

MISSISSIPPI STATE
UNIVERSIT Y $\mathbf{Y}_{\mathrm{Tm}}$
EXTENSION

4-H Youth Agents and Volunteers,
This event handbook is intended to help you with your 4-H Shooting Sports program. These rules and regulations help us provide our young people with the best program in the country. REMEMBER: Safety should never be compromised for any reason! Thank you for your hard work and dedication!

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## 4-H Shooting Sports Introduction

## Goals, Aims, and Purpose

4-H Shooting Sports strives to enable young people 8 to 18 years old, their parents, and adult volunteers to become responsible, self-directed, and productive members of society via involvement in shooting sports activities. MSU Extension professionals coordinate 4-H Shooting Sports statewide. Hundreds of MSU Extension employees and adult volunteers deliver the program throughout Mississippi.

## The goals of the 4-H Shooting Sports program are

To enhance development of self-concept, character, and personal growth through safe, educational, and socially acceptable involvement in shooting-related activities.

To teach safe and responsible use of sporting equipment to include firearms and archery equipment.

- To promote the highest standards of safety, sportsmanship, and ethical behavior.
- To expose participants to the broad array of vocational and lifelong avocational activities related to the 4-H Shooting Sports program.
- To strengthen families through participation in lifelong recreational activities.
- To complement and enhance the impact of existing safety and shooting educational programs using experiential educational methods and progressive development of skills and abilities.

The Mississippi 4-H Shooting Sports program consists of several discipline areas:

- 22 Rifle
- 22 Pistol
- Air Rifle

Air Pistol
Archery $\rightarrow$ Hunting
Muzzleloading

Shotgun

- Western Heritage
(separate event)
 discover the firearms of the late 1800s.



## Participation in Contests

Young people ages 8 through 18 (4-H age as of January 1) may join local 4-H Shooting Sports clubs, although participation in certain disciplines is limited to older 4-H'ers. Trained and certified adult leaders help train participants in specific discipline areas while teaching them important life skills. Please refer to additional sections of this handbook for more information about specific disciplines.
All participants are required to complete 8 hours of training each year in each discipline in which they are going to compete. In addition, before the district event, youth must have participated in at least one competition identical to that of the district discipline in which they are going to compete. Postal scores are required for youth to register for the district events. All rules in this handbook apply to this competition.

A 4-H Shooting Sports certified instructor must verify the qualifications for each 4-H member registered for a district event. The instructor must be certified in the discipline that he/she is verifying. A list of registered participants for each discipline is printed by the MSU Extension agent and then signed by the certified instructor. For a list of certified 4-H Shooting Sports instructors, please visit your local Extension office or contact the Center for 4-H Youth Development at (662) 325-3350.

All participants will be required to have a postal score to register for district events. All participants must shoot a minimum score (listed below) for the discipline (class) to advance to the district event. 4-H Shooting Sports district leadership will release specific information (such as deadlines) for each specific district's sanctioned matches.

| Postal Scores Required to Qualify for District Event |  |
| :---: | :---: |
| Discipline | Minimum Qualifying Score |
| 5-Meter Air Pistol | 15 |
| 10-Meter Air Pistol (Juniors) | 30 |
| 10-Meter Air Pistol (Seniors) | 60 |
| .22 Pistol | 45 |
| 5-Meter Air Rifle | 25 |
| 10-Meter Air Rifle | 45 |
| .22 Rifle | 45 |
| Muzzleloader (Junior II) | 15 |
| Muzzleloader (Junior III and above) | 20 |
| Archery | 30 |
| Shotgun | 2 of 15 targets |
| Hunting | No minimum required |

There will be four district contests for the Mississippi 4-H Shooting Sports program.

1. Northwest District Counties: Attala, Bolivar, Carroll, Coahoma, DeSoto, Grenada, Holmes, Humphreys, Issaquena, Leflore, Montgomery, Panola, Quitman, Sharkey, Sunflower, Tallahatchie, Tate, Tunica, Washington, and Yalobusha.
2. Northeast District Counties: Alcorn, Benton, Calhoun, Chickasaw, Choctaw, Clay, Itawamba, Lafayette, Lee, Lowndes, Marshall, Monroe, Noxubee, Oktibbeha, Pontotoc, Prentiss, Tippah, Tishomingo, Union, Webster, and Winston.
3. Southwest District Counties: Adams, Amite, Claiborne, Copiah, Franklin, Hinds, Jefferson, Lawrence, Leake, Lincoln, Madison, Pike, Rankin, Scott, Simpson, Smith, Walthall, Warren, Wilkinson, and Yazoo.
4. Southeast District Counties: Clarke, Covington, Forrest, George, Greene, Hancock, Harrison, Jackson, Jasper, Jefferson Davis, Jones, Kemper, Lamar, Lauderdale, Marion, Neshoba, Newton, Pearl River, Perry, Stone, Wayne, and Mississippi Band of Choctaw Indians.

At these district events, 4-H'ers may compete in a maximum of three live fire events with Hunting included as one of the three since it is now a live fire event. To be eligible for participation in these events, youth must have received at least 8 hours of training from a certified 4-H Shooting Sports instructor in each of the disciplines. Additionally, youth must have participated in at least one competition identical to that of the district discipline(s) (must be a complete course of fire) in which they are going to compete. All rules in this handbook apply to this competition. There are no exceptions to this policy.

## Recognition and Awards

District awards and recognition will be administered by the district leadership in each respective district. Senior participants who score a minimum score in their discipline event will be invited to the State Invitational and, if successful, may represent Mississippi at the National 4-H Shooting Sports Contest. National 4-H Contest rules state that youth will only be allowed to attend the National 4-H Shooting Sports Contest once per discipline. Thus, a 4-H'er may compete at the National Contest in . 22 rifle only once but may go again competing in another discipline (e.g., air rifle, .22 pistol, air pistol, etc.).

## 2024 4-H Shooting Sports Handbook Updates/Changes

## Air Pistol

Sporter Air Pistol Classification has been removed.
Only Match and Precision Air Pistol classes are available.
Match Air Pistol: Any Air Pistol that meets fps
requirement; suggested retail price that is under $\$ 600$.
(Weight not to exceed 2.9 lb .)
Precision Air Pistol: Any precision air pistol that complies with Rule 3.7 (See Appendix) and has a value of $\$ 601$ or more and meets the fps requirement.

## Archery

Arrow weight: Arrows must meet AMO minimum weight standard ( 6 grains arrow weight per pound bow peak draw weight.) No arrows $23 / 64$ of an inch in diameter or larger are permitted.

## Hunting

4-H'ers may compete in a maximum of three live fire events with Hunting included as one of the three since it is now a live fire event.

## 4-H Shooting Sports

## Competition Categories

| Category | Junior I 8-9 years | Junior II 10-11 years | Junior III 12-13 years | Senior I 14-15 years | Senior II 16-18 years |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Rifle |  |  |  |  |  |
| Air Rifle <br> 5 -meter BB/Pellet | X | X | X |  |  |
| Air Rifle 10-meter Pellet | X | X | X | X | X |
| . 22 Rifle 3-position |  | X | X | X | X |

Archery
Males and females will be scored separately and compete in different classifications.

| Recurve | X | X | X | X | X |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Standard Compound | X | X | X | X | X |
| Bare Bow | X | X | X | X | X |
| Compound Bare Bow | X | X | X | X | X |
| Unlimited | X | X | X | X | X |
| Pistol |  |  |  |  |  |
| Air Pistol <br> 5-meter BB | X | X | X |  |  |
| Air Pistol <br> 10-meter Pellet | X | X | X | X | X |
| .22 Pistol <br> Combination Fire |  |  | X | X |  |

## Muzzleloading

* Junior II and Junior III participants will compete using the 50-yard Bullseye target only. Seniors (ages 14-18) are required to compete using all three targets: Bullseye, Bottles, and Critters.

| 50-yd Bullseye | $\mathrm{X}^{\star}$ | $\mathrm{X}^{\star}$ | X | X |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 25-yd Bottles \& Critters |  | X | X | X |  |  |
| Shotgun |  |  |  |  |  |  |
| Clover Clays | X | X | X | X |  |  |
| Hunting |  |  |  |  |  |  |
| Written Exam | X | X | X | X | X |  |
| Hunter Decision Making | X | X | X | X | X |  |

NOTE: Participants are allowed to participate in three live fire disciplines, plus hunting as a fourth discipline.

## Review Period

Each district leadership team will determine when scores will be posted. A 30 -minute review period will follow during which event participants only may request a formal review. Targets will be re-scored by a threeperson committee and will not be returned to the competitors. The review fee is determined by each district. The fee will be returned to the participant if an error is found.

## State Championship

To be invited to participate in State Championship, senioraged youth must score a minimum in a discipline area.
4-H'ers who turn 19 on or before January 1 will be unable
to attend the national competition, even if they qualified for it. The discipline rules listed in this handbook pertain only to the district events; a separate rulebook will be issued for the State Championship.

Participants who qualify for the State Championship must complete 2 additional hours of safety and rules instruction in the discipline in which they are going to compete. Hunting contestants must complete a minimum of 10 hours of safety and range instruction collectively from certified instructors in Rifle \& Archery in the hunting discipline \& each instructor must sign off on these additional hours, and participants must present their documentation to the appropriate agent before they register for the State Championship.

| State Invitational Minimum Scores |  |
| :---: | :---: |
| Discipline | Minimum Needed |
| Air Rifle | 150 |
| .22 Rifle | 390 |
| Air Pistol | 200 |
| .22 Pistol | 150 |
| Shotgun | 11 |
| Archery (Recurve, Bare Bow, Compound Bare Bow) | 60 |
| Archery (Compound and Unlimited) | 90 |
| Muzzleloader | 30 |
| Hunting | No minimum required |

The Mississippi 4-H Shooting Sports State Invitational will be held July 19 and 20, 2024, in Jackson at the Capitol Gun Club and Mississippi Law Enforcement Officers' Training Academy.

## General Participation

Participants are required to have met the following regulations to be eligible to participate in a district event:

1. Completed 8 hours of $4-\mathrm{H}$ Shooting Sports training each 4-H year in each discipline in which they compete.
2. Participated in at least one competition identical to that of the district discipline in which they are going to compete.
3. A $4-H$ Shooting Sports certified instructor must verify on the participant's registration forms that the participant has met his or her minimum training requirements. This instructor must be certified in the discipline in which he/she is verifying. For a list of certified 4-H Shooting Sports instructors, please contact your local Extension office.
4. The local MSU Extension agent is responsible for collecting fees and information and entering it into the computer system.
5. 4-H rules apply! Each participant must have a completed Parental Consent/Code of Conduct Form and Health Card in order to participate in any event. These forms can be obtained from your local MSU Extension office.
6. Any changes to classifications must be made before the start of the match and are the responsibility of the competitor.
7. Each district event will be coordinated following MSU Extension guidelines.
4-H rules supersede National Governing Body (NGB) unless noted. Please see appendix.

## Safety Rules

Safety will be first and foremost at all times. A 4-H Shooting Sports committee will examine and inspect all ranges in accordance with NRA standards prior to live fire exercise.

1. Participants, instructors and parents are responsible for reading and understanding the rules. While on the firing line, each team or individual must be accompanied by an adult or qualified Senior II. Participants must have a sponsoring adult responsible for them at all times. Each county must have a minimum of one adult per five youths at the contest.
2. Participants must provide their own firearms and ammunition, bows and arrows, eye and ear protection, and other personal shooting equipment. This includes kneeling rolls, shooting blocks, shooting rolls, slings, jackets, shooting mats, etc. Adults are responsible for handling and controlling all ammunition. Counties
sharing firearms or other equipment must limit the sharing to three or fewer youths per piece of equipment.
3. All firearms-air pistols, air rifles, .22 caliber rifles, .22 pistols, and shotguns-must have a breech block safety flag inserted in the chamber. Breech block safety flags can easily be made from yellow or orange weed-eater type string and inserted into pistols, rifles, and shotguns of all kinds. Muzzleloader rifles must have a yellow safety flag attached to the barrelinserted ramrod.
4. Arrows will not be nocked until the participant is on the firing line. The use of a hip or ground quiver is required.
5. Participants must obey all range commands. Arrive at each event at least 15 minutes prior to relay times to receive range orientation.
6. Rifles must be single loaded, except when range officer dictates otherwise. Parent or person assisting participant must certify when each firearm is clear.
7. Participants must wear adequate eye and ear protection while on the firing line.
8. Ammunition will be stored so as not to be readily accessible except on the firing line. Participants should never have control of ammunition and firearms at the same time during the event unless on the firing line. Arrows are not classified as ammunition and thus may be stored in the bow case.
9. All participants will check in equipment at the appropriate check-in station for their discipline. Equipment will be checked to ensure it is safe and in usable condition. Any loaded firearms will result in immediate disqualification! All equipment classifications will be checked at the range.
10. Range assignment cards will be issued with relay number and approximate time as well as the competition equipment class they will participate in.
11. All equipment, including firearms, will be the responsibility of the participant under the supervision of the certified $4-\mathrm{H}$ instructor and MSU Extension agent.
12. A ready area behind the firing line will be designated for participants, instructors, and/or parents to gather in just before their relay is called to the line. There will also be a designated area for spectators and people not directly involved in the competition. Failure to remain in designated areas could result in removal of participant from the competition.
13. Appropriate clothing to be worn while on the firing line is as follows: closed-toe shoes, fingertip-length shorts or longer, t-shirts, or collared shirts. Participants
and spectators are required to dress appropriately. Team shirts are encouraged but not required. Both young people and adults should wear attire appropriate for the weather while remaining modest and socially acceptable. Shooters must wear shirts with sleeves. Clothing deemed immodest or distracting to other shooters will not be permitted. Fully enclosed shoes must be worn for safety reasons by all participants.
Dress code will be strictly enforced.
14. Participants, instructors, or parents violating any safety rules listed will be given one warning. A second infraction will disqualify him or her from further participation. If the safety violation is severe, the competitor may not be given a warning. Participants
bringing loaded firearms, including BB guns and air rifles, to competition are automatically disqualified. Instructors and the MSU Extension agent will be notified and the infraction documented.
15. Each discipline event will have a registration fee to be determined by that district. Registration date and late fees will be determined by the district.
16. Tactical firearms are not permitted in the 4-H Shooting Sports program.
17. Dogs are not allowed on the range. The exception to this rule is service animals.
18. Mississippi State University Extension provides educational opportunities to the public on an equal opportunity basis and will make every reasonable effort to accommodate individuals with disabilities that would interfere with their ability to receive the information being provided. If you have a disability or impairment, please advise district management before competing in any district-sanctioned event. We will work with you to make appropriate accommodations to participate in this event.
19. No cell phones will be allowed on the firing line during live fire. This includes use of cell phones by parents, instructors, and participants (excluding range officer).
20. Once record shooting begins, no coaching is permitted unless initiated by the shooter through the range officer and with his or her permission. Time continues. Coaching is defined as giving guidance, whether verbal or non-verbal, to the competitor. (Example of spotting: Shot was low to the left. Example of coaching: Shot was low and to the left; aim higher and right.)

## Rules Committee

1. There will be a rules committee in place to handle any rule discrepancies, challenges, or protests that arise.
2. This committee will consist of at least three of the following five:
a. Range officer in charge of range in question.
b. Event coordinator or state executive board member.
c. State $4-\mathrm{H}$ staff member, state 4 -H Shooting Sports coordinator, or other pre-determined state staff on site.
d. Level II or Level III instructor for discipline in question.
e. Regional Extension coordinator on site.
3. The Extension agent with 4-H Shooting Sports responsibilities from the county in question may be present during the rules committee meeting in order to disseminate information to the 4-H member or family but may not have a voice or vote on the rules committee.

## 5-Meter Air Pistol

## Rules

NRA International Pistol Rule Book \#CI16500 (adapted for 5-meter)
https://competitions.nra.org/media/7577/nra-international-pistol-rules.pdf
All air pistols must be $\mathbf{8 0 0} \mathbf{f p s}$ or less.
The following 4-H rules supersede the NRA rules: Classes
Smooth bore pistol - BB: Any smooth bore BB pistol, with metallic sights, in which the propelling force is developed using a compressed spring, gas, or compressed air, may be used.

## Acceptable models:

Daisy Model 288: fixed sight; spring air, weight .8 lb .
Daisy Model 1200: adjustable sight; CO2 weight 1.1 lb .
Crossman Model AA11: adjustable sight; CO2; weight 13 oz.

OR any pistol of equal quality (suggested retail price under \$40)

## Sights

Blade and Ramp front sight - adjustable open rear sight OR Blade and Ramp front sight - fixed open rear sight.

## Ammunition

Round, . 177 cal. ( 4.5 mm ), steel BBs only

## Course of Fire

5 meters ( $161 / 2$ feet) adapted for smooth bore BB pistol
Junior I (8-9): Shoots two-handed, sitting at a table, resting butt of pistol on sandbag. 20 shots -5 shots each on 4 targets
Junior II (10-11): Shoots two-handed, sitting at a table, resting elbows or forearms but not butt of pistol on sandbag or table. Arms should be straight. Sandbags or blocks can be used under forearms or elbows to bring pistol to eye level. 20 shots -5 shots each on 4 targets

## Time Limit

1 minute per shot

## Target

\#B-40 OR Daisy \#5819; 10-meter single bull pistol target (used at 5 meters)
\#B-40/4; 10-meter 4 bull pistol target (used at 5 meters)
Note: Competitors are responsible for bringing their own blocks and sandbags.

| Recognition Levels 5m Air Pistol - Jr I, II, III |  |
| :---: | :---: |
| Recognition | Min. Score |
| Marksman | 60 |
| Sharpshooter | 90 |
| Expert | 130 |
| Distinguished Expert | 170 |

## 10-Meter Air Pistol

## Rules

NRA International Pistol Rules \#CI16500
https://competitions.nra.org/media/7577/nra-international-pistol-rules.pdf

## All air pistols must be $\mathbf{8 0 0} \mathbf{f p s}$ or less.

## The following 4-H rules supersede the NRA rules: Classes

Match Air Pistol: Any Air Pistol that meets fps requirement; suggested retail price that is under $\$ 600$. (Weight not to exceed 2.9 lb .)
Precision Air Pistol: Any precision air pistol that complies with Rule 3.7 (See Appendix) and has a value of $\$ 601$ or more and meets the fps requirement.

## Sights

Only open sights are allowed, adjusted for elevation and windage

## Ammunition

Any . 177 caliber ( 4.5 mm ) flat nosed lead pellet
Junior I (8-9): Shoots two-handed, sitting at a table, resting butt of pistol on sandbag. 20 shots -5 shots each on 4 targets at 10 meters
Junior II (10-11): Shoots two-handed, sitting at a table, resting elbows or forearms but not butt of pistol on sandbag or table. Arms should be straight. Sandbags or blocks can be used under forearms or elbows to bring pistol to eye level. 20 shots -5 shots each on 4 targets at 10 meters

Junior III (12-13): May elect to shoot two-handed or one-handed, standing; one- and two-handed shooters will register and be scored in separate classes. 20 shots -5 shots each on 4 targets at 10 meters
Senior I (14-15): May elect to shoot two-handed or onehanded, standing; one- and two-handed shooters will register and be scored in separate classes. 40 shots -5 shots each on 8 targets at 10 meters
Senior II (16-18): May elect to shoot two-handed or one-handed, standing; one- and two-handed shooters will register and be scored in separate classes. 40 shots -5 shots each on 8 targets at 10 meters

## Time Limit

1 minute per shot for all classes

## Target

\#B-40 OR Daisy \#5819; 10-meter single bull pistol target
\#B-40/4; 10-meter 4 bull pistol target
Note: Competitors are responsible for bringing their own blocks and sandbags.

| Recognition Levels |  |  |
| :---: | :---: | :---: |
|  | 10m Air Pistol <br> Jr I, II, III | 10m Air Pistol <br> Sr I, II |
| Recognition | Min. Score | Min. Score |
| Marksman | 60 | 120 |
| Sharpshooter | 90 | 180 |
| Expert | 130 | 260 |
| Distinguished Expert | 170 | 340 |

## .22-Caliber Conventional Pistol

## Rules

NRA Pistol Rules \#CP 16650
http://rulebooks.nra.org/documents/pdf/compete/RuleBooks/ Pistol/pistol-book.pdf
NRA Pistol Rule 9.14 and 10.10 concerning "refiring" and "malfunctions": Any refires or malfunctions will be handled at the sole discretion of the range officer (e.g., unlimited refires will be allowed and only the shots not fired will be refired).

The following 4-H rules supersede the NRA rules: Classes

## . 22 Pistol

Metallic sights: Any semi-automatic .22 caliber pistol with metallic sights
Any sights: Any semi-automatic .22 caliber pistol with any metallic/optical sight

## . 22 Double-Action Revolver

Metallic sights: Any . 22 caliber double-action revolver with metallic sights
Any sights: Any .22 caliber double-action revolver with any metallic/optical sight

## Barrel Length

No longer than $103 / 4$ inches (National 4-H Shooting Sports events currently have a 10 -inch maximum rule)

## Ammunition

Any .22 caliber short, long or long rifle rimfire cartridge with a bullet weighing no more than 40 grains.
Hollow point ammunition is allowed, unless otherwise stated by the range owner/operator. Magnums are NOT allowed.

## Distance

25 yards

## Course of Fire

10 shots each slow fire, timed fire, and rapid fire (30 record shots).
Senior I (14-15) May elect to shoot two-handed or onehanded, standing; one- and two-handed shooters will register and be scored in separate classes
Senior II (16-18) May elect to shoot two-handed or onehanded, standing; one- and two-handed shooters will register and be scored in separate classes

Time
Slow fire: 5 minutes for 10 shots
Timed fire: 20 seconds per 5 -shot string
Rapid fire: 10 seconds per 5 -shot string

## Target

NRA B-8

| Recognition Levels .22m Pistol - Sr I, II |  |
| :---: | :---: |
| Recognition | Min. Score |
| Marksman | 90 |
| Sharpshooter | 135 |
| Expert | 195 |
| Distinguished Expert | 255 |

## 5-Meter Air Rifle

## Rules

NRA 5-meter BB Gun Rule Book \#CC $16410 \mathrm{http}: / / \mathrm{www}$. rulebooks.nra.org/documents/pdf/compete/RuleBooks/ Bbgun/bb-book.pdf

## All air guns must be $\mathbf{8 0 0} \mathbf{f p s}$ or less.

The following 4-H rules supersede the NRA rules:
Classes:
BB
BB Scoped: Any air gun with either rifled or smooth bore barrels is permitted, such as Daisy 845,840 , or Crossman 760 . Only round $.177(4.5 \mathrm{~mm})$ steel BBs are permitted as ammunition.

## Smoothbore Pellet

Smoothbore Pellet Scoped and *Rifled Pellet: Any air gun with a smooth bore barrel is permitted, such as Daisy 845, 840, or Crossman 760. Only . 177 ( 4.5 mm ) flat nosed lead pellets are permitted as ammunition.
Rifled Pellet Scoped: Any air gun with a rifled barrel is permitted, such as Daisy 880 . Only . 177 ( 4.5 mm ) flat nosed lead pellets are permitted as ammunition.

## Sights

A hooded front sight with interchangeable aperture inserts and adjustable rear peep sights may be used in place of the blade and ramp front and open rear sight with elevation adjustment. (Rule 3.7c) (See Appendix)
Scopes with a maximum power of 6X. Variable scopes may be used but must be taped and immobilized at the 6X setting.

## Stocks

Factory-installed stocks may be altered in length only. (Rule 3.4) (See Appendix)

## Weight Limit

Not to exceed 6 lb ., excluding the sling. (Rule 3.12) (See Appendix)

## Slings

Slings are permitted-not to be wider than $1 \frac{1}{4}$ inch. (Rule 3.13) (See Appendix)

## Kneeling

A cylinder cushion for use in the kneeling position only, not more than 9.84 inches long and 7.08 inches in diameter (Rule 3.14.1) (See Appendix)

Appendix) (*Note: Individuals wearing lace-up boots or high-topped shoes may be asked to loosen the laces.)

Junior I (8-9) Elbow padding will be permitted.
Junior II (10-11) Elbow padding and upper arm sling padding or a cloth shooting jacket may be used.
Junior III (12-13) Elbow padding and upper arm sling padding or a cloth shooting jacket may be used.

## Time Limit

1 minute per record shot ( 10 minutes per position) with 3 minutes preparation period for each position.

## Course of Fire

Junior I will fire 30 shots sitting at a table. Shooters can have only one point of contact with their rifle and the table, that being on top of the front sandbag. Shooters must have the buttstock against their body up off the table. Multiple sandbags may be stacked for the front bag, but buttstock cannot have sandbags under it.
Junior II will fire 30 shots sitting at a table. Shooters who shoot from elbows on table must support the rifle with at least their front elbow on the table, with the buttstock against their shoulder off of the table. This means their elbow must be on the table with the forearm and wrist off of the table. They cannot lay their arm out straight in front of them resting on the table. Their rear elbow can be off or on the table, but the gun cannot touch at any point.
Junior III 3 positions (Rule 7.1) (See Appendix)
Prone: 10 shots
Standing: 10 shots
*Kneeling: 10 shots
*See Rule 5.10 in Appendix for definition of kneeling.
Note: Competitors are responsible for bringing their own blocks and sandbags.

## Targets

Daisy \#5815 or \#AR 4/10 5-meter ( $161 / 2$ feet) air rifle target, 10 record bull; 1 record shot per bull.

| Recognition Levels 5m Air Rifle - Jr I, II, III; Sr I, II, III |  |
| :---: | :---: |
| Recognition | Min. Score |
| Marksman | 90 |
| Sharpshooter | 135 |
| Expert | 195 |
| Distinguished Expert | 255 |

## Shooting Equipment

No footwear higher than the ankle that would give artificial support or gloves are permitted. (Rule 3.11) (See


Junior I (left): Only one point of contact with table.
Junior II (right): Must shoot from the table (elbows on table only). Two points of contact with table.

## 10-Meter Air Rifle

## Rules

2022-2024 National Standard 3-Position Air Rifle rules
http://www.odcmp.com/3P/Rulebook.htm
The following 4-H rules supersede the CMP rules:

## All air guns must be $\mathbf{8 0 0} \mathbf{f p s}$ or less.

## Classes

Trainer-AR
Trainer - AR Scoped:
Sporter Air Rifle, not to exceed 7.5 lb .
. 177 caliber pellet rifle, cost under $\$ 100$-Daisy \#1170 or equal.
Sporter - AR
Sporter - AR Scoped:
Sporter Air Rifle, not to exceed 7.5 lb .
Daisy Model 853 , or costing $\$ 650$ or less.
Approved Sporter Air Rifles

- Air rifles officially approved for Sporter Class air rifle competitions are the Air Force Air Guns Edge, Crossman CH2000 (C02), Crossman cH2009 (C02 or CA), Crossman CH2021 (CA), Daisy M599 Competition Air Rifle, Daisy M853/753/953/853CM (pneumatic), Daisy 888/887 (C02), Daisy XSV40 Valiant (compressed air), Air Arms T200 (compressed air, with non-adjustable cheek-piece and butt-plate), and Champions Choice T200 (CZ 200T, compressed air, with adjustable cheek-piece and butt-plate). Daisy 887/888 rifles may have 2010 model replacement stocks.
- Any approved Sporter Class air rifle that is not currently available to junior clubs or teams at a cost of $\$ 350$ or less will lose its Sporter Class approval. Air rifles of that model that were purchased at a cost of less than $\$ 650$ may continue to be used in Sporter Class competitions. The price ceiling specified in this rule may be a price that is available to junior shooting clubs or teams through a manufacturer's special marketing program. Note: For information on special marketing programs, contact the manufacturer or distributor directly.


## Stock

- Wood, plastic wood, or other material may be added to the lower, forward surface of the pistol grip, but the modified pistol grip may not be anatomically formed. Its dimensions may not exceed the maximum width of the original pistol grip, and no part of the modified pistol grip may extend farther forward than a line perpendicular to the bore that is 1.5 inches from the center of the forward surface of the trigger.
- The depth of the fore-end as measured from the center line of the bore to the bottom of the fore-end may not exceed 100 mm . The fore-end may have a moveable fore-end attachment or extension, provided the depth of the fore-end with the attachment in place does not exceed 100 mm ( 3.94 inches). A moveable foreend attachment On-the-AFAG-Edge may be moved between positions (because of its short length).


## Precision - AR

Precision-AR Scoped

- Precision Air Rifle, not to exceed 12.2 lb . No cost restrictions.


## Ammunition

$.177(4.5 \mathrm{~mm})$ flat nosed lead pellet

## Sights

Metallic - any sight not containing lens or system of lenses. Hooded front sight with changeable aperture inserts and micrometer adjustable rear peep sight will be permitted.
Scoped - any telescopic sight, not to exceed 6X. Variable scopes may be used but must be taped and immobilized at the 6 X setting.

## Slings

Slings are permitted, not to be wider than 1.25 inch
(Sporter \& Trainer Class) or 1.6 inch (Precision Class).

## Kneeling

One cylindrical roll for shooting in the kneeling position is allowed.

## Rolls

The roll cannot be longer than 10 inches or wider than 7.2 inches.

## Stocks

The stock may be adjustable in length, and the cheekpiece may be adjustable in height. The stock may have a vertically adjustable butt plate. These adjustments (length of stock, vertical position of butt plate, height of cheekpiece) must remain the same in all three positions and may not be changed during a competition. Thumb hole, thumb rest, palm rest, and hand heel rest are prohibited.

## Clothing

Shooting jackets and special shooting pants are not permitted in Trainer or Sporter Classes. Up to two loosefitting shirts or sweatshirts may be worn in Trainer and Sporter Classes. Shooting jackets are permitted in the Precision Class.

## Course of Fire

Junior I (8-9): Will fire 30 shots sitting at a table. Shooters can have only one point of contact with their rifle and the table, that being on top of the front sandbag. Shooters must have the buttstock against their body up off the table. Multiple sandbags may be stacked for the front bag, but buttstock cannot have sandbags under it.

Junior II (10-11; 3 positions):
Prone: 10 shots
Standing: 10 shots
*Kneeling: 10 shots

## OR

Will fire 30 shots sitting at a table. Shooters who shoot off of elbows on table must support the rifle with at least their front elbow on the table, with the buttstock against their shoulder off of the table. This means their elbow has to be on the table with the forearm and wrist off of the table. They cannot lay their arm out straight in front of them resting on the table. Their rear elbow can be off or on the table, but the gun cannot touch at any point.
Note: Once a position option is selected, the shooter must use that option for all competitions in the year.
Junior III \& older (12-18; 3 positions):
Prone: 10 shots
Standing: 10 shots
*Kneeling: 10 shots
*See Rule 5.1.3 in Appendix for definition of Kneeling.

## Time Limit

Shooting time (including sighting shots) will be 15 minutes prone, 15 minutes kneeling, and 20 minutes standing.
Junior I and II times will coincide with position shooters' times. The range officer will decide before the match begins whether or not sighting shots will be allowed.

## Target

Daisy \#5818 or \#AR - 5/10-10 meter ( 33 feet) air rifle target, 10 record bull target: 1 record shot per bull.
Note: Competitors are responsible for bringing their own blocks and sandbags.

| Recognition Levels $\mathbf{1 0 m}$ Air Rifle - Jr I, III, III; Sr I, II, III |  |
| :---: | :---: |
| Recognition | Min. Score |
| Marksman | 90 |
| Sharpshooter | 135 |
| Expert | 195 |
| Distinguished Expert | 255 |

## .22-Caliber Rimfire Rifle

## Rules

NRA Small Bore Rifle Rules: \#CR 16750
The following 4-H rules supersede the NRA rules:

## Ages 10-13 Classes

Light Rifle - Open Sights: Light rifle, restricted to post with bead or blade and ramp and adjustable open rear sight (notch or "V"). Weight: Not to exceed 8.5 lb .
Light Rifle - Peep Sights: Light rifle equipped with peep sights, globe front with interchangeable aperture inserts, and a rear sight with micrometer click adjustments for windage and elevation. Weight: Not to exceed 8.5 lb .

Light Rifle - Optical Sights: Light rifle equipped with telescopic sights. Optical sights not exceeding 6X may be used. Variable scopes may be used but must be immobilized at the 6X setting. Weight: Rifle only, not to exceed 8.5 lb .
Junior Rifle Metallic Sights Only:- There will be no restrictions on barrel length or overall weight of the rifle. It may not be equipped with a thumbhole stock, Scheutzentype butt plate (with hook), or palm rest (Rule 3.4). Adjustable-length stocks are permitted. Sights: Metallic [Rule 3.7 (A) (I)] (See Appendix)
Precision Rifle: Any rifle: There are no restrictions on the barrel length or overall weight of the rifle and accessories. Thumbhole stocks are permitted. Scheutzen-type butt plates with hook are also permitted. (Rule 3.2) (See Appendix)

## Targets

A-32, 5 record bullseye ( 1 for sighting shots) for all Light Rifle Classes (Open Sight, Peep Sight, and Optical Sight). Two shots per bullseye.
A-36, 10 record bullseye ( 2 for sighting shots) for Junior and Precision Classes. One shot per bullseye.

## General

Small Bore Rifle Rules \#CR 16750
Rule 3.8: Spotting scopes are permitted. (See Appendix)
Rule 3.9: Shooting kits are permitted, including table or stand. (See Appendix)
Rule 3.10: Ground cloth or shooting matt is permitted.
(See Appendix)
Rule 3.11: Shooting gloves may be worn. (See Appendix)
Rule 3.12: Padding - a shooting coat with shoulder pads, sling pads, and elbow pads may be worn while shooting, provided they do not give artificial support. (See Appendix)

Rule 3.13: Slings may be used except in the standing position. Sling cuffs may be used in the prone and kneeling positions. (See Appendix)
Rule 3.14.1: One kneeling roll is permitted. It can be no longer than 9.84 inches and no wider than 7.08 inches. It must be made of soft, flexible material. (See Appendix)

Ammunition: . 22 short, .22 long, or .22 long rifle calibers, bullets not more than 40 grains. Hollow point ammunition is allowed. No magnums are allowed.

## Course of Fire \& Time

NRA 3 position (prone, standing, kneeling - IN THAT ORDER) at 50 feet.
10 shots prone: 10 minutes total
10 shots standing: 20 minutes total

* 10 shots kneeling: 15 minutes total
*See Rule 5.10 in Appendix for definition of kneeling (buttock cannot touch the ground; participant can sit on their foot).
There will be a 3-minute preparation period for each position. There will be a 5 -minute period to fire sighters in the prone position. After 5 minutes, the range will be called cold and shooters may check their targets. Once first record shot has been fired, no further sighting shots are allowed.


## CMP Sporter Rifle Match

## Ages 14-18 Class

Senior rifle-only class.

### 6.0 CMP Rimfire Sporter Rifle Matches Rule 6.0 defines specific conditions and requirements that apply

 to CMP Rimfire Sporter Rifle Matches.
### 1.2 Rimfire Sporter Competitions 1.3 Intent and Spirit

The intent and spirit of CMP Rimfire Sporter rules is to provide smallbore rifle target competitions where competitors use low-cost, readily available sportertype, .22 caliber rimfire rifles. Any rifle configuration or item of equipment that is not mentioned in these rules or that is contrary to the intent and spirit of these rules is prohibited. The rifles and equipment permitted in Rimfire Sporter Rifle Matches are strictly limited in order to prevent an "equipment race" from occurring in the Rimfire Sporter discipline.

## Target

B-19 Pistol Target (use six targets for seniors)

## Distance

25 yards and 50 yards.

## Course of Fire

60 shots for record.
Prone position - 10 shots slow fire and 10 shots rapid fire. Sitting or kneeling - 10 shots slow fire and 10 shots rapid fire.
Standing - 10 shots slow fire and 10 shots rapid fire.

## Time Limit

Slow fire - 10 shots in 10 minutes; rapid fire -5 shots strings in 25 seconds for semi-automatic firearms or 30 seconds for manually repeating firearms.

## Ammunition

.22 short, .22 long, or .22 long rifle bullets, not more than 40 grains. Hyper-velocity ammunition is allowed.
Hollow point ammunition is allowed. Magnums are not allowed.

## Equipment

Rifle must have a standard sporter-type stock that may be constructed of wood or synthetic material. Thumbhole stocks are not permitted. Fluted barrels are not permitted.

No modifications made to stock or firearm to standard such as towels, pool noodles are permissible.
The overall weight of the rifle, including sights and sling, may not exceed 8.5 lb . Any type of action, semi-automatic or manually operated with a trigger pull of at least 3 lb .
may be used. Sights: Open sights, aperture sights, or optical sights not exceeding 6X may be used. Variable scopes may be used but must be taped and immobilized at the 6 X setting.
NGB
CMP Competition Rules (most recent printing) https://thecmp.org/competitions/cmp-competitions-rulebooks/

There will be a 3-minute preparation period for each position. There will be a 5 -minute period to fire sighters in the prone position. After 5 minutes, the range will be called cold and shooters may check their targets. Once first record shot has been fired, no further sighting shots are allowed.

| Recognition Levels $\mathbf{2 2}$ Rifle - Jr II, III; Sr I, II |  |
| :---: | :---: |
| Recognition | Min. Score |
| Marksman | 90 |
| Sharpshooter | 135 |
| Expert | 195 |
| Distinguished Expert | 255 |

Standard rimfire sporter rifles must be sporter-type rifles of conventional appearance. Rifles must have a standard sporter-type stock constructed of wood or synthetic material. The stock may have a Monte Carlo cheek piece but may not have an orthopedic or asymmetrically shaped pistol grip. Adjustable cheek pads are not permitted. The stock may have a fixed sling swivel on the foreend. Thumbhole stocks, stock adjustments of any type (adjustable butt plates, adjustable cheek pieces, etc.), and rails or adjustable sling swivels are not permitted.

Allowed: This is a standard sporter-type stock.


Not allowed: These are considered tactical because of the pistol and thumbhole grip.


## 50-Yard Bullseye Muzzleloading Rifle

Junior II and Junior III participants will compete using the 50-yard Bullseye target only.
Seniors (ages 14-18) are required to shoot at all three targets: bulls, bottles, and critters.
Instructor or person assisting participant will be required to maintain control of percussion caps during contests!

## Rifles Allowed

Replica: Primitive replicas (percussion cap or flintlock), any caliber.

Inline: Modern muzzleloading rifle with in-line ignition, any caliber.

## Classes

Metallic Sights: A muzzleloader with metallic sights is defined as having a sighting system made of metal or equivalent materials that provide a means of aligning two separate, visible sights or reference points mounted on the rifle. (Partridge-type iron sights and aperture sights, both front and rear, are permitted.)

Any Sights: A muzzleloader with the above described metallic sights or any optical sighting device with any magnification that does not project an image onto the target is permitted.

## Ammunition

Any projectile of proper caliber for the firearm is legal.

## Powder

Factory-made sporting black powder or black powder substitute. (Black powder substitute pellets are permitted.) The maximum powder charge allowed is 60 grains of black powder or its equivalent. All powder must be in premeasured loads. No open containers of powder are allowed on the firing line or loading benches of any range. Shooters must have a minimum of 20 premeasured loads per event and may be randomly checked by range officer to ensure compliance.

## Course

## Junior II:

Position: Standing - may use cross sticks and be assisted by an adult.
Shots: 15 shots at 50 yards for record.
Sighting Shots: Unlimited on a separate target within the time allotted.
Time: 1 hour.
Assistance: An adult may help junior participants load their firearms.

## Junior III:

Position: Standing - may use cross sticks
Shots: 5 at 50 yards for record.
Sighting Shots: Unlimited on a separate target within the time allotted.
Time: 30 minutes.
Assistance: An adult may help junior participants load their firearms.

## Seniors:

Position: Standing Shots: 5 at 50 yards for record.
Sighting Shots: Unlimited on a separate target within the time allotted.
Time: 30 minutes.
Assistance: Senior participants must load their firearms, but an adult may cap the firearms.

## Target

NMLRA target number TG2406.
Note: Used film canisters can be used as inexpensive "quick loads."

| Recognition Levels |  |  |
| :---: | :---: | :---: |
|  | Muzzleloader <br> Jr II | Muzzleloader <br> Jr III; Sr I, II |
| Recognition | Min. Score | Min. Score |
| Marksman | 45 | 65 |
| Sharpshooter | 55 | 80 |
| Expert | 70 | 105 |
| Distinguished Expert | 85 | 125 |

## 25-Yard Bottles and Critters Muzzleloading

Junior III and above will compete in Bullseye and Bottles and Critters as one event.

Junior III and above are required to shoot at all three targets: bulls, bottles, and critters.
Adults assisting youth will be required to maintain control of percussion caps during contests!

## Rifles Allowed

Replica: Primitive replicas (percussion cap or flintlock), any caliber.
Inline: Modern muzzleloading rifle with in-line ignition, any caliber.

## Classes

Metallic Sights: A muzzleloader with metallic sights is defined as having a sighting system made of metal or equivalent materials that provide a means of aligning two separate, visible sights or reference points mounted on the rifle. (Partridge-type iron sights and aperture sights, both front and rear, are permitted.)

## Ammunition

Patched round ball or cast lead bullets. Sabots with jacketed bullets are not permitted.

## Powder

Factory-made sporting black powder or black powder substitute. Black powder substitute pellets are permitted. The maximum powder charge allowed is 60 grains of black powder or its equivalent. All powder must be in premeasured loads. No open containers of powder are allowed on the firing line or loading benches of any range. Shooters must have a minimum of 20 premeasured loads per event and may be randomly checked by range officer to ensure compliance.

## Shooting Position

All shooting is from the standing position. *Junior IIIs
may use cross-sticks.

## Course of Fire

5 record shots on each target, 1 per record bull, unlimited sighting shots (on a separate target) at 25 yards in the time allotted. An adult may assist junior participants with the loading of their firearms. Adults may not assist senior I or II participants with loading, but they may cap the firearm.

## Time Limits

One hour running time for 10 record shots.

## Scoring

Bottles: as outlined on the target. Haffner: highest scoring area touched by ball.

## Targets

NMLRA Bottle Target (TG2427) and NMLRA Haffner Combination Target (TG901). Available from NMLRA (1-812-667-5131).

## Archery

There are five competition categories for archers:
Junior I (age 8-9)
Junior II (age 10-11)
Junior III (age 12-13)
Senior I (age 14-15)
Senior II (age 16-18)

## Male and female archers will be scored separately.

## Classes

Equipment will fall into five classifications:

1. Bare Bow Equipment
2. Recurve Equipment
3. Standard Compound Equipment
4. Compound Bare Bow
5. Unlimited

Range finders may be used in the Field and FITA rounds only. Range finders will not be allowed on the 3D range. This includes archers, coaches, parents, and spectators.
For all classifications shooting from 18 meters, peak draw weight must be 60 pounds or less!

## For all archers shooting from 9 meters, peak draw weight must be 35 pounds or less!

## Arrows

Any safe shaft material may be used, including carbon and graphite. No fiberglass arrows. Participants must bring at least six arrows of the same size and length to the event. Arrows must meet AMO minimum weight standard (6 grains arrow weight per pound bow peak draw weight.) No arrows 23/64 of an inch in diameter or larger are permitted. Arrows must be checked with bows during equipment check-in. Competitors must use a quiver that is not attached to the bow (hip or ground quivers). No broadheads will be allowed.

## Course

Junior I: Archers will shoot four ends of five arrows each (20 arrows total) from 9 or 18 meters at an official NAA (National Archery Association) target. 10-pound minimum peak draw and 35-pound maximum peak draw at an official NAA (National Archery Association) target. The lowest end will be dropped.
Junior II: Archers will shoot four ends of five arrows each (20 arrows total) from 9 or 18 meters at an official NAA (National Archery Association) target. Participants shooting 9 meters must have a 10 -pound minimum peak draw and 35 -pound maximum peak draw at an official NAA target. The lowest end will be dropped.

Junior III: Archers will shoot four ends of five arrows each (20 arrows total) from either 9 meters or 18 meters at an official NAA (National Archery Association) target. The lowest end will be dropped. After the participant selects a distance, that distance will be used for all competitions in the year. The same distance must be used in all archery categories in which the participant shoots.

Senior I and II: Archers will shoot four ends of five arrows each (20 arrows total) from 18 meters at an official NAA (National Archery Association) target. The lowest end will be dropped.

## Bare Bow Class

1. Bow: Any type that subscribes to the accepted meaning of BOW as used in target archery. An instrument consisting of a handle, riser, two flexible limbs with string nocks. The bow is braced by a single bowstring attached to the limb nocks. Operation is performed by holding the bow in one hand, while drawing, holding, and releasing the string with the other hand. The bow must be bare, except for the arrow rest. NO AIDS FOR AIMING are allowed.
2. Bowstring: Center serving with one/two nock locators is permitted. The serving ends must not be visible to the competitor when the bow is at full draw. NO AIDS FOR AIMING are allowed.
3. Arrow rest: Adjustable or moveable pressure button or arrow plates are acceptable. Electronic devices are not permitted.
4. Arrows: Any type of arrow that does not damage target or buttress will be allowed. Arrows will be the same length and marked with competitor's name or initials.
5. Finger protection: Fingertip gloves, shooting tabs, or tape to draw, hold back, and release string are permitted. NO device may be used to assist the finger release. No mechanical release permitted.
6. Field glasses or other visual aids may be used.
7. Arm guards, dress shields, bow slings, quivers, and tassels are allowed.

## Recurve Class

1. Recurve class uses a bow of simple recurve design, either takedown or one-piece construction. Brace by a single string attached to string nocks only, using finger release. No mechanical release permitted.
2. Arrow rest must be simple in design, may be rigid or flexible. It must extend no farther back than 2 cm from the throat of the handle.
3. Draw check indicator may be audible or visual, giving only draw length.
4. Any bow sight that does not project an image on the target is allowed.
5. Any safe shaft material may be used for arrows. Nocks must be simple construction; points must be conical or oval. Vanes must be soft plastic or natural feathers.
6. Shooting tabs and finger protection, such as leather shooting gloves, may be used.
7. Field glasses or other visual aids may be used.
8. Stabilizers of any length are permitted.

## Standard Compound Class

1. Compound bow draw is mechanically varied by systems of cams and pulleys. The bow brace may be a single bowstring between two string nocks of bow cables.
2. Any bowstrings that allow bow strands to accommodate finger draw or release aid are acceptable. Nocking point may be fitted to the center serving. Devices for lip/nose mark, peep-hole aiming, and hold-in-line are permitted.
3. Audible and visual draw check indicators are permitted. Electronic draw check indicators are not permitted.
4. Bow sight pin, peep, or pendulum sights are allowed for windage/elevation by screw adjustment. Electronic aiming devices are not permitted.
5. Stabilizers/torque flight compensators are acceptable providing they do not do any of the following:
a. Serve as a string guide
b. Touch anything but the bow
c. Represent any obstacle to others
d. Exceed 12 inches
6. Finger tabs, gloves, tabs, or release-aids may be used.
7. Field glasses or other visual aids may be used.
8. Braces, dress shields, quivers, tassels, and foot marks are allowed.

## Compound Bare Bow Class

Any compound shot without sights or pins and by fingers is allowed.

## Unlimited Class

Generally all types of additional devices may be used, with the exception of draw-locking devices. Examples of authorized equipment include leveling devices, magnified sights, and stabilizers longer than 12 inches.

## Match Conduct

Other than specific rules listed here, NAA rules will generally apply except for the official NAA dress code. Rulebooks are available from
https://www.usarchery.org/

## Archery Range Rules

1. Bows and arrows must be cased during events except while the archer is shooting.
2. Competitors must use quivers. Only quivers that are not attached to a bow may be used (hip or ground quivers).
3. During competition, the archer may draw his or her bow ONLY when standing on the shooting line, even if there is no arrow in the bow.
4. Archers may not draw at an angle significantly above the line of flight to the target (sky draw).
5. When time control is used at a tournament, archers may not raise their bow arms until the signal to begin shooting has been sounded.
6. Any archer shooting an arrow before the signal or after the signal denoting such time limit shall forfeit the highest-scoring arrow for that end.
7. An arrow shall be deemed as not having been shot if the archer can touch it with his bow without moving his feet from the position in relation to the shooting line.
8. These rules apply when a rebound occurs with multiple archers shooting at the target:
9. All archers will stop shooting but remain on the shooting line with their bows held above their heads.
10. Unless all arrow holes are suitably marked on each occasion when arrows are scored and drawn from the target, arrow rebounding or passing completely through the buttress will not be scored.
11. Neither the arrows nor the target face may be touched until all arrows on the target have been recorded.
12. All arrow holes must be marked, but only after all arrows on the target have been scored.
13. Except for people who have physical limitations, archers must shoot from a standing position and without support, with one foot on each side of the shooting line, or with both feet on the shooting line.
14. Tournament officials will score and tabulate all scorecards.
15. While an archer is on the shooting line, he/she must not receive any assistance or information from anyone or by any means, other than for the purpose of correcting an equipment failure or for safety.
16. Range Finders may be used in the Field and FITA round only. Range Finders will NOT be allowed on the 3 D range. This includes archers, coaches, parents, and spectators.
17. Should the shaft of an arrow touch two colors or touch any dividing line between scoring zones, under FITA rules, that arrow will score the higher value of the zones affected.
18. The maximum time for an archer to shoot five arrows is 5 minutes.
19. Arrows that are embedded in the buttress but not showing on the face can be scored only by a judge.
20. The scorer and the archer will sign scorecards to indicate that the archer agrees with the value of the arrow. The archer is not signing that he/she agrees that the scorecard has been added correctly.

## Targets

Junior I, Junior II, and Junior III competitors use NAA bullseye targets and may choose to shoot at 9 meters or 18 meters. Seniors I and II use NAA bullseye targets at 18 meters.
Shot values will range from 10 to 1 .

- Recurve, bare bow, and compound bare bow divisions will shoot the NAA 60 cm target face.
- Compound division will shoot the NAA 40 cm target face but may elect to shoot a five-bull 40 cm target to prevent arrow stacking.
- Unlimited division will shoot NAA 40 cm target but may elect to shoot a five-bull 40 cm target to prevent arrow stacking.

| Recognition Levels Archery |  |
| :---: | :---: |
| Recognition | Min. Score |
| Qualifier | 60 |
| Bowman | 90 |
| Archer | 105 |

## Shotgun

## Shotguns Allowed

Any 12-gauge or smaller shotgun in good, safe working condition is allowed. The shotgun should be capable of holding two shells and firing them in quick succession. Shotguns with adjustable combs and/or butts may be used. No shotguns with a tactical frame or pistol grip are allowed.

## Ammunition

Only factory-loaded target shells of shot size $71 / 2$ to 9 (inclusive) will be allowed. Nothing over $3^{1 / 4}$ drams, $1^{1 / 1 / 8}$ ounce shot or shot size larger than $71 / 2$ will be permitted. Ammunition speed should be 1300 fps or less. For safety reasons, reloaded ammunition is not permitted for this event. No tracking ammunition with orange or brightly colored wad allowed.

## Course

The basic event will consist of 15 clover clay targets. Participants will get two warm-up shots; one flyer from each thrower at station one. All participants will see the same target pattern. Where ties exist, the participants who are tied and are still on the property at the end of the shooting will shoot doubles from the middle station until the ties are broken. This means that a shooter must break both targets on a station in order to beat a shooter who broke only one target (i.e., if one shooter breaks the first target and another shooter breaks the second target, they are still tied). Tied participants who have left the property before ties are discovered will assume the next lower placing (will wait no more than 15 minutes unless on another range).

## Scoring

A designated official will score targets. Only legal targets will be scored. When there is a question of whether the target was hit or missed, the scorer and two pullers will together decide, and the majority will rule. Officials may ask assistance from the trap puller or the range official if they feel that assistance is required. If a shooter hits two targets in one shot, then those two targets must be reshot in order to establish a fair pair. The participant will sign target scorecards indicating that he or she agrees the score is correct.

## Firearm Malfunctions

Failure of the shotgun to fire due to mechanical defect will be considered firearm malfunction. Shooter error in loading or operating the firearm does not constitute a malfunction. Examples of shooter error include failure to load the firearm or to load the proper barrel; failure to place the safety in the "fire" position; failure to load two cartridges when shooting two shots is necessary, as in the second shot at a single target and when doubles are thrown; failure to properly close the action or operate the slide on a pump action shotgun; loading empty shells; or using improperly sized ammunition. A maximum of two malfunctions will be permitted per round of $\mathbf{1 5}$ targets, with additional failures to fire being scored as lost. During shoot-off, malfunctions are handled the same. Two malfunctions and nothing is established.

## Match Conduct

Generally, National Sporting Clays Association rules will apply. NSCA rules permit two shots at single targets and permit a second shot at the first target in doubles if the first shot misses. For the flight of doubles, "a fair pair in the air" is required or "nothing is established."
http://nsca.nssa-nsca.org/rule-book/
Rulebooks are also available from:
National Sporting Clays Association
PO Box 68007
San Antonio, TX 78263
Telephone: 512-688-3371

Examples of what is not permitted to use in 4-H Shooting Sports

## Pistol Grip



Pistol Grip


Fixed Stock


## Range Layout for Shotgun



## NOTE:

Throwers should be set to throw across white stake at the same level about 20 feet high.
Stations 1 and 3 should be set up 4 to 5 feet to the left of the throwers.

The orange stakes are safety stakes. They should be positioned 25 feet from Stations 1 and 3 and offset 7 feet outbound. When a shooter is at any station, his or her gun should never pass behind the orange stakes. Use paint to make a box on the ground at each station. It should be big enough for the shooter's foot to fit inside.

## Course of Fire

From Station 1: 1st target from closest thrower, 2nd target from far thrower, 1 pair of doubles (one from each thrower at the same time), 5th target - rabbit* from far thrower.

From Station 2: 1st target from left thrower, 2nd target from right thrower, 1 pair of doubles (one from each thrower at the same time), 5th target - rabbit* from shooter's choice of thrower.

From Station 3: 1st target from closest thrower, 2nd target from far thrower, 1 pair of doubles (one from each thrower at the same time), 5th target - rabbit* from far thrower.
*Note: Rabbit targets must be broken before passing the white stake that marks the center of the course. Rabbit targets that are shot at after passing the white stake will be counted as misses. A course of fire that permits flight targets instead of rabbits where range configuration precludes throwing rabbit targets is allowed. Final decision left to event management.

| Recognition Levels Shotgun - Jr II, III; Sr I, II |  |
| :---: | :---: |
| Recognition | Min. Score |
| Marksman | 6 |
| Sharpshooter | 8 |
| Expert | 10 |
| Distinguished Expert | 11 |

## Suggested Shooting Gate for Shotgun Events

Shooting gate is constructed of
8 pieces of 3-foot PVC pipe at least 1 inch in diameter (vertical pieces)

6 pieces of 4-foot PVC pipe at least 1 inch in diameter (horizontal pieces)

4 PVC tees


Gates should be placed so that the front edges are no more than 4 feet apart. Use spray paint to draw line between front edges of the gate for safety zone. Do not allow shooter to step outside this box.


## Hunting

All Hunting Discipline Level I and Level II instructors will be asked to submit 204 -H Junior wildlife knowledge age-appropriate questions ( $\mathrm{w} /$ answers) and 30 Senior wildlife knowledge age-appropriate questions ( $\mathrm{w} /$ answers) and where they found them from the material (Hunting/ Wildlife Skills Member Manual, NRA Hunter's Manual, Mississippi Hunter Education Book, and the MDWFP Wildlife ID Guide). These questions will be checked by Level II Hunting/Wildlife Skills Instructors and finalized by the State Shooting Sports Coordinator. Questions will then be kept on campus. Prior to district and state competitions, questions will be randomly picked and emailed to the district/state coordinator no more than 3 days before the event to be printed.
At the district level for Juniors (300 total possible points)

- Shoot/don't shoot, wildlife id, and wildlife knowledge are equal in weight (weighted to 100 total possible points)
- Each district will use the same wildlife knowledge test which will be emailed to the district coordinators 3 days prior to the event (weighted to 100 total possible points)
- Wildlife id is set up for age-appropriate identification (weighted to 100 total possible points)
- Juniors can shoot 3D archery if they have the 8 hours of required training in archery (does not count toward their score)

At the district level for Seniors (400 total possible points)

- Shoot/don't shoot, wildlife id, archery, and wildlife knowledge are equal in weight (weighted to 100 total possible points)
- Archery will be conducted on the shoot/don't shoot range under a Level I archery instructor \& youth must have received at least 8 hours of archery training from a certified 4-H archery instructor prior to the District Event. (weighted to 100 total possible points)
- Each district will use the same wildlife knowledge test for 3 age groups Junior which will be emailed to the district coordinators 3 days prior to the event (weighted to 100 total possible points)
- Wildlife id is set up for age-appropriate identification (weighted to 100 total possible points)
In the event of a tie, the higher score of Hunter Decision Making Trail will be declared the winner. If the tie remains, the higher level of achievement on the written exam will be declared the winner.
- The highest Hunter Decision Making score should be recognized.
- Overall high score will be recognized as well as 2nd and 3rd place.


## Hunting - Shoot/Don't Shoot

## Ammunition

Seniors will shoot archery. Juniors are allowed to shoot but will not count towards their score. Participants must have received 8 hours of archery discipline specific safety instruction in the specified live-fire discipline represented in the hunting contest. This is in addition to the required 8 hours of hunting instruction.

## Course

Hunting trail stations will consist of various scenarios involving animals and hunters. Trail scenarios may be outdoor mockup, indoor photos, or interactive videos. An adult group leader will lead participants through the trail and read the scenarios aloud. Group size depends on number of range personnel and participants. Sharing information is not allowed.
Junior I, II, and III participants will visit a minimum of four stations and a maximum of six stations.
Senior I and II participants will visit a minimum of eight stations and maximum of 10 stations. Seniors will participate in the shoot/don't shoot and then will shoot at the 3D target for that 3D station. There are eight to 10 stations for the archery score. Correct shoot/don't shoot earns the participant 5 points. Shoot/don't shoot portion of the hunting discipline will not be accessible by Junior participants during the live fire portion.

## Scoring

Hunting trail scorecards will be numbered for each respective station. For each scenario given, participant will circle "shoot" or "don't shoot" on the scorecard. Will be weighted to have a possible 100 points.

## Wildlife Knowledge

- An age-appropriate written exam will be administered. The written exam is worth up to 100 points. Each correct question earns the participant 1 point and is then weighted to give the participant a potential 100 points if everything is answered correctly.
- Each district will use the same wildlife knowledge test.
- There will be three different wildlife knowledge tests available: Junior I \& II, Junior III, and Senior I \& II.


## Wildlife ID

- Junior I and II for wildlife ID will identify a minimum of 10 and a maximum of 15 pelts for a potential final weighted score of 100 .
- Junior III participants for wildlife ID will identify Junior I and II pelts including a minimum of 5 skulls and maximum of 10 skulls, resulting in a total possible score of 100 points after it has been weighted.
- Senior I and II participants will be given the same wildlife id questions as the Junior I, II, and III participants along with a minimum of 4 scat identification and a maximum of 8 scat identification and a minimum of 5 track ID and a minimum of 5 avian wings for a total possible score of 100 points after it has been weighted.
- Participants are not allowed to touch specimens during testing and there will not be a word bank available.
- Photos approved by the Shooting Sports Coordinator may be used if there are not enough specimens.


## Archery

(Only Seniors will be scored.)

## Target \& Distance

All shooting will be at unmarked distances. Maximum distance to target for compound bows will be 50 yards.
Maximum distance to target for recurve will be 35 yards.

## Course of Fire

15 2D/3D targets at varying unmarked distances. This can be achieved by 5 different targets from 3 different shooting distances and angles.

## Equipment

Bow may be recurve or compound. It should be suitable for hunting; no crossbows are allowed. Draw weight may be no more than 60 lb . Only suitable arrows tipped with field points are permitted.
Sights
Hunting sights that are fixed with no more than four sighting pins that neither magnify nor project an image on the target are permitted. Stabilizers may be no longer than 12 inches.

## Scoring

IBO 8 ring $=$ vital hit. Vital hit $=1$ point. Will be weighted to a possible 100 points.
Recognition will be given in the following categories:

- Highest Hunter Decision Making score
$>$ Overall high score, 2nd place, 3rd place
Juniors I, II, and III will have a total possible score of 300 .
Seniors I and II will have a total possible score of 400.
*In the event of a tie for an award, the challenger with the higher score on the Hunter Decision Making Trail test will be declared the winner. If a tie remains, the challenger with the higher level of achievement on the written exam will be declared.


## Resources

https://4-hshootingsports.org/resources/instructor/huntingskills
Hunting/Wildlife Skills Member Manual, NRA Hunter's Manual, Mississippi Hunter Education Book, and the MDWFP Wildlife ID Guide

## Guidelines for Scoring Paper Targets

Correct Method of Scoring Gauged Shots


Applying the correct method of scoring with a scoring gauge includes 1) placing the target horizontally on a support, 2) having the target well-lighted, 3) looking at the edge of the gauge from a slight angle and 4) using a magnifying glass whenever necessary.


If you can see even a faint black gap between the edge of the scoring gauge and the outside edge of the white scoring ring, the shot receives the lower value. If you cannot see a gap and the gauge touches the outside edge of the scoring ring, the shot receives the higher value.

A shot that touches is IN.
A shot that does not touch is OUT.

## Outward Scoring Gauges

If you can see white between the outside edge of the scoring gauge and the outside edge of the outer white scoring ring, the shot receives the higher value. If you cannot see white but can see that the outside edge of the gauge just touches or is tangent to the outside edge of the scoring ring, the shot receives the higher value. If any part of the outside edge of the scoring gauge lies outside the outside edge of the scoring ring, the shot receives the lower value.

If the outside gauge does not touch or just touches the outside of the ring, the shot is IN.
If any part the outside gauge lies outside of the ring, the shot is OUT.


## Where Can I Get Targets?

B-40, AR-4/10, A-32, and AR $5 / 10$ only are available from the MSU Extension Service Printing Department as part of regular Extension county print requests. Contact Chris Sowers at (662) 325-2164.

## Most Paper Targets

National Target Company
4960 Wyaconda Rd
Rockville, MD 20852-2444
http://www.nationaltarget.com/
Phone: 1-800-827-7060
Fax: 1-301-770-7892
( $20 \%$ discount to government agencies, including MSU)

## Archery Targets

Lancaster Archery Supply
Lancaster, PA
lancasterarchery.com
855-922-7769

## Hunting Discipline Websites

PECOSALES
www.nature-watch.com
www.boneroom.com
www.etsy.com

## Muzzleloading Bottles and Critters Targets

National Muzzleloading Rifle Association
PO Box 67
Friendship, IN 47021
http://www.nmlra.org/
812-667-5131
Shotgun Clay Targets, Including Rabbits
Starkville Gun Club
2125 Sixteen Section Road
Starkville, MS 39759
Contact: Clark Hartness
Cell: 662-324-5353
Pickup MUST be coordinated in advance and made in person!

## . 22 Rifle Silhouette Targets

Ray Schafer
2321 Piney Mountain Church Rd
Bostic, NC 28018
828-245-8168

## F\&T Fur Harvesters (Pelts)

Fntpost.com

## 2D animal targets

3 riversarchery.com

## Hunting Items (Scat, Tracks, Skulls, Feather Replicas)

Acorn Naturalists
www.acornnaturalists.com

All Full Size, $3 / 8$ size, $1 / 2$ size, and Small Bore Metallic Silhouette Targets<br>Customer Manufacturing Co.<br>5501 S Lamar St<br>Dallas, TX 75215<br>214-428-5173

## Air Gun Silhouette Targets

Champions' Circle
201 International Blvd
LaVergne, TN 37086
615-793-4066
800-345-7179 (orders only)

## Target Examples

Target images are the property of their respective owners.
These images are provided as examples for educational purposes only.
See page 35 for target ordering information.

B-40 - Air Pistol


B-40/4 - Air Pistol


## B-8 - . 22 Pistol



AR 4/10-5 m Air Rifle


AR-5/10-10 M Air Rifle


A-32-. 22 Rifle (Light Rifle Classes)


AR 36-. 22 Rifle
Junior and Precision Classes


## B-19-. 22 Pistol Target CMP Sporter Rifle Match



TG2406 - Muzzleloading


TG2427 - Muzzleloading


TG901 - Muzzleloading


NAA 60CM - Archery


NAA 40CM - Archery


Vegas Five-Spot - Archery


## Appendix

## 10-Meter Air Pistol

NRA International Pistol Rule 3.7, Page 10
3.7 Air Pistol: Any $4.5 \mathrm{~mm}(.177 \mathrm{cal})$ type of compressed air CO 2 pistol or revolver that complies with Rule 3.1 and the following specifications may be used:
a. The weight of the pistol or revolver with all accessories must not exceed 1,500 grams ( 3.3 lb ).
b. The trigger pull must be at least 500 grams ( 17.6 oz .), measured with the barrel vertical.
c. No part of the grip or accessories may encircle the hand. The heel rest must extend at a right angle not less than 90 degrees to the grip. Any upward curvature of the heel and/or thumb rests and/or downward curvature of the side opposite the thumb is prohibited. The thumb support must allow free upward movement of the thumb. However, curved surfaces on the grips or frame, including the heel and/or thumb rest in the longitudinal direction of the pistol are permitted.
d. The overall size of the pistol is limited to those dimensions that will permit the pistol to be enclosed completely in a rectangular box having maximum inside dimensions of 420 mm X 200 mm X 50 mm . A manufacturing tolerance of $+0.5 \mathrm{~mm}-0.00 \mathrm{~mm}$ in the dimensions of the box will be permitted. In the case of semiautomatic air pistol, the magazine need not be fitted for the box test.
e. The pistol used in the air pistol event may be loaded with one pellet only.
f. Ported barrels and perforated attachments for air pistols are allowed, providing pistols comply with all other requirements, including dimensions.
g. Ammunition: Any 4.5 mm (. 177 cal.) pellets may be used. (See Rule 3.1(f)).

## NRA International Pistol Rule 3.7, Page 7

## 3. Firearms, Equipment, and Ammunition

### 3.1 Applicable to All Pistol Events

a. This section defines authorized equipment. Where alternative types of equipment are shown, the least restrictive conditions apply, unless the tournament program sets forth limitations.
b. Only open sights are allowed. Optics, mirror, telescope, laser beam, electronically projected dots, and so forth are prohibited. Any aiming device programmed to activate the firing mechanism is prohibited. No protective covering is permitted on front or rear open sights.
c. Corrective lenses and/or filters may not be attached to the firearm but may be worn by the competitor. The shooter may use a telescope or binoculars to observe his/her shot holes.
d. The grip or any part of the firearm may not be extended or constructed in any way that would give any support beyond the hand. The wrist must remain absolutely free and visible when the pistol is held in the normal firing position.
e. Adjustable grips are permitted, providing when adjusted to the shooter's hand, they conform to the rules of the event. The adjustment must not be changed after the equipment control checks in any way that would conflict with the ISSF rules.
f. All projectiles used must be made of lead or similar soft material. Jacketed projectiles are not permitted.

## 5-Meter Air Rifle

NRA BB Gun Rules, Page 4
3.4 Stocks: Factory installed stocks may be altered in length. When shortening or lengthening a stock, the butt must be identical to the original equipment. The butt of the stock may be roughed, checkered, or scored to provide a nonslip surface. No further modification to the stock is allowed. Material such as sandpaper, emery paper, adhesives, rubber, or rosin may not be added to any portion of the stock or firearm. Stocks may be repainted or left unfinished.

## NRA BB Gun Rules, Page 5

3.7 Sight: A hooded front sight with interchangeable inserts may be used; however, no portion of the front sight may extend past the end of the barrel.
NRA BB Gun Rules, Page 5
3.12 Weight Limit: The total weight of an unloaded BB gun may not exceed 6 lb ., excluding the sling.

NRA BB Gun Rules, Page 5
3.13 Slings: Slings not exceeding $11 / 4$ inch in width are permitted.

NRA BB Gun Rules, Page 5
3.14.1 Kneeling Roll: Only one cylindrical roll for shooting in the kneeling position is allowed. It may be a maximum of 25 cm ( 9.84 inches) long and 18 cm ( 7.08 inches) in diameter.
NRA BB Gun Rules, Page 5
3.11 Clothing Regulations: No footwear higher than the ankle.

Courses of Fire, Page 9

### 7.1 BB Gun Rules

a. Prone Position -10 shots, AR-4/1, AR-4/10 targets.
b. Standing Position -10 shots, AR- $4 / 1$, AR- $4 / 5$, AR- $4 / 10$ targets.
c. Kneeling Position -10 shots, AR-4/1, AR-4/5, AR-4/10 targets.
d. 30 shots three positions -10 shots each position. Order of firing will be prone, standing, and kneeling.

BB Gun Rules, Page 7
5.10 Kneeling: The shooter may touch the ground with the right foot, the right knee, and the left foot. The BB gun must be held in the same way as when shooting in the prone position (i.e., with both hands and the right shoulder). The left elbow must be supported on the left knee. The point of the elbow may not be more than 10 cm ( 3.9 inches) from the point of the knee. The BB gun may be held by means of the sling. If the kneeling roll is placed under the instep of the right foot, the foot may not be turned at an angle of more than 45 degrees. If the kneeling roll is not used, the foot may be positioned at any angle, to include placing the side of the foot and the lower leg in contact with the ground.

## 10-Meter Air Rifle

National Standard 3-Position Air Rifle Rules, Pages19-20

### 5.1.3 Kneeling

- The competitor may touch the firing point surface with the toe of the right foot, the right knee, and the left foot.
- The rifle may be held with both hands and the right shoulder; the cheek may be placed against the stock.
- The left elbow must be supported on the left knee.
- The point of the elbow cannot be more than 100 mm ( 4 in .) over or 150 mm ( 6 in .) behind the point of the knee.
- The rifle may be supported by a sling, but the fore-end behind the left hand must not touch the shooting jacket.
- No part of the rifle may touch the sling or any of its attachments.
- The rifle must not touch or rest against any other point or object.
- If the kneeling roll is placed under the instep of the right foot, the foot may not be turned at an angle of more than 45 degrees.
- If the kneeling roll is not used, the foot may be placed at any angle. This may include placing the side of the foot and the lower leg in contact with the surface of the firing point.
- No portion of the upper leg or buttocks may touch the firing point surface.
- If the competitor uses the shooting mat, he may kneel completely on the shooting mat or may have one, two, or three points of contact.
- Only trousers and underclothing may be worn between the competitor's seat and heel. Jackets or other articles must not be placed between these two points or under the right knee.


## .22-Caliber Rimfire Rifle

NRA Smallbore Rifle Rules, Page 7
3.2 Any Rifle: A rifle authorized for use in smallbore rifle matches using cartridges commercially catalogued as the . 22 Short, .22 Long, or .22 Long Rifle cartridges. There are no restrictions on the barrel length or overall weight of the rifle and accessories. No portion of the rifle or any attachment to the rifle shall extend more than 3 inches beyond the rear of the shooter's shoulder. A butt plate conforming with NRA Rule 3.15 may be used.
NRA Smallbore Rifle Rules, Page 8
3.4 Junior Rifle: There are no restrictions on the barrel length or overall weight of the rifle. The rifle may not be equipped with thumb hold stock, Schuetzen Type Butt Plate, or palm rest.
NRA Smallbore Rifle Rules, Page 8
3.7 Sights: (a) Metallic - (1) Non-corrective: Any sighting system, constructed of metal or equivalent, that provides a method of aiming or aligning two separate but visible sights, or reference points mounted on the rifle, including tube sights and non-magnifying color filters.
NRA Smallbore Rifle Rules, Page 8
3.8 Spotting Scopes: The use of a telescope to spot shots is permitted. It may be positioned forward of the shooter's forward shoulder.
NRA Smallbore Rifle Rules, Page 8
3.9 Shooting Kit: The shooting kit may not be placed foreword of the shooter's forward shoulder on the firing line, except that in the standing position a shooting kit, table, or stand may be used as a rifle rest between shots. The shooting kit, table, or stand may not be of such size and construction as to interfere with shooters on adjacent firing points or to constitute a windbreak.
NRA Smallbore Rifle Rules, Page 8
3.10 Ground Cloth: Ground cloth may be used provided it is not constructed or used in a manner to provide artificial rest or support.
NRA Smallbore Rifle Rules, Page 8
3.11 Gloves: Gloves may be worn provided they do not form an artificial support.

NRA Smallbore Rifle Rules, Page 9
3.12 Padding: Shoulder pads, sling pads, and elbow pads may be worn while shooting, provided they are constructed so as not to provide artificial support.
NRA Smallbore Rifle Rules, Page 9
3.13 Slings: Unless otherwise specified in the conditions of the match, the rifle sling may be used in connection with the rifle and one arm only as an auxiliary to steady the rifle except in the standing position. Sling cuffs are permitted.
NRA Smallbore Riffe Rules, Page 8
3.14.1 Kneeling Roll: A cylindrical cushion for shooting in the kneeling position; maximum dimensions will be 9.84 inches long ( 25 cm ) and 7.08 inches in diameter ( 18 cm ). Cushions should be made of soft, flexible material.
NRA Smallbore Rifle Rules, Page 9
3.15 Butt Plates and Hook: A butt hook projects more than 153 mm ( 6.02 inches) past the rear of a line that is perpendicular to a line drawn through the axis of the bore of the rifle, and that is tangent to the deepest part of the butt plate depression that normally rests against the shoulder. It must have a total outside length around any curve or bend of not more than 178 mm (7.01 inches).
NRA Smallbore Rifle Rules, Page 13
5.8 Sitting: Elbows may rest on the legs at any point above the ankles. (The elbow is defined as 4 inches from the point of the arm when bent.)

## NRA Smallbore Rifle Rules, Page 13

5.10 Kneeling: Buttocks must be clear of the ground but may rest on one foot. The rifle must be supported by both hands and one shoulder only. The elbow of the arm supporting the rifle should rest on the knee or leg. The elbow of the trigger arm will be free from all support. (Elbow is defined in Rule 5.8.) One knee must be touching the ground or shooting mat. The shooter may be on or partially on all of the shooting mat. A roll as described in Rule 3.14.1 may be placed under the instep provided the foot is placed toe down at an angle not greater than 45 degrees from the vertical. Only the trousers and underclothing may be worn between the shooter's buttocks and heel. The jacket or other article may not be placed between these two points. If the kneeling roll is not used, the foot may be positioned at any angle, to include placing the side of the foot and the lower leg in contact with the ground.

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