



Council for Cadet Rifle Shooting

CCRS Postal Matches Handbook 2022

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CCRS Postal Matches 2021 to 2022: Overview

'All cadets should be given the opportunity to shoot. The degree to which shooting forms a compulsory part of the syllabus is a matter for individual Services. Cadets should also be given the opportunity, the training, the equipment and the facilities to become excellent competitive shots in the discipline of their choice.' JSP 814

The CCRS Postal Matches cover all the rifles systems in use within the British Cadet Forces. They are broken-down into two groups.

The Commonwealth Matches are covered by the first part of this handbook (pages 1-15) and run 01 April to 31 March annually.

The second half of the handbook (pages 16-25) includes the remaining .22 smallbore matches which run from 01 September to 31 March.

	Commonwealth Matches	The Cadet Forces' .22 Team Competition (The Country Life)	CCRS Smallbore Winter League	CCF/ACF/SCC 100	Staniforth
April	01 April Online entry forms open				
May					
June					
July					
August					
September			01 September Online entry forms open	01 September Online entry forms open	01 September Online entry forms open
October					
November		01 November Online entry forms open		01 November Entries close and payments to be received	
December		15 December Entries close and payments to be received		By 01 December Round 1 cards to be fired By 08 December Round 1 scores to be submitted to CCRS	
January		From 15 January Competition firing opens		By 05 January Round 2 names released by CCRS	
February			28 Feb Entries close and payments to be received		28 Feb Entries close and payments to be received
March	By 31 March All cards to be fired	By 21 March Cards must be completed and posted to Judge	By 31 March All cards to be fired	By 01 March Round 2 cards to be fired By 08 March Round 2 scores to be submitted to CCRS	By 31 Mar All cards to be fired
April	By 07 April All cards received by CCRS	By 01 April Cards must be received by judge	By 10 April All cards/scores received by CCRS		By 07 April All cards received by CCRS

All enquires to Lulu Watson: competitions.officer@ccrs.org.uk

Entry forms can be found at: www.ccrs.org.uk

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1. The Commonwealth Matches: Summary

The Commonwealth Matches, also known as the CCRS Non-Central Postal Matches, are a series of matches managed by CCRS, open to cadet units of Commonwealth countries.

1.1 The following matches, all for teams of four firers, make up the Commonwealth Matches:

- a. Match A (The Ffennell). A sporter shoot using any bolt action smallbore rifle, prone. Forty shots fired at four NSRA 10 BM/89-18 series cards at 15, 20, 25 yards, or 25m.
- b. Match B (The Ffennell). The L144A1 smallbore rifle, or as issued, prone. Twenty shots fired at two NSRA 10 BM/89-18 series cards at 15, 20, 25 yards, or 25m.
- c. Match C (The Jeudwine Cup). The L81A2 fullbore rifle, or as issued, prone. Two convertible sighters and seven to count at 300 and 500 yards/m.
- d. Match D (The Earl Roberts). The L98A2 or as issued.
- e. Match E (The Montgomery of Alamein). The L98A2 or as issued.
- f. Match F (The BSA Silver Trophy). Any .177 calibre air rifle, prone. Twenty shots on four NSRA cards at 6 yards/5.5m.
- g. Match G (The Newcombe Cup). Any .177 calibre air rifle, three position. Five shots kneeling (one card), five shots prone (one card), ten shots standing (two cards) (in that order) at 10m.
- h. Match H (The President's Challenge Cup). The L85 DCCT system.

1.2 **Team eligibility.** Teams must be formed from cadets belonging to the same unit, squadron, battery, company or equivalent. All team members must be under 19 on the day that they fire their final card in the Match. A cadet may not fire for more than one team in the same Match; if he/she transfers between units they will be eligible to continue to be a member of their original team.

1.3 **Specific rules for each competition.** Rules for each individual competition are in this handbook and posted on the CCRS website.

1.4 **Entries.** Online entry forms will launch on 01 April. All entries are to be submitted via the CCRS website. All cards are to be returned by 31 March the following year.

2. Commonwealth Match A - The Ffennell

- 2.1 **Outline.** A smallbore match for a team of four firers. Each firer completes four cards of ten targets.
- 2.2 **Rifles.** Any .22 bolt action target rifle. If a magazine is fitted this must only be used as a platform. Telescopic sights are not allowed.
- 2.3 **Dress.** Shooting jackets may be worn, working dress is not required. The competition is run in line with NSRA rules. Further detail concerning dress, position and conduct of shooting will be in accordance with the current NSRA rules for prone shooting with the .22 rifle, see **Annex A** for more detail.
- 2.4 **Cards.** The following cards must be used according to the range:
- 2.4.1 **15 yards.** 1510 BM/89-18.
 - 2.4.2 **20 yards.** 2010 BM/89-18.
 - 2.4.3 **25 yards.** 2510 BM/89-18.
 - 2.4.4 **25m.** 25M10 BM/89-18.
- 2.5 **Course of Fire.** Four cards of ten targets, total forty shots. Sighters are allowed and must be fired at a separate sighting target.
- 2.6 **Ranges.** 15, 20, 25 yards, or 25m.
- 2.7 **Timing.** A minimum of two cards must be completed in the same session. There is no time limit for the completion of cards.
- 2.8 **Prizes.**
- 1st The King George V Trophy and four CCRS gold medals.
 - 2nd A challenge shield and four CCRS silver medals.
 - 3rd Four CCRS bronze medals.
- 2.9 **Ammunition.** Any .22 target ammunition suitable for the rifle can be used.
- 2.10 **Scoring.** All cards must be returned, ungauged, to CCRS for scoring. HPS 400 per firer, 1600 per team.
- 2.11 **Special Conditions.**
- 2.11.1 Stickers issued by CCRS must be affixed to the reverse of each card behind an aiming mark prior to the start of that series.
 - 2.11.2 If there are fewer than five entries, only first and second place prizes will be awarded. If there is a single entry no prize will be awarded. A separate prize for Commonwealth Countries (not UK) may also be awarded.
 - 2.11.3 Cards may be fired concurrently for the CCRS Smallbore Winter League competition.

3. Commonwealth Match B - The Ffennell

- 3.1 **Outline.** A smallbore match for a team of four firers. Each firer completes two cards of ten targets each.
- 3.2 **Rifles.** The L144A1 Cadet Smallbore Target Rifle (CSBTR) or .22 rifle as issued.
- 3.3 **Dress.** Uniform must be worn, MTP or working dress. Shooting jackets are not allowed. A sling not exceeding 50mm in width may be worn (all issued slings comply). Elbow pads may be worn.
- 3.4 **Cards.** The following cards must be used according to the range length:
- 3.4.1 **15 yards.** 1510 BM/89-18.
 - 3.4.2 **20 yards.** 2010 BM/89-18.
 - 3.4.3 **25 yards.** 2510 BM/89-18.
 - 3.4.4 **25m.** 25M10 BM/89-18.
- 3.5 **Course of Fire.** Two cards of ten targets, total twenty shots. Sighters are allowed and must be fired at a separate sighting target.
- 3.6 **Ranges.** 15, 20, 25 yards, or 25m.
- 3.7 **Timing.** A minimum of one card must be completed in the same session. There is no time limit for the completion of cards.
- 3.8 **Prizes.**
- 1st The Lord Milner Trophy and four CCRS gold medals.
 - 2nd A challenge shield and four CCRS silver medals.
 - 3rd Four CCRS bronze medals.
- 3.9 **Ammunition.** Issued .22 target ammunition is to be used.
- 3.10 **Scoring.** All cards must be returned, ungauged, to CCRS for scoring. HPS 200 per firer, 800 per team.
- 3.11 **Special Conditions.**
- 3.11.1 Stickers issued by CCRS must be affixed to the reverse of each card behind an aiming mark prior to the start of that series.
 - 3.11.2 If there are fewer than five entries, only first and second place prizes will be awarded. If there is a single entry no prize will be awarded. A separate prize for Commonwealth Countries (not UK) may also be awarded.
 - 3.11.3 Cards may be fired concurrently with the Staniforth Challenge Cup.

4. Commonwealth Match C - The Jeudwine Cup

- 4.1 **Outline.** A fullbore match for a team of four firers plus a coach.
- 4.2 **Rifles.** The L81A2 Cadet Target Rifle (CTR) or 7.62mm rifle as issued.
- 4.3 **Dress.** Uniform must be worn in accordance with ISCRM or Schools' Meetings. Shooting jackets are not allowed. Issued slings must be used. Elbow pads and baseball caps may be worn.
- 4.4 **Targets.** NRA faces for the distance being fired at. If a metric range is being used, NRA targets for 300 yards or 500 yards must still be used. Entrants from countries other than the UK may use the targets commonly in use for the distance being fired at. Electronic targets are permitted.
- 4.5 **Course of Fire.** Two convertible sighters and seven to count at each distance. Coaching is allowed.
- 4.6 **Ranges.** 300 yards and 500 yards. 300m and 500m may be used as an alternative.
- 4.7 **Timing.** Fifty minutes per team at each distance.
- 4.8 **Prizes.**
- 1st The Jeudwine Cup and four CCRS gold medals.
 - 2nd A challenge shield and four CCRS silver medals.
 - 3rd Four CCRS bronze medals.
- 4.9 **Ammunition.** Issued ammunition is to be used.
- 4.10 **Scoring.** Scores must be recorded by an independent register keeper, and the whole shoot witnessed by a qualified RCO.
- 4.11 **Special Conditions.**
- 4.11.1 If there are fewer than five entries, only first and second place prizes will be awarded. If there is a single entry no prize will be awarded. A separate prize for Commonwealth Countries (not UK) may also be awarded.

5. Commonwealth Match D - The Earl Roberts

5.1 **Outline.** A service rifle match for a team of four firers plus a coach. Open to all teams of four cadets from the same county, wing, area or contingent

5.2 **Rifles.** The L98A2 or service rifle as issued.

5.3 **Dress.** Uniform MPT and webbing/viper vest.

5.4 **Targets.** 1 screen mounted Fig 11 per lane.

5.5 **Course of Fire.** See attached match conditions (5.12 and 5.13).

5.6 **Ranges.** 300m.

5.7 **Timing.** Each detail takes approximately ten minutes to complete.

5.8 **Prizes.**

1st The Earl Roberts Trophy and four CCRS gold medals.

2nd A challenge shield and four CCRS silver medals.

3rd Four CCRS bronze medals.

5.9 **Ammunition.** Issued ammunition. 12 rounds per firer in one magazine.

5.10 **Scoring.** Five, four and three points. HPS 50.

5.11 **Special Conditions.**

5.11.1 If there are fewer than five entries, only first and second place prizes will be awarded. If there is a single entry no prize will be awarded. A separate prize for Commonwealth Countries (not UK) may also be awarded.

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

5.12 **Practice 1 - Sighting**

Range/Position 300m 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
300m	Screen mounted Fig 11	05	26
	Marked Target	46	1.07
	Marked Target	1.27	1.48

5.13 Practice 2 - Deliberate

Range/Position 300m Prone.

Ammunition 10 rounds.

Targetry 1 x screen mounted Fig 11 per lane.

Exposures 1 x 30 second exposure.

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.

Post Practice order.

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

Timing Chart

Range	Target Frames	Timings	
		Up	Down
300m	Screen Mounted Fig 11	05	36

6. Commonwealth Match E - The Montgomery of Alamein

6.1 **Outline.** A three-practice shoot with the L98A2 or issued service rifle. Open to all teams of four cadets from the same county, wing, area or contingent.

6.2 **Rifles.** The L98A2 or service rifle as issued.

6.3 **Dress.** Uniform MPT and webbing/viper vest.

6.4 **Ranges.** To be fired on a CGR or Gallery Range.

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

6.6 **Ammunition.** Issued ammunition. 30 rounds per firer in one magazine of 10 rounds for practice 1 and one magazine of 20 rounds for practices 2 and 3.

6.7 **Targetry.**

1 x Fig 11

1 x Fig 12

6.8 **Scoring.** Four points per hit. HPS 40 for each practice. Match HPS 120.

6.9 **Special Conditions.** From 15 minutes prior to the start of the match until its conclusion no member of the team may fire other than in the match. Once the match has begun it must not be postponed for other than safety reasons.

6.10 **Practices:**

6.10.1 Match 3 – Practice 1 (OSP – Phase 3)

6.10.2 Match 3 – Practice 2 (OSP – Phase 4)

6.10.3 Match 3 – Practice 3 (OSP – Phase 5)

6.10.3 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

6.10.4 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

6.10.5 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 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.

Targets up and hold. Post practice order.

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

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

7. Commonwealth Match F - The BSA Silver Trophy

- 7.1 **Outline.** An air rifle match for a team of four firers. Each firer completes four cards of five targets each.
- 7.2 **Rifles.** Any .177 air rifle. Magazines may be used with a limit of 5 pellets loaded at a time.
- 7.3 **Dress.** Uniform is not required. Rules concerning dress, position and conduct of shooting will be in accordance with the current NSRA rules for prone shooting with the air rifle, see **Annex A** for more detail.
- 7.4 **Cards.** NSRA 6 yard air rifle cards (five targets per card) must be used.
- 7.5 **Course of Fire.** Four cards of five targets, total twenty shots. Sighters are allowed and must be fired at a separate sighting target.
- 7.6 **Ranges.** 6 yards/5.5m
- 7.7 **Timing.** All cards must be completed in the same session. There is no time limit for the completion of cards.
- 7.8 **Prizes.**
- 1st The BSA Trophy and four CCRS gold medals.
 - 2nd A challenge shield and four CCRS silver medals.
 - 3rd Four CCRS bronze medals.
- Special prize for the top ACF Team
- 1st The Royal Regiment of Fusiliers Trophy
- 7.9 **Ammunition.** Any ammunition suitable for the rifle can be used.
- 7.10 **Scoring.** All cards must be returned, ungauged, to CCRS for scoring. HPS 200 per firer, 800 per team.
- 7.11 **Special Conditions.**
- 7.11.1 Stickers issued by CCRS must be affixed to the reverse of each card behind an aiming mark prior to the start of that series.
 - 7.11.2 If there are fewer than five entries, only first and second place prizes will be awarded. If there is a single entry no prize will be awarded. A separate prize for Commonwealth, and other Countries (not UK) may also be awarded.

8. Commonwealth Match G - The Newcombe Cup

- 8.1 **Outline.** An air rifle match for a team of four firers. Each firer completes four cards of five targets each.
- 8.2 **Rifles.** Any .177 air rifle. Magazines may be used with a limit of 5 pellets loaded at a time.
- 8.3 **Dress.** Uniform is not required. Rules concerning dress, position and conduct of shooting will be in accordance with the current NSRA rules for prone shooting with the air rifle, see **Annex A** for more detail.
- 8.4 **Cards.** NSRA 10m air rifle cards (five targets per card) must be used.
- 8.5. **Course of Fire.** Four cards of five targets, total twenty shots. Sighters are allowed and must be fired at a separate sighting target. The targets must be fired at in the following order, and position:
- 8.5.1 **Kneeling.** One card.
- 8.5.2 **Prone.** One card.
- 8.5.3 **Standing.** Two cards.
- 8.6 **Ranges.** 10m
- 8.7 **Timing.** All cards must be completed in the same session. There is no time limit for the completion of cards.
- 8.8 **Prizes.**
- 1st The Newcombe Cup and four CCRS gold medals.
- 2nd A challenge shield and four CCRS silver medals.
- 3rd Four CCRS bronze medals.
- 8.9 **Ammunition.** Any ammunition suitable for the rifle can be used.
- 8.10 **Scoring.** All cards must be returned, ungauged, to CCRS for scoring. HPS 200 per firer, 800 per team.
- 8.11 **Special Conditions.**
- 8.11.1 Stickers issued by CCRS must be affixed to the reverse of each card behind an aiming mark prior to the start of that series.
- 8.11.2 If there are fewer than five entries, only first and second place prizes will be awarded. If there is a single entry no prize will be awarded. Separate prize for Commonwealth and other Countries (not UK) may also be awarded.

9. Commonwealth Match H - The President's Challenge Cup

- 9.1 **Outline.** Postal competition with the L85 DCCT system. Open to all teams of four qualified to compete in CISSAM or CCF SAAM.
- 9.2 **Ranges.** To be fired in a DCCT range.
- 9.3 **Timings.** A timing chart is included after each practice. Each detail will take approximately 40 minutes to complete.
- 9.4 **Ammunition.** No live ammunition is required.
- 9.5 **Targetry/scores.** DCCT Complete. Electronic DCCT simulated target as per Operational Shooting Policy (OSP).
- 9.6 **Scoring.** Scores will be produced by the DCCT computer and targets are scored as per OSP Rifle LF 13. DCCT – Advanced Application of Fire up to 300 Metres 1 point per hit with an HPS of 50 points.
- 9.7 **Team Composition.** Firing teams are to consist of four firing cadets from the same CCF Contingent, 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 ATC Sector. Cadets competing in a firing team must be under 19 on the day of any competition they fire in.
- 9.8 **Dress.** 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. Webbing or Wiper vest are to be worn.
 - c. Improvised padding (eg. hose tops) may be worn underneath uniform but must not be visible.
 - d. An eye patch or blinder may be used.
 - e. Elbow and/or knee pads may be worn, which must be no more than 13mm thick when compressed.
- 9.9 **Prizes.**
- 1st The President's Challenge Cup and four CCRS gold medals
 - 2nd Four CCRS silver medals
 - 3rd Four CCRS bronze medals
- 9.10 **Firing Positions.** The firing positions in these rules are to be used to prevent cadets firing from prohibited positions.
- 9.11 **Special Conditions.** From 15 minutes prior to the start of the match until its conclusion no member of the team may fire other than in the match. Once the match has begun it must not be postponed for other than safety reasons.

Practice Details

(Ref OSP; Rifle LF 13. DCCT - Advanced Application of Fire up to 300 Metres (All Positions))

- 9.12 **Conduct.** This Practice is to be conducted using DCCT.
- 9.13 **Timing.** Each detail will take approximately 40 minutes to complete all practices.
- 9.14 **Stores.** Complete DCCT equipment.
Preliminaries
- 9.15 **Safety.** Normal safety precautions.
- 9.16 **Range Safety Rules.** Explain and demonstrate as necessary the range safety rules applicable to DCCT.

Practice Details

Practice details are as follows:

Practice 1. Snap

Range/Positioning	100m Prone.
Ammunition	8 Rounds.
Target/ Exposure	1. Figure 12. 2. 3 x Sighters. 3. 5 x 4 second exposures with irregular intervals.
Instructions	1. Firers in the prone position. 2. Fire 3 x sighters one round at each exposure, targets fall when hit. 3. Identify the corrected POA. 4. Fire one round at each exposure, targets fall when hit. 5. Order "Watch and Shoot"

Practice 2. Snap

Range/Positioning	100m Sitting.
Ammunition	8 Rounds.
Target/ Exposure	1. Figure 12. 2. 3 x Sighters. 3. 5 x 4 second exposures with irregular intervals.
Instructions	1. Firers in the sitting position. 2. Fire 3 x sighters one round at each exposure, targets fall when hit. 3. Fire one round at each exposure, targets fall when hit. 4. Order "Watch and Shoot".

Practice 3. Snap/Rapid

Range/Positioning	100m Kneeling Unsupported.
Ammunition	16 Rounds.
Target/ Exposure	1. Figure 12. 2. 3 x Sighters. 3. 2 x 12 second exposures with an interval to allow all firers to adopt the standing alert position.

Instructions	<ol style="list-style-type: none"> 1. Fire 3 x sighters from both positions one round at each exposure, targets fall when hit. 2. Firer in the standing alert position. 3. On the appearance of the target, the firer is to adopt the Kneeling Unsupported Position and fire 4 rounds at each exposure. 4. Firers must adopt the standing alert position between exposures. <i>Ensure that the safety catch is applied and the rifle is kept pointing down the range when they stand up between exposures. (Safety Supervisors to ensure that it happen).</i> 5. Targets up and hold. 6. Order "Watch and Shoot".
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Practice 4. Snap

Range/Positioning	200m Prone.
Ammunition	8 Rounds.
Target/ Exposure	<ol style="list-style-type: none"> 1. Figure 11. 2. 3 x Sighters. 3. 5 x 5 second exposure with irregular intervals.
Instructions	<ol style="list-style-type: none"> 1. Firers in the prone position. 2. Fire 3 x sighters one round at each exposure, targets fall when hit. 3. Fire one round at each exposure, targets fall when hit. 4. Order "Watch and Shoot".

Practice 5. Rapid

Range/Positioning	200m Prone.
Ammunition	8 Rounds.
Target/ Exposure	<ol style="list-style-type: none"> 1. Figure 11. 2. 3 x Sighters. 3. 1 x 10 second exposure.
Instructions	<ol style="list-style-type: none"> 1. Firers in the fire trench. 2. Fire 3 x sighters one round at each exposure, targets fall when hit. 3. Fire 5 Rounds at the exposure, targets up and hold. 4. Order "Watch and Shoot".

Practice 6. Snap

Range/Positioning	200m Kneeling Supported.
Ammunition	8 Rounds.
Target/ Exposure	<ol style="list-style-type: none"> 1. Figure 11. 2. 3 x Sighters. 3. 1 x 8 second exposure followed by 4 x 4 second exposures with irregular intervals.
Instructions	<ol style="list-style-type: none"> 1. Firers in the kneeling supported position. 2. Fire 3 x sighters one round at each exposure, targets fall when hit. 3. Firer in the standing alert position, 5 m behind the firing point, ready. 4. On appearance of the target, the firer is to adopt the Kneeling Supported position and fire one round at each exposure. 5. Order "Watch out".

Practice 7. Snap

Range/Positioning	200m Sitting.
Ammunition	8 Rounds.
Target/ Exposure	<ol style="list-style-type: none"> 1. Figure 11. 2. 3 x Sighters. 3. 5 x 4 second exposures with irregular intervals .
Instructions	<ol style="list-style-type: none"> 1. Firers in the standing supported position. 2. Fire 3 x sighters one round at each exposure, targets fall when hit. 3. Fire one round at each exposure, targets fall when hit. 4. Order "Watch and Shoot".

Practice 8. Snap/Rapid

Range/Positioning	300m Prone.
Ammunition	13 Rounds.
Target/ Exposure	<ol style="list-style-type: none"> 1. Figure 11. 2. 3 x Sighters. 3. 1 x 8 second exposure followed by 4 x 4 second exposures with irregular intervals, followed by 1 x 10 second exposure.
Instructions	<ol style="list-style-type: none"> 1. Firers in the prone position. 2. Fire 3 x sighters one round at each exposure, targets fall when hit. 3. Firer in the standing alert position. 4. On appearance of the target, adopt the prone position and fire one round at each exposure, targets fall when hit. 5. Order "Watch out". 6. After the fifth exposure, target is up and hold, order "Stop, five Rounds rapid, Watch and Shoot".

9.17 **Scoring.** One point per hit. Sighters are not scored.

9.18 **Firers Goals and Progress.** End of Lesson Procedure

10. CCRS Cadet Forces' .22 Team Competition (The Country Life)

10.1 The CCRS .22 Team Competition (formerly known as The Country Life/Eley) is a team competition for all CCF, SCC, ACF and RAFAC units. Entry to the competition is £10.

10.2 **Entries.** Entries must be received by 15 Dec. The competition may be fired from 15 Jan. Targets must be posted to the Judge with a postmark no later than 21 Mar to ensure they reach him by first post 01 Apr.

10.3 **Teams.** Teams are four firers, plus a leader, who must be on the contingent strength of the unit when the entry is made. If a cadet moves unit, they may continue to fire as part of the team. The leader may participate as follows:

- a. Fire in Series 1 to 3 as part of the four and lead Series 4; a fifth firer should shoot in Series 4.
- b. Lead Series 4 only.

When a unit enters two or more teams, no member of any team may shoot or act as leader in any other team once shooting has started.

10.4 **Course of Fire.** The match is fired in four Series, in the prone position, as detailed 10.13 'Match Conditions'.

10.5 **Rifle.** The L144A1 Cadet Smallbore Target Rifle (CSBTR) as issued, with issued sights. Sights may not have a lens fitted, but competitors may wear corrective glasses.

10.6 **Clothing and Equipment.** Shooting jackets and slings are permitted. Rests may not be used and the forearm, hands, rifle and sling must be clear of the ground or any support. All other clothing and equipment is as per the NSRA rules, see **Annex A** for details.

10.7 **Ammunition.** Issued ammunition must be used.

10.8 **Targets.** The following targets are to be used:

10.8.1 **Series 1, 2 and 3.** Order through Sykes Global Services Ltd, tel 01896 754866 or email targets.ukgal@sykes.com with 'Country Life' in the subject. They sell the Bisley Double (The 200/25 yards Bisley 1972/73 target) and Snap (The WO No.32 200/20 snap shooting disc) targets which are required for these series. Costs are approximately £21 per 100 targets plus VAT and delivery, though smaller quantities are available on request. Incorrect or photocopied targets will not be scored.

10.8.2 **Series 4.** Landscape Targets will be sent to the units' HQ (SCC and ATC – service HQ, ACF and CCF – Brigade HQ) and will be brought by the Supervising Officer (SO) on the day of the shoot.

10.9 **Labels and Target Identification.** Sticky labels will be brought by the SO to be fixed behind bulls on the targets used for Series 1 to 3 before they are fired. One label goes on the grouping target, one behind one of the bulls of the rapid target and one behind the snap target. No labels are required for the Landscape target. The name and rank of each firer must be written on the front of each target in Series 1 to 3.

10.10 **Supervising Officer.** A Supervising Officer must be appointed. They will be responsible for ensuring that the match is fired according to the rules and will bring the landscape target and labels to the range. Unit officers should liaise with their HQ to ensure that an SO is available on the date they intend to fire the competition.

Where the match conditions require an order from the SO, the RCO or other supervisor may give the order in their place as long as the timings are controlled and confirmed by the SO. At the end of the shoot the SO is to complete the score card with their details.

An Adult supervisor from the Unit must give every assistance to the SO and ensure that the targets are posted in due time. This person may request the SO to hand over the targets in a sealed and signed envelope at the end of the shoot.

10.11 **Scoring of Targets.** No target is to be scored, gauged or interfered with in any way by the unit or SO. Once fired, the SO or the unit adult supervisor is to post the targets and the backing sheets used in Series 3 to the Judge.

Results will be published on the website as soon as possible after all targets have been scored and become final seven days later.

10.12 **Prizes.**

1st The Green Howards "Country Life" Trophy and five CCRS gold medals

2nd An inscribed CCRS Shield and five CCRS silver medals

3rd Five CCRS bronze medals

Special Prizes a) An inscribed CCRS shield for the top Community Cadet Team
b) The Gordon Winter Silver Salver and five CCRS bronze medals for the top unit second team not in the first three places

10.13 **Match Conditions.**

10.13.1 **Series 1 - Grouping**

Target. Half a 'Bisley double' target per firer plus a similar sighting target

No. of shots. Two sighting shots plus five to score, per firer.

Scoring. By making a circular group around all shots, irrespective of their position on the target. Points are awarded for groups inside or touching a circle of diameter, in inches, as follows:

0.5 inch	25 points
0.75 inch	20 points
1 inch	15 points
1.5 inch	10 points
2 inches	5 points
Over 2 inches	0 points

Targets with fewer than five shots will score zero.

The dimensions above assume a range of 25 yards or metre. The scoring rings will be proportionately smaller for 20 yard ranges.

Conditions.

After the sighting shots, which may be coached, a further five shots are to be fired at the match target. There is no time limit.

The number on the firing line for the first three series can be decided by the Supervising Officer.

Firers will be allowed to see their targets after Series 1, 2 and 3 and are permitted to adjust their own sights at their own discretion without any assistance, verbal or physical, from anyone.

10.13.2 **Series 2 - Rapid**

Target. One 'Bisley Double' per firer.

No. of shots. Ten per firer (five per diagram). No sighting shots.

Scoring.	Bull	4 points
	Inner	3 points
	Magpie	2 points
	Outer	1 point
	Outside the outer	zero points

If fired at 20 yards a proportionately smaller overlay will be used.

Conditions.

The team must be on the firing point with the butt of the rifle touching the ground. Firers may hold a round in their hand but it must not touch the rifle.

The supervising officer (SO) will order 'Load' followed five seconds later by 'Go on'.

Seventy-five seconds after the 'Go on' command has been given the SO will order 'Stop'. No time indication is given between 'Go on' and 'Stop'.

The SO is to write on each target the number of shots fired.

If a shot or shots are fired before the command 'Go on' or after the command 'Stop' the target must be annotated accordingly by the SO. The highest scoring shot(s) will be disallowed by the Judge.

Should a member of the team place more than the necessary number of shots on either diagram, a penalty of one point will be imposed for each shot in excess.

Misfires (where the round has been struck but no detonation has occurred) may be replaced and a further six seconds per round allowed.

10.13.3 Series 3 - Snap

Target. One 'Snap' target per firer, with a backing sheet behind.

No. of shots. Five per firer. No sighting shots.

Scoring.	Shots touching a 0.5inch ring	6 points
	Shots touching a 1.5inch ring	5 points
	Shots outside a 1.5inch ring	zero points

The dimensions above assume a range of 25 yards or metre. The scoring rings will be proportionately smaller for 20 yard ranges.

Conditions.

The team must be on the firing point with the butt of the rifle touching the ground. Firers may hold a round in their hand but it must not touch the rifle.

The SO will order 'Load'. Five seconds after the 'Load' has been given the targets will be made available to be fired on for a period of three seconds. This may be indicated by a blast on a whistle or a verbal command (eg. 'Up', 'Down') or by a turning target if available.

There will be four additional 3 second exposures, with a random delay between exposures of 5 to 20 seconds. If a shot or shots are fired before the command 'Load' or the indication that targets are available, or after the indication that targets are not available, the target must be annotated accordingly by the SO. The highest scoring shot(s) will be disallowed by the Judge.

Misfires may be replaced and extra 3 second exposures given.

The SO is to write on each target the number of shots fired (not the number of hits) The backing sheets are to be sent with the targets.

10.13.4 **Series 4 - Landscape**

Target. The landscape target as supplied to Unit HQ by CCRS. The SO must ensure that the target is not seen by the team prior to the shoot taking place. The target is approximately 34 x 23 inches, and units should make provisions for securing it.

The target will have four objectives in the form of one-inch circles, visible through a telescope but not with the naked eye.

No. of shots. Two optional sighting shots may be fired before the Landscape target is displayed, following which sights may be adjusted.

Three scoring shots on the Landscape target per firer.

Scoring. Scoring is based on 1, 2 and 3 inch circles concentric with the objective, as follows:

Shots within or touching a 1 inch circle	10 points
Shots within or touching a 2 inch circle	7 points
Shots within or touching a 3 inch circle	3 points
Shots entirely outside a 3 inch circle	zero points

The dimensions above assume a range of 25 yards or metre. The scoring rings will be proportionately smaller for 20 yard ranges.

Conditions.

Firers may have two (coached) sighting shots before the Landscape target is displayed if they wish. After the two optional sighting shots have been taken, sights may be adjusted. They must not be changed after the match has started.

Teams of four - one firer shoots at each objective.

All firers and the leader must be present for the duration of the shoot, which must be completed 60 minutes from the time the landscape target is put up.

Once the target is mounted, the SO will instruct the leader to begin a preliminary study using an ungraduated telescope or binoculars. No other member of the team may use any aids to look at the target.

When the leader has completed the preliminary study, they may give a general description of the landscape to the firers but may not attempt to indicate the target circles. The SO will be advised by the leader when this is complete.

The SO will order the first pair or individual to the firing point. The procedure and timings for the shoot from this point are the same for each detail.

The leader will indicate, using word of mouth and no other means, where the objective is, by reference only to objects forming part of the landscape, eg. 'Ground level of lone tree, go right four o'clock, you will come to a bush. Target is two thirds of the distance from the tree to that bush'

Once the leader is satisfied that the firer(s) have identified the objects they will order 'Go on'. Thereafter the leader may not give any other assistance.

A time limit of seven minutes applies from the start of the indication of the objective by the leader until the end of the shoot, for each detail. The SO will announce 'five minutes', 'six minutes' and 'Stop'. A further ten seconds per shot may be allowed for misfires or stoppages.

If a shot or shots are fired before the command 'Go on' or after the command 'Stop' the target must be annotated accordingly by the SO. The highest scoring shot(s) will be disallowed by the Judge.

11. The CCRS Smallbore Winter League

- 11.1 The CCRS Smallbore Winter League competition is open to cadets and CFAV and requires six cards to be fired per competitor by 31 Mar. For each target, competitors will have unlimited sighters following which they must fire ten scoring shots. The competition is open to CFAV and cadets from any CCF, SCC, ACF or RAFAC unit. Prizes are awarded for the following:
- a. Individual, as follows:
 - i. Open - all CFAV and cadets entered
 - ii. All CFAV
 - iii. All cadets
 - b. One team of four cadets from a unit, detachment, Sqn or school.
- 11.2 The entry form can found on the CCRS website; teams will receive scoresheets, witness and scorer declarations and labels for validating targets by return.
- 11.3 The match is fired under NSRA rules using any .22 bolt action rifle with iron sights, or the L144A1 with sights as issued. Clothing and equipment is as detailed in NSRA rules, see **Annex A**.
- 11.4 **Cards.** NSRA BM/89-18 targets for 15, 20, 25 yards or 25m must be used as appropriate. Labels, issued by CCRS, must be affixed to the reverse of each card behind an aiming mark prior to the start of the shoot.
- 11.5 **Scoring.** An independent NSRA 'A' or 'B' class scorer or ISSF or overseas equivalent may score the targets but must retain them for a random validation by CCRS. Units may, on application to and subsequent approval from CCRS with details, use an experienced scorer who may not have a formal qualification. Otherwise, targets should be returned by the Witness ungauged to the CCRS nominated scorer.
- 11.6 **Prizes.** In each category there will be a special prize for the highest placed competitor and team of four using the L144A1 rifle and issued ammunition.
- 11.7 Cards may be shot concurrently with Commonwealth Match A (The Ffennell).

12. CCF Cadet 100 Smallbore Competition

12.1 The CCF Cadet 100 Competition comprises of two rounds. For each round, firers will have unlimited sighters, following which they must fire ten scoring shots at each of two targets with the following conditions:

- a. Round 1. To be fired on or before 01 Dec and scores received by 08 Dec. Targets to be provided by units.
- b. Round 2. Open to the top 200 from Round 1, names will be advised by CCRS before 05 Jan; if equal scores match the competitor in 200th place then entry to Round 2 will include all equal scores. To be fired on or before 01 Mar and scores received by 08 Mar. If less than 200 firers entry a representative percentage will qualify for round 2.

Firers must be on the strength of a CCF unit and should be young enough to be able to fire both rounds of the competition as a cadet. If a competitor changes unit then they will still be eligible to compete for the unit from which they were entered.

12.2 **Rules.** The competition will be conducted under NSRA rules, which may be found in **Annex A**.

12.3 **Rifles.** The competition is to be shot using any .22 target rifle and sling as approved for cadet use using issued ammunition only.

12.4 **Clothing.** Working dress with shooting glove, a sling holding device maybe attached to the jacket in line with School's Meeting rules.

12.5 **Targets and ranges.** 1989 Series – Short Range targets for the appropriate distance (15, 20, 25 yards, 25m) must be used. Indoor or outdoor ranges may be used.

12.6 **Target verification.** For each round the following procedures must be used for target verification: Two stickers per competitor will be supplied by CCRS. One sticker should be placed on the back of each match target, covering an aiming mark.

12.7 **Target Scoring.** Scoring will be in accordance with NSRA rules. The following means of scoring should be followed, in order of preference:

- a. An NSRA Class A or B scorer (or the overseas or ISSF equivalent), if independent from the unit, may score the cards on behalf of CCRS and scores advised by email without returning cards. Cards must be retained by the scorer for a random quality check by CCRS.
- b. If a scorer is not available, cards must not be gauged, and should be returned to the CCF scorer(s) by the date shown for each round.

12.8 **Witnesses.** Shooting Masters are to witness all cards. Witness certificates will be sent with stickers.

12.9 **Prizes.** Certificates will be awarded to the top 100 cadets (or percentage of) after Round 2. Individual medals will also be awarded:

- 1st CCRS Gold Medal
- 2nd CCRS Silver Medal
- 3rd CCRS Bronze Medal

13. Sea Cadet 100 Smallbore Competition

13.1 The Sea Cadet 100 Competition comprises of two rounds. For each round, firers will have unlimited sighters, following which they must fire ten scoring shots at each of two targets with the following conditions:

- a. Round 1. To be fired on or before 01 Dec and scores received by 08 Dec. Targets to be provided by units.
- b. Round 2. Open to the top 200 from Round 1, names will be advised by CCRS before 05 Jan; if equal scores match the competitor in 200th place then entry to Round 2 will include all equal scores. To be fired on or before 01 Mar and scores received by 08 Mar. If less than 200 firers entry a representative percentage will qualify for round 2.

Firers must be on the strength of a SCC or VCC unit and should be young enough to be able to fire both rounds of the competition as a cadet. If a competitor changes unit then they will still be eligible to compete for the unit from which they were entered.

13.2 **Rules.** The competition will be conducted under the rules of the NSRA, which may be found in **Annex A**.

13.3 **Rifles.** The competition is to be shot using the L144 CSBTR as issued with the issued sights and sling using issued ammunition only.

13.4 **Clothing.** Working dress with shooting glove, a sling holding device maybe attached to the jacket in line with ISCRM rules.

13.5 **Targets and ranges.** 1989 Series – Short Range targets for the appropriate distance (15, 20, 25 yards, 25m) must be used. Indoor or outdoor ranges may be used.

13.6 **Target verification.** For each round the following procedures must be used for target verification: Two stickers per competitor will be supplied by CCRS. One sticker should be placed on the back of each match target, covering an aiming mark.

13.7 **Target Scoring.** Scoring will be in accordance with NSRA rules. The following means of scoring should be followed, in order of preference:

- a. An NSRA Class A or B scorer (or the overseas or ISSF equivalent), if independent from the unit, may score the cards on behalf of CCRS and scores advised by email without returning cards. Cards must be retained by the scorer for a random quality check by CCRS.
- b. If a scorer is not available, cards must not be gauged, and should be returned to the SCC scorer by the date shown for each round.

13.8 **Witnesses.** Units are to arrange for the attendance of an independent witness for all shooting in both rounds. The witness must be either a CFAV from a different unit or an NSRA qualified witness. Witness certificates will be sent with stickers.

13.9 **Prizes.** Certificates will be awarded to the top 100 cadets (or percentage of) after Round 2. Individual medals will also be awarded:

1st CCRS Gold Medal

2nd CCRS Silver Medal

3rd CCRS Bronze Medal

14. ACF Cadet 100 Smallbore Competition

- 14.1 The ACF Cadet 100 Competition comprises of two rounds. For each round, firers will have unlimited sighters, following which they must fire ten scoring shots at each of two cards with the following conditions:
- a. **Round 1.** To be fired on or before 01 Dec and scores received by 08 Dec. Cards to be provided by units.
 - b. **Round 2.** Open to the top 200 from Round 1, names will be advised by CCRS before 05 Jan; if equal scores match the competitor in 200th place then entry to Round 2 will include all equal scores. To be fired on or before 01 Mar and scores received by 08 Mar. Cards to be provided by units.
 - c. **Team Match.** Concurrent with Round 1 and open to any number of teams of four firers from the same detachment. Team stickers will be included with individual returns and may be selected from any of the entrants before firing.

Firers must be on the strength of an ACF unit and should be young enough to be able to fire both rounds of the competition as a cadet. If a competitor changes unit then they will still be eligible to compete for the unit from which they were entered.

- 14.2 **Rules.** The competition will be conducted under the rules of the NSRA, which may be found in **Annex A**. Any rifle complying with para 14.9 and equipped with iron sights (para 14.10) may be used. Only issue ammunition is allowed.
- 14.3 **Targets and ranges.** The following targets must be used for the range distance stated. Please note the '- 18' suffix which distinguishes them from the previous BM series targets:
- a. 15 yards. 1510BM/89 - 18
 - b. 20 yards. 2010BM/89 - 18
 - c. 25 yards. 2510BM/89 - 18
 - d. 25m. 25M10BM/89 - 18
- 14.4 **Target verification.** For each round the following procedures must be used for target verification:
- a. Two stickers per competitor will be supplied by CCRS. One sticker should be placed on the back of each match card, covering an aiming mark.
 - b. Team stickers will be provided in batches of four, marked A, B, C etc. One sticker should be placed on the back of each match target where the firer is part of a team, covering an aiming mark.
- 14.5 **Target Scoring.** Scoring will be in accordance with NSRA rules. The following means of scoring should be followed, in order of preference:
- a. An NSRA Class A or B scorer (or the overseas or ISSF equivalent), if independent from the unit, may score the cards on behalf of CCRS and scores advised by email without returning cards. Cards must be retained by the scorer for a random quality check by CCRS.
 - b. If a scorer is not available, cards must not be gauged, and should be sent to the nominated scorer.
- 14.6 **Witnesses.** Units are to arrange for the attendance of an independent witness for all shooting in both rounds. The witness must be either a CFAV from a different Coy/Area/Sqn/Bty or an NSRA qualified witness. Witness certificates will be sent with stickers.

14.7 **Entries.** Entries should be made on the CCRS website. There is a £1 entry fee per cadet to cover administrative costs which may be paid by cheque or bank transfer. On receipt of entries CCRS will send stickers and details of local NSRA Scorers.

14.8 **Prizes**

a. **Regimental Affiliation Team Trophies**

The Royal Artillery Trophy
The Royal Signals Trophy
The Royal Scots Trophy
The Princess of Wales Royal Regiment Trophy
The Royal Regiment of Fusiliers Trophy
The Royal Anglian Trophy
The Rifles Trophy
The Royal Logistics Corps Trophy

b. **Badges.** Badges will be awarded to the top 100 cadets after Round 2.

c. **Medals.** The following individual medals will be awarded:

1st CCRS Gold Medal

2nd CCRS Silver Medal

3rd CCRS Bronze Medal

14.9 Small-bore other than lightweight sport. All rifles chambered for rimfire 5.6mm (.22 in) Long Rifle cartridges are permitted. Even if the rifle has a magazine, only one cartridge may be loaded.

14.10 The definition of 'iron sights' is either:

Open. Open, V, U or bar with or without wind gauges.

Aperture. A rearsight, including tube sights, which may, if so desired, have attached a single lens or system of lenses not containing an aiming point as a substitute for, or in addition to, prescribed spectacles. Plane light absorbing filters may be used.

15. CCF Smallbore Match - The Staniforth Challenge Cup

- 15.1 The CCF Smallbore Team Match (Staniforth) is a single stage match for teams of four on an indoor or outdoor range. Competitors will each shoot two cards, they will have unlimited sighters following which they must fire ten scoring shots on an NSRA ten spot target with the L144A1 CSBTR.
- a. Open to any number of teams of four from a CCF contingent. Competitors must be a pupil at the school and a member of the school's CCF. Both cards to be fired by 31 Mar and received by the nominated scorer by 10 Apr.
 - b. Competitors are not required to shoot both cards on the same day.
- 15.2 Entries on the attached form should be sent to CCRS; teams will receive scoresheets, witness and scorer declarations and labels for validating targets by return.
- 15.3 The match will be fired under NSRA rules with the following exceptions:
- a. Rifle. The L144A1 as issued, including sights and sling.
 - b. Ammunition. As issued.
 - c. Dress. Uniform as allowed for the CCF Schools' Meeting.
- 15.4 **Targets.** NSRA BM/89 targets for 15, 20, 25 yards or 25m must be used as appropriate. Stickers, issued by CCRS, must be affixed to the reverse of each card behind an aiming mark prior to the start of the shoot.
- 15.5 **Scoring.** Cards should be returned by the Witness ungauged to CCRS for scoring.
- 15.6 **Prizes.**
- 1st The Staniforth Challenge Cup and Four CCRS Gold Medals
 - 2nd Four CCRS Silver Medals
 - 3rd Four CCRS Bronze Medals
- 15.7 Cards may be shot concurrently with Commonwealth Match B (The Ffennell).

Annex A: NSRA Smallbore rules

Taken from the National Small-Bore Rifle Association Rules and Regulations (2017):

(<https://www.nsra.co.uk/index.php/home/reference/rules>)

- A1. **Slings.** A single point or a two point sling may be used.
- A1.1 **Single point sling.** The maximum sling width is 40 mm. The sling must be worn only over the upper part of the left arm and from there be connected to the fore-end of the rifle stock. No part of the rifle may touch the sling or any of its attachments except at the sling swivel or handstop.
- A1.2 **Two point sling.** A sling of maximum width 50 mm (2 in) is permitted.
- 8.6.2 Only one hook, loop, button or similar device may be fastened on the outside of the sleeve or shoulder seam on the sling arm to prevent the sling from sliding.
- A2. **Shooting gloves.** The glove must be made of flexible material and must not extend more than 50 mm (2 in) above the wrist measured from the centre of the wrist knuckle.
- A3. **Clothing.**
- A3.1 The use of strap-on elbow pads is permitted but not in addition to elbow padding which is affixed to the garment. The use of any special devices, means or garments which immobilise the shooter's legs, body or arms is prohibited.
- A3.2 All shooting clothing must be made of flexible material, including all lining, padding and reinforcements.
- A3.3 The shooting coat may have reinforcement patches of moderate size and thickness added only to the outside surfaces on the shoulder and on both sleeves. Reinforcements of such size and thickness as to form support for the shooter or rifle are prohibited. In no case must the elbow reinforcement be nearer to the end of the sleeve than 100 mm (4 in). Concealed padding is prohibited.
- A4. **Shooting mats.** That portion on which the elbow rests must be of uniform thickness not exceeding 50 mm (2 in) uncompressed. Firing point coverings such as waterproof groundsheets or coconut matting are not considered as personal mats but, for the purpose of Rule 8.12, the natural surface of such covering will be regarded as the firing point.
- A5. **Competitor's body.** In all positions, those portions of the competitor's body in contact with the ground must be entirely behind the front marked edge of the firing point.
- A6. **Prone.** The shooter may lie on the bare surface of the firing point or on the shooting mat. He may also use the mat by resting his elbows on it. The body is extended on the firing point with the head toward the target. The rifle must be supported by both hands and one shoulder only. While aiming, the cheek may be placed against the rifle stock. The rifle may be supported by the sling but the fore-end behind the left hand or any part of the rifle must not rest on the sling or its attachments. The rifle must not touch, or rest against, any other point or object. Both forearms and sleeves of the shooting jacket forward of the elbow must be visibly raised from the surface of the firing point. The shooter's sling (left) forearm must form an angle not less than 30 degrees from the horizontal, measured from the axis of the forearm.

Annex B: NRA Fullbore rules

Taken from the National Rifle Association Handbook (Bisley Bible) – Full 2020 Edition, Section 57:
(<https://nra.org.uk/wp-content/uploads/Bible-2020-Complete.pdf>)

- B1. **Gloves.** A flexible padded glove or mitt may be worn on the supporting hand, provided it gives no artificial support. In addition, a lightweight glove, with (or without) one or more fingers cut off, may be worn on the trigger operating hand to protect against cold or sun/windburn.
- B2. **Wet weather clothing.** The competitor may wear wet weather clothing. It is permitted to place the rifle butt under a lightweight cape or poncho whilst shooting.
- B3. **Lenses.** Spectacles, eyeglasses or contact lenses may be used, and/or a prescription lens may be fitted in the backsight, provided that the correction is of a similar prescription to that which the competitor would use in everyday use. Permission to use such a lens, supported by a current optometrist's prescription, must be obtained in advance from the NRA. 207 In TR (Para 150), a magnifying lens is permitted in the foresight. If a magnifying lens is fitted in the foresight then only optically flat filters and/or a single prescription lens may be fitted in the backsight.
- B4. **Slings.** When using TR, MR including Any Rifle, CTR, F Class, SR or GP rifles a sling may be attached to assist in steadying the rifle. The sling must be attached to the rifle at one or two points, and it must not exceed 2" in width. The sling may not be used or configured in such a manner that it (or its buckles or sling swivels) becomes a prop between the inside of the support elbow and the rifle stock. The sling may be placed round one arm and/or wrist but not round any other part of the competitor's body, except when using SR or Cadet GP rifle when it must be worn in accordance with military regulations.
- B5. **Screening.** A competitor may not screen himself or his firearm from the sun or weather, nor allow anyone else to do so (see Para 547). However a piece of soft material or an action cover may be used to cover the action, and adhesive tape may be stuck to the barrel or action. A mirage band may be used. Devices covering the action or acting to reduce the effect of mirage may be draped as the competitor wishes, but may only be attached to themselves and/or the firearm.
- B6. **Mats.** A competitor may use a groundsheet, shooting mat or similar article, provided it is laid flat on the ground. Soft material may be placed under or on top of the mat as long as it does not provide artificial rest or support. Holes may not be made in the ground for the elbows. In Service Weapon and Cadet GP rifle matches a shooting mat may not be used
- B7. **Position.** Prone. The butt plate of the firearm must be placed against the shoulder or armpit. Elbows must be behind the line defining the forward edge of the firing point, which may be a notional line defined by the number pegs or other means as ordered by the RO. The muzzle of the firearm must protrude over the forward edge as defined, and must be well forward of the ears of neighbouring competitors. No competitor may adopt a position that causes inconvenience to the other competitors on his target.
- B7.1 TR. All parts of the rifle and sling and of the arms below the elbow, including clothing, must be visibly clear of the ground and of all other objects. The back of the forward wrist must be at least 4" (approximately the width of this book) clear of the ground, as measured from the outside surface of a glove if worn.
- B7.2 SR, CSR/PR, GP. The magazine may touch or rest on the forearm or on the ground. No part of the wrist of the supporting arm may touch the ground. If firing from cover, the structure of the cover may be used for support.