

Tetrathlon Rules Quiz - Riding

1. What three items are compulsory for all competitors to wear for the cross country phase? **Helmet, Body Protector and standard riding or jodhpur boots (with a well-defined square cut heel).** *Rule 18. a, e & g*
2. How much clearance should stirrups have either side of your boot, regardless of stirrup style? **7mm either side of the boot/14mm total.** *Rule 18.h*
3. Finish the description of saddlery and equipment: Equipment must be **clean, neat, tidy and safe.** *Rule 17.*
4. What must your helmet have to be used at a Pony Club competition? (Usually given by your DC or another branch official).
Pony Club Hat Tag. BE & BRC hat tags may also be accepted. *Rule 17.a*
5. How many times may the whip be used in a single incident? **2.** *Rule 17.m*
6. How many points for a clear round? **1400 points.** *Rule 26.*
7. Equine influenza booster vaccinations for horses attending Pony Club Tetrathlon events must be administered at a maximum of **12 months**. It is highly recommended that horses receive booster vaccinations **within 6 months 21 days** of attending an event. *The Pony Club Equine Influenza Vaccination Rule.*
8. Can you ride cross country with a fixed peak helmet? **No.** *Rule 17.a*
9. Timing for the slip rail begins when **competitor dismounts** and ends when **rail has been replaced.** *Rule 24.h*
10. If you do NOT ride between the red and white flags at the finish of the cross country course, you will collect **500** penalties. *Rule 26.c*

Tetrathlon Quiz – Running

1. How far is the run for the Beanies? **500 metres.** Tadpoles & Minis? **1000 metres.**
Juniors? **1500 metres.** Inter Girls? **1500 metres.** Inter Boys? **2000 metres.**
Open Girls? **1500 metres.** Open Boys? **3000 metres.** *Rule 32.*
2. Are you allowed to carry an asthma inhaler in the competition? **No.** *Rule 6.b*
3. Why should you walk the course before the run?
To **learn the course** and **plan your route.**
4. How long would you allow to start your warm up before your running time?
20-30 minutes.
5. What kind of routine is important to carry out after running? **A stretching routine.**
6. On the running course you must keep the red flag on your **right** and the white flag on your **left.**
7. A penalty of **30 seconds** will be incurred if someone runs with or near a competitor, or acts as a pacemaker. *Rule 28.b*
8. If a competitor inadvertently missed a flag, he may be awarded a penalty of **15 seconds** for each flag missed. If a competitor misses a flag on purpose, what is the penalty? **Retirement.** *Rule 29.b*
9. How many runners can be in 1 heat of a mass start? **12.** *Rule 31.a*
10. What run time scores 1000 points for Beanies? **2 mins 0 secs.**
Tadpoles & Minis? **4 mins 0 secs.** Junior Girls? **5 mins 40 secs.**
Junior Boys? **5 minutes 40 secs.** Inter Boys? **7 mins 0 secs.**
Open Boys? **10 mins 30 secs.** Inter & Open Girls? **5 mins 20 secs.** *Rule 32.*

Tetrathlon Quiz – Shooting

1. At what distance from the target do you shoot as a:
Mini & Junior: **7 metres**. Intermediate & Open: **10 metres**. *Rule 35.c*
2. What clothing and equipment is to be worn for shooting, including footwear?
Long trousers, substantial closed toe shoes that do not reach the anklebone. Glasses required for 7 metres, recommended for all levels. Rule 33.a.c.e
3. Which piece of equipment must you wear if you are competing in Area 14, or representing an Area 14 club at all competitions? **Ear defenders, required for all members of Area 14 and recommended for everyone in a shooting range. Area 14 Tetrathlon Website, as of 1st May 2026. (If ear defenders are included in answer to question 2, bonus point)**
4. When the command “STOP, STOP, STOP” is given, what must you do? **Stop firing, take your finger off the trigger, lower the pistol to the starting position and await further instructions. Rule 34.i**
5. You must be **14** years or older to handle an air weapon or ammunition on private premises (with permission of the occupier). Members younger than **14** years old must be supervised by a person aged **21 or over**. *Appendix B 1.d*
6. When should safety flags be used on the pistols? **At any time pistol is unboxed, when anyone is forward of the firing point, when a detail is completed and when instructed to by the RCO. Rule 34.j**
7. At a competition, what may the coach / loader NOT do while you are shooting the competition targets? **Use binoculars and talk/coach/give instructions/ask questions. Rule 33.i/37.c**

8. How many times can you change your air or CO₂ cylinder under competition conditions? *Zero. Rule 41. B*
9. If there is a pistol malfunction, you put your *pistol down, keep hold of the grip* and then put your other *hand up*.
10. All mobiles phones must be *silenced* and *kept out of sight* at the firing points.
- Rule 36.1*

Bonus Question

Which one of the following DOES count as an Allowable Malfunction of the air pistol and means you will be able to fire a replacement shot under the RCO's commands:

Rule 40. c & d

- a. The safety catch had not been released or had gone on "safe" during shooting.
- b. The trigger mechanism has failed to operate.*
- c. The competitor or another person has touched the pistol before the Range Conducting Officer is able to inspect it.
- d. The pistol has been loaded with the wrong pellets.
- e. The pistol has run out of air or CO₂.

Tetrathlon Quiz – Swimming

1. How far do you need to swim to earn 1000 points as a Mini? **125 metres/5 lengths.**
Junior? **185 metres/7 lengths, 10 metres.** Intermediate? **225 metres/9 lengths.**
Open Girl? **225 metres/9 lengths.** Open Boy? **285 metres/11 lengths, 10 metres.**
Rule 45.
2. What type of swim suit may a competitor wear, and how many? **One swimsuit, in one or two pieces. Full length swimsuits accepted. Rule 48.a**
3. If the swimmer does not touch the end of the pool with some part of their body, how many points are deducted? **50 points. (1 length swum = 75 points!) Rule 43.f**
4. Which end of the pool may one supporter stand during the warm up? **The end away from the start. Rule 44.**
5. Is the supporter allowed to walk beside the pool during the swim? **No. Rule 44.**
6. The supporter may not place their **hands** or an **object** in the water. *Rule 44.*
7. Who are the two people allowed to check the whiteboard/results page immediately after a swim to confirm the distance a competitor has swum? **The competitor and their coach/team trainer. Rule 44.**
8. Tumble turns are prohibited if the pool depth is less than **0.9 metres. N.44.b.i**
9. If a competitor wishes to dive from the starting blocks, what type of ASA Award do they need to have achieved? If a competitor wishes to dive from the side of the pool or starting blocks, what type of ASA Award do they need to have achieved?
Swimming Teachers Association Competitive Starts and Turns Level 1/Level 2, Swim England Preliminary Competitive Start Award, Competitive Start Award.
Rule 43.c

10. The distance swum is measured at the point reached by the foremost part of the swimmer's person when the whistle is blown rounded down to the last completed metre. *Rule 43.g*