

# Pony Club®



## Tetrathlon Rulebook *2026*

## THE USPC PLEDGE

*As a Member of the United States Pony Clubs, Inc., 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 mount with consideration due a partner.*

## USPC MISSION STATEMENT

The United States Pony Clubs, Inc. is an educational organization which builds the foundations of teamwork and sportsmanship through riding, mounted sports, care of horses and ponies, while developing and enhancing leadership, confidence, responsibility, and a sense of community in its youth and adult members.

## USPC VISION STATEMENT

To be the leading source and voice of education in horse care, safety, and equestrian pursuits.

## 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.

## 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. Points are awarded in each event with the overall winner scoring the highest total for four events.

The riding phase of competition provides an opportunity for the rider and mount to demonstrate equestrian skills over a 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.

## USPC CORE VALUES

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

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

**R**espect for the mount and self through horsemanship; for land through land conservation; and for others through service and teamwork.

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

**E**ducation at an individual pace to achieve personal goals and expand knowledge through teaching others.

The running phase challenges each competitor's physical stamina and endurance over cross country terrain and may include negotiating obstacles such as hay bales, logs, and low fences.

The shooting phase tests a competitor's skill and accuracy in a standing position, using an air pistol on a 10-meter course of fire.

The swimming phase allows competitors to demonstrate their swimming skills over a course length in meters or yards.

## Tetrathlon in Pony Club

In Pony Club, Tetrathlon is used as a proving ground for young athletes wishing to go on to compete in Modern Pentathlon. Members who excel in Tetrathlon may also be selected to participate in the Pony Club International Alliance International Tetrathlon Exchange.

© 2026 The United States Pony Clubs, Inc. (USPC)

4041 Iron Works Parkway, Lexington, Kentucky 40511-8462 • (859) 254-7669 • Fax (859) 233-4652  
Copying permitted for internal use only by members and volunteers of The United States Pony Clubs, Inc.

# Table of Contents

## SECTION I: USPC Uniform

### Officiation Rules

|  |   |
|--|---|
| Article 1—Rally Definition .....                       | 1 |
| Article 2—Governing Rules .....                        | 1 |
| Article 3—Responsibility .....                         | 1 |
| Article 4—Legal Liability .....                        | 1 |
| Article 5—Member Participation and Eligibility .....   | 1 |
| Article 6—Member in Good Standing .....                | 2 |
| Article 7—Code of Conduct Expectations .....           | 2 |
| Article 8—Substances and Weapons .....                 | 3 |
| Article 9—Mounts .....                                 | 3 |
| Article 10—Substitution of Mounts .....                | 3 |
| Article 11—Sharing of Mounts .....                     | 3 |
| Article 12—Veterinary Care and Medications .....       | 3 |
| Article 13—Cruelty to and Abuse of a Mount .....       | 4 |
| Article 14—Dangerous Riding .....                      | 4 |
| Article 15—Safety .....                                | 5 |
| Article 16—Heat Related Information .....              | 5 |
| Article 17—Concussion and Return to Play .....         | 6 |
| Article 18—Unauthorized and Permitted Assistance ..... | 6 |
| Article 19—Excused .....                               | 7 |
| Article 20—Elimination .....                           | 7 |
| Article 21—Disqualification .....                      | 7 |

## SECTION II: General Regulations

### Chapter 1—Team Composition

|  |   |
|--|---|
| Article 22—Team Formation .....                | 8 |
| Article 23—Team Configuration .....            | 8 |
| Article 24—Team Captains .....                 | 8 |
| Article 25—Stable Managers .....               | 8 |
| Article 26—Mount Specifications .....          | 8 |
| Article 27—Chaperones/Emergency Contacts ..... | 8 |
| Article 28—Coaches and Coaching .....          | 9 |

### Chapter 2—Competition Levels and Divisions

|  |    |
|--|----|
| Article 29—Competition Levels .....  | 9  |
| Article 30—Competition Divisions .....   | 9  |
| Article 31—Championships Divisions—Minimum<br>Ages and Certifications .....              | 10 |
| Article 32—Championships Eligibility Process .....                                       | 10 |
| Article 33—Eligibility Requirements for C-3/ B/A<br>Certified Members .....              | 10 |
| Article 34—Exceptions to Competition Eligibility<br>Requirements for Championships ..... | 10 |

### Chapter 3—Presentation of Competitor and Mount

|   |    |
|---|----|
| Article 35—Competitor Identification .....        | 10 |
| Article 36—Competitor Attire for all Phases ..... | 10 |
| Article 37—Bits, Saddlery and Equipment .....     | 12 |
| Article 38—Competitor and Horse Inspections ..... | 12 |

## SECTION III: Competition

|                                       |    |
|---------------------------------------|----|
| Article 39—Competition Format .....   | 14 |
| Article 40—Competition Schedule ..... | 14 |

### Chapter 1—Riding Phase

|   |    |
|---|----|
| Article 41—Riding Phase Rules .....   | 14 |
| Article 42—The Riding Course .....  | 15 |
| Article 43—Access to the Arena .....  | 15 |
| Article 44—Schooling/Warm-Up Area .....   | 15 |
| Article 45—Course Map .....   | 15 |
| Article 46—Flags .....  | 15 |
| Article 47—Start/Finish of Course and the Audible<br>Signal (Bell, Whistle, Horn) ..... | 16 |
| Article 48—Types of Obstacles .....   | 16 |
| Article 49—Disobediences, Deviations, Resistance .....                                  | 17 |
| Article 50—Faults and Penalties on the Course .....                                     | 18 |
| Article 51—Speed on Course .....  | 19 |
| Article 52—Timing of Riding Phase .....   | 19 |
| Article 53—Equitation Scoring .....   | 20 |
| Article 54—Scoring of Riding Phase .....  | 20 |

### Chapter 2—Running Phase

|   |    |
|---|----|
| Article 55—Running Phase Rules .....      | 20 |
| Article 56—Course Walk .....              | 23 |
| Article 57—Flags on Running Course .....  | 23 |
| Article 58—Start of Running Phase .....   | 23 |
| Article 59—Timing of Running Phase .....  | 23 |
| Article 60—Scoring of Running Phase ..... | 23 |

### Chapter 3—Shooting Phase

|  |    |
|--|----|
| Article 61—Shooting Phase Rules .....      | 23 |
| Article 62—The Range .....                 | 24 |
| Article 63—Shooting Course .....           | 24 |
| Article 64—Practice .....                  | 24 |
| Article 65—Shooting Position .....         | 24 |
| Article 66—Equipment .....                 | 25 |
| Article 67—Range Safety .....              | 25 |
| Article 68—Scoring of Hit .....            | 26 |
| Article 69—Scoring of Shooting Phase ..... | 27 |

### Chapter 4—Swimming Phase

|  |    |
|--|----|
| Article 70—Swimming Phase Rules .....      | 27 |
| Article 71—The Pool .....                  | 27 |
| Article 72—Swimming Distances .....        | 27 |
| Article 73—Starts in Swimming Phase .....  | 28 |
| Article 74—Timing of Swimming Phase .....  | 28 |
| Article 75—Scoring of Swimming Phase ..... | 28 |

## SECTION IV: Scoring

|   |    |
|---|----|
| Article 76—Points and Penalties .....             | 30 |
| Article 77—Inquiries, Protests, and Appeals ..... | 30 |
| Article 78—Scoring of Excused .....               | 31 |
| Article 79—Scoring of Elimination .....           | 31 |

# Table of Contents

|  |    |
|--|----|
| Article 80—Scoring of Disqualification ..... | 31 |
| Article 81—Team Scoring .....                | 32 |
| Article 82—Individual Scoring .....          | 32 |
| Article 83—Posting of Scores .....           | 32 |
| Article 84—Placing of Teams .....            | 32 |
| Article 85—Placing of Individuals .....      | 32 |

## SECTION V: Officiation

|   |    |
|---|----|
| Article 86—Rally Organizer .....                            | 33 |
| Article 87—Technical Delegate .....                         | 33 |
| Article 88—Discipline Ground Jury .....                     | 33 |
| Article 89—President of the Discipline Ground<br>Jury ..... | 34 |
| Article 90—Championships Overall Ground Jury ...            | 34 |
| Article 91—Horse Management Judges .....                    | 34 |
| Article 92—Chief Horse Management Judge<br>(CHMJ) .....     | 34 |
| Article 93—Phase Stewards .....                             | 34 |
| Article 94—Judges and Timers .....                          | 34 |
| Article 95—Timekeepers .....                                | 35 |
| Article 96—Inspection Panel .....                           | 35 |
| Article 97—Veterinarian .....                               | 35 |
| Article 98—Chief Scorekeeper .....                          | 35 |
| Article 99—Required Medical Personnel .....                 | 35 |

## SECTION VI: Appendices

|   |    |
|---|----|
| Appendix I: Mounted Competition Scoring Inquiry/<br>Protest/Appeal Form ..... | 36 |
| Appendix II: Heat Illness and Heat Index Chart .....                          | 38 |
| Appendix III: Chaperone and Emergency Contact<br>Information .....            | 39 |
| Appendix IV: Junior/Senior Team Formation .....                               | 42 |
| Appendix V: USPC Rally Organizer's Report .....                               | 43 |
| Appendix VI: Tetrathlon Coaching Guidelines Form                              | 44 |
| Appendix VII: Tetrathlon Yellow (Warning) Card .....                          | 45 |
| Appendix VIII: Competition Levels Specifications ....                         | 46 |
| Appendix IX: Riding Phase Specifications .....                                | 47 |
| Appendix X: Running Scoring Tables .....                                      | 49 |
| Appendix XI: Shooting Scoring Tables .....                                    | 55 |
| Appendix XII: Swimming Scoring Tables .....                                   | 56 |
| Appendix XIII: Shooting Range .....   | 63 |

## Resource List

- USPC website [www.ponyclub.org](http://www.ponyclub.org)
- USPC Tetrathlon webpage [www.ponyclub.org/learn/disciplines/tetrathlon](http://www.ponyclub.org/learn/disciplines/tetrathlon)
- USPC International Tetrathlon Exchange Facebook Page [www.facebook.com/USPCTetrathlonTeam](https://www.facebook.com/USPCTetrathlonTeam)
- USA Track & Field (USATF) [www.usatf.org/](http://www.usatf.org/)
- International Shooting Sport Federation (ISSF) [www.issf-sports.org/](http://www.issf-sports.org/)
- USA Swimming [www.usaswimming.org/](http://www.usaswimming.org/)

**Reminder:** This is a new Rulebook for 2026. Additions, deletions, and changes have been made since the last rulebook was issued. Be sure to read the entire publication carefully so you will be aware of all the rules for the upcoming rally season.

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

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

# SECTION I: USPC Uniform Officiation Rules

---

## Article 1—Rally Definition

Pony Club rallies are team competitions, whether competing unmounted or mounted. All mounted rallies (standard and modified) must include riding and Horse Management competitions. Mounted rallies may run within the framework of a local or recognized show. A rally may take place all in one day or may span several days.

This rulebook is intended to establish standards for United States Pony Clubs (USPC) rallies. Organizers of competitions should work with their regional supervisors (RS) to offer the levels and divisions that they feel are appropriate for their local needs. It is the responsibility of the organizer and RS to offer the appropriate standard or modified rallies and divisions for 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, organizers and RSs may make rule allowances based on the competitor's needs. Competitors aiming for Championships must strictly follow all attire and equipment specifications. Organizers must outline any rule adjustments in the entry information. Criteria for standard and modified rallies are 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 (CHMJ) from the approved CHMJ list on the USPC website, and any other specified licensed officials.

### Modified Rallies

Modified rallies do not explicitly follow the discipline rulebooks and generally occur because of limited resources.

Each year, regions should host rallies and are 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. Interregional rallies are team competitions between two or more regions.

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 held in a team format, 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 with the lowest Horse Management penalties.

## 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/competitors, this rulebook should be viewed as a guide that can be adjusted by the rally organizer/RS 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 (current edition)
- Official Amendments and 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 is to 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.

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

## Article 3—Responsibility

All competitors are 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.

## Article 5—Member Participation and Eligibility

### Participation in Rallies

At local, regional, and inter-regional rallies, participants

- May be of any age or certification
- Must be a member in good standing, must have paid all local, regional, and national dues, and insurance fees
- Must be a member on record with the USPC National Office at the time of the rally

# SECTION I: USPC Uniform Officiation Rules

---

Members, parents, and anyone participating in USPC activities must all abide by the applicable Code of Conduct. Members seeking Championships eligibility must meet the eligibility criteria outlined in this document. The member's age as of January 1 shall be the age of record throughout the competition year.

Competitors and mounts are expected to participate in all aspects of the rally including briefings, horse inspections, mounted competition, and Horse Management. For overnight rallies, all mounts are expected to stay on the competition grounds unless the competitor makes other arrangements with the rally organizer prior to the start of the competition.

While competitors are expected to participate fully in the rally, they are encouraged to get out of the barn if their mount is properly cared for with food and water. Based on the competition schedule, competitors may leave the rally grounds during competition hours.

If a mount is removed from the competition grounds without prior consultation with the rally organizer, the competitor may be penalized by the ground jury.

## Championships Competitor Age and Certification

District commissioners (DCs) and center administrators (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 appropriate level.
- All competitors are aware of health requirements (i.e., Coggins, immunizations, and state health certificates with valid dates).
- Entry forms are complete and submitted to the rally secretary on time.
- 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 Competitions Committee or the organizer of a specific rally where they will be competing.

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

## Article 6—Member in Good Standing

(Policy 1002) 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 have met all compliance requirements.

## Article 7—Code of Conduct Expectations

The officials of the competition may immediately suspend or expel any individual from the competition upon consulting with the discipline ground jury for anyone not conforming to the Code of Conduct.

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 (e.g., 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. Failure to do so may, at the discretion of USPC, result in being restricted from attendance or participation in Pony Club activities."*



# SECTION I: USPC Uniform Officiation Rules

---

## Article 8—Substances and Weapons

(Policy 0500) In the interest in the safety and welfare of all, it is the policy of the Board of Governors, during any Pony Club activities, to prohibit the inappropriate or illegal use of any substance, including but not limited to drugs or alcohol, by anyone participating in any manner. Weapons of any kind are forbidden.

## Article 9—Mounts

(Policy 0840) Mounts used at a regional or interregional rally should be the participant's regular USPC mount, and accustomed to being handled by its rider without adult supervision. A participant may use a different mount only with the advance permission of the DC/CA and RS.

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 individual or parents/guardians of the individual member.

Per USPC Policy 0840 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.

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.

## 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 on which they earned eligibility.

In extraordinary circumstances, after becoming eligible for Championships, a substitute mount may be requested via the online application a minimum of five days before Championships move-in by the RS. The panel reviews each application to verify the substitute mount meets the same mount eligibility requirements as the original entry. Refer to the Mount Substitution application found on the USPC website.

- Mounted Games and Polocrosse teams may bring a spare mount for the competition. See Section II and III for additional information (Discipline Rulebooks).
- Tetrathlon mounts do not need to have participated in a regional rally prior to Championships participation.

## Article 11—Sharing of Mounts

In some disciplines and in some competitions, the sharing of mounts may be allowed. 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 using the Mount Substitution online application found on the USPC website. 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. The welfare of the mount will be the highest priority in this situation and all competitors must agree that if the horse management judges (HMJs), technical delegate (TD)/steward, or organizers on-site feel that the health of the mount is in jeopardy at any time, they may be removed from the rest of the riding portion of the competition.

## Article 12—Veterinary Care and Medications

(Policy 0860 and 0860 P.1) To promote the safety and welfare of Pony Club members, their mounts, and provide fair and unbiased competitions, the Policy of the Board of Governors is that all mounts in USPC sponsored activities be serviceably sound and healthy. The definition of serviceably sound may vary based on the mount's duties and competition level.

Medications may be administered to mounts, provided their use does not create an unfair advantage or allow an unfit mount to participate as determined by the rally officials.

It is the owner/rider's responsibility, in coordination with a veterinarian, to determine what medication(s) are appropriate.

Competitors participating in USPC rallies held in conjunction with other competitions may be subject to medication rules of other organizations in addition to those of USPC.

### Additional requirements and information:

- Any mount receiving medication for chronic conditions must have medications listed on their stall card.
- Mounts requiring medications for acute conditions treated by a veterinarian, the competitor/parent, or owner, must coordinate with the responsible party for the activity or Horse Management staff prior to administration.
- Medication is defined as any substance that is not water, salt, electrolytes, or a supplement, and is not considered a normal foodstuff.

# SECTION I: USPC Uniform Officiation Rules

---

## 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 will bar violators from further participation for the remainder of the competition.

Any action(s) against a mount by a competitor or other person, which are deemed excessive by a judge, steward, TD 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.

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 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.
  - Continued 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 reasonably administered, at an appropriate time, and in the right place.
  - Reason—The whip must only be used as an aid to encourage the mount forward.
  - 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. Instances of inappropriate use of the whip include the whip used after elimination, after the last fence on course, and/or multiple times between obstacles.
  - Place—As an aid to go forward, the whip may be used down the shoulder or 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—A whip should never be used more than two times for any one incident. If a mount is marked by the whip (e.g., the skin is broken or has visible marks from the use of the whip), its use is excessive. It must never be used to vent a competitor's temper. Such use is always excessive.

4. End of the Reins (Trail and Western Dressage only) - The use of the end of the reins must be reasonably administered, at an appropriate time, and in the right place.
  - Reason—The end of the reins must only be used as an aid to encourage the mount forward.
  - 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. Instances of inappropriate use of the end of the reins include use after elimination, after the last obstacle on course, and/or multiple times between obstacles.
  - Place—As an aid to go forward, the ends of the reins may be used down the shoulder or behind the rider's leg. They must never be used overhand (e.g., the ends of the reins in the right hand being used on the left flank). The use of the ends of the reins on a mount's head, neck, etc., is always excessive use.
  - Severity—The ends of the reins should never be used more than two times for any one incident. If a mount is marked by the ends of the reins (e.g., the skin is broken or has visible marks from the use of the ends of the reins), its use is excessive. It must never be used to vent a competitor's temper. Such use is always excessive.
5. 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.
6. Bit—The bit must never be used to reprimand a mount. Any such use is always excessive.
7. 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.

## Article 14—Dangerous Riding

1. Any competitor who rides in such a way as to constitute a hazard to the safety or well-being of the competitor, mount, other competitors, their mounts, spectators, or others will be penalized accordingly. Dangerous riding may include but is not limited to the following:
  - Riding out of control (mount clearly not responding to the competitor's restraining or driving aids).
  - Riding obstacles too fast or too slow.
  - Repeatedly standing off fences too far (pushing the mount to the base of the obstacle, firing the mount to the fence).



# SECTION I: USPC Uniform Officiation Rules

---

- Repeatedly being ahead or behind the mount's movement when jumping.
  - Series of dangerous jumps.
  - Severe lack of responsiveness from the mount or the competitor.
  - Continuing after three clear obstacle refusals, a fall, or any form of elimination.
  - Endangering the public in any way (e.g., jumping out of the roped track).
2. Any act or series of actions that in the opinion of the judge, TD, steward, or member of the discipline ground jury can be defined as dangerous riding shall be penalized at the discretion of the discipline ground jury.
  3. If such actions are reported, the discipline ground jury shall decide if there is a case to be answered. There is no appeal against a discipline ground jury decision.

## Article 15—Safety

(Policy 0800) USPC is committed to safety while recognizing that equestrian activities are inherently dangerous. The USPC Safety Handbook is an excellent resource for making safety a priority at all rallies and Pony Club functions. This dedication to safety extends to requiring certain equipment be utilized during Pony Club activities. These include:

1. Protective Headgear (Policy 0810): 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 F1163-15 or ASTM F1163-23 with SEI Mark (North America) (required for USEF Competitions)
  - SNELL Memorial Foundation E2021
  - PAS 015-2011 with BSI Kitemark (United Kingdom)
  - AS/NZS 3838 with SAI Global Mark (Australia and New Zealand)
  - VG1 01.040 2014-12 BSI Kitemark and/or IC Mark (European)
  - EN 1384 BSI Kitemark and/or IC Mark (European)
2. Safety Vest/Body Protector (Policy 0830): USPC requires wearing a properly fitted equestrian body protection vest (per manufacturer's guidelines) containing the standards and certifications that meet criteria established by specific safety bodies when jumping cross-country/solid obstacles during any activity sponsored by the USPC, its Regions, Registered Clubs, or Riding Center programs. A member may wear a body protector at their discretion for any mounted activity.
  - ASTM F1937-04
  - EN 13158:2018 BETA Level 1, Level 2, or Level 3

3. Medical Armbands and Bracelets (Policy 0820 and 0820P):
  - 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, they may safety pin the armband to their upper sleeve, (armbands are available for purchase from Shop Pony Club).
  - Medical bracelets must visibly list these six items on them: name, 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 requirement.

*\*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.

5. Smoking: In the interest of barn safety, it is strictly forbidden for anyone to smoke in or around barn and stable areas.

## Article 16—Heat-Related Information

(Policy 0900): 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.

# SECTION I: USPC Uniform Officiation Rules

---

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 or level of exertion of the activity.

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

## **Heat-Related 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**

(Policy 0900): 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 concussion training module.

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 personnel, 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 and Permitted Assistance**

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 a member 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 competition. 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.

# SECTION I: USPC Uniform Officiation Rules

---

- After a fall or dismount of a competitor, they may be assisted to catch their mount, adjust their saddlery, remount, or be handed any part of their saddlery or equipment, including a whip, while they are dismounted or after they have remounted. Helmets must be replaced, and chin harnesses refastened before riders may remount.
- Exception for loose mounts in Mounted Games only: In Mounted Games, a loose mount may be caught by any competitor or official already in the arena when the loose mount is behind Lines A and C. However, only the mount's rider may enter the playing area to catch it.
- 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. May also be called 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)
3. Decided by
  - Inspection panel at mount 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 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 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

Disqualification is a punishment for misconduct arising from a deliberate attempt to contravene the rules and regulations of USPC applied at the discretion of the discipline ground jury. Any disqualified competitor and their mount may not take further part in the competition, including in Horse Management.

Reasons for disqualification include, but are not limited to:

- abusive or unsportsmanlike conduct
- obscene or inappropriate language
- the inappropriate or illegal use of drugs (other than those prescribed by a physician), alcohol, or tobacco (Article 8)
- rude and disruptive behavior
- cheating
- cruelty (Article 13)
- rough or dangerous riding
- knowingly riding a lame, sick, or exhausted mount
- misuse of equine medications (Article 12)

If a rally official identifies a competitor behaving in a way that could lead to disqualification, that official may issue a written warning to the competitor using Appendix VII, a Yellow Card. If the rally official believes the Yellow Card should have penalties attached to it, or that the competitor should be disqualified, they must refer the situation to the discipline ground jury.

The discipline ground jury shall investigate the situation and interview the competitor(s) and all applicable witnesses before making a final decision on penalty points.

If a Yellow Card with penalty points is assigned to a competitor, it may not exceed a 50% impact on the associated phase/round score if related to a single phase/round, or a 50% impact on the overall score. There is no appeal against a discipline ground jury decision on issuing a penalty point or disqualifying a competitor.

Refer to Section V for additional discipline specific reasons for disqualification and scoring (Discipline Rulebooks).

# SECTION II: General Regulations

---

## Chapter 1—Team Composition

### Article 22—Team Formation

#### Regional Rallies

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. However, 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 (or individual designated by the RS) is responsible for marking (on the USPC website) all members who have earned eligibility for Championships regardless of the member's intent to participate.

As members register, the RS is responsible for putting together the teams based on the offered Championships divisions. A team made up of members at the same competition level and from one region remains the ideal and is always the goal.

Once registration closes, RSs lose the ability to merge teams. Based on the final competition numbers, the discipline secretary will make the final adjustments to teams and scrambling of individuals without a full team. Requests for preferred teammates may be submitted but are not guaranteed. The discipline secretary reserves the right to adjust teams as needed for the competition.

### Article 23—Team Configuration

1. Teams will 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 belong to one or many divisions as determined by the 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 will have one member designated as team captain who will act as the official spokesperson for the team. Only the team captain may lodge a protest on behalf of any team member (see Article 77).

The team captain is responsible for all communications between the team and rally officials. 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/steward.

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 at rallies. 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.

At Championships, stable managers are encouraged to attend in disciplines where stable managers are required such as Dressage, Eventing, and Show Jumping. They are not considered at Tetrathlon Championships.

### Article 26—Mount Specifications

All mounts entered in a USPC rally must meet the requirements outlined in Article 9. Additional specifications for Tetrathlon mounts:

1. Championships mounts do not need to be the same mount ridden at rally.
2. 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.
3. 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.
4. Other than in urgent cases, if a competitor is using a mount other than their own, the assignment of the mount and rider must be made prior to the competitor's briefing. Horse Management judging will begin when assigned.

### Article 27—Chaperones/Emergency Contacts

All competitors below the age of majority must have an official chaperone listed with rally organizers. All competitors above the age of majority must have an emergency contact, who is available during the competition, listed with the rally organizers. Please review the following criteria for chaperones and emergency contacts.

#### Chaperones

- Any team with a competitor under the age of majority must have an official chaperone, 21 years of age or older, designated for the competition.
- The chaperone will act as the contact person for that team and must always be on the rally grounds during competition hours.

## SECTION II: General Regulations

- Several individuals may share one team's chaperone duties, but only one name will be listed as the official chaperone. All persons sharing this duty should be made aware of this name and answer to it.
- The chaperone should serve as a volunteer for the competition but may not assume coaching duties.
- Anyone serving as team chaperone must understand and agree to the duties outlined in Appendix III.

### Emergency Contacts

- Any competitor above the age of majority must submit a completed Emergency Contact Form (Appendix III) with their entry.
- Those listed as an emergency contact must be available by phone during the competition.

### Article 28—Coaches and Coaching

Tetrathlon phase coaches are allowed, but not mandatory for all rallies. 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.

Competitors in a rally may also coach other competitors, providing they meet the following criteria:

- Must be 18 years of age as of January 1 of the competition year.
- No scheduling changes will be made to accommodate the coaches/competitors ride times.
- Competitor's responsibilities and mount's care always takes precedence over coaching duties.

### Tetrathlon Coaches:

- Must read, understand, sign, and return a coaches form with the team entry (Appendix VI).
- 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 any coaches briefings.

### Phase Specifications:

Riding Phase—Coaches can participate in mount matching. They may observe, but not participate in, any pre-competitive soundness checks. They may accompany competitors during course inspections and advise competitors in the warm-up area, and during a short after-ride debriefing. They may request an adjustment of tack. If granted, the competitor must return to Horse Management for a safety check. The coach may not

interfere with the immediate care of the mount under penalty of elimination 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, pace the competitor, or provide verbal assistance of any kind.

Shooting Phase—Coaching is permitted during the firing of the sighting shots. Coaches are not allowed at shooting line during competition rounds, unless they are a loader for competitors, but no verbal or nonverbal communication may occur.

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.

## 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
- **Master**

### 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.

| Division     | Gender      | Age          |
|--------------|-------------|--------------|
| 8 & Under    | Male/Female | 8 & Under    |
| 10 & Under   | Male/Female | 10 & Under   |
| Pre-Novice   | Male/Female | 10-11        |
| Novice       | Male/Female | 12-13        |
| Intermediate | Male/Female | 14-15        |
| Junior       | Male/Female | 16-17        |
| Senior       | Male/Female | <b>18-34</b> |

## SECTION II: General Regulations

|        |             |     |
|--------|-------------|-----|
| Master | Male/Female | 35+ |
|--------|-------------|-----|

**Note:** Rally teams may include competitors of mixed competition divisions based on entry numbers and approval of the organizer and regional supervisor. Before combining members aged 17 and younger on teams with competitors 18 years or older on the same team, rally organizers must get the written approval of the junior competitor and their parent/legal guardian (Appendix IV). This does not apply when combining divisions.

### 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. Age is as of Jan. 1 of the competition year. There are no age or certification exceptions to the below requirements. See Article 5 for more details on age and certification minimums.

#### Championships Divisions

| Level        | Gender      | Age   | Certification         |
|--------------|-------------|-------|-----------------------|
| Pre-Novice   | Male/Female | 10-11 | <b>D-2</b><br>EV, HSE |
| Novice       | Male/Female | 12-13 |                       |
| Intermediate | Male/Female | 14-15 |                       |
| Junior       | Male/Female | 16-17 |                       |
| Senior       | Male/Female | 18-34 |                       |
| Master       | Male/Female | 35+   |                       |

Stable managers must meet the minimum age and certification criteria of their division.

### Article 32—Championships Eligibility Process

Each individual Pony Club member who desires to compete at Championships must meet the criteria listed below and be judged at the minimum HM level and same competition level (**except as below**) in which they intend to compete at Championships. This constitutes the “individual eligibility” of the competitor.

Competitors that age into a new division as of January 1 of the Championships year may compete in either their current division or the new age division at the qualifying rally, but must compete with their new division (age group) at Championships.

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

#### Eligibility Criteria

Complete a Tetrathlon rally, earning a minimum score of 550 in the riding phase. Competitors must jump at least 2'0 in the riding phase.

OR

If no Tetrathlon rally is available, complete a mounted rally as a rider at or above the D-2 HM certification level and submit run

and swim times at the distance.

### 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 Competition Eligibility Requirements for Championships

Exceptions to the competition eligibility process are occasionally granted. There are no exceptions to minimum age or certification requirements. The process for requesting an exception is outlined on the USPC website. All requests for exceptions must be submitted by the RS to the review panel using the online application found on the USPC website.

## 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 the competitor or mount, as designated by rally officials. Pinnies must always be worn in the barn area. Competitor nametags must always be worn, except when mounted.

### 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 permitted jewelry only; see Horse Management Handbook for specifications. Participants must wear a medical armband or bracelet 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-B.....             | Brown      |
| C-3.....             | White      |
| 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—Attire must be safe and free of rips and tears. Shirts must have sleeves to the point of the shoulder



## SECTION II: General Regulations

or longer and appropriate unmounted footwear.

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/mid-length shorts/riding pants have 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 not seeking Championships eligibility may turnout and compete in appropriate competition attire or in basic riding attire as detailed below. Attire requirements may be adjusted based on excessive heat as detailed in Article 15. In inclement weather, competitors will be allowed to wear a helmet cover and a transparent or conservative colored raincoat. For all subsequent rounds, competitors may wear competition attire or basic attire.

If the Tetrathlon rally is being run in conjunction with a Show Jumping rally, then competitors may turnout and compete per the Show Jumping attire as outlined in the current Show Jumping Rulebook.

### Basic Riding Attire

Any competitors not seeking Championships eligibility may turnout and compete in appropriate competition attire or in basic riding attire as detailed below.

#### Unrated and D-1

| Required   | Permitted   |
|--|---|
| <i>Helmet</i> —Any color meeting USPC Helmet Policy (Article 15.1).  | <i>Belt</i> —Any type/color.                      |
| <i>Hair</i> —Hair should be neatly secured (away from the eyes) and may not cover competitor number.       | <i>Gloves</i> —Any type/color.                    |
| <i>Shirt</i> —Collared shirt with sleeves and tucked in.   | <i>Half-chaps</i> —Any type/color.                |
| <i>Pants</i> —Long pants.  | <i>Safety/Protective Vests</i> —Any color.        |
| <i>Footwear</i> —Conventional type of riding footwear, that covers the ankles (short or tall) with a heel. | <i>Spurs</i> —As described in Competition Attire. |

#### D-2 and Up

| Required   | Permitted   |
|--|---|
| <i>Helmet</i> —Any color and meeting USPC Helmet Policy (Article 15.1).                                    | <i>Gloves</i> —Any type/color.                    |
| <i>Hair</i> —Hair should be neatly secured (away from the eyes) and may not cover competitor number.       | <i>Half-chaps</i> —Any type/color.                |
| <i>Shirt</i> —Collared shirt with sleeves and tucked in.   | <i>Safety/Protective Vests</i> —Any color.        |
| <i>Pants</i> —Breeches, jodhpurs (with garters and/or pant clips) or riding pants.                         | <i>Spurs</i> —As described in Competition Attire. |
| <i>Belt</i> —If pants have belt loops, belts are required.   |   |
| <i>Footwear</i> —Conventional type of riding footwear, that covers the ankles (short or tall) with a heel. |   |

### Competition Attire

This section is for those seeking Championships eligibility as well as for turnout inspections. All competitors must present at turnout inspection in appropriate competition attire, including a jacket.

#### Riding Phase

| Required   | Permitted   |
|--|---|
| <i>Helmet</i> —Any color and meeting USPC Helmet Policy (Article 15.1).                                    | <i>Gloves</i> —Conservative colors.   |
| <i>Hair</i> —Hair should be neatly secured (away from the eyes) and may not cover competitor number.       | <i>Hunt Coat</i> —Any color.  |
| <i>Shirt</i> —Collared shirt with sleeves and tucked in.   | <i>Safety/Protective Vests</i> —Any color.  |
| <i>Safety/Protective Vests (if jumping cross-country or solid obstacles)</i> —Any color.                   | <i>Spurs</i> —Must be english style no longer than 2 inches including rowels. If curved must be pointed down. |
| <i>Pants</i> —Breeches, jodhpurs (with garters and/or pant clips) or riding pants.                         |   |
| <i>Belt</i> —If pants have belt loops, belts are required.   |   |
| <i>Footwear</i> —Conventional type of riding footwear, that covers the ankles (short or tall) with a heel. |   |

## SECTION II: General Regulations

### Running Phase

| Required  | Permitted        |
|---|------------------|
| Shirts or singlets must be worn for the run with shorts or pants. | Spikes or cleats |

### Shooting Phase

| Required  |
|---|
| Dressed neatly in appropriate attire.                               |
| Safety glasses  |
| Closed toe shoes must be worn by competitors, loaders, and coaches. |

### Swimming Phase

| Required   | Not Permitted          |
|--|------------------------|
| One piece swimsuit in good taste and suitable for the event. | Transparent swimsuits. |

### Article 37—Bits, Saddlery, and Equipment

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

There is no restriction on saddles, girths, and bridles. All bits must be properly fitted and consistent with its intended use. The misuse of any bit may be severely penalized by elimination, up to and including disqualification.

1. Stirrups—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. Peacock stirrups are not permitted.
2. Nosebands—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.
3. 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.
4. Whips—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.

### 5. Extra Equipment

| Permitted                           | Not Permitted  |
|-------------------------------------|--|
| Seat covers                         | Other types of martingales                                     |
| Breastplates                        | Gadgets (such as a bearing, running, or balancing reins, etc.) |
| Running martingales with rein stops | Blinkers   |
| Irish martingales                   |  |
| Bit guards                          |  |
| Boots and/or bandages               |  |
| Fly hoods                           |  |
| Ear plugs                           |  |
| Nose covers                         |  |
| Timing devices                      |  |

### Article 38—Competitor and Horse Inspections

Mounts must be well groomed. Braiding is optional, as long as it does not interfere with the competitor's responsibilities to their mount. Mounts does not need to 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 mounts from the competition at any time during the rally.

### Examinations of Mount 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 mounts must be examined in hand for soundness by an inspection panel.

All mounts must be serviceably sound. Should the soundness of a mount be questioned, the matter must be reported immediately to the TD/steward who may request an inspection of the mount by the veterinarian. In the absence of the veterinarian, the judges or TD/steward will determine the ability of the mount to compete. All decisions by the veterinarian, TD/steward, or judges regarding the soundness of a mount 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 mount 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

## SECTION II: General Regulations

---

their mount with all the equipment they will wear/use in the first ride of the competition. More details about turnout inspection requirements are listed in the Horse Management Handbook.

If multiple riders are sharing one mount:

- 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 mount 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 HMM.

# 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 were based on the rules used by the Union International de Pentathlon Modern for all Modern Pentathlon competitions.

## 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—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 riding phase of a Tetrathlon rally is intended to demonstrate the competitor's judgment and ability as an equestrian. The rally will take the form of a Show Jumping competition. For further information on questions not addressed in this chapter, refer to USPC Show Jumping Rulebook.

One day rallies will include only one riding round. For multiple-day rallies, the riding phase may (but are not required to) include two rounds on different days. The gate and slip rail must be included in one round of competition and may be included in both round.

The intention to offer two riding rounds must be included in the posted entry information. If two rides are offered the maximum score of 1100 for the riding phase is divided so each round is worth 550. If two rides are offered, then all penalty points are divided in half for each ride. If a rider incurs an elimination penalty on the first riding round, they may still ride in the second round.

At the discretion of the organizer and RS, the following formats may be utilized:

1. Slip rail and gate in both rounds
2. Slip rail in round one and gate in round two or vice versa (only use one obstacle per round)
3. Round two as a regular show jumping round with no slip rail and gate
4. Round two as a regular show jumping round with no slip rail and gate and includes a jump off if the round is clean
5. 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 must be stated in entry form and at the rally briefing.

**Competitors must declare their jumping height (of those offered on the rally invitation) on their entry.**

If a rider seeking Championships eligibility at a regional rally is eliminated for any reason during the riding phase other than fall of mount or rider, the rider may request one "re-ride" prior to end of competition in their division. Scoring for the "re-ride" applies only to a rider's eligibility score. For rally placement, the rider will receive an elimination, scoring no points. The re-ride cannot make a mount incur more than 3 rides during the day. The re-ride must be approved by the TD/steward and chief riding judge. If the rally contains two rides, the re-ride will be for the one ride where the rider was eliminated.

## Article 41—Riding Phase Rules

1. The dimensions and nature of the arena(s) should be given in the rally invitation.
2. The arena must be enclosed. Temporary barriers are allowed. It is strongly recommended that the gate area be closed while a mount is jumping during competition. If there is no gate or the gate is unusable, a rope barrier may be appropriate.
3. An average-size arena is 300 feet by 150 feet. In smaller arenas, particular care must be exercised to avoid a too tight or a too restrictive track or overcrowding the arena with obstacles. Competitions held indoors should not be held in

## SECTION III: Competition

---

arenas which measure less than 200 feet in length and 80 feet in width, excluding any spectator areas and schooling areas.

4. The footing should be well drained and level. Slight undulations and slopes are allowable, so long as they are not too problematic for the caliber of competitors and they are considered by the course designer in their planning.

### 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 mount, passing through the center of each obstacle, to the finish line.
2. The length of the course may be between 350 meters and 850 meters.
3. The course will be limited to a maximum number of jumping efforts as listed in Appendix IX. No course may contain more than one double and one triple combination or two double combinations, if a triple is not included.
4. The starting line will be between 6m (19'8") and 35m (114') from the first obstacle. The finish line will be between 15m (49'3") and 25m (82') from the last jump.
5. Prior to the opening of the course for inspection and official course walk, the TD/steward must inspect the course and will indicate to the organizer and riding phase steward their approval of the course, or will suggest changes necessary to gain approval. Once the TD/steward has approved the course, no other modifications may be made.
6. Refer to Appendix IX for the Riding Phase course specifications. The dimensions specified in Appendix IX 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 dimensions and the balance of the course should be of lesser heights.
7. In addition to the maximum number of jumping efforts in Appendix IX, each course at the Novice, Intermediate, Junior, Senior, and Master levels will include a slip rail to be taken down, negotiated, and replaced while unmounted and a gate to be opened, negotiated, closed, and secured while mounted. See the Rally Organizer's Guide for specifications and construction details for the slip rail and gate.

*Negotiating the slip rail:* Slide the top rail end free of the wing and lower it to the ground (or optionally slide the top rail fully back into the second wing). Lead the mount over the bottom slip rail. Complete the task by replacing the top rail to its original position.

*Negotiating the gate:* The gate is negotiated by the rider while mounted. The gate is considered to be successfully negotiated after the rider has opened, passed through, and replaced the loop completely over the post.

### Article 43—Access to the Arena

1. Competitors on foot may be admitted to inspect a course before competition. When the course is not open for inspection, a notice stating "Arena Closed" must be placed at the in-gate or conspicuously in the middle of the arena. Permission to enter the arena and inspect the course will be given by the course designer or the officiating judges by sounding the audible signal and/or by an announcement over the public address system. A notice stating "Arena Open" should also be displayed.
2. No competitor may enter the arena on foot once the competition has started except for designated course walks.
3. Competitors may not exercise or school their mounts in the arena, nor jump any obstacles of a competition in which they are to take part, under penalty of disqualification.
4. Where facilities are limited, the organizer may, with agreement of the TD/steward, give special authorization for the arena to be used for schooling at specified times.

### Article 44—Schooling/Warm-Up Area

1. A schooling/warm-up area must be provided. The warm-up area should be near, but not necessarily next to, the competition arena. It does not have to be enclosed.
2. In cases where there is limited space for schooling/warm-up, the number of mounted allowed to warm-up at one time may be restricted by rally organizers. All competitors will get a minimum of 15 minutes of warm-up time on their mount prior to their round.
3. The height of warm-up fences may not exceed the maximum of the competitor's competition height by more than 3".

### Article 45—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.
  - 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

### Article 46—Flags

1. Entirely red or entirely white flags or markers will be used to mark the following:
  - A. The start line
  - B. The side limits of the obstacles, that is the section of the obstacle or warm-up fence over which the mount is to

# SECTION III: Competition

---

- jump. Flags/markers must be placed on the inner limits of the wings
  - C. Compulsory turning points
  - D. The finish line
  - E. Timing cones in front of the slip rail and gate to be placed 6m (20') apart and 3m (10') in front of the approach side of the 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, they must return and pass the correct side of the flag/marker before jumping the next obstacle. This is considered a rectifiable deviation from the course. Should the competitor fail to rectify such a deviation, they will 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 47—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:
  - 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
  - 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, after an interruption, a competitor starts before the signal is sounded, they will be eliminated from that riding round and receive a score of zero for that round.

4. If an obstacle previously knocked down 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. 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 the round and the clock restarted. The competitor is not penalized in this instance.
5. While the clock is stopped for any reason, the competitor may move about freely until they are signaled to continue the round, whereupon the clock is restarted. Competitors must restart from the point in which they stopped.

## Article 48—Types of Obstacles

The obstacles must be strong, heavy, and impressive in appearance, but not fixed. The obstacles must be sporting in nature and not cause an unpleasant surprise for riders or mounts. At the organizer's discretion, and if they choose to utilize the slip rail and gate as an exit and entry point to the jumping ring, a limited number of fixed cross-country jumps may be used (Article 42).

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 1" 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, with all elements are placed on the same vertical plane, without any rail, hedge, bank, or ditch in front of it.
  - B. Spread Obstacles—A spread obstacle is one that requires the mount 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.
    - Only a guardrail or hedge, fixed on the ground, may be placed on the takeoff side.
    - 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.
    - The limits of water jumps without guardrails or hedges must be clearly marked on both take-off and landing sides.



## SECTION III: Competition

---

- The landing side, and where necessary the takeoff side, must be clearly seen by the judge when a mount touches it.

D. 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.

E. Slip Rail and Gate—These obstacles test rider control of the mount. They are approached by passing between the time cones, keeping the red flag/marker on the right. Time begins when the mount'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. Cones are to be placed 3m (10') away from the slip rail/gate and 6m (20') apart from one another.

### 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 distance between any two parts is 7m (23') and 12m (39'4"). 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. Competitors jumping 3'3"+ will be asked to jump a triple combination, a triple and a double, or two double combinations.
- D. Competitors jumping 3'0" will be asked to jump one triple or two doubles.
- E. Competitors jumping 2'9" will be asked to jump two doubles.
- F. Competitors jumping 2'6" will be asked to jump one double combination.
- G. Competitors jumping 2'3" and below will not be asked to jump combinations.

### Article 49—Disobediences, Deviations, Resistance

#### 1. Disobediences:

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.

#### A. 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 refusal, and are signaled to stop by the judge, they must wait to retry until the signal is sounded to continue, under penalty of elimination.
- If a mount 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 wait until the obstacle is rebuilt and the signal is sounded to restart. If the judge decides a knock down has occurred, the signal will not be sounded and the competitor should continue their round.
- A competitor who, in the opinion of the officiating judge, shows an obstacle to their mount after a refusal and before resuming the course will be penalized by elimination.

#### B. Run-out:

- A mount 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, they will be penalized by elimination.

C. Circling—Any form of circle(s) in any part of the course for any reason—except after a run-out or refusal. This rule does not apply to circling at the slip rail and gate obstacles.

D. 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 or to reattempt an obstacle after a refusal or run-out.

E. Approaching an obstacle or the finish line sideways, zigzagging, or turning sharply towards it is not a disobedience unless the mount, or part of the mount, passes the obstacles to be taken or passes outside the finish line. If the track of the mount after jumping an obstacle crosses the track made before jumping the same obstacle, no disobedience has occurred.

## SECTION III: Competition

---

- F. Riding the Gate—An intentional dismount (by mistake) at the swing gate which is corrected before executing the gate is to be considered a first “disobedience on course” and scored as such in Table 2, on page 22.

### 7. Deviations

- A. A deviation from course occurs when a competitor:
- Does not follow the posted plan of the course
  - Disregards a flag, 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, incurs elimination.

### 8. Resistance:

- A. A mount is considered to offer resistance if, at any time, and for whatever reason, it stops, backs, turns around, more or less completely, rears, or generally misbehaves. There is no penalty incurred for a simple resistance unless it is classified as a refusal or run-out under Article 47.
- B. A competitor will be eliminated if:
- Resistance occurs for a period of 45 seconds during a round
  - More than 45 seconds is taken to cross the start line after the signal to start or jump an obstacle.

### 9. Falls:

- A. A competitor is considered to have fallen when they are separated from their mount in such a manner that they have to remount. A mount 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. An intentional (accidental) dismount at a gate is not considered a fall.

- C. 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.
- D. The fall of a mount incurs elimination from that round. If the mount is a shared mount, or the fall occurs in the first ride of rally with two rides, the mount must be examined by the TD/steward and a veterinarian (if available) to determine if it will be allowed to continue.

## Article 50—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 judge 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 may 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 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 (e.g. spread and water obstacles), knocking down one or more top elements, or a foot in the water, is counted as one knock down, 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 an obstacle to a mount before starting the course or after a disobedience will be eliminated.

### 2. Penalties:

## SECTION III: Competition

- 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) 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) 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).

Both the slip rail and gate are considered obstacles in reference to scoring of penalties. If a mount slides through a slip rail or gate (no attempt to negotiate) and it must be rebuilt, the penalties will be the same as a disobedience on course plus the additional time penalty of 12 points.

- 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) to stop the competitor. All elements knocked down will be rebuilt. The judge will sound a signal (1 tone) to resume the competitor's elapsed time. The competitor must retake the whole combination. The competitor will be penalized for:
- Any knockdowns
  - The disobedience
  - Time penalties based on where the disobedience occurred.

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:

|                                    |           |
|------------------------------------|-----------|
| Knockdown at A                     | 24 points |
| Run out at C                       | 24 points |
| Time penalties for run out at C    | 20 points |
| Knockdown at C (on second attempt) | 24 points |
| <i>Total penalties</i>             | 92 points |

### 3. Interrupted Time and Resistance:

- A. Judges must be very careful to ensure the clock is stopped and restarted according to the rules so that the time of interruption can be deducted from the total time of the round. Judge must have extra watches available to measure interruptions.
- B. When time is interrupted, the overall clock will continue to run from the beginning of the round until the end. A separate stopwatch 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. The clock is not stopped for a deviation from the course, running out, or broken equipment.
- C. The rules regarding maximum penalties remain in force during interrupted time.

### 4. Fall of Rider:

Falls of a mount or competitor will result in elimination of the rider even when the clock is interrupted. Disobediences are not penalized during interrupted time, with the exception of the abuse rule.

## Article 51—Speed on Course

The speeds required are as follows:

|                      |                                 |
|----------------------|---------------------------------|
| 2'0" and below       | No time taken                   |
| 2'3", 2'6", and 2'9" | 300 m/min (325 yds/min)         |
| 3'0"                 | 300-325 m/min (325-355 yds/min) |
| 3'3"+                | 325-350 m/min (355-380 yds/min) |

## Article 52—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 mount'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 competitive level. 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 with a slip rail and gate.

- Time Allowed = 425 meters/325 meters per minute = 1.31 minutes (or 1 minute and 18 seconds)

## SECTION III: Competition

- 1 min 18 seconds + 15 seconds (slip rail) + 15 seconds (gate) = 1 min 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. After the third mount at each level has jumped the course with no resistances or disobediences, the riding judge and the TD/steward will 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.
4. Time Limit:
- A. The time limit is twice the time allowed
  - B. Competitors exceeding the time limit are eliminated from that round
5. Recording Time:
- A. The time recorded in seconds and hundredths or tenths of seconds.
  - B. When electronic timers are used, at least two additional hand-held stopwatches must always be available to time interruptions, and as backups.
  - C. When electronic timing devices are not used, at least three hand-held stopwatches must be used.

### Article 53—Equitation Scoring

1. Competitions may include an equitation round. If an equitation round is included, it will receive two scores: a normal knock down competition score (ride phase score) and an equitation score pf 0-100.
2. The equitation score does not factor into the competitors final phase score, but individual equitation scores may be pinned seperately.

### Article 54—Scoring of Riding Phase

1. Errors and disobediences are scored in faults, which are penalized by the loss of points according to the 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 will give the competitor a maximum of 1100 points.
4. Ties will be broken and awarded to the member who is closest to the optimum time. In the event of identical times, the member with the higher HM score will be awarded the tie. The breaking of ties does not affect the riding score for a competitor seeking Championships eligibility.

5. Competitors who complete the phase without elimination, regardless of the number of penalty points earned will receive a score of 20 for the round.
6. If a rider is eliminated in a round, they will receive a score of zero.

## Chapter 2—Running Phase

### Article 55—Running Phase Rules

The course will 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 are:

|              |             |
|--------------|-------------|
| 8 & Under    | 500 meters  |
| 10 & Under   | 500 meters  |
| Pre-Novice   | 500 meters  |
| Novice       | 1000 meters |
| Intermediate | 2000 meters |
| Junior       | 3000 meters |
| Senior       | 3000 meters |
| Master       | 2000 meters |

2. To encourage safe participation, a competitor is 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 400 points for the first drop in distance and an additional 200 points for each additional distance dropped, (i.e., a Senior can score a maximum of 700 points in the run phase if they compete over a 2000 meter course). **Masters may run down to the Novice distance and below.** The intention of running a shorter distance must be declared with a note 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 with a score of zero for the phase.
5. A competitor may not be coached/paced, but may be given encouragement along the way. Cheering and encouragement is recommended and encouraged including shouting the competitor's name.
6. The use of any radio or telephone communication equipment during the race is prohibited, including use of any electronic message communication (iatches, Fitbits, etc.).

## SECTION III: Competition

### Table of Penalties in the Riding Phase

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

|  |           |
|--|-----------|
| For each commenced second over the time allowed  | 2 points  |
| For each knock down or a foot in the water   | 24 points |
| First disobedience   | 24 points |
| Second disobedience on course  | 48 points |
| Third and each subsequent disobedience on course   | 72 points |
| Time penalty for disobedience that requires interrupted time at a single obstacle or the first part of a combination | 2 points  |
| Time penalty for disobedience that requires interrupted time at the second part of a combination                     | 16 points |
| Time penalty for disobedience that requires interrupted time at the third part of a combination                      | 20 points |

**Example:** 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 needing reset, the competitor will be penalized for the disobedience as above plus the additional time penalty of 2, 16, or 20 faults for each instance as applicable.

### Scoring the Slip Rail and Gate

|  |                   |
|--|-------------------|
| <b>Maximum penalty that can be incurred at the slip rail or gate</b>   | <b>210 points</b> |
| Failure to pass between the cones when approaching the slip rail or gate.  | 60 points         |
| 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. <ul style="list-style-type: none"> <li>When a rider has exceeded the 60 second time limit at the slip rail or gate, the judge at that obstacle will signal the rider to proceed to the next obstacle by sounding a bell, whistle or horn.</li> </ul> | 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         |
| Failure to dismount, take down or fully slide the slip rail into the wing, pass through, and replace the slip rail.  | 100 points        |
| Failure to open, pass through a gate mounted, and re-secure the gate within 60 seconds.  | 100 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.

# SECTION III: Competition

---

## Possible Causes for Elimination

- Accepting anything except dropped spectacles.
- Being mounted without a helmet per the USPC Helmet Policy (Article 15.1).
- Competitor and/or mount leaving the arena prior to finishing the round.
- Dangerous riding
- Misuse of equipment.
- Entering or leaving the arena dismounted.
- Exceeding the time limit.
- Exercising a mount in the competition arena.
- Failure to bypass an obstacle and proceed to the next after three (3) failed attempts to jump that obstacle.
- Failure to cross the starting line or finishing line mounted, or failure to cross the finishing line before leaving the arena.
- Failure to cross the starting line within 45 seconds of the starting signal.
- Failure to enter the ring when called.
- Failure to enter the schooling/warm-up area or competition arena properly dressed or with the proper and allowable tack on the mount.
- 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 present a mount three times at an obstacle before proceeding on to the next in the event of a disobedience.
- Failure to stop on the indication of the signal when sounded.
- Fall of rider, fall of mount.
- Jumping a practice fence or any flagged obstacle on course the wrong way, as marked by red and white flags/markers.
- Jumping an obstacle in the arena before the starting signal.
- Jumping an obstacle in the wrong order.
- Jumping an obstacle not part of the course.
- Jumping an obstacle, which has been knocked down before it has been rebuilt.
- Jumping any obstacle after crossing finish line, whether forming part of the course or not.
- Jumping an obstacle without having rectified a deviation from the course.
- Jumping the slip rail or gate.
- Resistance of the mount at any time during the round for a duration of more than 45 seconds.
- Showing an obstacle to a mount before starting or after a disobedience.
- Starting again after an interruption before the starting signal is given.



# SECTION III: Competition

- Unforeseen occurrences during the running phase which are not covered by these rules will be resolved under the USA Track & Field (USATF) rules for Cross-Country Running.

## Article 56—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 57—Flags on Running Course

- Running courses must 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 should be able to look ahead and see the next set of flags or markers.
- If a runner deviates from the marked course in a manner that shortens the required distance, the runner is eliminated with a zero score.
  - If a runner deviates in a manner that lengthens the course, there will be no additional penalty.
- A runner must pass through all course flags and markers. Failure to do so will result in elimination.
- 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 58—Start of Running Phase

- The running event for all divisions may be started in any one of the following formats at the discretion of the organizer. Individual starts are recommended.
  - Individual Start: Runners will be started at one minute intervals and timed from the moment the starter signals them to leave until they cross the finish line. A countdown start will 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 "go" will be recalled to start again, incurring no penalties. A runner starting late will not be eliminated, but their time starts from the moment they should have started.
  - Group Start: Starting commands will be: "Runners to your mark," followed by a gun or whistle. False starts are called back by a second shot or whistle.
- The starting order must be posted or announced at least one hour before the race can start.
- Calls will be announced fifteen, ten, and five minutes before the first starter. The race has officially started with the first call.

## Article 59—Timing of Running Phase

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

## Article 60—Scoring of Running Phase

Optimum Times earning 1100 points are:

|              | Male            | Female          |
|--------------|-----------------|-----------------|
| 8 & Under    | 2 min. 45 sec.  | 2 min. 45 sec.  |
| 10 & Under   | 2 min. 00 sec.  | 2 min. 00 sec.  |
| Pre-Novice   | 2 min. 00 sec.  | 2 min. 00 sec.  |
| Novice       | 3 min. 45 sec.  | 4 min. 00 sec.  |
| Intermediate | 7 min. 30 sec.  | 8 min. 00 sec.  |
| Juniors      | 11 min. 15 sec. | 12 min. 00 sec. |
| Seniors      | 11 min. 15 sec. | 12 min. 00 sec. |
| Master       | 7 min. 30 sec.  | 8 min. 00 sec.  |

- Please use the Running Score Tables in Appendix X 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.
- For the 3000 meter distance, a penalty of 3 points per second is deducted for each second over the optimum time. For the 2000 meter distance, a penalty of 4.5 points per second is deducted for each second over the optimum time. For all other distances, a penalty of 6 points per second is deducted for each second over the optimum time. All times under or equal to the optimum time earn 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.
- Competitors who complete the phase without elimination, regardless of the number of penalty points earned, will receive a score of 20 for the round.
- Competitors eliminated in the phase will receive a score of zero.

## Chapter 3—Shooting Phase

### Article 61—Shooting Phase Rules

- The Series
  - The range officer will determine that the range is clear before admitting competitors to the firing lane.

## SECTION III: Competition

---

- B. The following commands will be used for all divisions in practice and in competition.
2. Pistol Turn-in, Control, and Inspection
  - A. All air pistols must be turned in to the organizer of the rally upon arrival at 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.
  - D. The air pistol will be re-issued for the shooting phase only. It may be collected at the end of the rally.
  - E. The control site for the air pistols will be a locked area. If possible, the control site should be climate controlled.
3. Malfunctions:
  - A. In case of malfunction, the competitor may be given additional time to fire remaining rounds.
  - B. The malfunction must be a failure of equipment, not errors made by the competitor in loading (e.g. inserting the wrong caliber bullet, inserting a pellet backwards, or leaving the safety on).
  - C. 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.
  - D. 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 TD/steward.
4. Unforeseen cases will be judged by International Shooting Sport Federation (ISSF) Pistol Rules for air pistol shooting at 10 meters.
5. Target control is the responsibility of the shooting steward, scorers, and 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 their loader/coach, may put up their own targets but must not touch targets that have been fired upon.
6. 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 62—The Range

1. Range to be 10 meters, on as level of ground as possible.
2. Range may be indoors or outdoors, but lighting/sunlight, shadows, wind, etc. should be considered.

3. Ranges must have a line of targets and a firing line. The firing line must be parallel to the line of targets.
4. The firing line must be clearly marked. A table will be positioned so that the back of the table indicates the firing line. The range distance must be measured from the target line to the edge of the firing line nearest to the competitor (back of the table). The competitor's foot may not be placed on or in front of the firing line.

### Article 63—Shooting Course

1. For Pre-Novice, Novice, Intermediate, Junior, Senior, **and Master**, the course will consist of 20 shots slow fire to be fired in 4 strings of 5 shots at 3 minutes per string.
  - A. 10 & Under and 8 & Under divisions shoot a 10-shot competition. The course would consist of 10 shots slow fire to be fired in 2 strings of 5 shots at 3 minutes per string. For scoring purposes, each target of 5 shots would be multiplied by 2 to determine the target score.
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 64—Practice

1. There will be a practice period of 5 minutes for all competitors. 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 65—Shooting Position

#### 1. 8 & Under

- A. The shooter may be seated or standing.
- B. The shooter may have one or two hands on the grip. Competitors 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.

# SECTION III: Competition

---

- 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. 10 & Under

- A. The shooter is standing and has the choice to shoot two handed unsupported or using one hand supported by T-Stand.

## 3. Novice and Pre-Novice

- 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. Intermediate, Junior, Senior, and Master

- 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 66—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 (4.5mm). 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 heels are permitted. No part of the grip or accessories is permitted to encircle the hand beyond the limits of the dimensions in D.

- D. The air pistol with attached accessories must fit into a box that has inside dimensions of 420 mm long x 200 mm wide x 50 mm deep. A larger lockable case of any size can be used to hold the air pistol box and additional shooting equipment.

- E. Barrel or balancing weights may not extend beyond the muzzle of the air pistol.

- F. Maximum total weight, ready to shoot, is 1500 grams (3.3 lbs).

- G. 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.

### 2. Sights:

- A. 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.

- B. 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 is 10 meters.

- C. Targets are 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 TD/steward.

- D. Targets should be pre-marked with competitor's name and number.

- 3. Competitors traveling to Championships will be required to have a locking case with lock attached for storage and transportation.

## Article 67—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.

## SECTION III: Competition

---

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 0 score):
  - A. Pistols must be pointed downrange at all times.
  - B. Pistols must 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 may go forward of the firing line until authorized by the range officer. Pistols may 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 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 their grip on the gun and inform the range officer immediately by raising their 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.

- 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 68—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

## SECTION III: Competition

through the larger hole. If in doubt, zeros should be verified by the shooting steward.

- 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.
- 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/steward will make this decision.
- A magnifying glass or scoring gauge will be used to determine difficult cases.

### Article 69—Scoring of Shooting Phase

- Scoring will be done after every five shots.
- 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.
- Any question as to the number of scoring shots is to be determined at this time. If a competitor/coach/loader touches a target, the score for that target will not count.
- The maximum score is 1100 points. Please use the Shooting Scoring Table in Appendix XI to determine shooting scores for competitors.
- Competitors who complete the phase without elimination will receive a minimum score of 20 points for completing the phase.
- Competitors eliminated in the phase will receive a score of zero.
- Shooting ties are broken using the following process:
  - Most bullseye
  - Most inner circle
  - Bullseye closest to actual center

## Chapter 4—Swimming Phase

### Article 70—Swimming Phase Rules

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

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

- 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.
- Competitors will be divided into heats by level and by gender when numbers allow.
    - When previous swim times are available, heats will be seeded to allow the greatest opportunity for best times. The fastest swimmers will 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.
    - When no previous time is presented, those swimmers will be seeded in the first/slowest heat of their division.
    - The number of competitors in each heat must be as equal as possible.
  - 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.

### Article 71—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 72—Swimming Distances

- The standard swimming distances are:

|              |                       |
|--------------|-----------------------|
| 8 & Under    | 25 yards (or meters)  |
| 10 & Under   | 50 yards (or meters)  |
| Pre-Novice   | 50 yards (or meters)  |
| Novice       | 100 yards (or meters) |
| Intermediate | 100 yards (or meters) |
| Junior       | 200 yards (or meters) |
| Senior       | 200 yards (or meters) |
| Master       | 100 yards (or meters) |

- To encourage safe participation, a competitor is 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/meters distance instead of 200 yards/meters). The penalty for competing over a shorter distance is 400 points for the first drop in distance and an additional 200 points for each additional distance dropped, (i.e., a Senior can score a maximum of 700 points in the swim phase if they competes over a 100 meter course). **Masters may swim down to Pre-Novice distance and below.** The intention of swimming a shorter distance must be declared with a note before the start of the phase.



# SECTION III: Competition

## Article 73—Starts in Swimming Phase

1. The International Start Commands will be used:
  - A. On the long whistle from the referee, the competitors will 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 will 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 themselves by standing on the bottom for the purpose of resting unless they walk 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 may be given at this point.
  - B. After the second false start, the starter will warn all the competitors in the heat that the race will 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 will be 20 points, deducted from the competitor's phase score.

## Article 74—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 will be averaged. Once averaged, times recorded to the nearest hundredth 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 .50 to .99 being rounded up to the next higher second. Actual placement of finish and times to hundredth 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 75—Scoring of Swimming Phase

1. The tables for scoring swimming are found in Appendix XII. There are separate scoring tables for yard and meter pools.

Optimum Times earning 1100 points in **yard** pools are:

|              | Male           | Female         |
|--------------|----------------|----------------|
| 8 & Under    | 20 sec.        | 20 sec.        |
| 10 & Under   | 31 sec.        | 31 sec.        |
| Pre-Novice   | 31 sec.        | 31 sec.        |
| Novice       | 1 min. 01 sec. | 1 min. 03 sec. |
| Intermediate | 56 sec.        | 1 min. 00 sec. |
| Junior       | 1 min. 57 sec. | 2 min. 08 sec. |
| Senior       | 1 min. 54 sec. | 2 min. 07 sec. |
| Master       | 56 sec.        | 1 min. 00 sec. |

Optimum Times earning 1100 points in **meter** pools are:

|              | Male           | Female         |
|--------------|----------------|----------------|
| 8 & Under    | 25 sec.        | 25 sec.        |
| 10 & Under   | 34 sec.        | 35 sec.        |
| Pre-Novice   | 34 sec.        | 35 sec.        |
| Novice       | 1 min. 07 sec. | 1 min. 10 sec. |
| Intermediate | 1 min. 02 sec. | 1 min. 07 sec. |
| Junior       | 2 min. 10 sec. | 2 min. 22 sec. |
| Senior       | 2 min. 08 sec. | 2 min. 21 sec. |
| Master       | 1 min. 02 sec. | 1 min. 07 sec. |

2. 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 the score of that competitor.
3. Competitors who complete the phase without elimination will receive a minimum score of 20 points.
4. 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.
5. A penalty of 20 points will be assessed to a competitor for:
  - A false start after two previous false starts in that heat
  - Each time the competitor does not touch the wall during a turn
6. A competitor will be eliminated and receive a phase score of zero for:
  - Willfully delaying the start



## SECTION III: Competition

---

- Attempting to shorten the course by turning short of the end of the pool
  - Walking on the bottom of the pool or advancing by pulling on the side of the pool or on the lane lines
  - 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.
7. 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.

# SECTION IV: Scoring

---

## Article 76—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 mount 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 77—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 30-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.
- Contain the references to the rules covering the reason for the inquiry.
- 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

## SECTION IV: Scoring

---

made. Mounted competition written inquiries are made to the TD/steward following the posting of scores.

### ***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:
  - A. The team captain, if competitor is on a team. The competitor involved may go with the team captain.
  - B. 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" protest to the TD/steward. After the first, the TD/steward may present to the ground jury any protest presented in which the decision of the judge was upheld and which the TD/steward deems frivolous and not in the spirit of good sportsmanship. Any protest deemed frivolous may be assessed 5 penalty points by the discipline 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 LOCAL AND REGIONAL RALLIES.

### **Written Appeal to the Championships Overall Ground Jury**

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 Championships overall ground jury.

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 CHAMPIONSHIPS OVERALL GROUND JURY IS FINAL.

### **Article 78—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 79—Scoring of Elimination**

Any competitor eliminated in a phase will receive a score of zero for that phase or riding round. Reasons for eliminations are included in each phase chapter.

### **Article 80—Scoring of Disqualification**

The discipline ground jury may disqualify a competitor and/or a team from competition, for the reasons stated in Article 21. The discipline ground jury may decide to issue a Yellow (Warning) Card in lieu of disqualifying a competitor. Decisions of the discipline ground jury are only appealable at Championships.

1. If a Yellow Card is assessed to a competitor, it may or may not include penalty points. The discipline ground jury can assess penalties ranging from 0 up to the maximum penalties as defined below. Any assessed penalties should be included in the "Other" column on the scoresheet and are deducted from the positive point score prior to combining them with the Horse Management Score.

Single Phase—The maximum number of penalties assessable for infractions related to a single phase is 550 penalties.

Full Competition—For infractions related to the entire competition, the maximum number of penalties assessable is 2200.

2. Competitors (or teams) who are disqualified from competition will have all their scores from the competition stricken. If the disqualification of a competitor causes an already short team to become a shortened team, then shortened team ghost scoring will apply. If a stable manager is disqualified, all the team's accumulated Horse Management points will be split evenly among the remaining team members.

Disqualified competitors and their mounts may not take further part in the rally and may be asked to leave the grounds. A disqualified competitor/team may not receive an award.

# SECTION IV: Scoring

---

## Article 81—Team Scoring

1. 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.
2. 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.
3. 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.

In extraordinary circumstances when a short team (three rider team) becomes a shortened team (two rider and one stable manager), prior to the start of competition, the following team scoring will take effect.

- A. In the event of the competitor being removed completely from the team, ghost Horse Management scores will be determined per the Horse Management Handbook. Ghost phase (Riding, Running, Swimming, and Shooting) scores will be determined by averaging the phase scores of the two remaining competitors.
- B. In the event of the competitor no longer being able to participate in the riding portion of the competition, they may continue to earn Horse Management scores, and ghost phase (riding, running, swimming, and shooting) scores will be determined by averaging the phase scores of the two remaining competitors.

**NOTE:** The above scoring is not to be used in a 4 person team's loss of a rider or mount. It is only to be used with a 3 person team rather than losing a team completely from the rally.

## Article 82—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 =  $1100 - (\# \text{ Horse Management penalties} \times 50)$ .

## Article 83—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 inquire regarding the scores (Article 77). After the final inquiry period, the only changes that can occur are if a transcription error

has occurred. Final scores for all competitors must be posted for review by competitors, parents, coaches, etc.

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

## Article 84—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 81), the team with the highest score wins.

## Article 85—Placing of Individuals

After calculating the individual score (see Article 82), 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 exceeds standards in Horse Management
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.

# SECTION V: Officiation

---

## Overview

The use of appropriately licensed (USEF, etc.) officials is always preferable. Regarding 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 equestrians to fill official positions. Organizers needing help are encouraged to reach out to the Competitions Committee (refer to [www.ponyclub.org/about/contact/committees-activities](http://www.ponyclub.org/about/contact/committees-activities) to find contact information for the USPC committee members). These resource people, available by e-mail, can help with courses, officials, or other questions.

## Article 86—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 87—Technical Delegate (TD)/Steward

The Technical Delegate (TD)/steward oversees the technical and administrative arrangements for a competition. They are responsible for knowing and enforcing the rules of the competition. The TD/steward 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/steward fails to resolve the question at hand, the discipline ground jury then makes a final decision. The TD/steward may not be a member of the discipline ground jury.

1. The organizer may appoint a knowledgeable person to serve as TD/steward.
  - A. The TD/steward must act with complete impartiality and report to the organizer, protecting the interests of competitors, judges, officials, and organizers. The TD/steward must have no connection with the management or judging of a competition.
  - B. No TD/steward may not officiate at any competition in which a member of their family, any owned mounts, or any of their students are competing.
  - C. No competition may be organized and held without the presence of a TD/steward.
2. The duties, powers, and responsibilities of the TD/steward 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 Rulebook.

- C. To inspect and approve: arenas and courses; dimensions of the obstacles and length of the courses; warm-up areas; accommodations for mounts, where appropriate; vehicle parking arrangements, and all 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. 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 horse inspections.
- G. Once the competition begins, the TD/steward is responsible for accounting for the presence of all competitors and mounts on rally grounds. Any withdrawals of mounts or riders must be reported to the TD/steward as soon as possible.
- H. Supervising the technical conduct of the competition.
- I. Reporting any infraction or violation of the competition rules and regulations, by any competitor, coach, manager, competition official, staff member, or any other person present on the competition grounds to the organizer and seeing that immediate action is taken.

## Article 88—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/steward and other officials during a rally.

The discipline ground jury will consist of the four phase stewards and the CHMJ, one of whom is president. The organizer should appoint three alternate ground jury members in the event a phase steward or CHMJ is unavailable or conflicted. The TD/steward 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:

1. Any competitor, manager, chaperone, coach, or owner of a mount entered in the competition
2. Any close relative of a person named in item 1. above
3. Any instructor or trainer of any competitor or mount entered in the competition
4. The organizer or any member of the organizing committee
5. Any other Horse Management judge from that competition
6. The TD/steward

# SECTION V: Officiation

---

## 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/steward and organizing committee, the discipline ground jury will ensure that all arrangements for the rally, including that all competition areas are appropriate. If, after consultation with the TD/steward, 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 eliminated or excused.
4. The members of the discipline ground jury are obliged to be on the grounds from the official rally opening until awards.
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 89—President of the Discipline Ground Jury

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

## Article 90—Championships Overall Ground Jury

At Championships (when multiple disciplines are competed at the same time and on the same facility), there will be a Championships overall ground jury composed of three to five persons to include: the Vice President of Activities, the Championships Horse Management Organizer, and one or more knowledgeable equestrians designated by the organizer, one of whom will be designated president.

The purpose and duties of the Championships overall ground jury 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 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 Championships overall ground jury by the discipline ground jury.

The decision of the Championships overall ground jury is final.

The following may not serve on the Championships overall ground jury:

- Anyone serving as a TD/steward
- Anyone serving on a discipline ground jury
- Anyone serving as a CHMJ for the competition
- Anyone serving as a judge for the competition

## Article 91—Horse Management Judges

1. All rallies must include judging of Horse Management. Horse Management will 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 are responsible for conducting stable, turnout, and turnback inspections.
3. Horse Management judges are responsible for safety checks. The safety checks will be performed in assigned areas, as close to warm-up and jumping areas as feasible.

## Article 92—Chief Horse Management Judge (CHMJ)

One member of the rally Horse Management staff will be designated as the CHMJ. If the rally is a standard rally, the CHMJ must be selected from the CHMJ list on the USPC website.

## Article 93—Phase Stewards

The organizer will 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 will be responsible for the overall organization of their phase. Each phase steward will deliver the score from their 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 94—Judges and Timers

1. Judges, timers, and other officials will be appointed by the phase stewards in coordination with the organizer.
2. Parents/guardians may do these jobs but should not judge or time their own child.

## Article 95—Timekeepers

1. The chief timekeeper will 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.

# SECTION V: Officiation

---

2. The organizer will 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 their assistants. All assistant timekeepers must be thoroughly knowledgeable of the USPC Tetrathlon Rulebook 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 must act with complete impartiality.

## Article 96—Inspection Panel

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

## Article 97—Veterinarian

1. The veterinarian should be a part of the inspection panel for all horse inspections.
2. Regional competitions should have a qualified veterinarian present or on call for all jumping phases of the competition.
3. The veterinarian will assist the organizer in all matters pertaining to the health and welfare of the mounts at the competition.
4. The veterinarian, when required to be present at a competition, will have the right to inspect and examine any mount at the competition. The judges or the TD/steward may request an inspection or an examination of any mount.
5. The veterinarian's decision is final when a judge or the TD/steward requests an inspection or examination as to the serviceable soundness of a mount. In the absence of a veterinarian, the judges or the TD/steward will have the right to excuse a mount from further participation on the grounds of unsoundness.

## Article 98—Chief Scorekeeper

1. The organizer will 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 scorekeeper should not be involved in interpreting results. From each phase steward, the chief scorer should receive the following:

- A. Riding: A list of faults for each competitor and a time for each competitor. Scorer should receive the recorded split times at the slip rail and gate, the splits should be included in the final posted score.
- B. Running: A list of each competitor's time and score.
- C. Shooting: A list of each competitor's score on each target, and the total for all four targets.
- D. Swimming: A list of each competitor's time and score.

## Article 99—Required Medical Personnel

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.

### The EMT must:

- Have CPR certification and license to perform basic assessment and non-invasive treatment.
- Not have any other duties at the mounted rally.
- Have a reliable means of communicating with EMS and knowledge of 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.

### Additional Information:

- An EMT who is Intermediate or Paramedic level, both meets and exceeds the minimum requirement.
- Facility requirements may exceed the minimum USPC EMT requirement.
- Rallies run as recognized events may exceed the minimum USPC EMT requirement.
- An on-site ambulance is highly recommended, but not required.



# SECTION VI: Appendices

---

## Appendix I: Mounted Competition Scoring Inquiry/Protest/Appeal Form

*Remember*

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

Date: \_\_\_\_\_ Discipline: \_\_\_\_\_ Division: \_\_\_\_\_ Team #s: \_\_\_\_\_

Team Captain Name and 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: \_\_\_\_\_

# SECTION VI: Appendices

## Appendix I: Mounted Competitions Inquiry/Protest/Appeal Form

### Written Inquiry/Protest/Appeal Review

#### For Official Use Only

---

Written Inquiry Disposition: Date/time: \_\_\_\_\_

Approved: \_\_\_\_\_ Denied: \_\_\_\_\_ Points awarded if any: \_\_\_\_\_

TD: \_\_\_\_\_

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: \_\_\_\_\_

Discipline Ground Jury/Appeal Committee (Championships ONLY): \_\_\_\_\_

Team Captain: \_\_\_\_\_

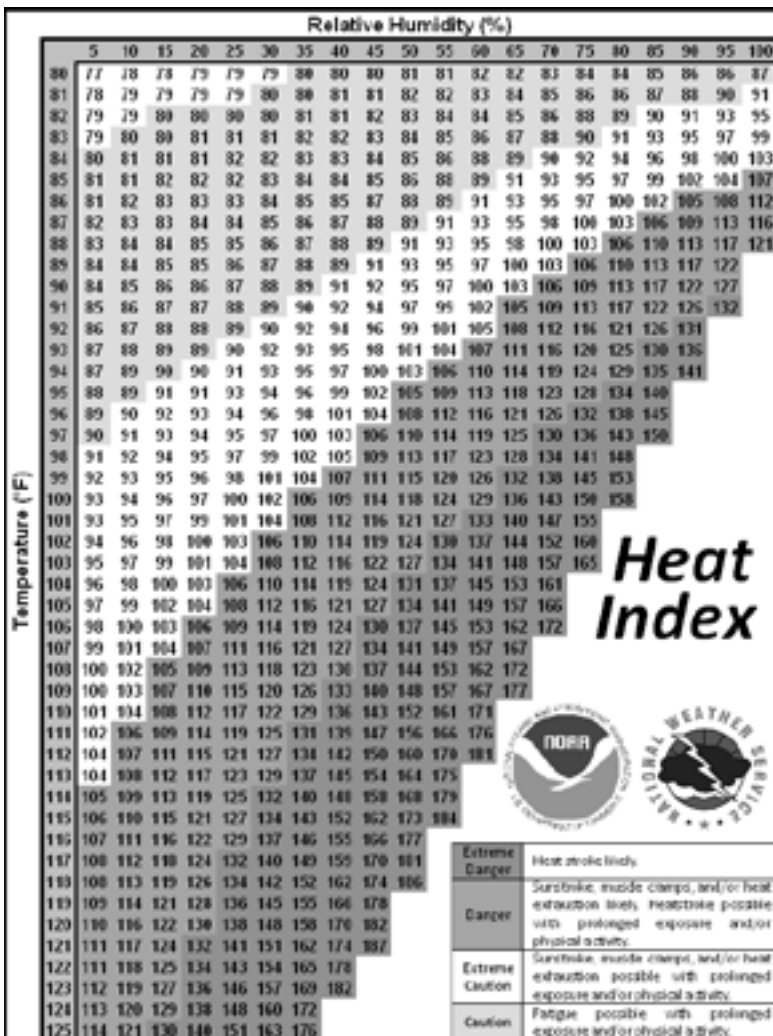
---

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

# SECTION VI: Appendices

## Appendix II: Heat Illness and Heat Index Chart

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



This chart is based upon shady, light wind conditions.  
Exposure to direct sunlight can increase the Heat Index by up to 15°F.

# SECTION VI: Appendices

---

## Appendix III: Chaperone and Emergency Contact Information

### Team Chaperones vs. Emergency Contacts

When competitors under the age of majority (minors) participate in a rally, there will be a designated “Official Team Chaperone.” In the situation of scramble teams, the official team chaperone will be appointed by the rally officials and will be so noted in the rally program. The team chaperone serves as the team contact during the rally and a responsible guiding presence to prepare the team for success. Competitors who are above the age of majority (adults) participating in a rally will not have a designated chaperone but must submit the name and contact information for their emergency contact.

### Team Chaperones

#### *Time Commitment*

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 that is a minor 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 USPC, their region, club/center, or the 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.

#### *Preparing Your Team for Success*

- 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.
- 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 to know who is bringing cooler(s), as to avoid a 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.
- Determine a regular meeting place and de-brief the team 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 mounts 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 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 Contacts

Anyone listed as an emergency contact for a competitor should be reachable by phone for the duration of the competition. Emergency contacts do not need to be on the competition grounds, but ideally are also within driving distance of the competition in the case of an emergency.

# SECTION VI: Appendices

---

## Appendix III: Chaperone Form

*To be completed by the chaperone and turned in with the rally entry for USPC members below the age of majority.*

The primary function of the "Official Team Chaperone" is to ensure that there is a contact person for every USPC member below the age of majority, on the grounds for the duration of the competition.

While multiple Chaperone Forms may be turned in for a single team, only one person will be designated the Official Team Chaperone. If the Official Team Chaperone must leave the grounds during the competition, they must delegate the team chaperone duties to another responsible adult, making it clear that they are to respond to rally officials and any team members in your absence.

### Chaperone duties include:

1. Be present and available to rally officials and all team members for the duration of the competition.
2. Being in contact with parents/guardians for all team members during competition hours.
3. Being in contact with all team members and their parents/guardians outside of competition hours.

4. Have copy of and be familiar with the current discipline rulebook and the current Horse Management Handbook. Rulebooks available for download from [www.ponyclub.org](http://www.ponyclub.org).
5. 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.
6. 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 and take every opportunity to encourage water breaks.
7. Uphold USPC Substances and Weapons Policy which prohibits the inappropriate or illegal use of any substance, including but not limited to drugs or alcohol, by anyone participating in any manner. Weapons of any kind are forbidden. Refer to About/About the Organization/By-Laws, Policies, and Resolutions on [www.ponyclub.org](http://www.ponyclub.org) for the full policy statement.
8. Remember that administration of medications is the sole responsibility of the parent/guardian.

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

Chaperone for the following team or individual(s)

---

---

---

Name of Chaperone:\_\_\_\_\_

Signature:\_\_\_\_\_

Cell Phone Number:\_\_\_\_\_

Date:\_\_\_\_\_

# SECTION VI: Appendices

---

## Appendix III: 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 varies per state.

*\*Denotes required.*

USPC Member\*: \_\_\_\_\_ Current 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: \_\_\_\_\_

# Section VI: Appendices

## Appendix IV: Junior/Senior Team Formation

### PERMISSION FOR JUNIOR COMPETITORS TO PARTICIPATE IN A RALLY ON A TEAM WITH SENIOR COMPETITORS

When merging a member under the age of 18 on a team with member(s) 18 years of age or older, written permission should be obtained by the person configuring the team. This form can be used for written permission, but other methods (email, etc.) are also acceptable. Written permission should be maintained with the rally entry paperwork.

This agreement acknowledges that \_\_\_\_\_ and their parent(s)/legal guardian(s) agree to the participant's placement onto a rally team with:

(Name of Participant)

\_\_\_\_\_  
(Name of Senior Participant)

\_\_\_\_\_  
(Name of Senior Participant)

\_\_\_\_\_  
(Name of Senior Participant)

\_\_\_\_\_  
(Name of Senior Participant)

at \_\_\_\_\_ rally.  
(name of rally)

PARTICIPANT NAME (Print): \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

PARTICIPANT SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

PARENT/GUARDIAN NAME (Print): \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

\*PARENT/GUARDIAN NAME (Print): \_\_\_\_\_

\*PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

**Note:** Combining junior and senior teams into one division is not the same as combining junior and senior members onto one team. Junior competitors can always compete up a division as a senior to fill out a team. Senior competitors can never compete down to a junior division. Before combining junior and senior aged competitors on the same team, rally organizers must obtain the permission of the junior competitor and their parent(s)/legal guardian(s).

\*Second parent/guardian signature if applicable.



# SECTION VI: Appendices

## Appendix V: USPC Rally Organizer's Report

*This form is also available electronically on the Reporting and Rule Changes page of the USPC website or click [here](#).*

Region \* \_\_\_\_\_ Rally Start Date \* \_\_\_\_\_ Rally End Date \* \_\_\_\_\_

Rally Discipline(s) \* \_\_\_\_\_ Standard or Modified\* \_\_\_\_\_

Rally locations (please include all if multiple) \_\_\_\_\_

Rally Organizer's Name \* \_\_\_\_\_ Phone \* \_\_\_\_\_

Rally Organizer's Email Address \* \_\_\_\_\_

CHMJ Name\* \_\_\_\_\_ Phone \* \_\_\_\_\_

CHMJ Email Address \* \_\_\_\_\_

TD/Steward's Name \* \_\_\_\_\_ Phone \* \_\_\_\_\_

TD/Steward's Email Address \* \_\_\_\_\_

Total number of competitors \* \_\_\_\_\_ Total number of divisions \* \_\_\_\_\_

If rally was Modified, explain variances from the rulebook.

Did you have any issues with the rulebook? \*

Were there any safety concerns? \*

What additional information, if any, would have made the rally planning process easier?\*

Do you have any additional comments or thoughts you would like to share?

**Please attach the final prize lists and rally scoresheets for all divisions.**

Please email to [events@ponyclub.org](mailto:events@ponyclub.org) or mail to

Activities Department • United States Pony Clubs • 4041 Iron Works Parkway • Lexington, KY 40511  
859.254.7669 • Fax 859.223.4652 • [www.ponyclub.org](http://www.ponyclub.org)

# SECTION VI: Appendices

## Appendix VI: Tetrathlon Coaching Guidelines Form

*Each coach should have a copy and a signed copy submitted with entries. Photocopy as necessary.*

Penalties for violating these coaching guidelines will be assessed by the discipline ground jury and/or overall ground jury under the rules governing unauthorized assistance. Any coach not adhering to the rules set forth below may be removed from their position for the duration of the phase and/or competition.

Coaches are recommended for Tetrathlon rallies and Championships. There may be one or more coaches per team; the organizer or ring steward may limit the number of coaches in a warm-up area at any given time.

### Agreement

By signing this form, you:

- Agree to be familiar with and observe all USPC By-Laws, Policies, and competition rules.
- Agree to be governed by Horse Management guidelines as expected of competitors, including appropriate attire, footwear and conduct.
- Agree to adhere to the USPC Policy 0710, Conflict of Interest and Code of Ethics, in all your actions and decisions.
- Agree to conduct yourself in a fair and courteous manner.

### Coaches Must

- Check in as requested and attend any official coaches' briefings.
- Be familiar with, understand, and comply with the current USPC discipline and Horse Management rules.
- Be aware of the welfare of mount and rider.
- Wear identification as provided by the organizer/secretary during the competition times.
- Follow all discipline coach parameters outlined in the discipline rulebook.
- Assist competitors in learning and understanding all rules pertinent to the competition.
- Help any Pony Club competitor who asks for help or who is present without a coach.

### All phase coaches must sign that they have read this sheet:

I \_\_\_\_\_ have read and agree to follow the USPC Tetrathlon Rulebook and above guidelines for coaching.

Printed Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Please list the competitors/teams you are coaching:

1. \_\_\_\_\_ 3. \_\_\_\_\_
2. \_\_\_\_\_ 4. \_\_\_\_\_
3. \_\_\_\_\_ 6. \_\_\_\_\_

### Coaches Must Not

- Enter the barn except during authorized visiting times.
- Interfere with the immediate care of the mount under penalty of elimination of the competitor.
- Coach in a manner that interferes with the warm-up of other competitors.
- Be the organizer, member of the organizing committee, or any other official of the competition.
- Be a team chaperone.
- Be a regional supervisor at a regional competition.

### Coaching Duties

- Warming-up competitors for competition in the designated warm-up areas only.
- In addition, a coach may lead a competitor's mount into the arena area.
- Coaches may observe but not participate in (unless requested), soundness checks or horse inspections.
- Meet with the team to discuss ride times, planning, and how to best utilize the coach within the team.

### Communications between Coaches and Competitors

- Coaches may communicate with the competitors during the official briefing and any subsequent briefings as required by the organizer and in the warm-up area prior to and following the competitor's ride.
- Coaches may accompany competitors during their ride, arena inspection, course walks, or any other subsequent times competition areas are open for warm-up, during which they may give advice and coach.

### Competitors who wish to Coach while Competing

Championships competitors who are 18 years of age as of January 1 of the competition year may coach other members recognizing that:

- No scheduling changes will be made to accommodate coaching/riding times.
- Care of mount and other competitor responsibilities take precedence over coaching.

# SECTION VI: Appendices

---

## Appendix VII: Tetrathlon Yellow (Warning) Card

UNITED STATES PONY CLUBS

A yellow warning card may be issued by any rally official at a USPC competition to any competitor, spectator or participant for improper conduct, or for noncompliance with the rules. If the offence is considered egregious, the discipline ground jury may decide to assess penalty points to accompany the Yellow Card as outlined in Article 21 and 80.

Important information to know about the issuance of a Warning (Yellow) Card:

1. A Yellow Card is a warning with possible attached penalty points given for any infraction that is a disqualifiable offense.
2. A Yellow Card may be, but is not required to be given before the disqualification of a competitor or team.
3. A Yellow Card that incurs penalty points that will be recorded in the "Other" column of the scoresheet.
4. There is no appeal against receiving a Yellow Card.
5. A copy of any Yellow Card issued must be sent to the Activities Department, [events@ponyclub.org](mailto:events@ponyclub.org).

Issued to: (Name) \_\_\_\_\_ Competitor # \_\_\_\_\_

Region/Club/Center: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

At the following competition: \_\_\_\_\_

Date/Time of incident: \_\_\_\_\_

Description of incident: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*(please use back of page if necessary)*

Issuing Official: (print) \_\_\_\_\_ Position: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Please email to [events@ponyclub.org](mailto:events@ponyclub.org) or mail to  
Activities Department • United States Pony Clubs • 4041 Iron Works Parkway • Lexington, KY 40511  
859.254.7669 • Fax 859.233.4652 • [www.ponyclub.org](http://www.ponyclub.org)

# SECTION VI: Appendices

---

## Appendix VIII: Competition Levels Specifications

| DIVISION     | AGE          | SHOOT   | RUN<br>(Meters) | SWIM |
|--------------|--------------|---|-----------------|------|
| 8 & Under    | 8 and under  | 10 shots/standing or sitting/2 handed or 1 handed/T-stand or firm support may be used | 500             | 25   |
| 10 & Under   | 10 and under | 10 shots/standing 2 handed or 1 handed/T-stand or firm support may be used            | 500             | 50   |
| Pre-Novice   | 10 to 11     | 20/2 hands stand  | 500             | 50   |
| Novice       | 12 to 13     | 20/2 hands stand  | 1000            | 100  |
| Intermediate | 14 to 15     | 20/1 hand   | 2000            | 100  |
| Junior       | 16 to 17     | 20/1 hand   | 3000            | 200  |
| Senior       | 18-34        | 20/1 hand   | 3000            | 200  |
| Master       | 35+          | 20/1 hand   | 2000            | 100  |

Competitors must declare their jumping height (of those offered on the rally invitation) on their entry.

# SECTION VI: Appendices

## Appendix IX: Riding Phase Specifications

| Heights       | Speed                             | Spreads   |            | Water | Minimum Number of Spreads  | Number of Jumping Efforts | Number of Combinations                         | Length of Course Meters |
|---------------|-----------------------------------|-----------|------------|-------|--|---------------------------|--|-------------------------|
|               |                                   | Oxers     | Triple Bar |       |  |                           |  |                         |
| 18" and below | No time                           | 12"       | NA         | NA    | 3 spreads out of first 8 jumping efforts plus 1 spread for each 4 more efforts | 6-8                       | None Allowed                                   | 350-850                 |
| 2'0"          | No time                           | 18"       | NA         | NA    | Same as above  | 6-8                       | None Allowed                                   | Same as above           |
| 2'3"          | 300 m/min<br>325 yds/min          | 2'-2'3"   | NA         | NA    | Same as above  | 8-10                      | None Allowed                                   | Same as above           |
| 2'6"          | Same as above                     | 2'-2'9"   | NA         | NA    | Same as above  | 8-10                      | 1 Double                                       | Same as above           |
| 2'9"          | Same as above                     | 2'3"-3'0" | NA         | NA    | Same as above  | 8-10                      | 2 Doubles                                      | Same as above           |
| 3'0"          | 300-325 m/<br>min 325-355 yds/min | 2'6"-3'3" | 3'9"       | NA    | Same as above  | 8-12                      | 1 Triple or 2 Doubles                          | Same as above           |
| 3'3"+         | 300-325 m/<br>min 325-355 yds/min | 2'9"-3'6" | 4'         | 9'7"  | Same as above  | 8-14                      | 1 Triple or 1 Triple and 1 Double or 2 doubles | Same as above           |

### Gate Specifications

- Wings must be two fences 4' high by 6'-8' wide with a 5' high inner loop post.
- Gate stop must be placed on the exit side of the loop post to ensure that the gate swings on the outgoing side only.
- Loop must be rope or other suitable flexible material is fastened at the top near side of the gate, with enough slack to comfortably pass over the loop post.

### Slip Rail Specifications

- Wings must be two fences 4'-5' high by 6'-8' wide with bases
- Opening - 6'-8' width (must be minimum 6' and maximum 8')
- Opening must be spanned by 2—2"x4" boards that are 2' longer than the width of the opening

# SECTION VI: Appendices

## Suggested Distances Between Elements of Combinations

When jumps are set at the lower height for that level, the distance between elements of the combination should be the shorter distance shown below. When fences are set at or near the maximum, use the longer distances. 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. Triple bars are not allowed as the first element of any combination.

For triple combinations, use the below distances as applicable to each pair of the combination.

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**

|                                  | 2'6"-2'9" |           | 3'0"       |           | 3'3"+        |           |
|----------------------------------|-----------|-----------|------------|-----------|--------------|-----------|
|                                  | 1 Stride  | 2 Strides | 1 Stride   | 2 Strides | 1 Stride     | 2 Strides |
| Vertical to Vertical             | 23 – 24'  | 33 – 34'  | 24 – 25'   | 34 – 35'  | 24 – 26'     | 34 – 36'  |
| Vertical to Ascending Oxer       | 22 – 23'  | 32 – 33'  | 23 – 25'   | 33 – 34'  | 23 – 25'     | 33 – 35'  |
| Vertical to Square Oxer          | 22 – 23'  | 32 – 34'  | 23.5 – 25' | 33 – 34'  | 23.5 – 25.5' | 33 – 35'  |
| Vertical to Triple Bar           | *         | *         | *          | *         | 24'          | 33 – 34'  |
|                                  |           |           |            |           |              |           |
| Ascending Oxer to Vertical       | 23 – 24'  | 33 – 34'  | 24 – 25'   | 34 – 35'  | 25 – 26'     | 34 – 36'  |
| Ascending Oxer to Ascending Oxer | 22 – 23'  | 32 – 33'  | 24'        | 33 – 34'  | 24 – 25'     | 33 – 35'  |
| Ascending Oxer to Square Oxer    | 22 – 23'  | 32 – 33'  | 24'        | 33 – 34'  | 24 – 25'     | 33 – 35'  |
| Ascending Oxer to Triple Bar     | *         | *         | *          | 33 – 35'  | 23 – 25'     | 33 – 35'  |
|                                  |           |           |            |           |              |           |
| Square Oxer to Vertical          | 22 – 23'  | 33 – 34'  | 22 – 24'   | 33 – 35'  | 23 – 25'     | 33 – 35'  |
| Square Oxer to Ascending Oxer    | 21 – 23'  | 32 – 34'  | 23 – 24'   | 33 – 35'  | 23 – 24'     | 33 – 35'  |
| Square Oxer to Square Oxer       | 21 – 23'  | 32 – 34'  | 22 – 24'   | 33 – 34'  | 23 – 24'     | 33 – 34'  |
| Square Oxer to Triple Bar        | *         | *         | *          | *         | *            | *         |

# SECTION VI: Appendices

## Appendix X: Running Scoring Tables

### 8 & Under Male/Female—500m

| 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  |

### 10 & Under Male/Female—500m

| 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 |



# SECTION VI: Appendices

## Appendix X: Running Scoring Tables

### Pre-Novice Male/Female—500m

| 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 |

# SECTION VI: Appendices

## Appendix X: Running Scoring Tables

### Novice Male—1000m

| 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 | 20  |
| 31      | 1100    | 824  | 464 | 20  |
| 32      | 1100    | 818  | 458 | 20  |
| 33      | 1100    | 812  | 452 | 20  |
| 34      | 1100    | 806  | 446 | 20  |
| 35      | 1100    | 800  | 440 | 20  |
| 36      | 1100    | 794  | 434 | 20  |
| 37      | 1100    | 788  | 428 | 20  |
| 38      | 1100    | 782  | 422 | 20  |
| 39      | 1100    | 776  | 416 | 20  |
| 40      | 1100    | 770  | 410 | 20  |
| 41      | 1100    | 764  | 404 | 20  |
| 42      | 1100    | 758  | 398 | 20  |
| 43      | 1100    | 752  | 392 | 20  |
| 44      | 1100    | 746  | 386 | 20  |
| 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  |

### Novice Female—1000m

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

# SECTION VI: Appendices

## Appendix X: Running Scoring Tables

### Intermediate Male—2000m

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

### Intermediate Female—2000m

| 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 |

# SECTION VI: Appendices

## Appendix X: Running Scoring Tables

### Junior/Senior Male—3000m

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

### Junior/Senior Female—3000m

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

# SECTION VI: Appendices

## Appendix X: Running Scoring Tables

### Master Male—2000m

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

### Master Female—2000m

| 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 |

# SECTION VI: Appendices

## Appendix XI: Shooting Scoring Tables

### 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.

| Target Points | Score |
|---------------|-------|
| 200           | 1100  |
| 199           | 1100  |
| 198           | 1100  |
| 197           | 1100  |
| 196           | 1100  |
| 195           | 1100  |
| 194           | 1100  |
| 193           | 1100  |
| 192           | 1100  |
| 191           | 1100  |
| 190           | 1100  |
| 189           | 1100  |
| 188           | 1100  |
| 187           | 1100  |
| 186           | 1100  |
| 185           | 1100  |
| 184           | 1100  |
| 183           | 1100  |
| 182           | 1100  |
| 181           | 1100  |
| 180           | 1100  |
| 179           | 1100  |
| 178           | 1100  |
| 177           | 1100  |
| 176           | 1100  |
| 175           | 1100  |
| 174           | 1100  |
| 173           | 1100  |
| 172           | 1100  |
| 171           | 1100  |
| 170           | 1100  |
| 169           | 1100  |
| 168           | 1100  |
| 167           | 1100  |
| 166           | 1100  |
| 165           | 1100  |
| 164           | 1093  |
| 163           | 1086  |
| 162           | 1079  |
| 161           | 1072  |
| 160           | 1065  |
| 159           | 1058  |
| 158           | 1051  |
| 157           | 1044  |
| 156           | 1037  |
| 155           | 1030  |
| 154           | 1023  |
| 153           | 1016  |
| 152           | 1009  |
| 151           | 1002  |
| 150           | 995   |

| Target Points | Score |
|---------------|-------|
| 149           | 988   |
| 148           | 981   |
| 147           | 974   |
| 146           | 967   |
| 145           | 960   |
| 144           | 953   |
| 143           | 946   |
| 142           | 939   |
| 141           | 932   |
| 140           | 925   |
| 139           | 918   |
| 138           | 911   |
| 137           | 904   |
| 136           | 897   |
| 135           | 890   |
| 134           | 883   |
| 133           | 876   |
| 132           | 869   |
| 131           | 862   |
| 130           | 855   |
| 129           | 848   |
| 128           | 841   |
| 127           | 834   |
| 126           | 827   |
| 125           | 820   |
| 124           | 813   |
| 123           | 806   |
| 122           | 799   |
| 121           | 792   |
| 120           | 785   |
| 119           | 778   |
| 118           | 771   |
| 117           | 764   |
| 116           | 757   |
| 115           | 750   |
| 114           | 743   |
| 113           | 736   |
| 112           | 729   |
| 111           | 722   |
| 110           | 715   |
| 109           | 708   |
| 108           | 701   |
| 107           | 694   |
| 106           | 687   |
| 105           | 680   |
| 104           | 673   |
| 103           | 666   |
| 102           | 659   |
| 101           | 652   |
| 100           | 645   |
| 99            | 638   |

| Target Points | Score |
|---------------|-------|
| 98            | 631   |
| 97            | 624   |
| 96            | 617   |
| 95            | 610   |
| 94            | 603   |
| 93            | 596   |
| 92            | 589   |
| 91            | 582   |
| 90            | 575   |
| 89            | 568   |
| 88            | 561   |
| 87            | 554   |
| 86            | 547   |
| 85            | 540   |
| 84            | 533   |
| 83            | 526   |
| 82            | 519   |
| 81            | 512   |
| 80            | 505   |
| 79            | 498   |
| 78            | 491   |
| 77            | 484   |
| 76            | 477   |
| 75            | 470   |
| 74            | 463   |
| 73            | 456   |
| 72            | 449   |
| 71            | 442   |
| 70            | 435   |
| 69            | 428   |
| 68            | 421   |
| 67            | 414   |
| 66            | 407   |
| 65            | 400   |
| 64            | 393   |
| 63            | 386   |
| 62            | 379   |
| 61            | 372   |
| 60            | 365   |
| 59            | 358   |
| 58            | 351   |
| 57            | 344   |
| 56            | 337   |
| 55            | 330   |
| 54            | 323   |
| 53            | 316   |
| 52            | 309   |
| 51            | 302   |
| 50            | 295   |
| 49            | 288   |
| 48            | 281   |

| Target Points | Score |
|---------------|-------|
| 47            | 274   |
| 46            | 267   |
| 45            | 260   |
| 44            | 253   |
| 43            | 246   |
| 42            | 239   |
| 41            | 232   |
| 40            | 225   |
| 39            | 218   |
| 38            | 211   |
| 37            | 204   |
| 36            | 197   |
| 35            | 190   |
| 34            | 183   |
| 33            | 176   |
| 32            | 169   |
| 31            | 162   |
| 30            | 155   |
| 29            | 148   |
| 28            | 141   |
| 27            | 134   |
| 26            | 127   |
| 25            | 120   |
| 24            | 113   |
| 23            | 106   |
| 22            | 99    |
| 21            | 92    |
| 20            | 85    |
| 19            | 78    |
| 18            | 71    |
| 17            | 64    |
| 16            | 57    |
| 15            | 50    |
| 14            | 43    |
| 13            | 36    |
| 12            | 29    |
| 11            | 22    |
| 10            | 20    |
| 9             | 20    |
| 8             | 20    |
| 7             | 20    |
| 6             | 20    |
| 5             | 20    |
| 4             | 20    |
| 3             | 20    |
| 2             | 20    |
| 1             | 20    |
| 0             | 20    |



# SECTION VI: Appendices

## Appendix XII: Swimming Scoring Tables

**8 & Under Male/Female  
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  |

**8 & Under Male/Female  
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  |

**10 & Under Male/Female  
50 Yards**

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

**10 & Under Male/Female  
50 Meters**

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

# SECTION VI: Appendices

## Appendix XII: Swimming Scoring Tables

**Pre-Novice Male/Female  
50 Yards**

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

**Pre-Novice Male/Female  
50 Meters**

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

# SECTION VI: Appendices

## Appendix XII: Swimming Scoring Tables

**Novice Male  
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  |

**Novice Male  
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  |

**Novice Female  
100 Yards**

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

**Novice Female  
100 Meters**

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

# SECTION VI: Appendices

## Appendix XII: Swimming Scoring Tables

**Intermediate Male  
100 Yards**

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

**Intermediate Male  
100 Meters**

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

**Intermediate Female  
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  |

**Intermediate Female  
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  |

# SECTION VI: Appendices

## Appendix XII: Swimming Scoring Tables

**Junior Male  
200 Yards**

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

**Junior Male  
200 Meters**

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

**Junior Female  
200 Yards**

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

**Junior Female  
200 Meters**

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



# SECTION VI: Appendices

## Appendix XII: Swimming Scoring Tables

**Senior Male  
200 Yards**

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

**Senior Male  
200 Meters**

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

**Senior Female  
200 Yards**

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

**Senior Female  
200 Meters**

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

# SECTION VI: Appendices

## Appendix XII: Swimming Scoring Tables

**Master Male  
100 Yards**

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

**Master Male  
100 Meters**

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

**Master Female  
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  |

**Master Female  
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  |

# SECTION VI: Appendices

## Appendix XIII: Shooting Range

