

**PERMITTED DRESS FOR PCAWA TETRATHLON
RUNNING, SHOOTING, SWIMMING PHASES**

1. RUNNING AND SHOOTING

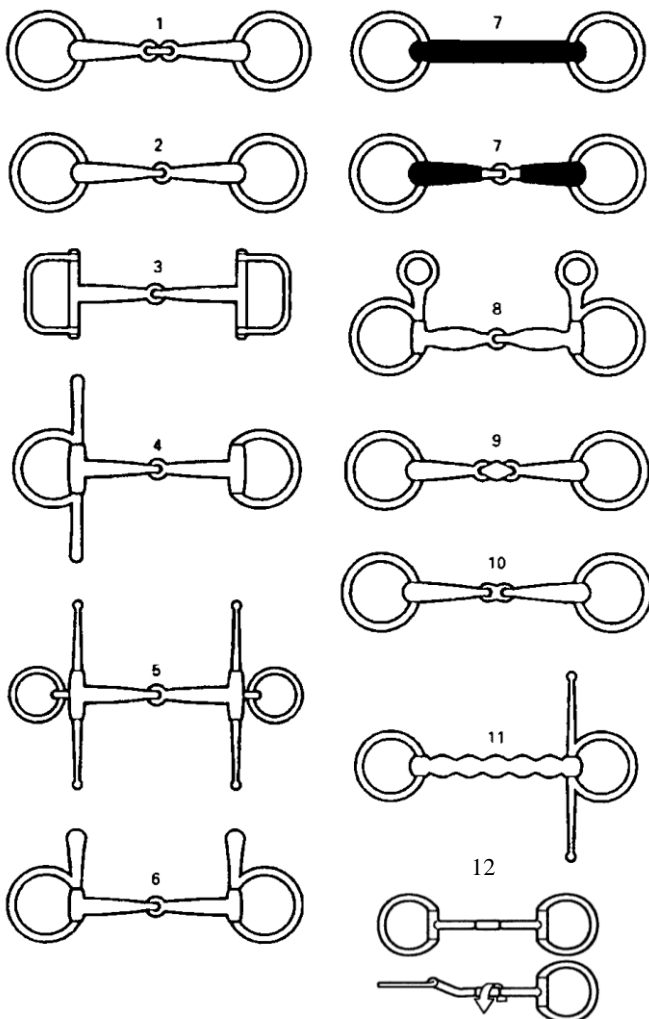
- Competitors must wear a Polo or Rugby Top (singlets permitted for Running Phase only) in Club primary colour/s.
- Competitors may not take part stripped to the waist.
- Bib Number to be worn.

2. SWIMMING

- The use of grease, oil or any similar substance on the body is not permitted.
- Wet Suits are not permitted.

PERMITTED GEAR / DRESS FOR PCAWA TETRATHLON CROSS COUNTRY

BITS



1. Ordinary Snaffle with double jointed mouthpiece
2. Ordinary Snaffle with jointed mouthpiece
3. Racing Snaffle – D Ring
4. Egg-Butt Snaffle (a) with cheeks (b) without cheeks
5. Other types of snaffles with cheeks
6. Snaffle **with upper cheeks only**
7. Rubber, leather, plastic or steel snaffle, jointed or un-jointed
8. Hanging Cheek Snaffle
9. Ordinary Snaffle with double jointed mouthpiece – with lozenge
10. Ordinary Snaffle with double jointed mouthpiece – French Link
11. Un-jointed wavy plastic or rubber snaffle (not steel) (a) with cheeks (b) without cheeks

NB Bit No 11 can be used for Eventing Dressage **ONLY**.

12. Ordinary snaffle with rotating mouthpiece

Double-jointed mouthpieces may have one 'roller' or rotating middle piece in the centre section. Multiple 'rollers' are not permitted.

ALSO PERMITTED BUT NOT PICTURED:

Half moon – port-mouth – curved mouthpieces

Rubber or synthetic bit – both jointed and unjointed

Sweet Iron bit



Crescendo



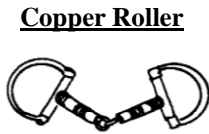
Cherry Roller



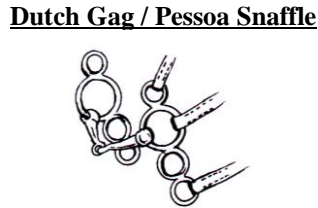
Wilkie Snaffle



Dr Bristol



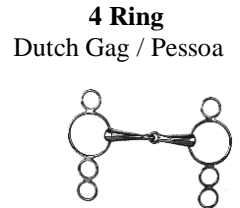
Copper Roller



Dutch Gag / Pessoa Snaffle



**3 Ring
Dutch Gag / Pessoa**



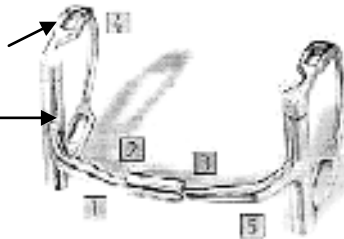
**4 Ring
Dutch Gag / Pessoa**



Pee wee Bit

Myler Egg-Butt D ring Snaffle Bit with slots

The check piece attaches to the top slot and the rein to the bottom slot, (this increases the leverage action)



Kimblewick Bits



This variation of the Kimblewick has slotted rings.



The original version of the Kimblewick



Myler Kimblewick

Can only be used with a Cavesson Noseband. Jointed Mouthpieces are NOT permitted.

Pelham Bits



Half Moon Pelham



Port Mouth Pelham

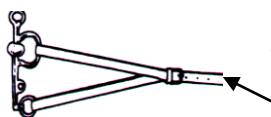


Two loop Pelham

Can only be used with a Cavesson Noseband. Jointed Mouthpieces are NOT permitted.

More examples can be seen in the General Section of the Manual under Bridles/Bits.

Pessoa and Pelham Bits may be ridden with



- a. Two reins,
- b. A single rein attached to roundings,
- c. Divided reins



or
or

Two reins may be used with single mouthpiece bits including the Kimblewick, Pelham and Dutch Gag / Pessoa Snaffle.

SADDLERY

BRIDLE Leather or Synthetic Fibre with matching Noseband

NOSEBANDS Cavesson Noseband Dropped Noseband Hanoverian (Flash)
 Grakle or Mexican Grakle (Crossover) Continental or Crank Noseband

If a bit with a curb chain or curb strap is used, the only permitted Noseband is a Cavesson

BIT GUARDS, AUSTRALIAN CHEEKERS – Permitted

MARTINGALES - Unrestricted running Martingales, with rein and neck stops or Irish Martingales with rein stops are permitted

BREASTPLATES / CRUPPERS / NECK STRAPS Permitted

SADDLE English Type (Fully mounted) of leather or synthetic fibre and it must have a Girth with a minimum of two buckles, OR a Girth with a single buckle and surcingle. Humane Girth must have surcingle

SADDLE CLOTHS/NUMNAHS Must be in Club or Zone colours or White.
 All team members must have the same Saddle Cloths/Numnahs
 ½ numnahs permitted in white, black, cream or club colours

STIRRUP IRONS / STIRRUP LEATHERS

Stirrup Irons can be basically all metal or Carbon Polymer but not wooden, plastic, or aluminium

Stirrup safety bar clip must be turned down.

Stirrup leathers must not be tied down or worn under the saddle flap

Stirrup Irons to allow 1cm minimum each side of the rider's boot at the broadest part, maximum 1.5cm approx each side

Toe-Stoppers – permitted. If used, must fit as for stirrup irons

Stirrup Treads – use of stirrup treads is optional, but if used, they must be made of rubber and be either black or white.

WHIPS - if carried, must have a flexible flap, must not be weighted at the end, maximum length 75cm including flap.

Loop Handles must be removed.

Dressage Whips – NOT permitted.

BANDAGES / BOOTS / BELL BOOTS

Polar Fleece Bandages must be either stitched, or taped with a minimum of three (3) separate rounds of electrical tape.

Polar Fleece Bandages are NOT recommended for Cross Country or Show Jumping.

Other Bandages **must** have padding and be either stitched, or taped with a minimum of three (3) separate rounds of electrical tape.

Bandages and tape must not be tight enough to cause pressure areas.

Boots to be clean and correctly fitted – fastenings at the outside, straps facing backwards.

Boots with *metal loop-fasteners* must be fitted and fastened correctly, – fastenings on the outside with straps facing backwards.

Taping of Boots is optional.

HORSE / PONY

Must be 4 years of age or over. No discharge from Eyes and Nose. No chronic cough. No swellings. The sighting of any blood (whether wet or dry) from either the mouth, nostrils or spur area must be reported and checked by the Vet/Steward/Ground Jury/Coach (whichever is applicable)

HOOVES - to show evidence of recent care. Horse/Pony must have either: 4 Unshod Hooves **OR** Front 2 Hooves Shod, Back Hooves Unshod **OR** Back 2 Hooves Shod, Front Hooves Unshod **OR** All Hooves Shod

Horse / Pony to be neat, tidy and clean. Manes and forelocks may be plaited. Tails to be pulled, trimmed or plaited. False tails permitted but must not have metal parts.

RIDER / DRESS

A rider weighing more than 53 kilograms (8 stone 5lbs) dressed to compete, may not ride a pony 12.2 hands or under.

SAFETY HELMET – Must be ASA / NZS 3838 -2003 or PAS 015 (UK), ASTM F 1163 (USA), EN 1384 (Europe). Clip Fasteners to be clicked up securely

SHIRTS - Long sleeved, in Club or Zone colour/s, fastened at the wrist and tucked in to waistband of jodhpurs. Sleeves must NOT be pushed/rolled up.

TIES - To be in Pony Club or Zone colour/s, wearing of ties for Cross Country is optional

JUMPERS - V-Necked Sleeved (or Sleeveless) Jumper in Club / Zone Colour/s worn with Long Sleeved Shirt and Tie. Jumper must not be removed without permission of the Judge, Examiner or Coach. Long Sleeves must NOT be pushed or rolled up. **Team Members, Pairs, must wear either matching Long Sleeved Jumpers or Short Sleeved Jumpers.**

POLO SHIRTS with long sleeves in the registered Club or Zone primary colour/s may be worn tucked in o waistband of jodhpurs or trousers. Sleeves must not be rolled or pushed up. **Team Members, Pairs, must wear either matching Long Sleeved Jumpers/Shirts and Ties or Polo Shirts.**

BADGE / DISC – To be worn on the "V" of the jumper. **Optional.**

JODHPURS - **Beige, Bone or Fawn, (NO hipsters or low-rise).** Jodhpur Clips optional. Long socks are NOT permitted to worn over jodhpurs.

RIDING TROUSERS OR MOLESKINS of Fawn, Bone or Beige colour, the top of which shall be at the rider's waist (**NO hipsters or low-rise**) and the length of which shall be such that when mounted the top of the rider's boot shall be covered, permitted.

BOOTS - Long Boots or Jodhpur Boots, no splits or holes, soles must be smooth and continued to heel - no half soles. Elastic sides must be firm, if stretched, use Jodhpur clips. Boots with zipper down front permitted.

LEGGINGS / GAITERS - must match the colour of the boots.

SPURS – optional. If used, must be smooth *metal*, with a shank, which must be not more than 3.5cms long, pointing downwards to the rear, and the end must be blunt in order to prevent wounding a horse. Straps must be correctly fitted with buckles to the outside. "Spur Ends" optional, must have one on each spur if used.

HAIR - Must be neatly restrained. Long hair to be restrained in a hairnet or plaited to no longer than shoulder length.

MAKE UP - The wearing of make up is discouraged, Coloured Nail Polish not permitted.

JEWELLERY - Medic-Alert bracelets and chains must be taped leaving the disk exposed. Rings must be removed or taped. No other jewellery or body piercing permitted. Watches, Medic Alert Sports Bands, mouthguards and PCAWA Badges are permitted

GLASSES - Prescription Spectacles permitted. Sun Glasses Aus Std 1067, (Cancer Council), permitted

GLOVES – optional.

BODY PROTECTORS - optional but recommended for D grade level and below. Compulsory for C grade level and above. Must be fitted correctly.

WET WEATHER GEAR - Wet weather gear not to be worn without permission of the Judge, Examiner or Coach.

FRONT AND BACK NUMBERS (BIBS) must be worn.

BRIDLE OR SADDLE CLOTH NUMBERS must also be worn.

MEDICAL ARMBAND COMPULSORY and must be worn on the **LEFT UPPER ARM.**