

Tetrathlon Quiz - Riding

1. Which two items are compulsory for all competitors to wear for the cross country phase? **Helmet and Body Protector. Rule 17.a & g**
2. What must your helmet have to be used at a Pony Club competition?  
**Pony Club Hat Tag. BE & BRC hat tags may also be accepted. Rule 17.a**
3. How many times may the whip be used in a single incident? **2. Rule 17.m**
4. How many points for a clear round? **1400 points. Rule 26.**
5. How many penalties for a 2<sup>nd</sup> refusal at a single obstacle? **100 penalties. Rule 24.h**
6. Receiving assistance with remounting after the slip rail will incur **70** penalties.  
Using a mounting block to remount after the slip rail will incur **0** penalties.  
**Rule 24.h**
7. Timing for the slip rail begins when **competitor dismounts** and ends when **rail has been replaced. Rule 24.h**
8. Timing for the gate begins when **competitor initially touches the gate** and ends when **the loop is resecured over the gatepost. Rule 24.h**
9. If the top slip rail does NOT touch the ground, **50** penalties will be incurred.  
**Rule 24.h**
10. What speed should you ride at for each level?  
Minis? **A sensible speed – not timed. Juniors? 450 metres/minute.**  
Intermediate? **475 metres/minute. Open? 475 metres/minute. Rule 25.**

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. Why should you walk the course before the run?  
To **learn the course** and **plan your route.**
3. On the running course you must keep the red flag on your **right** and the white flag on your **left.**
4. A penalty of **30 seconds** will be incurred if someone runs with or near a competitor, or acts as a pacemaker. *Rule 28.b*
5. 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*
6. How long would you allow to start your warm up before your running time?  
**20-30 minutes.**
7. What kind of routine is important to carry out after running? **A stretching routine.**
8. Are you allowed to carry an asthma inhaler in the competition? **No.** *Rule 6.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 10 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. Tell me 3 rules of the range: *See Jane's list of Range Rules*.

3. 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**

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. What height is the centre of the target to be placed, above the ground? **134cm. Rule 35.b**

6. What calibre air pistol do we use? **4.5 mm / .177 ". Rule 36.b**

7. If there is a pistol malfunction, you put your **gun down** and then your **hand up**.

8. 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**

9. 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**

10. Scoring names: 10 is a **bull**, 8 is an **inner**, 6 is a **magpie** and 4 is an **outer**. (outer, inner, bull or magpie). *Rule 39.b*

Tetrathlon Quiz – Swimming

1. How many minutes at a competition does each age group swim?  
Minis? **2 minutes**. Juniors? **3 minutes**. Intermediates? **3 minutes**.  
Open Girls? **3 minutes**. Open Boys? **4 minutes**. *Rule 45.*
2. What distance gives 1000 points for Minis? **125 metres/5 lengths**.  
Juniors? **185 metres/7 lengths, 10 metres**. Intermediates? **225 metres/9 lengths**.  
Open Girls? **225 metres/9 lengths**. Open Boys? **285 metres/11 lengths, 10 metres**. *Rule 45.*
3. 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*
4. If the swimmer does not touch the end of the pool with some part of their body, how many points are deducted? **50 points**. *Rule 43.f*
5. Which end of the pool may one supporter stand during the warm up? **The end away from the start**. *Rule 44.*
6. Is the supporter allowed to walk beside the pool during the swim? **No**. *Rule 44.*
7. The supporter may not place their **hands** or an **object** in the water. *Rule 44.*
8. What does the team trainer / coach check immediately after the swim? **The scoreboard/results page**. *Rule 44.*
9. Tumble turns are prohibited if the pool depth is less than **0.9 metres**. *N.44.b.i*
10. If a competitor wishes to dive from the starting blocks, what type of ASA Award do they need to have achieved? **Swimming Teachers Association Competitive Starts Level 1/Level 2, Swim England Competitive Start Award, Competitive Start Award**. *Rule 43.c*