



Council for Cadet Rifle Shooting

Cadet Inter Services' Skill at Arms Meeting 2022

DOCUMENT INFORMATION			
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PART 1 – CISSAM General Rules

Reference:

- A. Cadet Training – Ranges. Regulations for Training with Cadet Weapon Systems and Pyrotechnics (2021) (AC71855-C)
- B. Cadet Training - Skill at Arms. The L98A2 Cadet GP Rifle (5.56 mm), L86A2 Light Support Weapon and Associated Equipment (71807-C)

Rules

1. These rules are to be observed in the spirit as well as the letter and are intended to be supplementary to Reference A.
2. The Exercise Director, Senior Planning Officer or Senior Range Conducting Officer (SRCO) is empowered to stop shooting at any time during the meeting should he consider that circumstances including the weather conditions warrant it. The Inter Services' Cadet Matches Committee is empowered to alter the programme, including the cancellation of matches, should circumstances make it necessary.
3. Any dispute which cannot be resolved by the RCO, will be settled by a meeting on the range of a protest committee consisting of the SRCO, Chairman and three members of the Inter Services' Cadet Rifle Matches Committee, including those co-opted for that purpose for the meeting.

Safety

4. L98A2 drills are to be followed at all times. A cadet or CFAV who has a negligent discharge through an error of drill will render their WHT void and must receive instruction and a retest before they may fire again, and their score in the match in which the incident took place will be void.
5. On any matches involving movement:
 - a. If a firer trips and falls they must not fire until their rifle has been inspected by a safety supervisor.
 - b. If a firer drops their magazine from a pouch they may retrieve it, if it is safe to do so, at the discretion of the safety supervisor.
 - c. If a magazine drops off the rifle, it must not be reused in the match.

Eligibility

6. Firing teams are to consist of four firing cadets from the same SCC District, ACF County or RAFAC Wing, with at least three in the firing team from the same SCC Area, ACF Company or equivalent or RAFAC Sector. Coaches may be CFAV or cadets. A team of less than four cadets may be accepted subject to space and the approval of CCRS. Such a team are eligible for all individual prizes and inter services team selection but will not be listed or scored for team prizes.
7. Cadets competing in a firing team must be under 18 on the day of any competition they fire in.
8. A fifth cadet, who, so long as they do not shoot, does not have to follow the team eligibility for geography or age, must accompany the firing team as a butt marker, but may replace any other member before shooting starts so long as the make up adheres to the requirements for a firing team. Any requirement to change a firing member of

the team after shooting has started must be referred to CCRS' Shooting Manager or Competitions Officer, who will liaise with the Committee as required.

Rifles and Ammunition

9. The L98A2 or L98A3 with no modifications must be used in accordance with Reference B, including the fitting and wearing of slings. The weapon must be fired with webbing or Viper vests.

10. Only ammunition issued at the meeting may be used; it will be issued immediately before the start of the practice and is not to be taken behind the firing point. Empty cases and unused rounds are to be returned to the ammunition point at the end of the shoot.

Dress and Equipment

11. The following dress standards are to be observed:

- a. Uniform is to be of service pattern and as issued. Badges of rank must be worn.
- b. Belts need not be worn.
- c. Over trousers of a non-service pattern are permitted in the event of wet weather.
- d. Improvised padding (eg hose tops) may be worn underneath uniform but must not be visible.
- e. An eye patch or blinder may be used.
- f. Elbow and/or knee pads may be worn, which must be no more than 13mm thick when compressed.
- g. Gloves may be worn unless it interferes with the safe operation of the rifle.

12. Only the following optional equipment is allowed on the firing point:

- a. Ground sheets, which must be laid flat on the ground with no pegs. No padded sheet or mat is allowed.
- b. Hand held binoculars.

Hearing Protection

13. The use of ear defenders on the firing point and in its vicinity is compulsory. Where ear defenders are worn headdress is to be removed. Ear defenders or issued foam plugs are to be worn in the butts when firing is in progress.

Coaching

14. Coaching, where allowed by the match conditions, may be done by CFAV or cadets, who must hold an in date WHT for the weapon.

Ties, Targets, Marking and Scoring

15. **Ties for first place in individual competitions will, unless otherwise stated in the match conditions, be determined by a countback.**

16. Where available, Cadet Fig 11 and Cadet Fig 12 targets must be used. If these are not available then they may be substituted with as close an equivalent as possible.

17. Targets will be marked in accordance with the match conditions. Excess hits on targets will be marked as follows:

a. Where a competitor or team fires more than the number of shots allowed, the score of the practice being fired will be zero.

b. Where the competitor or team fires the correct number of shots but there are more shots on the target than allowed (eg cross fire):

(1) Where the number of excess shots does not exceed 50% of the number of shots allowed the score will be adjusted by first cancelling the lowest value shot, then the highest value, alternating as such until the shots left are equal to the number allowed.

(2) Where the number of excess shots exceeds 50% of the number of shots allowed, by a reshoot.

In the event of a reshoot the whole original shoot including sighters, where allowed, will be fired.

18. The signalled value or number of hits may only be challenged on non-electronic targets, and may only be challenged once.

19. Protests on the procedure of a shoot (eg timings, frame breakages etc) must be made by the individual or team captain before the score is known or marked targets displayed. If upheld, the score made will be annulled and a reshoot will take place. If the protest is not upheld the score made will be taken; the competitor may subsequently challenge the value or number of hits.

CISSAM Matches – Match 1

CISSAM Name. CISSAM - Match 1 – The Defence Match

OSP Reference. Pages 10-8 to 10-10 – The Defence Assessment.

Match Conditions

- 1.1 **Outline.** A three practice shoot. Open to all teams of four entered into CISSAM.
- 1.2 **Ranges.** To be fired on an ETR.
- 1.3 **Timings.** A timing chart is included after each practice. Each detail will take approximately 15 minutes to complete.
- 1.4 **Prizes.**
 - 1st The Challenge Cup and 4 CCRS Gold Medals.
 - 2nd 4 CCRS Silver Medals.
 - 3rd 4 CCRS Bronze Medals.
- 1.5 **Ammunition.** 30 rounds per firer in three magazines of 10 rounds.
- 1.6 **Targetry.**
 - 100m Fig 12.
 - 200m Fig 11.
 - 300m Fig 11.
- 1.7 **Scoring.** Four points per hit. HPS 40 per practice, Match HPS 120.

Match 1 - Practice 1 (OSP – Practice 1)

Range/Position 300m-100m Prone.

Ammunition 10 Rounds.

Targetry 100m Fig 12.
200m Fig 11.
300m Fig 11.

Exposures 100m - 1 x 25 second exposure followed by 2 x 3 second exposures.
200m - 1 x 6 second exposure.
300m - 4 x 4 second exposures.

Instructions Line up 100m behind the firing point.

Order **'Load, adopt the standing alert position, Practice 1, watch out'**.

When targets appear, firers are to run to the firing point, adopt the prone position, make ready and open fire with one round at each exposure at 100m.

3 rounds at the single exposure at 200m. Up and hold.

1 round at each exposure at 300m. Fall when hit.

Post practice order.

'Make safe, stand up'.

Range	Target Frames	Timings	
		Up	Down
100	Fig 12 Fall when Hit	05	31
		35	39
		44	48
200	Fig 11 Up and Hold	53	1.00
300	Fig 11 Fall when Hit	1.05	1.10
		1.14	1.19
		1.23	1.28
		1.32	1.37

Match 1 - Practice 2 (OSP – Practice 3)

Range/Position 200m-100m Kneeling Supported.

Ammunition 10 Rounds.

Targetry 100m Fig 12.
200m Fig 11.

Exposures 5 x double exposures of 6 seconds for the first target and 3 seconds for the second target. 15 seconds between each double exposure.

Targets will appear in random order with 7 exposures at 200m and 3 at 100m.

Instructions Order **'Adopt the kneeling supported position, ready, Practice 2 - watch and shoot'**.

When the targets appear the firer is to fire 1 round at each exposure.

Targets fall when hit.

Post practice order.

"Make safe, stand up, dress into the fire trench'.

Range	Target Frames	Timings	
		Up	Down
200	Fig 11 Fall when Hit	05	12
200	Fig 11 Fall when Hit	14	18
100	Fig 12 Fall when Hit	33	40
200	Fig 11 Fall when Hit	42	46
200	Fig 11 Fall when Hit	1.01	1.08
100	Fig 12 Fall when Hit	1.10	1.14
200	Fig 11 Fall when Hit	1.29	1.36
200	Fig 11 Fall when Hit	1.38	1.42
100	Fig 12 Fall when Hit	1.57	2.04
200	Fig 11 Fall when Hit	2.06	2.10

Match 1 - Practice 3 (OSP – Practice 2)

Range/Position 300m-100m Fire Trench.

Ammunition 10 Rounds.

Targetry 100m Fig 12.
200m Fig 11.
300m Fig 11.

Exposures 1 x 4 second exposure at 300m, followed by 9 random exposures at 100m for 2 seconds, 200m for 3 seconds or 300m for 4 seconds.

Instructions shoot. Order ‘, **Ready, adopt the standing supported position, Practice 3, watch and shoot.**

When targets appear the firer is to engage with 1 round per exposure.

Targets fall when hit.

Post practice order.

Unload, for inspection port arms, show clear (once clear) ease springs. Unslung your rifle and place it on the right fire trench, dress out of the fire trench.

Range	Target Frames	Timings	
		Up	Down
300	Fig 11 Fall when Hit	05	10
200	Fig 11 Fall when Hit	12	16
300	Fig 11 Fall when Hit	18	23
100	Fig 12 Fall when Hit	25	28
300	Fig 11 Fall when Hit	30	35
100	Fig 1c Fall when Hit	37	40
200	Fig 11 Fall when Hit	42	46
100	Fig 12 Fall when Hit	48	51
300	Fig 11 Fall when Hit	53	58
200	Fig 11 Fall when Hit	1.00	1.04

CISSAM Matches – Match 2

CISSAM Name. CISSAM - Match 2 – The Attack and Reorganisation Match

OSP Reference. Pages 10-26 to 10-29 – The Attack and Reorganisation Assessment.

Match Conditions

2.1 **Outline.** A three practice shoot. Open to all teams of four entered into CISSAM.

2.2 **Ranges.** To be fired on an ETR.

2.3 **Timings.** A timing chart is included after each practice. Each detail will take approximately 15 minutes to complete.

2.4 Prizes.

1st The Challenge Cup and 4 CCRS Gold Medals.

2nd 4 CCRS Silver Medals.

3rd 4 CCRS Bronze Medals.

2.5 **Ammunition.** 40 rounds per firer in one magazine of 20 rounds and two magazines of 10 rounds.

2.6 Targetry.

100m Fig 12.

200m Fig 11.

300m Fig 11.

2.7 **Scoring.** Four points per hit. HPS 80 for practice 1, 40 for each of practices 2 and 3. Match HPS 160.

Match 2 - Practice 1 (OSP - Phase 1a)

Range/Position	300m-100m Prone.
Ammunition	20 Rounds.
Targetry	100m Fig 12. 200m Fig 11. 300m Fig 11.
Exposures	1 x 25 second exposure at 100m followed by 1 x 10 second exposures at 200m and 1 x 25 second exposure at 300m.

Instructions Line up 100m behind the firing point.

Order '**Load, adopt the standing alert position, Practice 1, watch out**'.

When targets appear firers are to run to the firing point, adopt the prone position, make ready and engage the targets.

Any number of rounds, up to a maximum of 20 may be fired at each exposure during this phase.

Targets up and hold.

Post practice order.

'Make safe, adopt the kneeling supported position, ready, Practice 2 – watch out'.

Range	Target Frames	Timings	
		Up	Down
100	Fig 12 Up and Hold	05	31
200	Fig 11 Up and Hold	33	44
300	Fig 11 Up and Hold	46	1.12

Match 2 - Practice 2 (OSP – Phase 2)

Range/Position 200m-100m, Kneeling Supported.

Ammunition 10 Rounds.

Targetry 100m Fig 12.
200m Fig 11.
300m Fig 11.

Exposures 1 x 6 second exposure at 200m, followed by three series of exposures at 200m and 100m in that order.

Each exposure within the series is for 2 seconds with 5 seconds between each exposure.

There will be irregular intervals between each series of exposures.

Instructions When the targets appear the firer is to engage each exposure with 1 round.

Targets fall when hit.

Post practice order.

‘Make safe, adopt the sitting position, ready, Practice 3 - watch out’.

Range	Target Frames	Timings	
		Up	Down
200	Fig 11 Fall when Hit	05	12
200	Fig 11 Fall when Hit	26	29
200	Fig 11 Fall when Hit	34	37
100	Fig 12 Fall when Hit	42	45
200	Fig 11 Fall when Hit	1.05	1.08
200	Fig 11 Fall when Hit	1.13	1.16
100	Fig 12 Fall when Hit	1.21	1.24
200	Fig 11 Fall when Hit	1.39	1.42
200	Fig 11 Fall when Hit	1.47	1.50
100	Fig 12 Fall when Hit	1.55	1.58

Match 2 - Practice 3 (OSP – Phase 3)

- Range/Position** 300m and 200m, Sitting.
- Ammunition** 10 Rounds.
- Targetry** 200m Fig 11.
300m Fig 11.
- Exposures** 5 x double exposures of the 300m and then the 200m target.
- The 300m target will be up for 3 seconds followed 2 seconds later by a 3 second exposure of the 200m target.
- Instructions** Firers are to fire 1 round at each exposure.
- Targets fall when hit.
- Post practice order.
- ‘Unload, stand up, for inspection port arms, show clear (once clear) ease springs’.**

Range	Target Frames	Timings	
		Up	Down
300	Fig 11 Fall when Hit	05	09
200		11	15
300		20	24
200		26	30
300		45	49
200		51	55
300		1.15	1.19
200		1.21	1.25
300		1.35	1.39
200		1.41	1.45

CISSAM Matches – Match 3

CISSAM Name. CISSAM - Match 3 – The Advance to Contact Assessment

OSP Reference. Pages 10-16 to 10-20 – The Advance to Contact Assessment.

Commonwealth Match E. The Montgomery of Alamein

Match Conditions

- 3.1 **Outline.** A three practice shoot. Open to all teams of four entered into CISSAM.
- 3.2 **Ranges.** Can be fired on a gallery or CGR.
- 3.3 **Timings.** A timing chart is included after each practice. Each detail will take approximately 15 minutes to complete.
- 3.4 **Prizes.**
- 1st The Challenge Cup and 4 CCRS Gold Medals.
 - 2nd 4 CCRS Silver Medals.
 - 3rd 4 CCRS Bronze Medals.
- 3.5 **Ammunition.** 30 rounds per firer in three magazines of 10 rounds.
- 3.6 **Targetry.**
- 1 x Fig 11.
 - 1 x Fig 12.
- 3.7 **Scoring.** Four points per hit. HPS 40 for each practice. Match HPS 120.

Match 3 - Practice 1 (OSP – Phase 3)

Range/Position 300m Prone.

Ammunition 10 Rounds.

Targetry Fig 11.

Exposures 1 x 40 second exposure followed by 9 x 4 second exposures.

Instructions The section forms up at 400m.

Order **'Load, adopt the prone position, Practice 1, watch out'**.

When the target appears firers are to run to the 300m firing point, adopt the prone position, make ready and fire 1 round at each exposure.

Targets fall when hit.

Post practice order.

'Make safe, Practice 2 - watch out'.

Timing Chart

Range	Target Frames	Timings	
		Up	Down
300	Fig 11 Fall when Hit	04	45
		47	52
		54	59
		1.01	1.06
		1.08	1.13
		1.15	1.20
		1.22	1.27
		1.29	1.34
		1.36	1.41
		1.43	1.48

Match 3 – Practice 2 (OSP – Phase 4)

- Range/Position** 200m Sitting.
- Ammunition** 10 Rounds.
- Targetry** Fig 11.
- Exposures** 1 x 1 second exposure followed 30 seconds later by 10 x 4 second exposures.
- Instructions** When the target appears firers are to run to the 200m point, adopt the sitting position and make ready. There will be 10 x 4 second exposures. Fire 1 round at each exposure.
- Targets fall when hit.
- Post practice order.
- ‘Make safe, Practice 3 - watch out’**

Timing Chart

Range	Target Frames	Timings	
		Up	Down
200	Fig 11 Flash	05	07
	Fig 11 Fall when Hit	36	41
		45	50
		1.00	1.05
		1.10	1.15
		1.25	1.30
		1.35	1.40
		1.50	1.55
		2.10	2.15
		2.20	2.25
		2.35	2.40

Match 3 – Practice 3 (OSP – Phase 5)

Range/Position	100m Kneeling Unsupported.
Ammunition	10 Rounds.
Targetry	Fig 12.
Exposures	1 x 1 second exposure followed 30 seconds later by 5 x 5 second exposures.
Instructions	<p>When the target appears firers are to run to the 100m point, adopt the kneeling unsupported position and make ready. There will be 5 x 5 second exposures. Fire 2 rounds at each exposure.</p> <p>Targets up and hold.</p> <p>Post practice order.</p> <p>‘Unload, stand up, for inspection port arms, show clear (once clear) ease springs’.</p>

Timing Chart

Range	Target Frames	Timings	
		Up	Down
100	Fig 12 Flash	05	07
	Fig 12 Up and Hold	36	42
		50	56
		1.15	1.21
		1.25	1.31
		1.40	1.46

CISSAM Matches – Match 4

CISSAM Name. CISSAM - Match 4 – The Rifle Pairs Match

OSP Reference. Pages 10-55 to 10-59 – The Fire Team Attack Assessment

- 4.1 **Outline.** A pairs match. Open to up to two pairs of firers from any team of four entered into CISSAM.
- 4.2 **Ranges.** To be fired on a gallery or CGR.
- 4.3 **Timings.** A timing chart is included after each practice. Each detail will take approximately 15 minutes to complete.
- 4.4 **Prizes.**
- 1st The Challenge Cup and 2 CCRS Gold Medals.
 - 2nd 2 CCRS Silver Medals.
 - 3rd 2 CCRS Bronze Medals.
- 4.5 **Ammunition.** 20 rounds per firer in two magazines of 10 rounds.
- 4.6 **Targetry.**
- 1 x Fig 11 per firer.
 - 1 x Fig 12 per firer.
- 4.7 **Scoring.** Five points per hit. HPS 100 per firer, 200 per pair.
- 4.8 **Special Conditions.** Each firer occupies one lane; the firer on the left is designated No 1. The firer on the right is designated No 2.

Match 4 - Practice 1 (OSP Phase 5)

Range/Position 300m Prone.

Ammunition 10 Rounds per firer.

Targetry 1 x Fig 11 per lane.

Exposures 1 x 1 second flash followed 30 seconds later by 1 x 20 second exposure.

Instructions The pair forms up at 400m.

Order '**Practice 1, watch out**'

When targets appear both firers are to run to the 300m firing point, adopt the prone position, load and make ready. When both firers are 'Ready' they may fire up to 10 rounds each on their target.

Targets up and hold.

Post practice order

'**Unload, for inspection port arms, show clear, (once clear) ease springs**'.

Timing Chart

Range	Target Frames	Timings	
		Up	Down
300	Fig 11 Up and Hold	05	07
		37	58

Match 4 - Practice 2 (OSP Phase 6)

Range/Position 200m sitting.

Ammunition 10 Rounds per firer.

Targetry 1 x Fig 11 per firer.

Exposures 1 second flash followed 30 seconds later by 5 x 4 second exposures with irregular intervals.

Instructions Firers start from the prone position at 300m. When the target flashes both firers are to run to the 200m firing point, adopt the sitting position, load, and make ready.

Targets up and hold. More than one round may be fired at each exposure.

Post practice order

'Unload, stand up, for inspection port arms, show clear (once clear) ease springs'.

Timing Chart

Range	Target Frames	Timings	
		Up	Down
200	Fig 12 Flash	09	10
	Fig 12 Up and Hold	40	45
		52	57
		1.01	1.06
		1.17	1.22
		1.27	1.32

CISSAM Matches – Match 5

CISSAM Name. CISSAM - Match 5 – The Urban Contact Assessment

OSP Reference. Pages 10-11 to 10-15 – The Urban Contact Assessment.

Match Conditions

3.1 **Outline.** A three practice shoot. Open to all teams of four entered into CISSAM.

3.2 **Ranges.** Can be fired on a CGR, Gallery or CQB range. Targets may be hand held, pop up or on a turning mechanism. If targets are on a CQB range without a turning mechanism the method for indicating targets are facing or away (eg by whistle, calling 'Up', 'Down' etc) must be briefed to competitors.

3.3 **Timings.** A timing chart is included after each practice. Each detail will take approximately 15 minutes to complete.

3.4 Prizes.

- 1st The Challenge Cup and 4 CCRS Gold Medals.
- 2nd 4 CCRS Silver Medals.
- 3rd 4 CCRS Bronze Medals.

3.5 **Ammunition.** 30 rounds per firer in three magazines of 10 rounds.

3.6 Targetry.

2 x Fig 11 marked with scoring rings as follows:

Score	Diameter (mm)
5	240
4	300
3	Rest of target

Any shot touching a scoring ring shall be scored at the higher value

3.7 **Scoring.** Five, four and three points per hit. HPS 50 for each practice. Match HPS 150. If there are more than 15 shots on either target then they will be treated and scored as for excess shots, rule 17.

Match 5 - Practice 1 (OSP – Phase 1a)

- Range/Position** 100m Prone.
- Ammunition** 10 Rounds.
- Targetry** 2 x Fig 11 per lane.
- Exposures** 1 x 60 second exposure.
- Instructions** Order '**Load, adopt the standing alert position, Practice 1, watch out**'.
- When the target appears firers are to adopt the prone position, make ready and fire 10 rounds at the left hand target.
- Post practice order.
- 'Make safe, Practice 2 - watch out'**.

Timing Chart

Range	Target Frames	Timings	
		Face	Away
100	2 x Fig 11	05	1.06

Match 5 – Practice 2 (OSP – Phase 1b)

- Range/Position** 75m Sitting.
- Ammunition** 10 Rounds.
- Targetry** 2 x Fig 11 per lane.
- Exposures** 1 x 45 second exposure.
- Instructions** When the target appears firers are to run to the 75m point, adopt the sitting position, make ready, and fire 10 rounds at the right hand target.

Post practice order.

'Make safe, Practice 3 - watch out'

Timing Chart

Range	Target Frames	Timings	
		Face	Away
75	2 x Fig 11	05	51

Match 5 – Practice 3 (OSP – Phase 2a)

- Range/Position** 50m Kneeling Unsupported.
- Ammunition** 10 Rounds.
- Targetry** 2 x Fig 11 per lane.
- Exposures** 1 x 20 second exposure followed by 4 x 6 second exposures.
- Instructions** When the target appears firers are to run to the 50m point, adopt the kneeling unsupported position, make ready and fire 1 round at the left hand target and 1 round at the right hand target for each exposure.
- Post practice order.
- ‘Unload, stand up, for inspection port arms, show clear (once clear) ease springs’.**

Timing Chart

Range	Target Frames	Timings	
		Face	Away
50	2 x Fig 11	05	26
		30	37
		40	47
		1.05	1.12
		1.20	1.27

CISSAM Matches – Match 6, Match 8, Match 9

CISSAM Name. CISSAM - Match 6, Match 8 and Match 9 - The Cadet Deliberate Match, the Cadet Coach Deliberate Match, and the Adult Deliberate Match

OSP Reference. Pages 3-37 to 3-38 – Rifle LF 12.

Match Conditions

4.1 **Outline.** A deliberate match, open to the following:

4.1.1 Match 6 is open to any cadet competing as a firer in CISSAM.

4.1.2 Match 8 is open to any cadet attending CISSAM as a coach or supernumerary.

4.1.3 Match 9 is open to Officers and Instructors attending the meeting with Cadet Teams. Members of the Inter Service Cadet Rifle Matches Committee and bona fide non cadet or civilian team coaches are also eligible.

4.2 **Ranges.** Gallery.

4.3 **Timings.** Two 20 second exposures for sighting shots. One 30 second exposure for 10 deliberate shots. One 10 second exposure for 3 extra tie shots, for any score of 43 or over.

4.4 **Prizes.**

Match 6 and Match 9

1st A CCRS Gold Medal.

2nd A CCRS Silver Medal.

3rd A CCRS Bronze Medal.

Match 8

1st A CCRS Gold Medal.

4.5 **Ammunition.** 12 rounds per firer in one magazine. 3 rounds to be issued as required for extra tie shots.

4.6 **Targetry.** 1 screen mounted Fig 11 per lane.

4.7 **Scoring.** Five, four and three points. HPS before extra tie shots 50. HPS after extra tie shots 65.

4.8 **Special Conditions.**

4.8.1 Scoring will be confirmed by the butts officer, and cannot be challenged by the firer.

4.8.2 The match may be fired at 300m or 200m depending on range availability.

Match 6/8/9 - Practice 1 – Sighting (OSP – Practice 1 or 6)

- Range/Position** 300m or 200m Prone.
- Ammunition** 2 rounds.
- Targetry** 1 x screen mounted Fig 11 per lane.
- Exposures** 2 x 20 second exposures.
- Instructions** Order **'Load, adopt the prone position, ready. Two sighting shots, one per exposure, watch out'**.
- Targets will be marked after each sighting shot and raised for 20 seconds.
- 20 seconds after showing the marked target for the second exposure the targets will be lowered and patched out for Practice 2.
- Post Practice order.
- 'Practice 2, watch and shoot'**.

Timing Chart

Range	Target Frames	Timings	
		Up	Down
300 or 200	Screen mounted Fig 11	05	26
	Marked Target	46	1.07
	Marked Target	1.27	1.48

Match 6/8/9 - Practice 2 – Deliberate (OSP – Practice 1 or 6)

Range/Position 300m or 200m Prone.

Ammunition 10 rounds.

Targetry 1 x screen mounted Fig 11 per lane.

Exposures 1 x 30 second exposure.

1 x 10 second exposure for extra tie shots, for any scores of 43 and over.

Instructions 5 seconds after the order **‘Practice 2, watch and shoot’** is given the target will be exposed for 30 seconds.

Targets will be marked after the 30 second exposure. Any firer with a score of 43 or more will be issued a further 3 rounds.

If no extra tie shots in the detail, order **‘Unload, stand up, for inspection port arms, show clear (once clear) ease springs’**.

If there are extra tie shots, order, **‘Lane(s) x, y, z (non tie shooting lanes) rest. Lane(s) a, b, c, three extra tie shots, watch out’**.

Tie shot targets will be exposed for 10 seconds.

Tie shot targets will be marked after the 10 second exposure.

At the end of the extra tie shoot order **‘Unload, stand up, for inspection port arms, show clear (once clear) ease springs’**.

Timing Chart

Range	Target Frames	Timings	
		Up	Down
300 or 200	Screen mounted Fig 11	05	36

Timing Chart – Extra Tie Shoot

Range	Target Frames	Timings	
		Up	Down
300 or 200	Screen mounted Fig 11	05	16

CISSAM Matches – Match 7

CISSAM Name. CISSAM – Match 7 – The Falling Plates

OSP Reference. Pages 10-45 to 10-46 – The Fire Team Falling Plates assessment.

Match Conditions

- 7.1 **Outline.** A knockout match. Open to all teams of four entered into CISSAM.
- 7.2 **Ranges.** 200m. To be fired on a falling plates range with a minimum of three boxes of ten plates.
- 7.3 **Timings.** Each detail will take approximately 10 minutes to complete.
- 7.4 **Prizes.**
- 1st The Challenge Cup and 4 CCRS Gold Medals.
 - 2nd 4 CCRS Silver Medals.
 - 3rd 4 CCRS Bronze Medals.
- 7.5 **Ammunition.** 10 rounds per firer in one magazine.
- 7.6 **Targetry.**
- Falling plates box – 10 x falling plates per box.
- 7.7 **Scoring.** A knockout match.

Match 7 – Practice 1 (OSP – Practice 1)

Range/Position	300-200m run down.
Ammunition	10 rounds.
Targetry	Falling plates box of 10 plates.
Exposures	All plates are upright at the start of each run.
Instructions	Teams will be formed up in the prone position at 300m, rifles unloaded, with the magazine in a pouch.

Order '**Stand by**'.

On the blast of a whistle, teams run to the 200m point, adopt the prone position, load, make ready and engage the plates. The magazine must not touch the rifle and the safety catch must be on Safe until the firer is in the prone position on the 200m firing point.

The winning team is the one that fulfils one of the following conditions, in order of precedence:

Knock all the plates down first, or

Knock the most plates down, or

Expend the least ammunition

As soon as the first team has knocked their plates down, or after 90 seconds, whichever is first, order '**Stop, unload, stand up, for inspection port arms, show clear (once clear) ease springs.**'

CISSAM Matches – Match 10

CISSAM Name. CISSAM – Match 10 – The Inter Services' Match

OSP Reference. Pages 10-37 to 10-40 – The Short Range Rural Contact Assessment.

Match Conditions

10.1 **Outline.** A three practice shoot. Open to one team of 12 from each of the cadet forces, SCC (including RM Cadets), ACF and RAFAC. Each team will compete in two details of six firers.

10.2 **Ranges.** CGR or Gallery.

10.3 **Timings.** A time chart is included after the practice details. Each detail will take approximately 20 minutes to complete.

10.4 Prizes.

1st The Challenge Cup and 12 CCRS Gold Medals.

2nd 12 CCRS Silver Medals.

3rd 12 CCRS Bronze Medals.

10.5 **Ammunition.** 30 rounds per firer in three magazines of 10 rounds.

10.6 **Targetry.** Each lane will require:

1 x Fig 11.

1 x Fig 12.

10.7 **Scoring.** Five points per hit. HPS 50 for each Practice, Team HPS 1800.

Match 10 - Practice 1 (OSP – Practice 1)

Range/Position 300m Prone.

Ammunition 10 Rounds.

Targetry Fig 11.

Exposures 1 x 60 second exposure.

Instructions Line up 3m behind the firing point.

Order '**Load, adopt the standing alert position, watch out**'.

On the appearance of the target firers are to move onto the firing point, adopt the prone position, make ready and engage with 10 rounds.

Targets up and hold.

Post practice order.

'**Make safe, adopt the standing alert position, Practice 2, watch out**'

Range	Target Frames	Timings	
		Up	Down
300	Fig 11 Up and Hold	05	1.06

Match 10 - Practice 2 (OSP – Practice 2)

Range/Position	300 – 100m run down. 300m prone. 200m sitting. 100m kneeling unsupported.
Ammunition	10 Rounds.
Targetry	Fig 11 at 300m. Fig 12 at 200m and 100m.
Exposures	1 x 15 second exposure at 300m. 1 x 1 second exposure, and interval of 30 seconds (run down), then 2 x 6 second exposures with a 10 second interval at 200m. 1 x 1 second exposure, and interval of 30 seconds (run down), then 2 x 6 second exposures with a 10 second interval at 100m.
Instructions	<p>When targets appear firers are to adopt the prone position, make ready and engage the 15 second exposure with 2 rounds.</p> <p>Order ‘With the same magazine, make safe, watch out’</p> <p>The next exposure of 1 second is the signal to run to the 200m firing point, adopt the sitting position, make ready and engage the next two exposures with 2 rounds per exposure.</p> <p>Order ‘With the same magazine, make safe, watch out’</p> <p>The next exposure of 1 second is the signal to run to the 100m firing point, adopt the kneeling unsupported position, make ready and engage the next two exposures with 2 rounds per exposure.</p> <p>Targets up and hold.</p> <p>Post practice order. ‘Make safe, ready, Practice 3, watch and shoot’.</p>

Timing Chart – *Timings are reset after each distance and are restarted once all firers have made safe as indicated by the RCO

Range	Target Frames	Timings	
		Up	Down
300	Fig 11 Up and Hold	05	21
200	Fig 12 Up and Hold	*05	07
		37	44
		54	1.01
100		*05	07
		37	44
		54	1.01

Match 10 - Practice 3 (OSP – Practice 3)

- Range/Position** 100m kneeling unsupported.
- Ammunition** 10 Rounds.
- Targetry** Fig 12.
- Exposures** 10 x exposures of 3 seconds with irregular intervals between each exposure.
- Instructions** Firers are to engage each exposure with one round.
- Targets fall when hit.
- Post practice order.
- ‘Unload, stand up, for inspection port arms, show clear (once clear) ease springs’.**

Range	Target Frames	Timings	
		Up	Down
100	Fig 12 Fall when Hit	05	09
		11	15
		23	27
		29	33
		1.00	1.04
		1.06	1.10
		1.15	1.19
		1.21	1.25
		1.52	1.56
		1.58	2.02