

NOWRA RIFLE CLUB

CENTREFIRE TARGET SHOOTING RULES (APRIL 2023)

EQUIPMENT

- RIFLES with all attachments (including sights and bipods but not including slings) must be centrefires, not exceed 7kg in weight nor 8mm in calibre and must conform to the following:
- STOCKS, if adjustable, must be left in the unadjusted position and hand stops, palm rests and other attachments designed to steady the rifle are prohibited during all offhand and sitting matches. When shooting 300 metre matches all ISSF regulations pertaining to stocks apply.
- Any SIGHT system may be used provided that it is mounted in a fixed position on the rifle. The system cannot be changed during the course of a day's matches except when the code captain has allowed the use different rifles for offhand events.
- Any TRIGGER system may be used providing that it is safe. The safety of the trigger shall be determined at the discretion of the code captain.
- MAGAZINES may be used providing that the rifle would normally be supplied with one.

In addition:

- SLINGS may be used in the standard prone 300m match only.
- REGULATION SHOOTING JACKETS and GLOVES are permitted in the standard prone 300m match only.
- SPOTTING SCOPES may be used by a shooter in the 300m match.
- BIPODS may be used for sighting shots only but not for counting shots in Standard Prone matches and for all shots in H Class Prone matches.
- REAR BAGS may not be used.
- REGULATION MATS may be used for sitting and prone events but must not be used in such a way as to provide support for the shooter or the rifle.

The Rifle and Equipment selected by the shooter must not be changed during the course of a Sitting and Offhand match, except that the code captain may allow the use of a lighter rifle during offhand events by persons deemed by the code captain to be unable to compete fairly for the reasons of strength or disability.

MATCHES

100 Metres - Sitting: 12 shots with the best 10 shots to count.
Offhand: 12 shots with the best 10 shots to count.

300 Metres - Prone: 2 convertible sighters and 10 shots to count.

Sighters may be shot from a bipod in Standard Prone matches but those sighters are not convertible. Convertible sighters can be counted if both sighters or only the second are kept. The first sighter cannot be kept and the second one discarded.

In the event of both sighters missing the target the shooter may continue at the captain's discretion until one shot is registered on the target. No further sighters are allowed and the shooter must then commence counting shots.

POSITIONS

- **SITTING:** No part of the shooter's body above the buttocks may touch the ground or any support. The shooter may make contact with the rifle only with the hands, elbows, shoulder and face.
- **OFFHAND:** Shot in the standing position. The rifle may be supported by the forward hand under the rifle's forend or magazine. The elbow of the forward hand may be rested on the hip.
- **STANDARD PRONE:** Shot in the lying position with the forend only supported by the shooter's arm. The butt must be against the shoulder or armpit and all parts of the rifle and arms below the elbow, including clothing must be clear of the ground.
- **H CLASS PRONE:** Shot as for Standard Prone except that a Harris bipod or similar is used instead of the arm to support the forend of the rifle. All other parts of the rifle must remain clear of the ground. If desired the non-trigger hand may be used to help support the butt of the rifle.

TARGETS

The standard 300 metre ISSF target will be used in all prone matches and the Nowra Centrefire card target will be used for offhand and sitting at 100 metres.

AMMUNITION

There is no restriction on cases or powder. Any projectile is permitted except that those that are above 8mm, tracer, armour piercing or incendiary must not be used. The maximum muzzle energy must not exceed 4184 ft/lbs.

GENERAL

Rifles that become inoperable during a match may be changed at the discretion of, and with the approval of, the code captain.

All rifles must be in a safe condition approved by the code captain.

All standard Nowra Rifle Club safety procedures will apply including eye and ear protection. Muzzle Breaks are not permitted.

CENTRE FIRE ANNUAL RESULTS

Results are decided by adding the scores achieved by each shooter for their best 4 shoots in any calendar year in each of the four Positions.

THE ABOVE ARE SUBJECT TO THE DISCRETION OF THE CODE CAPTAIN AND THIS
DECISION WILL BE FINAL AND BINDING