



TARGET RIFLE SOUTH AUSTRALIA INCORPORATED.

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RULES FOR AIR RIFLE BENCH COMPETITION

These rules apply to Target Rifle SA Air Rifle Benchrest Competitions.

1. THE MATCH

a) There will be 2 events:

Standing – It is anticipated that most able-bodied shooters will enter this event.

Sitting – open to disabled shooters, shooters over 70 years of age and able bodied shooters who have a medical reason not to shoot in the standing event. Where a disabled shooter uses a wheelchair, this must be in accordance with the ISCD rules for their disability, others must use a stool with no backrest.

In both events:

- a) Targets will be ISSF 10 metres Air Rifle targets.
- b) Time limit – 1 hour and 30 minutes.
- c) Course – 60 shots plus unlimited sighters at 10 metres.

2. EQUIPMENT (both events)

- a) Rifle:- ISSF rules for 10 metres Air Rifles to apply, however a wedge may be used to make the bottom of the fore-end parallel to the barrel. This should be no wider than 60mm. (Rule 7.4.3.7D re the depth of the fore-end, will then not apply.)
- b) Stand:- A stand may be used to rest the rifle:
 - i. The Stand may be placed on the bench or on the floor
 - ii. The top of the stand will measure no more than 150mm in width or length.
 - iii. It may have a top surface of soft fabric no more than 10mm in thickness and the surface will not be of a “gripping” or “non slip” material which would hold the rifle in position.
 - iv. The top of the stand must be such that the rifle is not gripped or held in place on either side.

3. CLOTHING (both events)

- a) Shooting jackets, shooting trousers and shooting gloves as described in ISSF rules and used in 10M air rifle are not permitted.

4. POSITION

- a) Depending on the match entered, it will be shot with the competitor in the position as described in section 1(a).
- b) For both events:
 - i. The rifle will be placed in the shoulder and may be supported with both hands and the cheek with the fore-end resting on a Stand as defined above.
 - ii. **LEFT HAND/ARM** (*for left hand shooters please read as Right hand/arm*)
 1. The left hand shall be positioned forward of the right hand, but not touching the right hand.
 2. The left hand may hold the rifle from beneath but not be placed above the rifle
 - iii) No part of the body may come in contact with the stand or the shooting bench during the execution of a shot.

Shooters are advised that this is a draft set of rules.

They will be updated where considered applicable over the coming months.

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