

# Tetrathlon Riding

Ride Courses						
Age group	Tadpole <sup>1</sup> (7 years and under)	Mini mini <sup>1</sup> (9 years and under)	Minimus (11 years and under)	Junior (14 years and under)	Intermediate <sup>2</sup> (15-25 years)	Open <sup>2</sup> (15-25 years)
Fence height	40cm	60cm	80cm	90cm	100cm	100cm
Speed	Not timed	Not timed	Not timed	450mpm	475mpm	475mpm

1. Tadpole and mini mini jumping courses are at organisers discretion, most will organise a showjump / working hunter type course
2. Open is same height as intermediate but more technically challenging. Intermediate is there as a transition between junior and open.

## Key info about the ride phase

- You start with a maximum of 1400 ride points. Points are deducted for jumping penalties, taking an L fence, errors on course and time penalties. 1400 ride scores are much sought after..
- Jumping penalties are 60 penalties for first refusal, 100 for second refusal and retirement for third refusal
- Jumping the L fences incurs 70 penalties. Walk the course carefully and note where they are. Taking the L instead of a second refusal means less penalties. Always take the L if you have had two refusals – a third refusal at the main fence will eliminate you!
- Fall of rider is 90 penalties, second fall of rider or fall of horse is retirement.
- There is no maximum time, you get 2 time penalties in the junior, intermediate and open for every second over the optimum time
- Juniors, intermediate and open have 60 second time allowed for both the gate and slip rail (i.e. 30 second each). If you take longer than 60 seconds at either of these you will be asked to retire.
- Full details of the ride phase and scoring can be found here: [https://pcuk.org/media/defpiixk/ok\\_tetrathlon-rule-book-2020.pdf](https://pcuk.org/media/defpiixk/ok_tetrathlon-rule-book-2020.pdf)

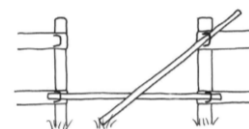
## Gates and slip rails

Every tetrathlon course will have a gate and slip rail. The gate must be done mounted, and rider must dismount to do the slip rail.

The gate has to be opened, passed through and closed within 60 seconds. Time starts when you touch the gate. If you can't close or pass through it within 60 seconds, ride on! You will get penalties, but can be eliminated if you take more than 60 seconds.

You have to dismount at slip rail, drop one end of top rail onto floor (see below), walk your pony/horse over the bottom rail, replace the top rail, remount, and continue. There are penalties for doing this incorrectly. Again max 60 seconds allowed from when you dismount to when the rail is replaced.

Course timings allows 60 seconds for both, so practice to see if you can get these down to 30 seconds...



## Training for cross country

- Tet courses are technical and designed to test horse and rider – expect combinations, drops, water and ditches, jumping on angles, hills and off short strides. Arena eventing is a great way to practice.
- Your horse needs to be fit enough to maintain the pace over a course of 18-30 jumps up and down hills. Use a smart watch or phone to measure distance on a hacking field or at home, and then practice so you know your basic pace speed.
- Course lengths are 1600-3000m for area competitions, and 2000-3500m for champs. Build up speed work gradually. Use similar techniques to your running, including interval training, different speeds and distances.
- Start with single short distances (e.g. 500m depending on your pony/horse's fitness) at your target speed. Then introduce intervals (working towards 500m-1km canters at target speed, depending on your horse's size and fitness, followed by a walk +/- slow trot until their breathing has slowed, followed by another canter)
- Don't do fast work every day (we do max 1-2 times a week), and remember to include other types of fitness work – longer slow canters and hill work at all paces are really helpful
- Increase gradually until your horse can do the distance required as intervals easily. Go at their pace!
- Plan ahead so your horse peaks at key competitions – don't keep them in fast work all the time!