

SA HIGH POWER RIFLE ASSOCIATION

SHOOTING RULES Version 3.1 Jan 2005

INTRODUCTION

High Power Rifle is essentially a discipline for iron sighted service (military) and service style rifles. The Sporting Rifle class has been added to cater for those with typical hunting rifles who wish to try something different. Telescopic sights are permitted in this class, but in return for the improved ease of aiming that such sights provide only field type clothing and slings are permitted. The two categories of rifle do not compete against each other.

These rules are based on the very comprehensive US NRA High Power Rifle rule books. However, they are much simplified and have been adapted to better suit South African circumstances, range facilities. etc.

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1. RIFLES AND AMMUNITION

1.1 Service Rifle Class

1.1.1 Veteran. Any military style bolt action rifle designed before 1918, with iron sights, a magazine capacity of at least 5 rounds and the capability of being rapidly reloaded, eg SMLE, Swedish Mauser, etc. The rifle to be essentially standard and in the spirit of the original.

1.1.2 Classic. Any military style bolt action rifle designed before 1945, with iron sights, a magazine capacity of at least 5 rounds and the capability of being rapidly reloaded, eg any Veteran rifle, Lee Enfield No 4 (Mk II permitted), Mauser K98, etc. The rifle to be essentially standard and in the spirit of the original.

1.1.3 Modern. Any military style self loading rifle with iron sights, a magazine capacity of at least 5 rounds and the capability of being rapidly reloaded, eg Garand, LM4, FAL, Mini 14, etc. The rifle to be essentially standard and in the spirit of the original.

1.2 Sporting Rifle Class. Any centre-fire rifle with iron or telescopic sights and a magazine capacity of at least 4 rounds.

1.3 Ammunition. Only factory or home loaded ball or sporting bullets may be used. No tracer, incendiary or armour piercing bullets are permitted.

1.4 Iron Sights. The front sight shall be a flat topped blade, which may be protected by ears or a ring or tunnel. The rear sight shall be an open blade with central notch or an aperture, which may be hooded.

2. CLOTHING AND EQUIPMENT

2.1 Jacket and/or Padding. For Service Rifle, but not Sporting Rifle, a competition type shooting jacket may be worn. Shoulder and elbow pads may be used in either class, provided that they are not constructed or used so as to provide artificial support.

2.2 Trousers. Trousers made of heavy material, such as canvas or leather, are considered to provide artificial support and are not permitted.

2.3 Gloves. A shooting glove may be used for Service Rifle, provided that it does not form an artificial support. For Sporting Rifle only normal garment type gloves are permitted.

2.4 Slings. A sling may be used in all except the standing stages. For Service Rifle either a single or double point sling is permitted. For Sporting Rifle only a simple strap sling is permitted; no form of secondary loop is permitted. Such a sling shall be fixed to the rifle on the fore end and at the rear of the butt in a manner suitable for carrying the rifle in the field.

2.5 Ground Sheet or Shooting Mat. Either may be used provided that it is not constructed or used so as to provide artificial support.

2.6 Bipods and Palm Rests. Bipods may not be used, and may be removed from Service Rifles so fitted. Any attachment, extension or stock design which aids the normal hand grip and/or support of the rifle by the forward hand and that extends to a depth of more than 3 1/4" (83 mm) below the centre line of the bore is considered a palm rest. Palm rests are not permitted. A standard box magazine is not considered a palm rest. Exceptionally, any self-loading rifle that has an original factory design receiver/frame in excess of 3 1/4" (83 mm) below the centre line of the bore will not be considered to have a palm rest.

2.7 Spotting Scope. The use of a telescope (or binoculars) to observe the spotting disc and the shot value marker is permitted. The telescope may be mounted on a stand which may be positioned forward of the shooter's forward shoulder.

2.8 Shooting Kit. Any shooting kit, stool or chair may not be positioned forward of the shooter's forward shoulder. It may not be of such size and construction as to interfere with adjacent shooters or to constitute a windbreak.

3. SHOOTING POSITIONS

3.1 Artificial support. No artificial support may be used. Digging of elbow or heel holes in the surface of the firing point is not permitted.

3.2 Rifle Magazine. The magazine may not touch the ground, nor may it be used to provide artificial support by, for example, compressing the jacket to the ground.

3.3 Prone. Body extended on the ground, head towards the target. The rifle shall be supported by both hands and one shoulder only. No portion of the arms below the elbows shall rest on the ground. Firers shall not lie so as to impede adjacent competitors.

3.4 Kneeling. Buttocks clear of the ground, but may rest on one foot. The rifle shall be supported by both hands and one shoulder only. The arm supporting the rifle shall rest on the knee or leg. The elbow of the trigger arm shall be free from all support. One knee must be touching the ground.

3.5 Sitting. Weight of the body supported on both buttocks and the feet or ankles, no other portion of the body touching the ground. The rifle shall be supported by both hands and one shoulder only. Arms may rest on the legs at any point above the ankles.

3.6 Standing. Erect on both feet, no other portion of the body touching the ground or any other surface. The rifle shall be supported by both hands, the cheek and one shoulder and upper arm. The upper arm is defined as from the middle of the bicep to the shoulder. The elbow or back of the forward arm may be placed against the body or rested on the hip. The sling may not be used for support and may not be wrapped around the arm or hand.

4. TARGETS

4.1 General. Standard US NRA High Power Rifle targets (or copies thereof) shall be used. [Note that these targets are intended for use at 200 and 300 yards. Use at 200 and 300 metres gives very slightly smaller scoring rings in terms of minutes of angle].

4.2 All 200 metre Stages. The NRA SR target shall be used.

SR			
Aiming Black	Inches	Rings in White	Inches
X ring	3.00	8 ring	19.00
10 ring	7.00	7 ring	25.00
9 ring	13.00	6 ring	31.00
		5 ring	37.00

4.3 300 metre Rapid Stage. The NRA SR-3 target shall be used. This is the same as the SR with an enlarged aiming mark to include the 8 ring.

SR-3			
Aiming Black	Inches	Rings in White	Inches
X ring	3.00	7 ring	25.00
10 ring	7.00	6 ring	31.00
9 ring	13.00	5 ring	37.00
8 ring	19.00		

4.4 300 metre Slow fire Stage. The NRA MR-63 target shall be used. This is a scaled down version of the MR-1 target used at 600 yards in the US.

MR-63			
Aiming Black	Inches	Rings in White	Inches
X ring	2.85	6 ring	23.85
10 ring	5.85	5 ring	29.85
9 ring	8.85		
8 ring	11.85		
7 ring	17.85		

5. COURSES OF FIRE

5.1 Service Rifle.

Sighting Shots. 2 sighting shots in a nominal 2 minutes before each stage.

Stage 1. 10 shots slow fire standing in 10 minutes at 200 metres.

Stage 2. 10 shots rapid fire sitting or kneeling from standing in 60 seconds at 200 metres.

Stage 3. 10 shots rapid fire prone from standing in 70 seconds at 300 metres.

Stage 4. 10 shots slow fire prone in 10 minutes at 300 metres.

5.2 Sporting Rifle.

Sighting Shots. 2 sighting shots in a nominal 2 minutes before each stage.

Stage 1. 8 shots slow fire standing in 8 minutes at 200 metres.

Stage 2. 4 shots rapid fire sitting or kneeling in 30 seconds at 200 metres. Repeated for 8 shots total.

Stage 3. 4 shots rapid fire prone in 30 seconds at 300 metres. Repeated for 8 shots total.

Stage 4. 8 shots slow fire prone in 8 minutes at 300 metres.

5.3 Shooting Procedures.

5.3.1 Slow Fire and Sighting Shots. Only one round shall be loaded at a time. After each shot the butt crew will mark the shot with a spotting disk and signal the scoring value (Rule 6). Competitors may sit down on a stool or small chair between shots when shooting a standing stage (Rule 2).

5.3.2 Rapid Fire - Service Rifle. After the sighting shots, and on command, stand up and load with 5 rounds (2 in the case of a Garand rifle). Chambers must be empty and working parts to the rear (where possible) until in the firing position (Garand with round in chamber and safety ON). On the appearance of the targets assume the firing position, chamber the first round (Garand safety OFF) and commence firing. After firing the 5 rounds (Garand 2), reload/change magazine with the balance of the 10 rounds and continue firing. Remain in position when finished until checked by the safety officer (Rule 7.4).

5.3.3 Rapid Fire - Sporting Rifle. After the sighting shots, and on command, load with 4 rounds. Chambers must be empty and working parts to the rear (where possible). On appearance of the targets, chamber the first round and commence firing. Remain in position when finished until checked by the safety officer (Rule 7.4).

6. MARKING AND SCORING

6.1 Slow Fire Stages - Marking. After every shot the butt crew shall lower the target, place a spotting disc in the shot hole, patch the previous hole and place the value marker in the appropriate position to show the value of the shot. The target shall then be raised for the next shot. Alternatively, instead of a marker a pointer may be used to show the value. Note that shots on the target outside of the scoring area must also be spotted and signalled (as misses). In the event of a complete miss the previous shot shall be patched out before raising the target and signalling a miss.

6.2 Slow Fire Stages - Value Signalling. The value marker (or pointer) is to be positioned on the target as listed below:

X	Bottom Left Hand Corner
10	Bottom Centre
9	Bottom Right Hand Corner
8	Centre of Right Side
7	Top Right Hand Corner
6	Top Left Hand Corner
5	Centre of Left Side
Miss	Top Centre, or wave pointer across the target face.

6.3 Slow Fire Stages - Scoring. The score (value) of each shot shall be recorded at the firing point by the register keeper for that target (Rule 7.4), and by the shooter if he/she wishes.

6.4 Rapid Stages - Sighting Shots. These shall be marked and signalled as for slow fire shots.

6.5 Rapid Stages - Scoring. At the end of the target exposure time (two exposures in the case of Sporting Rifle), the target shall be pulled down and the number of scoring hits of each value shall be recorded by the butts officer.

6.6 Rapid Fire - Marking. After the scoring hits has been recorded, small spotting discs shall be placed in every shot hole (including any non-scoring hits). On command from the butts officer the targets shall be raised for one minute. At the end of that minute the targets shall be pulled down and patched out.

7. CONDUCT OF COMPETITIONS

7.1 Full Match. A full match consists of all four stages (Rule 5.1 or 5.2), fired in sequence.

7.2 Reduced Match. When range capacity and/or time are limited, a reduced match may be held. Such a match will comprise any two stages (Rule 5.1 or 5.2), fired in numerical sequence.

7.3 Championship Match. In a championship the number of counting shots in the slow fire stages of a full match shall be doubled and the rapid fire stages shall be shot twice. The second rapid fire stage shall be fired

immediately after the scoring and spotting disk procedures are completed for the first rapid fire stage (Rules 6.5 and 6.6). Thus, for example, the standing slow fire for service rifle will consist of two sighters followed by 20 shots to count in 20 minutes. The accompanying 200 m rapid fire stage will be two sighters followed by 10 shots in 60 seconds done twice for 20 shots total.

7.4 Shooting Details. Two details at a time will be squaded to a target. The first detail will shoot the first stage at the distance concerned, whilst the other detail acts as register keepers and safety officers. The first stage will then be shot again with the roles reversed. This process will then be repeated for the second stage at the same distance. When all pairs of details have finished shooting at the first distance the whole process will be repeated at the second distance. In the absence of target marking staff, pairs of details will be required to mark for each other.

7.5 Coaching. Coaching by the register keeper or any other person is not permitted. However, in a team match coaching is permitted provided that it does not interfere with, nor distract, other teams' shooters. Such coaching is only permitted when the team shoot is not fired concurrently with an individual shoot.

7.6 Team Shoots. Club teams shall consist of four shooters. A non-shooting team captain/coach is permitted. Teams shall provide the team shooting on their right with a register keeper from within the team members. If the team shoot is concurrent with an individual shoot then no team member may act as register keeper for a member of his/her own team.

7.7 Malfunctions. There is no allowance for rifle, ammunition or equipment malfunction. Only in the event of target or range operation problems may a shooter request to reshoot the affected stage or string. In this event any shots fired shall be patched out and the shooter shall not be informed of the location or score of any hits.

8. SAFETY

8.1 General. Normal range and firearm safety rules shall be applied at all times. The orders of range officials shall be obeyed without question. Notwithstanding checks by register keepers, range officers, etc, shooters always remain personally responsible for the safe handling and carrying of their firearms.

8.2 Loading. Rifles shall only be loaded on command. No loaded rifle shall be taken onto, not removed from, the firing line. Loaded is defined as having any ammunition in the chamber, or in a magazine that is on or in the rifle. Except when loaded, rifles shall have the working parts forward, springs eased and detachable magazines removed.

8.3 Carrying. Rifles shall only be carried muzzle up on a sling over the shoulder, or in a rifle bag.

8.4 Slow Fire Stages. Only one round shall be loaded at a time (Rules 5.3.1 and 8.2), and this shall not be chambered until the firer is in the shooting position with the rifle pointing towards the targets. The rifle butt need not be in the shoulder before a round is chambered.

8.5 Rapid Fire Stages. No round shall be chambered until the shooter is in the firing position with the rifle pointing towards the targets (exception for Garand rifle - Rule 5.3.2). The rifle butt need not be in the shoulder before a round is chambered.

9. CLASSIFICATION

9.1 General. Classification is a process whereby shooters are graded according to their average percentage scores over a number of matches. They then compete against other shooters of a similar standard in their class, rather than against all comers. If, over time, a shooter's average scores improve then he/she will be upgraded to the next classification. Downgrading is only permitted under exceptional circumstances. Shooters may hold different classifications for Service and Sporting rifle.

9.2 Scores used for Classification. Only scores achieved and recorded in sanctioned Full, Reduced or Championship Match competitions will be considered towards classification.

9.3 Establishing Classification. When a competitor has fired at least 120 eligible shots he/she may be classified on the average percentage score achieved. The required averages are as follows: [NOTE: these figures, which are the NRA figures, are preliminary and subject to change.]

A Class	97.00 and above%
B Class	94.00 to 96.99%
C Class	89.00 to 93.99%
D Class	84.00 to 88.99%
E Class	Below 84.00%

9.4 Reclassification Upwards. A competitor may be reclassified to a higher class on the basis of at least 240 eligible shots fired subsequent to the last competition used in establishing his/her initial or current classification.

9.5 Reclassification Downwards. Exceptionally, and upon written request, a competitor may apply to be reclassified to a lower class on the basis of at least 320 eligible shots fired subsequent to the last competition used in establishing his/her current classification. If, after reclassification downwards, a competitor regains the classification thus vacated, he/she will not again be reclassified downwards.

9.6 Unclassified Competitors. Competitors who do not have a current valid classification will compete in the B class.

10. RANGE COMMANDS

[To be issued later]

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