

Rules for Multi Event Pentathlon Development Sports

Introduction

Modern Pentathlon was created by the founder of the modern Olympic Games, Baron Pierre de Coubertin, who said it is the ultimate sport upholding the Olympic Ideals of faster, further and higher. It has been an Olympic sport since 1912 and was inspired by the pentathlon of the Ancient Olympic Games and modelled on the skills of an ideal soldier at the time.

The soldier messengers set off across country on horseback fighting the enemy by sword, fleeing on foot and swimming across rivers to deliver their message.

Modern Pentathlon is comprised of Five Events - Swim, Fence, Show jumping, Laser Shoot/Run. Pentathletes compete on borrowed horses but Pony Club competitions require own horse.

Tetrathlon is a four-phase event developed by The Pony Club in Great Britain. In 2015 Pony Club Victoria in partnership with Modern Pentathlon Victoria introduced the sport to the state with the intention of preparing a team for the National Pony Club Championships in South Australia. Tetrathlon is now a fixture at the PCA National Championships.

There are also international opportunities to represent Pony Club Australia in Tetrathlon.

The Tetrathlon is a pathway leading into the International, Olympic sport of Modern Pentathlon, designed by the founder of the Modern Olympics, Pierre de Coubitan.

Several derivatives of the Modern Pentathlon program have evolved as development sports leading into the Olympic sport of Modern Pentathlon.

Tetrathlon – Swim, Showjump, Laser Shoot, Run.

Equathon – Swim, Ride, Run.

The winner is the competitor with the highest score at the end of the event.

Swim:

50, 100 or 200m depending on age of competitor.

Shoot:

Laser Shoot over distance of 10 metres using "Precision targets ". These are linked to a computer program that records each shot out of 10.

Each competitor has a 10 minute warm up followed by 2 rounds of 5 shots with 2 minutes for each round.

Show Jumping:

This phase is on the competitor's own horse and consists of a combination of Show and Cross country jumps as well as obstacles to negotiate e.g. gate, post and rail.

Maximum height of jumps is 90 cm., 85 or 80cm depending on age group.

Competitors opting to jump at a height lower than their age group will be penalised 100 points

Run:

1000,2000, or 3000m run depending on age of competitor.

This is a chase run with competitors starting at 1-minute intervals.

This Document must be used in conjunction with the current Pony Club Australia Tetrathlon Rules on the PCA website www.ponyclubaustralia.com.au for greater details and scoring conversion tables for Running & Swimming.

The following guidelines will assist Clubs and Zones to run competitions in any of the combinations listed above.

Distances and Ride Heights

Swim Distances

60+	35 +	22+	20/21	18/19	16/17	13/15	10/12	under 10
50m	100m	200m	200m	200m	200m	200m	100m	50m

Run Distances

60+	35 +	22+	20/21	18/19+	16/17	13/15	10/12	under 10
1000m	2000m	3000m	3000m	3000m	2000m	2000m	1000m	1000m

Ride Heights

25 +	17-25	13-16	10-12	Under 10	Novice
80cm	90cm	85cm	80cm	Graded Height	Graded Height

Note:

Competitors will jump the Show Jumping age group height to a maximum of 90cm.

Competitors choosing to jump the Novice height will be penalised 100 points as the height is below their age category height

Additional Information Tetrathlon and Equathon

Show Jumping phase:

Competitors may only ride **one** horse.

Swimming phase:

Wet Suits may not be worn.

Suitable swimming attire in line with Pool's requirements should be worn.

Racing bathers and goggles are strongly recommended.

Running phase:

Running shoes with spikes are not permitted.

Competitors may not run stripped to the waist.

Singlets may be worn for this phase only.

Use of headphones, iPods and mobile phones are not permitted.

SCORING

"Equathon is a three-phase event and Tetrathlon is a four-phase event where the competitor scores points for each phase. The winner is the competitor with the highest score at the end of the event"

FIRST PHASE - SWIMMING

Time taken over distance for section entered converted to points.

Optimum Times earning 1100 points are:

	Boys	Girls
Senior Division – 200 m	2 Min 05 Secs	2 Mins 18 Secs
Junior Division – 200 m	2 min 15 secs	2 Mins 21 secs
Sub Junior – 100 m	1 min 07 secs	1 min 09 secs
60+ & Under 10	32.5 secs	32.5 secs

Refer PCA Tetrathlon Rules pages 19-29 for a summary of scoring and point conversion table.

SECOND PHASE - SHOWJUMPING

The course will be between 450 metres and 1000 metres in length. Maximum time allowed is calculated by an average speed of 350 mpm

SCORING:

1400 points are awarded for a clear round within the time allowed.

Errors are converted to penalties and deducted.

Time faults are penalized as double time.

A course plan with length, speed and maximum course time will be posted on the day of the competition.

PENALTIES:

- Rail Knockdown 30 Penalties
- First Refusal 60 Penalties
- Second Refusal 100 Penalties
- Third Refusal Elimination
- First Refusal + Knockdown 60 Penalties + 6 seconds
- Second Refusal + Knockdown 100 Penalties + 6 seconds
- Fall of Rider Elimination
- Fall of Horse Elimination
- Horse resisting rider anywhere on course other than at the gate or slip rail for longer than 60 seconds Elimination
- Each commenced second over the time 1 Penalty
- Exceeding the time limit Elimination
- Elimination for any reason in the riding phase will incur a penalty of 400. This will be added to the penalties already incurred on the round, to the point of elimination. At the point of elimination, the rider must leave the course. They will then incur 50 penalties per jumping effort on the course not completed and 200 penalties each for the gate or slip rail.

Slip Rail and Gate (Optional for Equathon)

- Jumping the gate or slip rail 60 Penalties
- Receiving assistance to re-mount after the slip rail 60 Penalties
- Failure to attempt to complete negotiation of the gate or slip rail (including shutting/replacing) for 60 seconds Elimination
- Failure to attempt to complete negotiation of the gate or slip rail (including shutting/replacing) for 60 seconds Elimination
- Failure to open and pass through the gate, mounted within 60 seconds 200 Penalties
- Failure to dismount, take down and pass through the slip rail within 60 seconds 200 Penalties
- Failure to shut gate mounted, or replace slip rail dismounted within 60 seconds allowed, when it is otherwise correctly negotiated (in both cases from the departure side of the obstacle) 50 Penalties
- Assistance by the allocated Steward to re-mount after the slip rail 60 Penalties

A mounting block will be available for use by competitors but will be no further than 15 metres from the slip rail. Using the mounting block does not incur penalties.

- A competitor, or horse whilst in hand, who jumps the gate or slip rail must return around, over or through so as to rectify his error of course. 60 Penalties.

Before the obstacle is re-negotiated the gate must be shut or the slip rail replaced. The allocated Steward (only) should assist as appropriate.

- The maximum penalty (other than for falls) which can be incurred at the gate or slip rail 260 Penalties

Time

Time allowed will be calculated on a speed of 325 metres per minute or as directed by the Section Steward to reflect environmental conditions. The time limit will be double the time allowed plus 30 seconds for the gate and slip rail. A total of 15 seconds will be added to the calculated time allowed to cater for the time required to negotiate each of the gate and slip rail (30 seconds in total) No penalties will be imposed for competitors completing the riding phase under the time allowed.

THIRD PHASE - RUNNING

Run:

1000,2000, or 3000m run depending on age of competitor.

This is a chase run with competitors starting at 1-minute intervals

Running Phase Courses and General Rules

1. The length of courses shall be:

- a. Senior level competitors 3000 metres
- b. Juniors & 35+ 2000 metres
- c. Sub Junior, Under 10 & 60+ 1000 metres

2. 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.

3. The competitor may not be given notification of course deviation, information, guidance or instructions, including reading out split times – this will incur elimination from the phase.

4. It is forbidden for anyone to run with or near a competitor or in any way act as a pacer. This

is considered unauthorised assistance and will result in a penalty of 30 seconds incurred for each breach of this rule from the phase with a score of zero for the phase.

5. A competitor may be given encouragement along the way. Cheering and shouting the competitor's name is allowed.

6. Competitors are not allowed to wear headphones or earbuds/plugs during the competition. The use of any radio or telephone communication equipment during the race is prohibited during the competition.

Unforeseen occurrences during the running phase which are not covered by these rules, will be resolved by the Section Steward in collaboration with the Official Technical Delegate.

SCORING

Running times earning 1100 points are based on Championships times for age and gender groups.

- For the 3,000 Metre distance, a penalty of three points per second is deducted for each second over the Optimum Time, which earns 1100 points. A bonus of three points is added for each second under the Optimum Time.
- For the 2,000 Metre distance, a penalty of four and one half (4.5) points per second is deducted for each second over the Optimum Time, which earns 1100 points. A bonus of four and a half points is added for each second under the Optimum Time
- For the 1000 Metre distance, a penalty of six points per second is deducted for each second over the Optimum Time, which earns 1100 points. A bonus of six points is added for each second under the Optimum Time (*See the following tables.*)

Timing & Optimum Times

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.

Times on each device will be recorded to the nearest hundredth of a second.

The three recorded times will be averaged.

Times recorded to the nearest 1/100th 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 0.5 to 0.99 being rounded up to the next higher second.

Optimum Time earning 1100 points

	Boys	Girls
Senior Division – 3000 m	9min 45 sec	12 Min. 00 sec
Junior Division & 35+ – 2000 m	6 min 45 secs	8 Min. 00 Sec
Sub Junior, Under 10 & 60+ – 1000m	3 Min 30 secs	3 Min 45 secs

Refer to the PCA Tetrathlon Rules pages 14-18 for the scoring conversion table

FOURTH PHASE - SHOOTING

A Maximum of 1100 points can be achieved

General

Competitors will use Laser Pistols to shoot at specified targets on a 10m shooting range and must be aware of the safety requirements in the handling of a Laser pistol as per the PCA Tetrathlon Rules.

Competitors 13 years and over

Pistols are to be held in one hand only. The other hand or arm may not be used to hold or support the pistol – the pistol hand or any part of the pistol arm. Firing will be from an erect standing position. The competitors shooting arm must be extended with the sights at eye level

Competitors 10 /11 / 12 years

Will shoot from 7 metres. The competitor must shoot from a standing position with the pistol held in both hands. The pistol must be supported entirely by the strength of the shooter. No artificial support of any kind is allowed.

The competitor's arm must be fully extended with the sights at eye level.

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.

Competitors will shoot in details dependent on the capacity of the range and at the direction of the section steward.

Method

Each competitor will have two rounds shooting targets each with 5 shots fired consecutively and with a time limit of two minutes per each round of ten (10) shots.

All ten (10) shots, five (5) on each round will count towards the score of the competitor.

Prior to the competition each competitor will have five (5) minutes preparation time including unlimited practice sighting shots.

Laser Pistol must touch the bench between each shot.

Coaching is not allowed during the competition shots but allowed during the firing of sighting/practice shots. After the sighting/practice shots no communication of any nature is allowed between the competitor and any other person.

At the firing point, the responsible supervision is provided by the Section Steward and Range Safety Officer. A competitor does not need to be supported by an adult.

If a beam is discharged accidentally after the command "Standby" has been given then that shot is lost.

Targets

A target ring of 11.5mm diameter with each ring increasing by 16mm as used at ISSF events will be used.

Targets are to be placed in a level row with their lower edge 1.25m (4 feet) plus or minus 7.62 (3 inches) above the ground and a minimum of 0.56m (1 foot 10 inches) apart.

The distance between the target and the front foot of the competitor is to be 10m for competitors 13 years and over, and 7m for competitors aged 10-12 years.

SCORING

Scoring sheets will be collected by the Section Steward or judge and must not be shown to the competitor before they have been checked by the Steward/Judges.

All shots are recorded on a computer linked in to the precision target.

Rings are marked from 1 to 11 with the value of 10 to 110 respectively. All ten (10) shots – five (5) on each target - will count towards a maximum score of 1100.

The computer will allocate the scoring on each target with the maximum of 11 for a dead centre shot. If more than 5 shots appear on the target and it is clear the extra shot could not have been fired by that firer – then the lower score is deducted.