

Tetrathlon Quiz - Riding

1. Which two items are compulsory for all competitors to wear for the cross country phase? and
2. What must your helmet have to be used at a Pony Club competition?
.....
3. How many times may the whip be used in a single incident?
4. How many points for a clear round?
5. How many penalties for a 2nd refusal at a single obstacle?
6. Receiving assistance with remounting after the slip rail will incur penalties.
Using a mounting block to remount after the slip rail will incur penalties.
7. Timing for the slip rail begins whenand
ends when
8. Timing for the gate begins when and ends when
.....
9. If the slip rail does NOT touch the ground, penalties will be incurred.
10. What speed should you ride at for each level?
Minis? Juniors?
Intermediate? Open?

Tetrathlon Quiz – Running

1. How far is the run for the Beanies?Tadpoles & Minis?
Juniors? Inter Girls? Inter Boys?
Open Girls? Open Boys?
2. Why should you walk the course before the run?
To and
3. On the running course you must keep the red flag on your and the
white flag on your
4. A penalty ofwill be incurred if someone runs with or near a
competitor, or acts as a pacemaker.
5. If a competitor inadvertently missed a flag, he may be awarded a penalty of
..... for each flag missed. If a competitor misses a flag on purpose, what is
the penalty?
6. How long would you allow to start your warm up before your running time?
.....
7. What kind of routine is important to carry out after running?
.....
8. Are you allowed to carry an asthma inhaler in the competition?
9. How many runners can be in 1 heat of a mass start?
10. What run time scores 1000 points for Beanies?
Tadpoles & Minis? Junior Girls? Junior Boys?
Inter Boys? Open Boys? Inter & Open Girls?.....

Tetrathlon Quiz – Shooting

1. At what distance from the target do you shoot as a:
Mini & Junior Intermediate & Open:
2. Tell me 3 rules of the range:
.....
.....
3. What clothing and equipment is to be worn for shooting, including footwear?
.....
4. When the command “STOP, STOP, STOP” is given, what must you do?
.....
5. What height is the centre of the target to be placed, above the ground?cm
6. What calibre air pistol do we use?mm /”
7. If there is a pistol malfunction, you put your and then
your
8. When should safety flags be used on the pistols?
.....
9. At a competition, what may the coach / loader NOT do while you are shooting the
competition targets? and
.....
10. Scoring names: 10 is a, 8 is an, 6 is a and
4 is an..... (outer, inner, bull or magpie)

Tetrathlon Quiz – Swimming

1. How many minutes at a competition does each age group swim?
Minis? Juniors? Intermediates?
Open Girls? Open Boys?
2. What distance gives 1000 points for Minis?
Juniors? Intermediates?
Open Girls? Open Boys?
3. What type of swim suit may a competitor wear, and how many?
.....
4. If the swimmer does not touch the end of the pool with some part of their body,
how many points are deducted?
5. Which end of the pool may one supporter stand during the warm up?
.....
6. Is the supporter allowed to walk beside the pool during the swim?
7. The supporter may not place their or anin the water.
8. What does the team trainer / coach check immediately after the swim?
.....
9. Tumble turns are prohibited if the pool depth is less than metres.
10. If a competitor wishes to dive from the starting blocks, what type of ASA
Award do they need to have achieved?
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