistake (e.g. use of illegal equipment, violation of the rules of phase/rounds/ games.)
- After elimination, the discipline ground jury in consultation with the organizer, may allow participation in subsequent phases/rounds/games.
- Determined by judge or discipline ground jury.
- Refer to scoring of penalties for additional discipline specific reasons for elimination.

Article 21—Disqualification

1. Disqualification means that a competitor and his/her mount(s) may not take further part in the competition including in horse management.
2. It is applied at the discretion of the discipline ground jury.
3. Disqualification is a punishment for misconduct arising from a deliberate attempt to contravene the rules and regulations of USPC.
4. Includes but not limited to:
 - Cruelty (Article 13);
 - abusive or unsportsmanlike conduct;
 - the use of drugs (other than those prescribed by a physician), alcohol, or tobacco (Article 8);
 - rude and disruptive behavior;
 - cheating;
 - rough or dangerous riding;
 - knowingly riding a lame, sick, or exhausted mount;
 - misuse of equine medications (USPC Policy 0910.C);
5. If such actions are reported, the discipline ground jury shall decide if there is a case to be answered. If an individual member of the discipline ground jury observes such actions, they may eliminate or penalize the competitor forthwith on their own authority. There is no appeal against a discipline ground jury decision
6. Refer to scoring of penalties for additional discipline specific reasons for disqualification.

SECTION II: General Regulations

Chapter 1—Team Composition

Article 22—Team Formation

The district commissioner (DC) or center administrator (CA) of local clubs/centers are responsible for club/center team formation at regional rallies. A team made up of members from one local club/center remains the ideal and is always the goal. Scramble teams made up of members from multiple clubs/centers are also accepted. The DCs/CAs of the clubs/centers involved may assist the rally organizer in forming scramble teams. Regional supervisors (RSs) may have final determination.

Championships:

The RS is responsible for region team formation for Championships. A team made up of members from one region remains the ideal and is always the goal. RSs who have individual competitors who have properly earned eligibility for Championships, and whose region is unable to field a team for Championships, may submit individuals for Championships who will be placed on a scramble team by the Championships discipline secretary. Requests for preferred teammates may be submitted, but are not guaranteed.

Article 23—Team Configuration

1. Teams shall normally consist of 3 or 4 riding members and an unmounted stable manager. One member of the team will be designated as team captain. The team members can all belong to one or possibly multiple divisions as determined by the rally organizer.
2. At the organizer's discretion, there may be an alternative configuration of teams based on entries.

Article 24—Team Captains

Each team entered in the competition shall have one member designated as team captain who shall act as spokesperson for the team. Only the team captain may lodge a protest on behalf of any team member (see Article 73).

The team captain is responsible for all communications between the team and rally officials. The team captain is the official spokesperson for the team. In the event of an inquiry, protest or appeal, the captain represents the team. The competitor involved should accompany the captain. It is the responsibility of team captains to ensure that their team members follow all rules and regulations of the competition and to transmit to them any changes or additional instructions provided by rally officials. Any withdrawal of a team member must be reported to the TD.

Teams losing a team captain to illness must designate another team member to take over the responsibilities of captain. If the original captain returns, they will resume the responsibilities of captain.

Article 25—Stable Managers

A non-riding stable manager is recommended, and please refer to the rally entry forms for specifications about stable managers. The stable manager works closely with the team captain to coordinate preparations for the rally, in addition to assisting in keeping the team organized and on schedule during the competition.

Article 26—Mount Specifications

1. All mounts entered in a USPC Tetrathlon rally must meet the requirements outlined in Article 9. Competitors are responsible for providing their own mounts, which may be owned, borrowed, leased, loaned or rented.
2. The mount used in a standard rally need not be the same one used for Championships.
3. 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.
4. 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.
5. 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. Horse management on the mount and tack will begin at this briefing.

Article 27—Chaperones/Emergency Contacts

DC/CA/RSs must ensure that the team chaperone fully understands the duties outlined in Appendix III. DC/CA/RSs should also remind persons (friends, family members, etc.) accompanying the team that any unauthorized assistance for the team may result in the team being penalized.

1. Chaperones:
 - A. Any team or competitor under the age of majority must have an official chaperone listed who is at least 21 years of age, on the entry form. This person will act as the contact person for that team.
 - B. The chaperone is the team's contact in case of an emergency and must be on the rally grounds at all times during the competition.
 - C. Several parents may share one team chaperone's duties, but only one name will be recorded and should be listed in the program to be paged in an emergency. All other persons sharing this duty should be made aware of this name and answer to it and must sign the Chaperone Form.

SECTION II: General Regulations

- D. The chaperone should serve as a volunteer for the competition in addition to their chaperone duties but shall not assume coaching duties.
 - E. Any additional contact while on the rally grounds must be authorized by the chief horse management judge. For complete information, see “Chaperone Form” (which must be signed by official team chaperones, and all persons acting as chaperones) in Appendix III.
 - F. At Championships each team will have one assigned chaperone. Championships team chaperones are responsible for their team while on the competition grounds. Chaperones play a very important role in the competition. Chaperones are allowed to be volunteers and may be asked to fill volunteer roles in any phase of the competition. Chaperones shall not bring work from home or unattended younger children with them. Team chaperones may coordinate with the other parents of the team for lunch or drink arrangements.
2. Emergency Contacts:
- Any team or competitor above the age of majority must submit a completed Emergency Contact Form with their entry. See Appendix III.

Article 28—Coaches and Coaching

Tetrathlon phase coaches are allowed, but not mandatory for all rallies. There may be one or more coaches (may not also serve as chaperone). The presence of a coach at a Tetrathlon rally is to promote safety, good sportsmanship and good horsemanship in the warm-up area and the competition ring. Coaches are expected to help any Pony Club competitor who asks for assistance or whose coach is not present in the warm up area.

Tetrathlon Coaches:

- Must read, understand, sign and return a coaches form with the team entry (Appendix V).
- Must know the USPC Tetrathlon rules, especially regarding unauthorized assistance, Article 18. Access to the team is limited and they may not enter the stable area except during authorized visiting times.
- Must wear identification provided by the organizer during the rally times.
- At Championships competitions, coaches must attend the opening competitor briefing, and the coaches briefing.

Coaching is different per competition phase; please see the below for specifications.

Riding Phase—Coaches are permitted to walk courses and advise competitors in the warm-up area and during a short after-ride debriefing only. They may observe but not participating in, any pre-competitive soundness checks. Coaches can participate in horse matching, and accompany competitors during course inspections. They can assist the

competitor in the warm up/schooling arena and debrief immediately following a round. They 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.

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 are allowed to be by the organizer is both recommended and encouraged.

Shooting Phase—Coaching is permitted during the firing of the sighting shots. Coaches are not allowed at shooting line during competition rounds. Coaches may only be at shooting line if they are a loader for competitors, but no verbal or nonverbal communication may occur. Competitors may be assisted by a loader during the shoot but shall receive no instruction, verbal or otherwise, from the loader.

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 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.

Chapter 2—Competition Levels and Divisions

Article 29—Competition Levels

At regional rallies the competitor must compete in the appropriate level based on their age. Below are the most commonly offered levels at a Tetrathlon rally:

- 8 & Under
- 10 & Under
- Pre-Novice
- Novice
- Intermediate
- Junior
- Senior

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Article 30—Competition Divisions

Competition divisions are different from competition levels in that they separate the competitors into divisions based on age and gender. A competitor's age is determined by their age as of January 1 on the year of competition. See Article 5 for more details on age minimums.

Divisions	Ages
8 & Under	less than 8
10 & Under	less than 10
Pre-Novice Male/Female	10-11
Novice Male/Female	12-13
Intermediate Male/Female	14-15
Junior Male/Female	16-17
Senior Male/Female	18+

Article 31—Championships Divisions— Minimum Ages and Certifications

Competitors seeking eligibility for Championships must meet the age parameters and minimum certifications for the offered Championships divisions. There are no age and no certification exceptions to the below requirements. See Article 5 for more details on age and certification minimums.

Modified Pre-Novice	D-2 EV/HSE	10-11
Modified Novice	D-2 EV/HSE	12-13
Novice	C-1 EV/HSE	12-13
Modified Intermediate	D-2 EV/HSE	14-15
Intermediate	C-1 EV/HSE	14-15
Modified Junior	D-2 EV/HSE	16-17
Junior	C-1 EV/HSE	16-17
Modified Senior	D-2 EV/HSE	18+
Senior	C-1 EV/HSE	18+

Stable Managers must meet the minimum age criteria of their division, and be a D-2 HM for modified divisions and a D-3 HM for all other divisions.

Article 32—Championships Eligibility Process

Each individual Pony Club member who desires to compete at Championships must compete in a regional rally and be judged at the minimum HM level and same competition level in which they intend to compete at Championships. This constitutes the "individual eligibility" of the competitor.

Members wanting to become eligible for Championships must meet the below division criteria.

Modified Pre-Novice—Participate in a standard or modified Tetrathlon rally at the competition level.

Modified Novice—Participate in a standard or modified Tetrathlon rally at the competition level.

Novice—Complete a standard regional Tetrathlon rally at level; earn a total minimum score of 2600 and a minimum score of 550 in the riding phase.

Modified Intermediate—Participate in a standard or modified Tetrathlon rally at the competition level.

Intermediate—Complete a standard regional Tetrathlon rally at level; earn a total minimum score of 2600 and a minimum score of 550 in the riding phase.

Modified Junior—Participate in a standard or modified Tetrathlon rally at the competition level.

Junior—Complete a standard regional Tetrathlon rally at level; earn a total minimum score of 2800 and a minimum score of 550 in the riding phase.

Modified Senior—Participate in a standard or modified Tetrathlon rally at the competition level.

Senior—Complete a standard regional Tetrathlon rally at level; earn a total minimum score of 2800 and a minimum score of 550 in the riding phase.

Article 33—Eligibility Requirements for C-3/ B/A Certified Members

Certified C-3, B, and A members wishing to compete at Championships do not have to participate at a regional tetrathlon rally but must have permission of their RS.

Article 34—Exceptions to Eligibility Requirements for Championships

Exceptions to the eligibility process are occasionally granted. There are no exceptions to minimum age and certification requirements. The process for requesting an exception is outlined on the Championships Competition Information page of the USPC website. All requests for exceptions must come from the RS to the appropriate Discipline Chair.

SECTION II: General Regulations

Chapter 3—Presentation of Competitor and Mount

Article 35—Competitor Identification

Identification numbers (pinnies, bridle numbers, etc.) must be worn in a prominent manner on competitors/mounts, as designated by rally officials for all phases with the exception of swimming. Pinnies must be worn at all times in the barn area. Competitor nametags must be worn at all times, except during the riding, running and swimming phases.

Article 36—Competitor Attire for all Phases

Each participant is responsible for organizing their own attire and equipment which must meet all safety requirements outlined in Article 15. Competitors should be neat and clean with inappropriate jewelry not permitted; see Horse Management Handbook for specifications. Participants must wear a medical armband or wristband as specified in Article 15.3. A Pony Club pin must be worn at all times unless otherwise stated by rally officials. Felt can be placed behind pins using the below designations:

Certification	Felt Color
A	Royal Blue
H-A	Orange
B	Red
H-HM/H	Purple
H-B	Brown
C-3	White
C+	Pink
C-1 and C-2	Green
D-1 through D-3	Yellow

Depending on the activity, different attire expectations exist, the different situations and attire expectations are listed below.

1. General Barn Attire—Long pants, mid-length or longer shorts or modest length skirts made of khaki, chino or denim materials of any color, with no rips or tears, a shirt with sleeves, and appropriate unmounted footwear (Article 15.4), are examples of appropriate attire for unmounted work in the barn.
2. Horse Inspection (Jog Outs)—Attire must be safe, appropriate, neat and clean. It must include a helmet (meeting USPC Helmet Policy, Article 15.1), and appropriate unmounted footwear (Article 15.4). Workmanlike and discipline appropriate attire including a tucked in collared shirt with pants/skirt/mid-length shorts/riding pants. If the pants/skirt has belt loops a belt is required. Blue jeans are not acceptable for english discipline horse inspection attire.

3. Turnout Inspection and first round of competition—All competitors must turnout and compete in appropriate competition attire. Any competitors competitors not seeking Championships eligibility may turnout and compete in appropriate competition attire or in basic riding attire as detailed below. In inclement weather, competitors will be allowed to wear a helmet cover and a transparent or conservative colored raincoat.

4. Riding Phase Competition Attire for Tetrathlon:

Required

Helmet—Any colored helmet that meets the USPC Helmet Policy (Article 15.1).

Shirt—Shirt of any color with a collar and sleeves, tucked into pant.

Pants—Jodhpurs, breeches, or riding tights of any color.

Belt—Belts are required.

Footwear—Conventional type of riding footwear with a heel that covers the ankles are required. Tall black or brown dress or field boots, or jodhpur/paddock boots with matching full grain smooth leather leg piece (also called smooth leather half-chaps), with no added decoration or accent. If leg pieces or garters are not worn, then the breeches must have jodhpur/pants straps.

Permitted

Spurs—Must be English style no longer than 2 inches including rowels. If curved must be pointed down.

Gloves—Conservative colors.

5. Basic Riding Attire for Tetrathlon:

Unrated and D-1

Required

Helmet—Any color meeting USPC Helmet Policy (Article 15.1).

Hair—Hair should be neatly secured and away from the eyes.

Shirt—Collared shirt with sleeves and tucked in.

Pants—Long pants.

Footwear—Conventional type of riding footwear, short or tall, with a heel that covers the ankles are required.

Permitted

Belt—Any type/color.

Gloves—Any type/color.

Half-chaps—Any type/color.

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D-2 and up

Rider must be in safe, neat, and clean attire.

Required

Helmet—Any color meeting USPC Helmet Policy (Article 15.1).

Hair—Hair should be neatly secured and away from the eyes.

Shirt—Collared shirt with sleeves and tucked in.

Pants—Breeches, jodhpurs (with garters) or riding pants.

Belt—If pants have belt loops, belts are required.

Footwear—Conventional type of riding footwear, short or tall, with a heel that covers the ankles are required.

Permitted

Gloves—Any type/color.

6. Running Phase Attire—Shirts or singlets must be worn for the run with shorts or pants. Spikes or cleats are permitted.
7. Shooting Phase Attire—All competitors must be dressed neatly in appropriate attire. Additionally, closed toe shoes must be worn by competitors, loaders, and coaches.
8. Swimming Phase Attire—Swimming attire shall be of one piece and in good taste and suitable for the event. Transparent swimsuits are not permitted.

Article 37—Bits, Saddlery and Equipment

The following restrictions begin upon arrival on the competition grounds and continue throughout the duration of the rally.

1. There is no restriction on saddles, girths and bridles. Any bit used in Pony Club should enable the Pony Club member to ride safely and to effect control without causing pain or injury to the horse. The misuse of any bit may be severely penalized by elimination, up to and including disqualification.
2. Breastplates, running martingales with rein stops, Irish martingales, bit guards, boots, bandages, fly shields, ear plugs, nose covers, and seat covers are permitted. Other martingales, any form of gadget (such as a bearing, running or balancing reins, etc.) and any form of blinkers, are forbidden, under penalty of disqualification.
4. If a dropped, crossed, or flash noseband (a combination of a cavesson noseband with a drop noseband attached) is used, it must be properly adjusted and made entirely of leather.
5. Under penalty of elimination, no competitor may carry or use a whip over 30 inches in length while riding or schooling over fences, nor may a competitor use a whip which is weighted or has a pointed end, at any time while on the rally grounds. Longe whips may be used for longeing only. Dressage whips may be used for schooling on the flat only. No substitute for a whip may be used or carried.

6. EXTRA EQUIPMENT

- Any form of blinkers are forbidden.
- Only unrestricted running martingales with rein stops or Irish martingales are allowed.
- Reins must be free of any loops or hand attachments and must be attached to the bit(s) or directly to the bridle. Exception: u-shaped bit converters may be used so that a bit designed for use with two reins may be controlled with a single rein.
- In the interest of safety, the stirrup iron and stirrup leathers must hang free from the bar of the saddle and outside the flap. There must be no other restrictions or attachments of any kind.
- Timing devices may be worn.

Article 38—Competitor and Horse Inspections

Horses must be well groomed. Braiding is optional, as long as it does not interfere with the competitor's responsibilities to his/her mount. Horses need not be shod, but their feet are expected to be in good condition and not in need of any attention upon arrival at the rally. The discipline ground jury may exclude unsafe, inappropriate, lame, otherwise unsound or exhausted horses from the competition at any time during the rally.

Examinations of Horse and Rider Required at Tetrathlon Rally:

1. Horse Inspections (Jog Outs):

Horse Inspections are required at standard rallies and Championships and recommended for all rallies. Before the beginning of competition, the horses must be examined for soundness in hand, by an inspection panel. All horses shall be serviceably sound. Should the soundness of a horse be questioned, the matter shall be reported immediately to the TD, who shall request an inspection of the horse by the veterinarian. In the absence of the veterinarian, the judges or TD shall determine the ability of the horse to compete. All decisions by the veterinarian, TD or judges regarding the soundness of a horse and its ability to compete are final.

- It is recommended that the president of the ground jury be present at the initial inspection.
- the discipline ground jury may, at its discretion, at any time, have any horse jog for soundness before the inspection panel.

2. Turnout Inspection:

Approximately 45-60 minutes prior to the first ride of the competition, all competitors will report to their turnout inspection. The rally organizer will designate turnout inspection times. At turnout inspection, competitors must wear the appropriate attire for their discipline and present their mount with all the equipment they will wear/use in the first ride of the competition. More details about turn-

SECTION II: General Regulations

out inspection requirements are listed in the Horse Management Handbook.

If multiple riders are sharing one horse:

- 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.
- Faults against a horse are received by all sharing that mount. Members will be judged individually based on their certification level.

3. Safety Check:

Safety checks occur before warm-up for each subsequent ride. Failure to present for a safety check prior to a ride is cause for elimination. More details about safety check expectations requirements are listed in the Horse Management Handbook.

SECTION III: Competition

Article 39—Competition Format

USPC Tetrathlon rallies are competitions where individuals and teams compete against each other in a riding, running, shooting, swimming and Horse Management competition. USPC Tetrathlon rally rules 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. Refer to their website at www.pentathlon.org

Article 40—Competition Schedule

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.

The following is a basic schedule for a Tetrathlon rally.

1. Briefing—Competitors are responsible for knowing all information from all official briefings whether present or absent. At least one representative from each team must be present at every official briefing.
2. Horse Inspection (formerly jog out)—Required at standard rallies, and recommended at all rallies. Opportunity to inspect mounts for soundness.
3. Turnout Inspection—Each rider reports at the assigned time and location for the turnout inspection with the mount. Riders must present for turnout inspection in the exact attire and with all the equipment they will wear/use in the first riding phase of the competition.
4. Riding Phase 1
5. Turnback—Following riding phases, there may be an official check (turnback) of the mount, tack and equipment used for that phase.
6. Swimming Phase
7. Safety Check—At all USPC competitions, prior to each and every riding phase, a complete safety check of each competitor's attire, mount, and equipment must take place.
8. Riding Phase 2 (optional)
9. Turnback—Following riding phases, there may be an official check (turnback) of the mount, tack and equipment used for that phase.
10. Shooting Phase
11. Running Phase
12. Awards

Chapter 1—Riding Phase

The height of warm-up fences may NOT exceed the maximum of the competitor's competition height by more than 3".

Article 41—Rules of Riding Phase

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. To encourage safe participation, a competitor 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 riding down is 200 points for the first level dropped and an additional 100 points for each additional 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, Juniors and Intermediates who elect to jump at one level below their age/certification appropriate division at the rally are eligible for Championships if they have ridden down no more than one level and obtain a minimum score of 550.
5. 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. Each ride will have a point value of 550 points. In relation to scoring, if two rides are offered then all penalty points are divided in half for each ride, including jumping down penalty points. They are combined together and subtracted from 1100 for the total riding phase score. At minimum, the gate and slip rail must be included in one ride. 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:

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- 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 includes 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 entry form and at the rally briefing.
6. If seeking Championships eligibility, the competitor must ride at the appropriate level, i.e., a senior at the senior level, and a junior at the junior level, novice at novice level. Intermediates, juniors and seniors may ride down and take the appropriate penalties. If a competitor earns eligibility for Championships by riding down at the regional rally, that competitor must ride down at Championships as well.

Article 42—The Riding 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.
3. The course shall be limited to a maximum of jumping efforts as listed below in this article. No course shall contain more than one double and one triple combination or two double combinations, if a triple is not included. (See Article 47.)
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.

6. The minimum number of jumping efforts per course is eight (8). The maximum number of jumping efforts should not exceed the following:
- | | |
|--------------------|----|
| Pre-Novice | 8 |
| Novice | 10 |
| Intermediate | 10 |
| Junior | 12 |
| Senior | 14 |
7. The dimensions specified in Appendix VII 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.
8. In addition to the maximum number of jumping efforts in Appendix VII, 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.
9. See Articles 49 & 50 for computing time allowed and time limit. See the Rally Organizers Guide 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 43—Course Map

1. A map showing the general layout of the course must be posted prior to the official walking.
2. The map 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.

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Article 44—Flags

1. Entirely red or entirely white flags or markers shall be used to mark the following:
 - A. The start
 - 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.
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 45—Start/Finish of Course and the Audible Signal (Bell, Whistle, Horn)

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 may 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, salutes, 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.
5. 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.
6. 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 46—Types of Obstacles

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, a limited number of fixed cross country jumps may be used. (Article 42)

The obstacles must be sporting and not cause an unpleasant surprise for anyone.

When measuring, the metric measurement takes precedence.

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.

If ground lines are used, they must be at the base or just in front of the jump. False ground lines are not allowed.

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.

1. Types of Obstacles

- A. Vertical Obstacles—An obstacle, whatever its construction, can only be called a vertical obstacle when all elements are placed vertically, one above the other, on the takeoff side, without any rail, hedge, bank or ditch in front of it.

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- B. Spread Obstacles—A spread obstacle is one that requires the horse to jump width as well as height.
 - C. 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.
 - D. Only a guardrail or hedge, fixed on the ground, may be placed on the takeoff side.
 - E. 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.
 - F. The limits of water jumps without guardrails or hedges must be clearly marked on both take-off and landing sides.
 - G. The landing side, and where necessary the takeoff side, must be clearly seen by the judge when a horse touches it.
 - H. 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.
 - I. Slip Rail and Gate. These obstacles test rider control of the horse. They are approached by passing between the time cones, keeping the red on the right. Time begins when the horse's chest passes through the time cones. Time limit from passage through the time cones to time completion is 60 seconds. The rider must attempt to complete the obstacle task for 60 seconds and will receive a signal from the obstacle timer that they may move on if their time elapses. If while negotiating either the slip rail or gate, they become impassable and need to be reset for proper execution, the signal is sounded and clock is stopped. After resetting to the state prior to the disruption, the signal is sounded and time resumes; total time to negotiate remains at 60 seconds. (See Table 2 for penalties incurred for not negotiating the obstacle, or not negotiating the obstacle in the time limit.)

Note to organizer: 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.
- 2. Combinations of Obstacles
 - A. 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 takeoff side.
 - B. No combinations should consist of closed obstacles.
 - C. Senior competitors will be asked to jump a triple combination, a triple and a double, or two double combinations.
 - D. Juniors will be asked to jump one triple or two doubles.
 - E. Intermediates will be asked to jump two doubles.
 - F. Novices will be asked to jump one double combination.
 - G. Pre-Novice, 10-and-Under and 8-and-Under will not be asked to jump combinations.
- ### Article 47—Disobediences, Deviations, Resistance
- 1. Disobediences:
 - A. Rectified deviation from the course: (see item 2B below)
 - B. Refusal:
 - A refusal consists of stopping in front of an obstacle to be jumped, whether or not the mount knocks it down or displaces it.
 - 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.
 - 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.
 - 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:
 - 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.
 - 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.

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- 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.
- G. Riding the Gate: An intentional dismount of the horse (by mistake) at the swing gate which is corrected before executing the gate is to be considered a first "disobedience on course" which should be scored as such in Table 2, on page 22.
2. Deviations
- A. A deviation from course occurs when a competitor:
- Does not follow the posted plan of the course
 - Disregards a flag indicating the course to be followed, or fails to pass over either the starting or finishing line
 - Fails to jump the obstacles in the prescribed order
 - Misses an obstacle on course
 - Jumps an obstacle previously jumped successfully
 - Jumps an obstacle from the wrong direction
 - Fails to jump the fences in a combination separately and consecutively
 - Fails to renegotiate the entire combination after a refusal, or run out at any of the fences of the combination.
- B. Correction of Deviation
- In order to correct a deviation from the course, a competitor must return to the course at the point where the error was committed.
 - A deviation from the course that is rectified before jumping the next obstacle is penalized as a disobedience.
 - 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.
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 47, 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:
- resistance occurs for a period of 45 seconds during a round
 - more than 45 seconds is taken to jump an obstacle
 - resistance causes the competitor to fail to pass over the starting line within 45 seconds of the signal to commence the round.
4. Falls:
- A. 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 they have 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.
- B. 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.
- C. 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.
- D. An intentional dismount (accidental) at a swing gate will not be considered a fall.

Article 48—Faults and Penalties on the Course

1. Faults:
- A. An obstacle is considered to have been knocked down, when through a mistake of either the mount or the competitor:
- At least one end of the top element is dislodged from its support.
 - Any framework intended to maintain the solidity of the obstacle and forming an integral part of its support falls.
 - If there is any doubt, the Jury should rule in favor of the competitor.
- B. 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.
- C. The penalties for knocking down an obstacle are set out in the Table of Faults and Penalties.
- D. When an obstacle is composed of several elements placed one on top of the other in the same vertical

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plane and one or more of the elements is knocked down, only the top element is penalized.

- E. 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.
- F. All the faults for mistakes or disobediences made at each fence of a combination during each attempt are counted separately and added together.
- G. 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.
- H. A competitor deliberately showing a jumping obstacle to a horse before starting the course or after a disobedience will be eliminated from the riding phase.

2. Penalties:

- A. 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).
- B. 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.
- C. 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:

- Any knockdowns
- The disobedience
- 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 A24 points

Run out at C24 points

Time penalties for run out at C20 points

Second run at triple combination

Knockdown at C24 points

Total penalties92 points

- D. 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.
- E. 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.

3. Interrupted Time and Resistance:

- A. Judges must be very careful to ensure the clock (stop-watches) 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.
- B. 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.

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- C. Judge must have extra watches available to measure interruptions.
 - D. The time of a round is not interrupted except as outlined under interrupted time. The clock (stop-watches) is not stopped for a deviation from the course, running out, or broken equipment.
 - E. The rules regarding maximum penalties remain in force during interrupted time.
4. Fall of Rider:
- 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.

Article 49—Speed on Course

The speeds required are as follows:

Pre-Novice, 10-and-under and 8-and-under	no time taken
Novice/Intermediate competitors300 m/min (325 yds./min)
Junior competitors300-325 m/min (325-355 yds./min.)
Senior competitors325-350 m/min (355-380 yds./min.)

Article 50—Timing of Riding Phase

1. Time:

- A. 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.
- B. 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: Senior division—425 meter course at a pace of 325 meters per minute.

- Time Allowed = 425 meters / 325 meters per minute = 1.31 minutes

The 1.31 minutes shown above are minutes expressed as a decimal. This needs to be converted to minutes and seconds, which would equal 1 minute and 18 seconds. Then 30 seconds should be added as described above for the gate and slip rail to determine the total time

allowed. Therefore, the total time allowed would be 1 minute 48 seconds

- C. Competitors taking longer to complete the course than the time allowed will be penalized according to the Table of Faults and Penalties.
 - D. Within the limits of Articles 42, 46, 46 and 50, 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.
2. Time Limit:
- A. The time limit is twice the time allowed and is computed as follows:
 - Time Limit = (length of course / speed + 30 seconds) x 2Example: Senior Division, 850 meter course at 325 meters per minute
 - TL = Time Allowed X2
 - B. Competitors exceeding the time limit are eliminated from that round (a zero (0) score). They are excused from the ring.
3. Recording Time:
- A. 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.
 - B. 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.
 - C. When electronic timing devices are not used, at least three hand-held stopwatches must be used.

Article 51—Scoring of Riding Phase

- 1. Errors and disobediences are scored in faults, which are penalized by the loss of points according to Table 2: 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.

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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 faster 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 20 points for that riding round.

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 score of 0, 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, they 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.
 - 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 a helmet per the USPC Helmet Policy (Article 15.1).
 - 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.
 - Dismounting at the gate for any reason. See exception in Article 47 (G).
- At the discretion of the discipline 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.

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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 allowed2 points
For each knock down or a foot in the water24 points
Fall of competitor	Elimination
First disobedience24 points
Second disobedience on course48 points
Third and each subsequent disobedience on course72 points
Fall of horse	Elimination

An example would be: A rider has a total of 4 refusals on course. One at jump 2, two at jump 4, and one at jump 8. The total penalty would be 24+48+72+72 = 216 penalty points. 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 combination12 points
The second part of a combination16 points
The third part of a combination20 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 . . .	100 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 re-secure the gate within 60 seconds	100 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 attempt the slip rail or gate task for 60 seconds and departing the obstacle without completion prior to the timer's 60-second signal	
.200 points	
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
Jumping the gate or slip rail in any direction	Elimination
Dismounting at the gate for any reason. See exception in Article 71, (G)	Elimination
Failure to pass between the cones when approaching the slip rail or gate60 points
(Note: In the event that the rider does not pass through the cones, they are assessed 60 penalty points, and the clock will begin at the first contact with the gate.)	
Maximum penalty that can be incurred at the slip rail or gate210 points
Riding down one level200 points
Riding down an additional level100 points/additional level

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Chapter 2—Running Phase

Article 52—Rules Governing the Running Phase

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.

1. The length of courses shall be:
 - 8-and-Under500 meters
 - 10-and-Under500 meters
 - Pre-Novice500 meters
 - Novice1000 meters
 - Intermediate2000 meters
 - Junior3000 meters
 - Senior3000 meters
2. To encourage safe participation, a competitor shall be allowed to run a shorter distance than what is specified for their competition level (i.e., a Senior may run and be scored based on the 2000 meters distance instead of 3000 meters). The penalty for competing over a shorter distance is 200 points for the first drop in distance and an additional 100 points for each additional distance dropped, (i.e., a Senior can score a maximum of 900 points in the run phase if he or she competes over a 2000 meter course). The intention of running a shorter distance must be declared before the start of the phase.
3. 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.
4. 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.

Article 53—Course Walk

An official course walk and running course(s) map(s) are recommended and should include the start, finish, all markers and turning points.

Article 54—Flags on Running Course

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 their 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.

Article 55—Start of Running Phase

1. 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.
 - A. 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.
 - B. 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.
2. The starting order shall be posted or announced at least one hour before the race can start.
3. 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.
4. A competitor may be given encouragement along the way. Cheering and encouragement is recommended and encouraged including shouting the competitor's name.
5. The use of any radio or telephone communication equipment during the race is prohibited. Including use of any electronic message communication (i-watches, Fitbits, etc.).
6. 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—Timing of Running Phase

1. There will be at least three watches running to officiate time.
2. If electronic timers are used, hand-held watches must be used as back up.

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Article 57—Scoring of Running Phase

Optimum Times earning 1100 points are:

	MALE	FEMALE
8-and-Unders	2 min. 45 sec.	2 min. 45 sec.
10-and-Unders	2 min. 00 sec.	2 min. 00 sec.
Pre-Novices	2 min. 00 sec.	2 min. 00 sec.
Novices	3 min. 30 sec.	3 min. 45 sec.
Intermediates	6 min. 45 sec.	8 min. 00 sec.
Juniors	9 min. 45 sec.	12 min. 00 sec.
Seniors	9 min. 45 sec.	12 min. 00 sec.

For the 3,000 meter distance, a penalty of three points per second is deducted for each second over the optimum time, which earns 1100 points. For the 2,000 meter distance, a penalty of four and one half (4.5) points per second is deducted for each second over the optimum time, which earns 1100 points. For all other distances, a penalty of six points per second is deducted for each second over the optimum time, which earns 1100 points.

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.

Please use the Running Score Tables in Appendix VIII to determine run scores for competitors. If a competitor chooses to run a shorter distance than what is specified by their competition level, the scorer should use the appropriate distance scoring table, and deduct appropriate penalty points to score that competitor. Competitors will receive a minimum score of 20 points for completing the phase.

Chapter 3—Shooting Phase

Article 58—Rules Governing the Shooting Phase

1. The Series
 - A. The range officer shall determine that the range is clear before admitting competitors to the firing lane.
 - B. The following commands shall be used both in practice and in competition. The commands shall be used for all divisions.
2. Pistols Control
 - A. 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.
 - B. The air pistol will be re-issued for the shooting phase only, then recollected until the end of the rally.
 - C. The control site for the air pistols will be a locked area. If possible the control site should be climate controlled.

3. 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 club/center 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.
4. Malfunctions:
 - A. In case of malfunction, the competitor shall be given additional time to fire remaining rounds.
 - B. The malfunction shall be a failure of equipment, NOT to include:

Errors made by the competitor in loading such as:

 - inserting wrong caliber pellet
 - inserting pellet backwards
 - leaving safety on
 - C. Running out of gas with CO2 pistols.
 - D. 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.
 - E. Competitors may change pistols at any time during the rally, but they may NOT keep a loaded pistol on the bench. Any pistol that is changed must also be inspected by the phase steward/TD.
5. Unforeseen cases shall be judged by ISSF Pistol Rules for air pistol shooting at 10 meters.
6. 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.
7. 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 59—Shooting Course

1. For Pre-Novice, Novice, 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.
 - A. For 10-and-under and 8-and-under divisions, 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

SECTION III: Competition

determine the target score, which is applied to the scoring table.

2. Coaching is allowed during the practice period, 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 60—Practice

1. There will be a practice period of 5 minutes for Novices, Intermediates, Juniors and Seniors. 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 61—Shooting Position

1. Age: 8 & Under
 - A. Athlete may be seated or standing
 - B. One or two hands on the grip. Athletes are encouraged to progress to a one-handed position as soon as they may safely do so considering the size of the grip and weight of the pistol. The grip (and hands) may be rested on a firm support or a counterbalanced T stand.
 - C. If a firm support is used, the shooter may rest any part of either or both hands and the butt of the pistol on the supporting material. The firm support should be designed to provide an erect position with proper sight alignment and extended arm.
 - D. If the T stand is used, the support point may be anywhere between elbow and muzzle. The competitor's shooting arm must be fully extended with the sights at eye level. The non-firing hand may provide support for the firing hand or the butt of the pistol.
2. Age 10 & Under
Athlete is standing and has the choice to shoot two handed unsupported or using one hand supported by T-Stand.
3. Novice and Pre-Novice
Two-Handed
 - A. 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.

- B. The competitor's shooting arm must be fully extended, with the sights at eye level.
- C. 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. Senior, Junior, Intermediate

One-Handed

- A. 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.
- B. The competitor's shooting arm must be extended with the sights at eye level.
- C. The shooter's non-firing hand and arm may not contact any part of the firing hand or arm.

Article 62—Equipment

All shooting equipment not mentioned in these rules, or which is contrary to these rules and regulations, is forbidden.

All equipment must fit all the following specifications.

1. 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 (flat head pellets) are required. 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 and fit within the box dimensions outlined below.
- D. No part of the grip or accessories is permitted to encircle the hand beyond the limits of the dimensions in paragraph below.
- 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.

SECTION III: Competition

2. Sights:

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.

- A. 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.

3. Targets:

- A. The targets used will be the ISSF approved 10-Meter Air Pistol Target.
- B. Distance from the firing line to the target shall be 10 meters.
- C. Targets shall be placed in a row, with the center of bull's eye on target at 55" in height. There may be a 2" variance with final approval of the technical delegate.
- D. Targets should be pre-marked with competitor's name and number.

Article 63—Range Safety

Target shooting is a very safe sport. However, it is safe only when proper precautions are taken and appropriate rules are followed. Safety is the foremost concern in all shooting sports. The safety of competitors, competition officials and spectators requires constant, disciplined attention to safe gun handling. Applicable safety rules for progressive-position pistol competitions include both these rules and the safety rules for air pistol ranges. Every competitor is responsible for following all established safety rules and safe pistol-handling procedures. A competitor who handles a pistol in an unsafe manner or who violates safety rules may be disqualified. All pistols must be handled with maximum care at all times.

When handling a pistol, care must be taken to keep the muzzle pointed in a safe direction and the pistol action open. All pistols must be cleared and either cased or benched, and no one may touch or handle a pistol while there is someone downrange. When uncased pistols are being moved from one place to another on the range, or when they are required to be cleared and benched, a clear barrel indicator (CBI) must be inserted in the bore so that at least one inch of the line is visible at both the breech and muzzle ends. A CBI can be made from a piece of string trimmer line (preferably orange, but any color will suffice) of 0.09 inches in diameter. This size is flexible enough to be inserted through the breech of most air guns; yet it is stiff enough to push a pellet out of the bore. This rule does apply to spring-piston air pistols. Competent technical authorities have determined that low velocity air guns (muzzle velocity less than approximately 600 feet per second) are not damaged by discharging them without a pellet. All known target air pistols fall within this category.

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 with CBI inserted 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. Load—Pistols may be loaded only on the firing line. Pistols may be loaded only after the command LOAD or START is given.
- G. Start—Competitors may begin to fire at their targets only after the range officer gives the command START. Any shot fired before the command START in a competition will be penalized Ten (10) points on the first target. The command START must only be used to signal the start of shooting time; never to begin a preparation period or other activity where live-fire shooting is not permitted.
- H. Stop—When the command STOP or STOP-UNLOAD is given, all shooting must stop immediately, pistols must be made safe in accordance with Article 63, above, and pistols must be placed on the firing point with the muzzles pointed down range. Any shot fired after the command STOP in a competition must be scored as a miss and the highest scored pellet hole will not be counted.
- I. Loaded Air Pistol—If a competitor has a loaded pistol after the command STOP is given, the competitor must retain his or her grip on the gun and inform the range officer immediately by raising his or her other hand and declaring "loaded pistol." The range officer will then direct the competitor to clear the pistol by firing it into a pellet discharge container or towards an area of the backstop where there are no targets. The CBI can also be used to push the pellet from the barrel.

Note: Many ranges utilize a metal can or similar container filled with paper or other soft material that has masking or duct tape over the open end and a handle that allows the range officer to hold the pellet discharge container (PDC) in front of the muzzle of a loaded pistol.

SECTION III: Competition

- J. Removing Pistol From Firing Line—Every pistol must be made safe by opening the cocking lever, bolt, or loading port and inserting the CBI before removing it from the firing line. Any pistol that remains loaded must be unloaded before it can be removed from the firing line. No pistol may be removed from the firing line during or after a competition until it is cleared by a range officer.
- K. Range Safety Emergency—Any person who observes an unsafe situation anywhere on the range must notify a range officer immediately. If a range officer is not immediately available, any person may command STOP in a safety emergency where there is not sufficient time to call a range officer.
- L. Safety Glasses—Safety glasses are mandatory. All competitors, shooting officials and loaders must wear safety glasses while in the area of the shooting line.
- M. Personal Hygiene—All competitors and other personnel who handle lead pellets are urged to not handle food during shooting and to thoroughly wash their hands immediately after completing shooting.

Article 64—Scoring of Hit

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 "Start" 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) by the competitor on a target, the five shots of the lowest value will be scored. 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 the TD will make this decision.
8. A magnifying glass or scoring gauge will be used to determine difficult cases.

Article 65—Scoring of Shooting Phase

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.
5. Shooting ties shall be broken using the following process:
 - Most bullseye
 - Most inner circle
 - Bullseye closest to actual center

Please use the Shooting Scoring Table in Appendix IX to determine shooting scores for competitors. Competitors will receive a minimum score of 20 points for completing the phase.

Chapter 4—Swimming Phase

Article 66—Rules Governing the 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. A swimmer may swim any style (stroke) or combination of styles (strokes).
 - A. Rules relating specifically to breaststroke, backstroke, and butterfly swimming shall not apply.
 - B. The swimmer must touch the end of the pool with some part of the body when finishing.
 - C. 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.
2. Competitors will be divided into heats by level and by gender when numbers allow.
 - A. 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.

SECTION III: Competition

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

Article 67—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 68—Swimming Distances

1. The standard swimming distances shall be:
 - 8 & Under25 yards (or meters)
 - 10 & Under50 yards (or meters)
 - Pre-Novice50 yards (or meters)
 - Novice100 yards (or meters)
 - Intermediate100 yards (or meters)
 - Junior200 yards (or meters)
 - Senior200 yards (or meters)
2. To encourage safe participation, a competitor shall be allowed to swim a shorter distance than what is specified for their competition level (i.e., a Senior may swim and be scored based on the 100 yards (or meters) distance instead of 200 yards (or meters). The penalty for competing over a shorter distance is 200 points for the first drop in distance and an additional 100 points for each additional distance dropped, (i.e., a Senior can score a maximum of 900 points in the swim phase if they competes over a 100 meter course). The intention of swimming a shorter distance must be declared before the start of the phase.

Article 69—Starts in 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 Male, 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.
4. False starts
 - A. 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.
 - B. After the second false start the starter shall warn all the competitors in the heat that the race shall proceed at the third attempt.
 - C. 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 70—Timing of Swimming Phase

1. Times will be recorded in hundredths of seconds. If more than one watch is used per lane, times between all watches shall be averaged. Once averaged, times recorded to the nearest 1/100th of a second will then be rounded to the nearest second for scoring with .01 to .49 being rounded down to the lower second and .5 to .99 being rounded up to the next higher second. Actual placement of finish and times to 1/100 of a second will be used to determine phase winners.
2. 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.
3. When electronic timing is used, hand held watches must be used as back up.

Article 71—Scoring of Swimming Phase

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. For distances of 200 yards or meters, a penalty of six points per second is deducted for each second over the optimum time, which earns 1100 points. For all other distances, a penalty of twelve points per second is deducted for each second over the optimum time, which earns 1100 points. (See Appendix X.)
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

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5. A competitor will be eliminated and receive a phase score of zero for:

- A. Willfully delaying the start
- B. 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.

Optimum Times earning 1100 points in yard pools are:

	MALE	FEMALE
8-and-Under	20 sec.	20 sec.
10-and-Under	30 sec.	30 sec.
Pre-Novice	30 sec.	30 sec.
Novice	58 sec.	1 min. 00 sec.
Intermediate	54 sec.	58 sec.
Junior	1 min. 57 sec.	2 min. 03 sec.
Senior	1 min. 49 sec.	2 min. 00 sec.

Optimum Times earning 1100 points in meter pools are:

	MALE	FEMALE
8 & Under	25 sec.	25 sec.
10 & Under	35 sec.	35 sec.
Pre-Novice	35 sec.	35 sec.
Novice	1 min. 07 sec.	1 min. 09 sec.
Intermediate	1 min. 00 sec.	1 min. 04 sec.
Junior	2 min. 15 sec.	2 min. 21 sec.
Senior	2 min. 05 sec.	2 min. 18 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.

Please use the Swimming Scoring Tables in Appendix X to determine swim scores for competitors. If a competitor chooses to swim a shorter distance than what is specified by their competition level, the scorer should use the appropriate distance scoring table, and deduct appropriate penalty points to score that competitor. Competitors will receive a minimum score of 20 points for completing the phase.

Directions on Use of Swimming Tables:

The tables for scoring swimming are found in the Appendices 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.

SECTION IV: Scoring

Article 72—Points and Penalties

1. Points and Penalties for Riding, Running, Shooting and Swimming vary based on the Phase. Please see the appropriate scoring section within each phase.
2. Horse Management is judged throughout the entire competition and is valued at 1100 possible points per competitor. Scores for Horse Management are calculated by multiplying the number of HM penalties by 50 and then subtracting from 1100.

Horse Management Score = 1100—(HM Penalties x 50)

Additional Note about Horse Management scoring in Tetrathlon:

- 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, each team member gets assessed one full point. Faults against a horse are received by all sharing that mount up to their certification 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.
- 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.
- 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 certification level there may be a difference in the turnout inspection score.

Article 73—Inquiries, Protests, and Appeals

- Only competitors have the right to dispute scores and only competitors can participate in the process. Any non-competitor involvement in the process is considered unauthorized assistance.
- Competitors may only inquire about their team/individual scores.
- Inquiries are encouraged if there are any scores with which the team does not agree or understand, or if they feel a mistake has occurred. Any disputes regarding scores are to be made following the procedures as stated in the governing documents.
- All inquiries, protests and appeals must be made in a polite and courteous manner. Abuse of these procedures or rude behavior may be penalized up to and including elimination and/or disqualification.
- The process will include verbal inquiry, written inquiry, written protest and written appeal.

Horse Management

Horse Management Verbal Inquiry

Verbal inquiries may be initiated if the team captain/individual competitor does not agree or understand, or if they feel, a mistake has been made. Horse management verbal inquiries are made to the CHMJ following the posting of scores.

Inquiries must be:

Initiated within 30 minutes from the time the score sheet(s) are posted by the CHMJ, and made in person by:

- The team captain, if competitor is on a team. The competitor involved may go with the team captain.
- The competitor involved (if competing as an individual).

If the team captain is riding when scores are posted and will not be available within the allowed thirty-minute period, another team member may notify the CHMJ that an inquiry is likely.

At the end of the required 30 minute inquiry period, the CHMJ must:

- Make any necessary adjustments/changes to scores based on the outcome of any inquiries that may have been made and are settled. (Only the CHMJ may adjust points as a result of inquiries.)
- Transcribe any changes in scores to the HM Master Score Sheet and turn in Master Score Sheet to the rally scorer.
- No further inquiries will be permitted, except for transcription errors. Transcription errors are a discrepancy between actual scores shown on Horse Management Sheets and scores posted by the scorer.

Horse Management Written Inquiry

Written Inquiries may be initiated if the team captain/individual competitor disagrees with the CHMJ's decision on a Verbal Inquiry. Written Inquiries are made to the TD/steward via the rally office.

Written Inquiries must be:

Made in writing, using the official Horse Management Written Inquiry Form (signed by the team captain/individual competitor), containing the references to the rules covering the reason for the inquiry Section VI, Chapter 24, D.

Delivered within 30 minutes of the CHMJ decision on the Verbal Inquiry to the rally office.

Mounted Competition

Mounted Competition Scoring Written Inquiry

Written Inquiries may be initiated if the team captain/individual competitor does not understand, or if they feel, a mistake has been made. Mounted competition written inquiries are made to the TD/steward following the posting of scores.

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Inquiries must be:

Initiated within 30 minutes from the time the score sheet(s) are posted and made in person by:

- The team captain, if competitor is on a team. The competitor involved may go with the team captain.
- The competitor involved (if competing as an individual).

If the team captain is riding when scores are posted and will not be available within the allowed thirty-minute period, another team member may notify the rally office that an inquiry is likely.

Written Protest to the Discipline Ground Jury

If a team does not agree with the TD/steward's decision on a Written Inquiry, they may advance a Written Protest (utilizing the existing Written Inquiry Form) to the discipline ground jury.

The decision must be made while the team is sequestered and within 10 minutes after the TD/steward's announcement of the decision to the team.

Written Protests must be:

Initiated by:

- The team captain, if competitor is on a team. The competitor involved may go with the team captain.
- The competitor involved (if competing as an individual).
- Made within 10 minutes of the TD/steward's announcement of the decision to the team.

Frivolous Protest

- During a rally, each team is allowed one "free" inquiry to the technical delegate. After the first, the TD may present to the ground jury any inquiry presented in which the decision of the judge was upheld and which the TD deems frivolous and not in the spirit of good sportsmanship. Any inquiry deemed frivolous, may be assessed 5 points by the ground jury.
- If any score change results, the chief scorekeeper must be notified by the official making the decision and changes recorded scores.

The discipline ground jury will meet, review the Written Inquiry/Protest form, make a decision, document the decision on the original Written Inquiry/Protest Form, and report its decision.

THE DECISION OF THE DISCIPLINE GROUND JURY IS FINAL AT REGIONAL RALLIES.

Written Appeal to the Overall Ground Jury/ Appeal Committee

(AT CHAMPIONSHIPS ONLY)

If a team does not agree with the discipline ground jury's decision on a written protest, they may advance an appeal (utilizing the existing written inquiry form) to the overall ground jury/appeal committee.

The team's decision to appeal must be made while the team is sequestered and within 10 minutes after the announcement of the discipline ground jury's decision to the team.

Appeals must be initiated by:

- The team captain, if competitor is on a team. The competitor involved may go with the team captain.
- The competitor involved (if competing as an individual).

THE DECISION OF THE OVERALL GROUND JURY/APPEAL COMMITTEE IS FINAL AT CHAMPIONSHIPS.

Article 74—Scoring of Excused

Excused competitors/mounts will receive same score as an elimination score for any phase from which they are excused. Competitors/mounts may rejoin the competition soon as they are able.

Article 75—Scoring of Elimination

Elimination definitions and scoring vary based on the phase. Please see the appropriate section within each phase.

Article 76—Scoring of Disqualification

1. Disqualified competitors and their horses may not take further part in the rally, and may be asked to leave the grounds. They will receive a score of 0 for any remaining phases. A disqualified competitor may not receive an award.
2. 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
 - 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

SECTION IV: Scoring

3. 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.
4. Abusive use of whips, crops, spurs, or bits will result in disqualification at the discretion of the discipline 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 77—Team Scoring

Tetrathlon team scoring can be based either strictly on horse management scores, or may be for overall team placings. Based on the number of mounted competitors, teams may or may not have a dropped score.

Team Horse Management—Four rider teams will keep all horse management scores. Three rider teams will have an added ghost score per the Horse Management Handbook to give them a total of four scores.

Team Overall Scoring—Four rider teams will drop the worst (lowest) score for each phase of the competition. Three rider teams will keep all three scores from each phase. Phase scores will be added with all four horse management scores (including a ghost score if applicable) for the team totals.

Article 78—Individual Scoring

Tetrathlon places individually by division by competitor. To determine an individual's score the four phase scores and the factored Horse Management score, will be added together. The maximum individual score possible is 5500.

Individual Horse Management scores are calculated using the below formula:

Individual Horse Management score = $1100 - (\# \text{ horse management penalty} \times 50)$.

Article 79—Posting of Scores

Depending on the length of the rally, scores may be posted multiple times during the rally or just once. Any time scores are posted there is a 30-minute inquiry period where competitors can inquiry regarding the scores (Article 58). After the final inquiry period, the only changes that can occur are if a transcription error has occurred. Following the final inquiry period, final scores for all competitors must be posted for review by competitors, parents, coaches, etc.

Anytime scores are posted during the competition, there will be an announcement of official score posting and time.

Article 80—Placing of Teams

Team Horse Management—After calculating the team horse management score (see Article 77 & 78). The team with the lowest number of Horse Management penalties will be the winner.

Team Overall Scoring—After calculating the team overall score (see Article 77). The team with the highest score wins.

Article 81—Placing of Individuals

After calculating the individual score (see Article 78). The individual with the highest score in each division is the division winner.

In the event of a tie between competitors, the following tie breaker will be utilized:

1. Horse Management Score
2. The most ES in HM
3. Highest place finisher across all 5 phases
4. Riding Phase Awards
 - A. 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.

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The use of appropriately licensed (US Equestrian, etc.) officials is always preferable. In regards to standard rallies, appropriately licensed officials may be required. However, realizing that not every area has Pony Club oriented licensed officials easily available, rally organizers are asked to utilize suitably experienced person to fill official positions. Organizers needing help are encouraged to reach out to the appropriate discipline committee (refer to www.ponyclub.org About/Contact Us/Activities Council to find contact information for the USPC discipline committee members). These resource people, available by e-mail, or phone, can help with courses, officials or other questions.

Article 82—Rally Organizer

The rally organizer serves as the manager of the competition. They must be on the grounds during competition and available to rally officials in the event a problem arises concerning the facility or equipment. Rally organizers do not participate in the officiation, unless required due to extenuating circumstances. They must engage individuals necessary to fill all official capacities at the competition. Full details and job descriptions for rally organizers are available in the Rally Organizer's Guide.

Article 83—Technical Delegate (TD)

The technical delegate oversees the technical and administrative arrangements for a competition. They are responsible for knowing and enforcing the rules of the competition. The TD is the person to whom an inquiry is presented by the team captain in the event of a question regarding mathematical errors or scoring irregularities. If the initial inquiry to the TD fails to resolve the question at hand, the discipline ground jury then makes a final decision. The TD may not be a member of the discipline ground jury.

1. The organizer shall appoint a knowledgeable person to serve as TD.
 - A. The TD shall act with complete impartiality and report to the organizer and tetrathlon committee, protecting the interests of competitors, judges, officials and the competition organizers. The TD shall have no connection with the management or judging of a competition.
 - B. No TD may officiate at any competition in which a member of his/her family, any owned horses or any of his/her students are competing.
 - C. No competition shall be organized and held without the presence of a TD.
2. The duties, powers, and responsibilities of the TD are defined as follows:
 - A. To protect the interests of competitors, judges, and rally organizers.
 - B. Ensuring the Tetrathlon rally is organized and managed in strict compliance with the USPC Tetrathlon Rules

- C. To inspect and approve: arenas and courses; to include, but not limited to, the dimensions of the obstacles and length of the courses; inspection of warm up areas; accommodations for horses, where appropriate; vehicle parking arrangements and all other physical aspects of the rally.
- D. To ensure that the courses are at the standard of the level offered, and that prior knowledge of local conditions does not play any part, and if a qualifying rally, the courses are of sufficient difficulty to prepare the riders for Championship competition.
- E. To instruct the organizer to make any alterations to the course or arenas, or to any technical detail associated with the conduct of the competition which they consider necessary. The course must be inspected early enough to allow for modifications to be made.
- F. Supervising the soundness jog(s)
- G. Once the competition begins, the technical delegate is responsible for accounting for the presence of all competitors and horses on rally grounds. Any withdrawals of horses or riders must be reported to the TD as soon as possible.
- H. Supervising the technical conduct of the competition.
- I. Reporting any infraction or violation of the competition rules and regulations to the organizer or tetrathlon committee, by any competitor, coach, manager, competition official, staff member or any other person present on the competition grounds, and seeing that immediate action is taken.
- J. Furnishing the USPC Tetrathlon Committee with a complete written report on the competition, including any infractions or violations of the rules, within three days following completion of the competition. (See Appendix IV.)

Article 84—Discipline Ground Jury:

The discipline ground jury is the group that adjudicates the rally. The discipline ground jury makes proper inquiries into both sides of cases in all protests concerning decisions made by the TD and other officials during a rally.

The discipline 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 CHMJ is unavailable or conflicted. The TD is the facilitator of the actions of the discipline ground jury but does not have a vote except in the case of a tiebreaker.

The following persons are ineligible to serve on the discipline ground jury:

- Any competitor, manager, chaperone, coach or owner of a horse entered in the competition
- Any close relative of a person named above

SECTION V: Officiation

- Any instructor or trainer of any competitor or horse entered in the competition
- The organizer or any member of the organizing committee
- Any other horse management judge from that competition
- The TD
- Any member of the overall ground jury/appeal committee

Any variance from these qualifications must be approved by the chairman of the Tetrathlon Committee.

Duties of the Discipline Ground Jury:

1. The discipline ground jury is ultimately responsible for the judging of the rally and for settling all problems that may arise during its jurisdiction. Together with the TD and organizing committee shall ensure that all arrangements for the rally, including that all competition areas are appropriate. If, after consultation with the TD, the discipline ground jury is not satisfied with the arrangements or areas, it has the authority to modify them.
2. The discipline ground jury will be responsible for determining objections against decisions by technical personnel, including judges and time-keepers, and may substitute their judgement for that of any judge or official, whether or not in favor of the competitor.
3. The discipline ground jury oversees all phases of a rally and determines whether competitors may continue in the next phase, after elimination or excused.
4. The members of the discipline ground jury are obliged to be on the grounds from the official rally opening until awards have been made.
5. Any member of the discipline ground jury has the duty and authority at any time during the rally to disqualify any competitor who is unfit to continue because of physical exhaustion or impairment, abusive or dangerous behavior. There is no appeal against such a decision.

Article 85—President of the Discipline Ground Jury

The discipline ground jury will determine the president of the discipline ground jury.

Article 86—Overall Ground Jury/Appeals Committee (for Multiple Championships)

At Championships (when multiple disciplines are competed at the same time and on the same facility), there will be an overall ground jury/appeals committee composed of three to five persons to include: the Vice President of Activities (if not the organizer), the Championships Horse Management Organizer, and one or more knowledgeable horse persons designated by the organizer, one of whom will be designated president.

The purpose and duties of the overall ground jury/appeals committee include:

- Determine dress requirements for turnouts and competition; and responsibility for waiving of dress requirements when the heat/humidity index so indicates
- Decide issues that affect all disciplines at the Championships, so as to promote uniformity among the competitions.
- Handle instances regarding the uniform application of disciplinary action for poor sportsmanship, cruelty or misbehavior by a competitor
- Make a proper inquiry into both sides of the cases in all appeals concerning decisions made by the discipline ground jury, or referred to the appeal committee by the discipline ground jury.

The decision of the overall ground jury/appeals committee is final.

The following may not serve on the overall ground jury/appeals committee at a Championships:

- Anyone serving as a technical delegate
- Anyone serving on a discipline ground jury
- Anyone serving as a CHMJ for the competition
- Anyone serving as a judge for the competition

Article 87—Horse Management Judges

1. All competitions shall include judging of horse management. Horse management shall be judged in accordance with current USPC Horse Management Handbook. At all events, horse management judges will judge safety standards throughout the day.
2. The horse management judges shall be responsible for conducting stable, turnout and turnback inspections.
3. Horse management judges shall be responsible for safety checks. The safety checks will be performed in assigned areas, as close to warm up and jumping areas as feasible.

Article 88—Chief Horse Management Judge (CHMJ)

One member of the rally horse management staff will be designated as the chief horse management judge. If the rally is a standard rally for Championships, the chief horse management judge must be selected from the chief horse management judge list on the USPC website.

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Article 89—Phase Stewards

The organizer shall appoint a phase steward for each of the four phases of rally. The phase steward should be technically proficient, experienced, and understand Pony Club's objectives. Each steward shall be responsible for the overall organization of his/her phase. 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 90—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 91—Timekeepers

1. The chief timekeeper shall be responsible for the prompt and accurate timekeeping of each round of the competition. The chief timekeeper must be thoroughly knowledgeable of the rules and of the proper timing of competitors during a round. The chief timekeeper may be a judge.
2. The organizer shall appoint such assistant timekeepers as necessary to operate the required number of watches and to time and record each round. The chief timekeeper is responsible for thoroughly briefing his/her assistants. All assistant timekeepers must be thoroughly knowledgeable of the USPC Rules for Tetrathlon competitions and the proper timing of competitors during a round.
3. For each competition (except where no time is required), two timekeepers must time all competitors, using either electric timing equipment with one backup stopwatch or two stopwatches. All timing devices must have a time-out feature and must read at least in tenths of seconds.

All timekeepers shall act with complete impartiality.

Article 92—Inspection Panel

An inspection panel made up of the president of the discipline ground jury, the CHMJ, and a veterinarian or other qualified horse person, will officiate over the horse inspections (jogging). The veterinarian's decision shall be final when a judge or the steward request an inspection or examination as to the serviceable soundness of a horse. In the absence of a veterinarian, the judges or the steward shall have the right to excuse a horse from further participation on the grounds of unsoundness.

Article 93—Veterinarian

1. The veterinarian should be a part of the inspection panel for all soundness jogs.
2. Regional competitions should have a qualified veterinarian present or on call for all jumping phases of the competition.
3. The veterinarian shall assist the organizer in all matters pertaining to the health and welfare of the horses at the competition.
4. The veterinarian, when required to be present at a competition, shall have the right to inspect and examine any horse at the competition. The judges or the steward may request an inspection or an examination of any horse.
5. The veterinarian's decision shall be final when a judge or the steward requests an inspection or examination as to the serviceable soundness of a horse. In the absence of a veterinarian, the judges or the steward shall have the right to excuse a horse from further participation on the grounds of unsoundness.
6. In any suspected case of use of drugs, the veterinarian shall be permitted to take blood, urine and/or saliva sample(s) to test for drug residues.

Article 94—Chief Scorekeeper

1. The organizer shall appoint a chief scorekeeper 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 scorekeepers 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 and score.
 - C. Running: A list of each competitor's time and score.
 - 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. Scorer should receive the recorded split times at the slip rail and gate; the splits should be included in the final posted score.

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Article 95—Required Medical Personnel

1. For Mounted Rallies—An EMT-Basic (paid or volunteer) is required onsite one hour prior to the first ride of the rally and stay until riding concludes for the day. The EMT or rally organizer must be aware of the closest ambulance and hospital locations.
 - A. The EMT must:
 - Have CPR certification and licensed to perform basic assessment and non-invasive treatment.
 - Not have any other duties at the mounted rally.
 - Have a reliable means of communicating with the local EMS service and knowledge of the nearest hospital.
 - Have direct communication with all riding areas, especially those out of view.
 - Coordinate with the rally organizer on how to handle injured parties.
 2. Additional Information:
 - A. An EMT who is Intermediate or Paramedic level, both meets and exceeds the minimum requirement.
 - B. Facility requirements may exceed the minimum USPC EMT requirement.
 - C. Rallies run as recognized events may exceed the minimum USPC EMT requirement.
 - D. An on-site ambulance is highly recommended, but not required.

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Appendix I: Mounted Competitions Scoring Inquiry/Protest/Appeal Form page 1

Remember:

- Only Competitors have the right to dispute scores and can participate in the process.
- Before this form can be used, a verbal inquiry must have been made to the CHMJ for Horse Management score questions.
- After submission to the TD/Steward, no additional information can be added by the team.

Date: _____ Discipline: _____ Division: _____ Team #s _____

Team Captain Name & Phone Number: _____

Team Member # for Protest: _____ Team Member Certification: _____

State infraction and provide points assessed:

Statement of Protest:

References (Name reference and page number):

Signature of Team Captain/Competitor: _____

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Appendix I: Mounted Competitions Inquiry/Protest/Appeal Form page 2 Written Inquiry/Protest/Appeal Review For Official Use Only

Written Inquiry Disposition: Date/time: _____

Approved: _____ Denied: _____ Points awarded if any: _____

Technical Delegate: _____

CHMJ (if HM related) _____

Team Captain _____

Requesting Advance to Protest Yes: _____ No: _____

Protest Disposition: Date/time: _____

Approved: _____ Denied: _____ Points awarded if any: _____ Penalty, if any: _____

Discipline Ground Jury: _____

Team Captain: _____

Requesting Advance to Appeal (Championships ONLY) Yes: _____ No: _____

Appeal Disposition: Date/time: _____

Approved: _____ Denied: _____ Points awarded if any: _____ Penalty, if any: _____

Overall Ground Jury/Appeal Committee (Championships ONLY): _____

Team Captain: _____

Received by Scorer: (to indicate receipt and adjustment of a change)

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Appendix II Heat Illness and Heat Index Chart

HEAT ILLNESS	Symptoms	What to Do
Heat Stroke	<ul style="list-style-type: none"> • Confusion • Fainting • Seizures • Excessive sweating or red, hot, dry skin • Very high body temperature 	<ul style="list-style-type: none"> • Contact Medical Personnel, EMT, or Call 911 <p><i>While waiting for help:</i></p> <ul style="list-style-type: none"> • Place person in shady, cool area • Loosen clothing, or remove outer clothing • Fan air, place ice packs in armpits, apply cool compresses • Provide fluids (water)
Heat Exhaustion	<ul style="list-style-type: none"> • Cool, moist skin • Heavy sweating • Headache • Nausea or vomiting • Dizziness • Light headedness • Weakness • Thirst • Irritability • Fast Heart Beat 	<ul style="list-style-type: none"> • Place person in shady, cool area • Provide fluids (water) • Cool person with cold compresses, ice packs, fan
Heat Cramps	<ul style="list-style-type: none"> • Muscle Spasms 	<ul style="list-style-type: none"> • Rest in cool, shaded area • Drink water • Wait a few hours before returning to play

Heat Index (Apparent Temperature) Chart

	RELATIVE HUMIDITY										
	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
70°	64	65	66	67	68	69	70	70	71	71	72
75°	69	70	72	73	74	75	76	77	78	79	80
80°	73	75	77	78	79	81	82	85	86	88	91
85°	78	80	82	84	86	88	90	93	97	102	108
90°	83	85	87	90	93	96	100	106	113	122	+
95°	87	90	93	96	101	107	114	124	136	+	+
100°	91	95	99	104	110	120	132	144	+	+	+
105°	95	100	105	113	123	135	149	+	+	+	+
110°	99	105	112	123	137	150	+	+	Danger Zone		
115°	103	111	120	135	151	+	+				
120°	107	116	130	148	+	+	+				
125°	111	123	141	+	+	+	+				
130°	117	131	+	+	+	+	+				

This chart is based upon shady, light wind conditions.
Exposure to direct sunlight can increase the HI by up to 15°F.
“+” indicates the heat index temperature is so great it is off the scale.

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Appendix III: Chaperone and Emergency Contact Information

This page should not be sent in with team competition entry.

Definition of Chaperone Duties:

When competitors under the age of majority (minors) participate in local, regional and national competitions, there will be a designated "Official Team Chaperone." In the situation of scramble teams the Official Team Chaperone(s) will be appointed by the rally officials and will be so noted in the rally program as such. The role of this person is to give the rally organizers a responsible adult to contact for any needs and to give the team members a contact to assist them as may be indicated and allowed. (When competitors above the age of majority (adults) participate in local, regional and national competitions, they will use the Emergency Contact Form to submit to rally organizers.)

Hours for tour of duty are...

The Official Team Chaperone is responsible for team members during the hours of competition and on competition grounds only (from arrival on grounds until departing rally ground at beginning and end of each day of competition).

Transportation, driving and lodging...

Decisions to allow a competitor to drive or not, who they can or cannot ride with, who they can or cannot have in a vehicle that they are driving, where they stay at night and with whom they stay, and who is to be responsible for a competitor are all decisions that must be made by the parent/legal guardian. These decisions are not a decision of the USPC, any region, club/center or rally organizer. Specific arrangements must be made by and between the parent/legal guardian and the adult assuming any of these responsibilities in the absence of the parent/guardian.

Helping your team to succeed:

Initiate contact with all team members prior to leaving for the competition, and gather cell phone numbers as appropriate. In cases of Scramble Team members, request contact information from the rally Secretary. Share this information with Team Captain and/or stable manager (SM).

Encourage the team to have meetings prior to leaving for rally. Be sure all members of a Scramble Team are included in the decision making process, either by email or phone contact, if a distance away. Discuss team equipment, review all rules that apply and any decisions regarding snacks, drinks, plans for meals, etc. Determine how the team members plan to provide snacks and drinks (i.e., each team member contribute a sum of money to a pot or each member is assigned specific items to bring.) If each is contributing money, it must be collected before the rally. Be sure you know who is bringing cooler(s), so you can avoid the quick trip to the local store.

Plan arrival time at the competition site and any details such as arrangements for ordering bedding, if needed, and who is assigned to do this (again collect money in advance if needed).

On the first day of the rally, gather the team together before they separate for the night and make plans for the next day. Include a review of their competition schedule and how they can best work together to help each other prepare for Turnout Inspections.

Determine a regular meeting place and plan to have a scheduled discussion session at the end of each day of competition. Take this opportunity to offer words of praise, acknowledge their accomplishments and encourage the sense of teamwork and team building. Guide the team towards constructive criticism and steer them away from finger pointing. Have the team make plans for the next day concerning time they will arrive on the competition grounds, who will feed horses the next morning, who will re-supply the tack room cooler with ice, drinks and snacks (get requests for drinks/snacks) and make the plans for lunch. Be sure any plans for cooler and/or lunch delivery follow any requirements as stated in the Competition Entry Packet (Neutral Zone) and they understand the plan. Have the team leave with a plan for the next day in place before they go off for an evening of relaxation.

Emergency Contact Duties:

For competitors above the age of majority, they must submit an Emergency Contact Form with their rally entry. The Emergency Contact listed is not required to be on the grounds of the competition. They should be accessible via phone.

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Chaperone Form

for USPC Members Below the Age of Majority

To be completed by the Chaperone and turned in with rally entry.

Chaperone duties shall include:

1. The primary function of the "Official Team Chaperone is to ensure that there is a contact person for each team or individual present and on grounds for the duration of the competition. Team chaperones must be available to rally officials and team members at all times.
2. Have copy of and be familiar with the rules for the competition (Discipline Rulebook) and the current edition of the Horse Management Handbook and Rules for rallies. Rulebooks can be downloaded from the USPC website at www.ponyclub.org
3. 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 website www.ponyclub.org for full policy statement.
4. Be present and available to rally officials and all team members for the duration of the competition.
5. Delegate duties of the Team Chaperone to another responsible adult if for any reason you should have to leave the competition grounds during the hours of competition making it clear that they are to respond to rally officials and any team members in your absences.
6. Be sure to have a means of contacting parents or designated responsible person for all team members in the event that you should need to contact them during the hours that you are responsible for those team members (hours of competition).
7. Have a means of contacting all team members and the parent or responsible person for those hours after competition and when not on competition grounds (evening/ nights).
8. Administration of medications is the sole responsibility of the parent/guardian.
9. Be familiar with the effects of heat and humidity and the potential risk for heat related illness. Take an active role in helping to keep all team members well hydrated; the importance of hydration cannot be overstated! Take every opportunity to encourage water breaks. Refer to the Uniform Officiation Rules, Section I of this rulebook.
10. In cases of scramble teams, the competition organizer will determine the "official team chaperone."
11. Be aware that USPC members are required to wear a current, up-to-date USPC medical card/bracelet on their arm at all USPC activities.

I have read and understand the duties of a Chaperone as listed above.

Name of Chaperone

Signature

Date

(_____)_____
Cell Phone Number

Chaperone for the above Club/Center/Regional team or individual

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Emergency Contact Form

for USPC Members Above the Age of Majority

The age of majority is the threshold of adulthood in law. As USPC Members above the age of majority are adults in the eyes of the law and therefore responsible for themselves, USPC does not require a "Chaperone" for these members at competitions. USPC does require that members above the age of majority submit Emergency Contact information for each competition. Age of majority vary per state.

USPC Member _____ Age _____ State of Residence _____

Competition Name _____

Competition Date _____

Emergency Contact Name _____

Emergency Contact Relationship to Competitor _____

Emergency Contact Home Phone Number _____

Emergency Contact Cell Phone number _____

An additional Emergency Contact can be included, but is not required.

Secondary Emergency Contact Name _____

Secondary Emergency Contact Relationship to Competitor _____

Secondary Emergency Contact Home Phone Number _____

Secondary Emergency Contact Cell Phone number _____

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Appendix IV

USPC Tetrathlon Rally Technical Delegate's Evaluation and Report

(This form is also available electronically on the USPC website under Parents/Volunteers/Resources/Rally Organizers)

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?
_____ Did Competitors display USPC Medical Armbands/Bracelets in compliance with USPC Policy?
_____ 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
_____ Was a public telephone available?
_____ Were there enough:
a) toilets yes no c) trash cans yes no
b) concession stands yes no d) necessary equipment yes no
_____ Were coaches/chaperones forms signed?
_____ Were briefings held for:
a) Chaperones yes no on time d) Judges yes no on time
b) Coaches 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

Continued

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USPC Tetrathlon Rally TD and Steward's Evaluation and Report

Page 2

- _____ 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 |
- _____ 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 _____
6. 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 Department, USPC National Office, 4041 Iron Works Parkway, Lexington, KY 40511

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Appendix V

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 coach, 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: _____

Signature: _____

Date: _____ Cell phone: _____

Email: _____

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

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

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Appendix VI Competition Levels Specifications

LEVEL	AGE	RIDE	SHOOT	RUN (Meters)	SWIM
8-and-under	8 and under	poles/ crossrails	10/resting	500	25
10-and-under	10 and under	18"	10/resting	500	50
Pre-Novice	10 to 11	2'3"	20/2 hands stand	500	50
Novice	12 to 13	2'6"	20/2 hands stand	1000	100
Intermediate	14 to 15	2'9"	20/1 hand	2000	100
Junior	16 to 17	3'	20/1 hand	3000	200
Senior	18 and up	3'3"	20/1 hand	3000	200

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Appendix VII Riding Phase Specifications

Class	Height	Speed	Spreads		Water	Minimum Number of Spreads	Number of Jumping Efforts	Number of Combinations	Length of Course Meters
			Oxers	Triple Bar					
8-and-Under	0"–12"	no time	12"	NA	NA	Same as above	6–8	None Allowed	350–850
10-and-Under	12"–18"	no time	18"	NA	NA	Same as above	6–8	None Allowed	350–850
Pre Novice	2'–2'3"	no time	2'–2'3"	NA	NA	Same as above	8–10	None Allowed	350–850
Novice	2'–2'6"	300 m/min 325 yds/min	2'–2'9"	NA	NA	Same as above	8–10	1 Double	350–850
Intermediate	2'3"–2'9"	300 m/min 325 yds/min	2'3"–3'0"	NA	NA	Same as above	8–10	2 Doubles	350–850
Juniors	2'6"–3'	300-325 m/min 325-355 yds/min	2'6"–3'3"	3'9"	NA	Same as above	8–12	1 Triple or 2 Doubles	350–850
Seniors	2'9"–3'3"	325-350 m/min (355-380 yds/min)	2'9"–3'6"	4'	9'7"	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	350–850

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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 modified 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 VIII: Running Scoring Tables

Table 5—8 & Under Male—500 meters

Seconds	Minutes			
	2	3	4	5
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	20
47	1088	728	368	20
48	1082	722	362	20
49	1076	716	356	20
50	1070	710	350	20
51	1064	704	344	20
52	1058	698	338	20
53	1052	692	332	20
54	1046	686	326	20
55	1040	680	320	20
56	1034	674	314	20
57	1028	668	308	20
58	1022	662	302	20
59	1016	656	296	20

Table 6—8 & Under Female—500 meters

Seconds	Minutes			
	2	3	4	5
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	20
47	1088	728	368	20
48	1082	722	362	20
49	1076	716	356	20
50	1070	710	350	20
51	1064	704	344	20
52	1058	698	338	20
53	1052	692	332	20
54	1046	686	326	20
55	1040	680	320	20
56	1034	674	314	20
57	1028	668	308	20
58	1022	662	302	20
59	1016	656	296	20

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Appendix VIII: Running Scoring Tables

Table 7—10 & Under Male—500 Meters

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

Table 8—10 & Under Female—500 Meters

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

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Appendix VIII: Running Scoring Tables

Table 9—Pre-Novice Male—500 Meters

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

Table 10—Pre-Novice Female—500 Meters

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

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Appendix VIII: Running Scoring Tables

Table 11—Novice Male—1000 Meters

Seconds	Minutes			
	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	20
32	1088	728	368	20
33	1082	722	362	20
34	1076	716	356	20
35	1070	710	350	20
36	1064	704	344	20
37	1058	698	338	20
38	1052	692	332	20
39	1046	686	326	20
40	1040	680	320	20
41	1034	674	314	20
42	1028	668	308	20
43	1022	662	302	20
44	1016	656	296	20
45	1010	650	290	20
46	1004	644	284	20
47	998	638	278	20
48	992	632	272	20
49	986	626	266	20
50	980	620	260	20
51	974	614	254	20
52	968	608	248	20
53	962	602	242	20
54	956	596	236	20
55	950	590	230	20
56	944	584	224	20
57	938	578	218	20
58	932	572	212	20
59	926	566	206	20

Table 12—Novice Female—1000 Meters

Seconds	Minutes			
	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	20
47	1088	728	368	20
48	1082	722	362	20
49	1076	716	356	20
50	1070	710	350	20
51	1064	704	344	20
52	1058	698	338	20
53	1052	692	332	20
54	1046	686	326	20
55	1040	680	320	20
56	1034	674	314	20
57	1028	668	308	20
58	1022	662	302	20
59	1016	656	296	20

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Appendix VIII: Running Scoring Tables

Table 13—Intermediate Male—2000 Meters

Seconds	Minutes				
	6	7	8	9	10
0	1100	1032.5	762.5	492.5	222.5
1	1100	1028	758	488	218
2	1100	1023.5	753.5	483.5	213.5
3	1100	1019	749	479	209
4	1100	1014.5	744.5	474.5	204.5
5	1100	1010	740	470	200
6	1100	1005.5	735.5	465.5	195.5
7	1100	1001	731	461	191
8	1100	996.5	726.5	456.5	186.5
9	1100	992	722	452	182
10	1100	987.5	717.5	447.5	177.5
11	1100	983	713	443	173
12	1100	978.5	708.5	438.5	168.5
13	1100	974	704	434	164
14	1100	969.5	699.5	429.5	159.5
15	1100	965	695	425	155
16	1100	960.5	690.5	420.5	150.5
17	1100	956	686	416	146
18	1100	951.5	681.5	411.5	141.5
19	1100	947	677	407	137
20	1100	942.5	672.5	402.5	132.5
21	1100	938	668	398	128
22	1100	933.5	663.5	393.5	123.5
23	1100	929	659	389	119
24	1100	924.5	654.5	384.5	114.5
25	1100	920	650	380	110
26	1100	915.5	645.5	375.5	105.5
27	1100	911	641	371	101
28	1100	906.5	636.5	366.5	96.5
29	1100	902	632	362	92
30	1100	897.5	627.5	357.5	87.5
31	1100	893	623	353	83
32	1100	888.5	618.5	348.5	78.5
33	1100	884	614	344	74
34	1100	879.5	609.5	339.5	69.5
35	1100	875	605	335	65
36	1100	870.5	600.5	330.5	60.5
37	1100	866	596	326	56
38	1100	861.5	591.5	321.5	51.5
39	1100	857	587	317	47
40	1100	852.5	582.5	312.5	42.5
41	1100	848	578	308	38
42	1100	843.5	573.5	303.5	33.5
43	1100	839	569	299	29
44	1100	834.5	564.5	294.5	24.5
45	1100	830	560	290	20
46	1095.5	825.5	555.5	285.5	20
47	1091	821	551	281	20
48	1086.5	816.5	546.5	276.5	20
49	1082	812	542	272	20
50	1077.5	807.5	537.5	267.5	20
51	1073	803	533	263	20
52	1068.5	798.5	528.5	258.5	20
53	1064	794	524	254	20
54	1059.5	789.5	519.5	249.5	20
55	1055	785	515	245	20
56	1050.5	780.5	510.5	240.5	20
57	1046	776	506	236	20
58	1041.5	771.5	501.5	231.5	20
59	1037	767	497	227	20

Table 14—Intermediate Female—2000 Meters

Seconds	Minutes					
	7	8	9	10	11	12
0	1100	1100	830	560	290	20
1	1100	1095.5	825.5	555.5	285.5	20
2	1100	1091	821	551	281	20
3	1100	1086.5	816.5	546.5	276.5	20
4	1100	1082	812	542	272	20
5	1100	1077.5	807.5	537.5	267.5	20
6	1100	1073	803	533	263	20
7	1100	1068.5	798.5	528.5	258.5	20
8	1100	1064	794	524	254	20
9	1100	1059.5	789.5	519.5	249.5	20
10	1100	1055	785	515	245	20
11	1100	1050.5	780.5	510.5	240.5	20
12	1100	1046	776	506	236	20
13	1100	1041.5	771.5	501.5	231.5	20
14	1100	1037	767	497	227	20
15	1100	1032.5	762.5	492.5	222.5	20
16	1100	1028	758	488	218	20
17	1100	1023.5	753.5	483.5	213.5	20
18	1100	1019	749	479	209	20
19	1100	1014.5	744.5	474.5	204.5	20
20	1100	1010	740	470	200	20
21	1100	1005.5	735.5	465.5	195.5	20
22	1100	1001	731	461	191	20
23	1100	996.5	726.5	456.5	186.5	20
24	1100	992	722	452	182	20
25	1100	987.5	717.5	447.5	177.5	20
26	1100	983	713	443	173	20
27	1100	978.5	708.5	438.5	168.5	20
28	1100	974	704	434	164	20
29	1100	969.5	699.5	429.5	159.5	20
30	1100	965	695	425	155	20
31	1100	960.5	690.5	420.5	150.5	20
32	1100	956	686	416	146	20
33	1100	951.5	681.5	411.5	141.5	20
34	1100	947	677	407	137	20
35	1100	942.5	672.5	402.5	132.5	20
36	1100	938	668	398	128	20
37	1100	933.5	663.5	393.5	123.5	20
38	1100	929	659	389	119	20
39	1100	924.5	654.5	384.5	114.5	20
40	1100	920	650	380	110	20
41	1100	915.5	645.5	375.5	105.5	20
42	1100	911	641	371	101	20
43	1100	906.5	636.5	366.5	96.5	20
44	1100	902	632	362	92	20
45	1100	897.5	627.5	357.5	87.5	20
46	1100	893	623	353	83	20
47	1100	888.5	618.5	348.5	78.5	20
48	1100	884	614	344	74	20
49	1100	879.5	609.5	339.5	69.5	20
50	1100	875	605	335	65	20
51	1100	870.5	600.5	330.5	60.5	20
52	1100	866	596	326	56	20
53	1100	861.5	591.5	321.5	51.5	20
54	1100	857	587	317	47	20
55	1100	852.5	582.5	312.5	42.5	20
56	1100	848	578	308	38	20
57	1100	843.5	573.5	303.5	33.5	20
58	1100	839	569	299	29	20
59	1100	834.5	564.5	294.5	24.5	20

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Appendix VIII: Running Scoring Tables

Table 15—Junior/Senior Male—3000 Meters

Seconds	Minutes						
	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	143
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	20
47	1094	914	734	554	374	194	20
48	1091	911	731	551	371	191	20
49	1088	908	728	548	368	188	20
50	1085	905	725	545	365	185	20
51	1082	902	722	542	362	182	20
52	1079	899	719	539	359	179	20
53	1076	896	716	536	356	176	20
54	1073	893	713	533	353	173	20
55	1070	890	710	530	350	170	20
56	1067	887	707	527	347	167	20
57	1064	884	704	524	344	164	20
58	1061	881	701	521	341	161	20
59	1058	878	698	518	338	158	20

Table 16—Junior/Senior Female—3000 Meters

Seconds	Minutes							
	11	12	13	14	15	16	17	18
40	1100	1100	920	740	560	380	200	20
41	1100	1097	917	737	557	377	197	20
42	1100	1094	914	734	554	374	194	20
43	1100	1091	911	731	551	371	191	20
44	1100	1088	908	728	548	368	188	20
45	1100	1085	905	725	545	365	185	20
46	1100	1082	902	722	542	362	182	20
47	1100	1079	899	719	539	359	179	20
48	1100	1076	896	716	536	356	176	20
49	1100	1073	893	713	533	353	173	20
410	1100	1070	890	710	530	350	170	20
411	1100	1067	887	707	527	347	167	20
412	1100	1064	884	704	524	344	164	20
413	1100	1061	881	701	521	341	161	20
414	1100	1058	878	698	518	338	158	20
415	1100	1055	875	695	515	335	155	20
416	1100	1052	872	692	512	332	152	20
417	1100	1049	869	689	509	329	149	20
418	1100	1046	866	686	506	326	146	20
419	1100	1043	863	683	503	323	143	20
420	1100	1040	860	680	500	320	140	20
421	1100	1037	857	677	497	317	137	20
422	1100	1034	854	674	494	314	134	20
423	1100	1031	851	671	491	311	131	20
424	1100	1028	848	668	488	308	128	20
425	1100	1025	845	665	485	305	125	20
426	1100	1022	842	662	482	302	122	20
427	1100	1019	839	659	479	299	119	20
428	1100	1016	836	656	476	296	116	20
429	1100	1013	833	653	473	293	113	20
430	1100	1010	830	650	470	290	110	20
431	1100	1007	827	647	467	287	107	20
432	1100	1004	824	644	464	284	104	20
433	1100	1001	821	641	461	281	101	20
434	1100	998	818	638	458	278	98	20
435	1100	995	815	635	455	275	95	20
436	1100	992	812	632	452	272	92	20
437	1100	989	809	629	449	269	89	20
438	1100	986	806	626	446	266	86	20
439	1100	983	803	623	443	263	83	20
440	1100	980	800	620	440	260	80	20
441	1100	977	797	617	437	257	77	20
442	1100	974	794	614	434	254	74	20
443	1100	971	791	611	431	251	71	20
444	1100	968	788	608	428	248	68	20
445	1100	965	785	605	425	245	65	20
446	1100	962	782	602	422	242	62	20
447	1100	959	779	599	419	239	59	20
448	1100	956	776	596	416	236	56	20
449	1100	953	773	593	413	233	53	20
450	1100	950	770	590	410	230	50	20
451	1100	947	767	587	407	227	47	20
452	1100	944	764	584	404	224	44	20
453	1100	941	761	581	401	221	41	20
454	1100	938	758	578	398	218	38	20
455	1100	935	755	575	395	215	35	20
456	1100	932	752	572	392	212	32	20
457	1100	929	749	569	389	209	29	20
458	1100	926	746	566	386	206	26	20
459	1100	923	743	563	383	203	23	20

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Appendix IX: Shooting Scoring Table

Table Shooting 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. The entire bulls eye is worth 10 pts. The very smallest center is used to break ties.

Table 17—Shooting Table							
Target Points	Score	Target Points	Score	Target Points	Score	Target Points	Score
200	1100	149	988	98	631	47	274
199	1100	148	981	97	624	46	267
198	1100	147	974	96	617	45	260
197	1100	146	967	95	610	44	253
196	1100	145	960	94	603	43	246
195	1100	144	953	93	596	42	239
194	1100	143	946	92	589	41	232
193	1100	142	939	91	582	40	225
192	1100	141	932	90	575	39	218
191	1100	140	925	89	568	38	211
190	1100	139	918	88	561	37	204
189	1100	138	911	87	554	36	197
188	1100	137	904	86	547	35	190
187	1100	136	897	85	540	34	183
186	1100	135	890	84	533	33	176
185	1100	134	883	83	526	32	169
184	1100	133	876	82	519	31	162
183	1100	132	869	81	512	30	155
182	1100	131	862	80	505	29	148
181	1100	130	855	79	498	28	141
180	1100	129	848	78	491	27	134
179	1100	128	841	77	484	26	127
178	1100	127	834	76	477	25	120
177	1100	126	827	75	470	24	113
176	1100	125	820	74	463	23	106
175	1100	124	813	73	456	22	99
174	1100	123	806	72	449	21	92
173	1100	122	799	71	442	20	85
172	1100	121	792	70	435	19	78
171	1100	120	785	69	428	18	71
170	1100	119	778	68	421	17	64
169	1100	118	771	67	414	16	57
168	1100	117	764	66	407	15	50
167	1100	116	757	65	400	14	43
166	1100	115	750	64	393	13	36
165	1100	114	743	63	386	12	29
164	1093	113	736	62	379	11	22
163	1086	112	729	61	372	10	20
162	1079	111	722	60	365	9	20
161	1072	110	715	59	358	8	20
160	1065	109	708	58	351	7	20
159	1058	108	701	57	344	6	20
158	1051	107	694	56	337	5	20
157	1044	106	687	55	330	4	20
156	1037	105	680	54	323	3	20
155	1030	104	673	53	316	2	20
154	1023	103	666	52	309	1	20
153	1016	102	659	51	302	0	20
152	1009	101	652	50	295		
151	1002	100	645	49	288		
150	995	99	638	48	281		

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Appendix X: Swimming Scoring Tables

Table 18—8 & Under Male Swim—25 Yards

Seconds	Minutes	
	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	20
52	716	20
53	704	20
54	692	20
55	680	20
56	668	20
57	656	20
58	644	20
59	632	20

Table 19—8 & Under Male Swim—25 Meters

Seconds	Minutes	
	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	20
57	716	20
58	704	20
59	692	20

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Appendix X: Swimming Scoring Tables

Table 20—8 & Under Female Swim—25 Yards
Seconds Minutes

Seconds	Minutes	
	1	2
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	20
52	716	20
53	704	20
54	692	20
55	680	20
56	668	20
57	656	20
58	644	20
59	632	20

Table 21—8 & Under Female Swim—25 Meters
Seconds Minutes

Seconds	Minutes	
	1	2
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	20
57	716	20
58	704	20
59	692	20

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Appendix X: Swimming Scoring Tables

Table 22—10 & Under Male Swim—50 Yards
Seconds Minutes

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

Table 23—10 & Under Male Swim—50 Meters
Seconds Minutes

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

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Appendix X: Swimming Scoring Tables

Table 24—10 & Under Female Swim—50 Yards
Seconds Minutes

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

Table 25—10 & Under Female Swim—50 Meters
Seconds Minutes

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

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Appendix X: Swimming Scoring Tables

Table 26—Pre-Novice Male Swim—50 Yards
Seconds Minutes

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

Table 27—Pre-Novice Male Swim—50 Meters
Seconds Minutes

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

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Appendix X: Swimming Scoring Tables

Table 28—Pre-Novice Female Swim—50 Yards
Seconds Minutes

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

Table 29—Pre-Novice Female Swim—50 Meters
Seconds Minutes

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

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Appendix X: Swimming Scoring Tables

Table 30—Novice Male Swim—100 Yards

Seconds	Minutes		
	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	20
30	1100	716	20
31	1100	704	20
32	1100	692	20
33	1100	680	20
34	1100	668	20
35	1100	656	20
36	1100	644	20
37	1100	632	20
38	1100	620	20
39	1100	608	20
40	1100	596	20
41	1100	584	20
42	1100	572	20
43	1100	560	20
44	1100	548	20
45	1100	536	20
46	1100	524	20
47	1100	512	20
48	1100	500	20
49	1100	488	20
50	1100	476	20
51	1100	464	20
52	1100	452	20
53	1100	440	20
54	1100	428	20
55	1100	416	20
56	1100	404	20
57	1100	392	20
58	1100	380	20
59	1088	368	20

Table 31—Novice Male Swim—100 Meters

Seconds	Minutes		
	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	20
39	1100	716	20
40	1100	704	20
41	1100	692	20
42	1100	680	20
43	1100	668	20
44	1100	656	20
45	1100	644	20
46	1100	632	20
47	1100	620	20
48	1100	608	20
49	1100	596	20
50	1100	584	20
51	1100	572	20
52	1100	560	20
53	1100	548	20
54	1100	536	20
55	1100	524	20
56	1100	512	20
57	1100	500	20
58	1100	488	20
59	1100	476	20

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Appendix X: Swimming Scoring Tables

Table 32—Novice Female Swim—100 Yards

Seconds	Minutes		
	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	20
32	1100	716	20
33	1100	704	20
34	1100	692	20
35	1100	680	20
36	1100	668	20
37	1100	656	20
38	1100	644	20
39	1100	632	20
40	1100	620	20
41	1100	608	20
42	1100	596	20
43	1100	584	20
44	1100	572	20
45	1100	560	20
46	1100	548	20
47	1100	536	20
48	1100	524	20
49	1100	512	20
50	1100	500	20
51	1100	488	20
52	1100	476	20
53	1100	464	20
54	1100	452	20
55	1100	440	20
56	1100	428	20
57	1100	416	20
58	1100	404	20
59	1100	392	20

Table 33—Novice Female Swim—100 Meters

Seconds	Minutes		
	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	20
41	1100	716	20
42	1100	704	20
43	1100	692	20
44	1100	680	20
45	1100	668	20
46	1100	656	20
47	1100	644	20
48	1100	632	20
49	1100	620	20
50	1100	608	20
51	1100	596	20
52	1100	584	20
53	1100	572	20
54	1100	560	20
55	1100	548	20
56	1100	536	20
57	1100	524	20
58	1100	512	20
59	1100	500	20

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Appendix X: Swimming Scoring Tables

Table 34—Intermediate Male Swim—100 Yards
Seconds Minutes

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

Table 35—Intermediate Male Swim—100 Meters
Seconds Minutes

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	20
32	1100	716	20
33	1100	704	20
34	1100	692	20
35	1100	680	20
36	1100	668	20
37	1100	656	20
38	1100	644	20
39	1100	632	20
40	1100	620	20
41	1100	608	20
42	1100	596	20
43	1100	584	20
44	1100	572	20
45	1100	560	20
46	1100	548	20
47	1100	536	20
48	1100	524	20
49	1100	512	20
50	1100	500	20
51	1100	488	20
52	1100	476	20
53	1100	464	20
54	1100	452	20
55	1100	440	20
56	1100	428	20
57	1100	416	20
58	1100	404	20
59	1100	392	20

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Appendix X: Swimming Scoring Tables

Table 36—Intermediate Female Swim—100 Yards
Seconds Minutes

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	20
30	1100	716	20
31	1100	704	20
32	1100	692	20
33	1100	680	20
34	1100	668	20
35	1100	656	20
36	1100	644	20
37	1100	632	20
38	1100	620	20
39	1100	608	20
40	1100	596	20
41	1100	584	20
42	1100	572	20
43	1100	560	20
44	1100	548	20
45	1100	536	20
46	1100	524	20
47	1100	512	20
48	1100	500	20
49	1100	488	20
50	1100	476	20
51	1100	464	20
52	1100	452	20
53	1100	440	20
54	1100	428	20
55	1100	416	20
56	1100	404	20
57	1100	392	20
58	1100	380	20
59	1088	368	20

Table 37—Intermediate Female Swim—100 Meters
Seconds Minutes

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

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Appendix X: Swimming Scoring Tables

Table 38—Junior Male Swim—200 Yards

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

Table 39—Junior Male Swim—200 Meters

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

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Appendix X: Swimming Scoring Tables

Table 40—Junior Female Swim—200 Yards

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

Table 41—Junior Female Swim—200 Meters

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

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Appendix X: Swimming Scoring Tables

Table 42—Senior Male Swim—200 Yards

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

Table 43—Senior Male Swim—200 Meters

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

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Appendix X: Swimming Scoring Tables

Table 44—Senior Female Swim—200 Yards

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

Table 45—Senior Female Swim—200 Meters

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

SECTION VI: Appendices

Appendix XI: Shooting Range

