



National Association of Sporting Rifle and Pistol Clubs Small bore Prone Rifle Competition Rules

The following regulations supersede all previous Sporting Rifle Regulations.

Classes of Rifles.

1. Telescopic sight
2. Open (iron) sight

The first two categories of rifles may be used in any combination of positions, varying with the type of competition. The targets and positions used will be specified for each competition, e.g., the spectrum of combinations could span 25 Metre prone to 100 Metre 3 position novelty targets.

Telescopic sight:

Will constitute the Sporting Rifle complete with such accessories as are allowed by the particular competition and include mounted Telescope.

Open Sight:

Will constitute the Sporting Rifle complete with a front sight which may be of Blade, Post or Bead type and may be enclosed in a factory regulation hood provided that it is no smaller than 10mm. Rear sight must be standard U or V type but may have adjustment for windage and elevation. Telescopic Sights may be left on the rifle during an "Open Sight" competition provided that they are rendered inoperative for any sighting or spotting purpose and that the mounts used do not form any type of operative sight. The Range Officer will examine and decide thereon.

Rifle Shooting Positions (Left handed shooters reverse these descriptions)

The positions for use in a match shall be stated in the program under conditions of the match and shall be in accord with the definitions of positions prescribed in this section. No portion of the shooter's body or body clothing may rest upon or touch the ground in advance of the firing line

The Ground - All references to the ground in the following position rules are to be construed as applying to the surface of the firing point, floor, such as shooting mats, or platforms as are customarily used on shooting ranges.

Artificial Support - Any supporting surface except the ground not specifically authorized for use in the rules for the position prescribed. Digging or use of elbow or heel holes at the firing points or the use of depressions which form artificial support for the elbows, arms, or legs is prohibited. Use of artificial support including chairs or back braces is prohibited except as individually authorized by NASRPC for a physically handicapped shooters.

Position of Rifle Butt - In all positions, the butt of the rifle must be held against the front of the shoulder on the outside of the shooting coat or shirt and must not touch the ground.

Prone - Body extended on the ground, head toward the target. The rifle will be supported by both hands and one shoulder only. No portion of the arms below the elbows shall rest upon the ground or any artificial support, nor may any portion of the rifle or body rest against any artificial support. The forearm supporting the rifle shall form an angle with the line from the point of elbow contact, to the target of not less than 30°. (Measured through the axis of the forearm.)

Sitting - Weight of the body supported on the buttocks and the feet or ankles, no other portion of the body touching the ground. The rifle will be supported by one or both hands and one shoulder only. Elbows may rest on the legs at any point above the ankles. (The elbow is defined as 4 inches from the point of the arm when bent.)

Kneeling - Buttocks clear of the ground, but may rest on one foot. The rifle will be supported by both hands and one shoulder only. The elbow of the arm supporting the rifle rests on the knee or leg. The elbow of the trigger arm will be free from all support. One knee must be touching the ground or shooting mat. The shooter may be on all, partially on, or all off the shooting mat. A roll may be placed under the instep provided the foot is placed toe down at an angle not greater than 45 degrees from the vertical. Only the trousers and underclothing may be worn between the shooter's buttocks and heel. The jacket or other article may not be placed between these two points. If the kneeling roll is not used, the foot may be positioned at any angle, to include placing the side of the foot and the lower leg in contact with the ground. **Kneeling Roll** - A cylindrical cushion for shooting in the kneeling position; maximum dimensions will be 9 ¾ inches long (25 cm) and 7 inches in diameter (18 cm), and made of soft and flexible material.

Standing – The shooter shall stand free with both feet on the ground or a thin mat without any other support. The rifle shall be held with both hands and the shoulder (upper right chest) or the upper arm near the shoulder, the cheek and the part of the chest next to the right shoulder. However the rifle must not be supported by the jacket or chest beyond the area of the right shoulder and right chest. The left upper arm and elbow may be supported on the chest or on the hip. The use of the sling is prohibited for all rifles.).

National Association of Sporting Rifle and Pistol Clubs

1. Type of Rifle.

Any rifle chambered for .22lr. cartridge, bolt action, lever action, slide action, single shot or semi-automatic are all allowed.

2. Trigger weight or pull.

Any trigger not subject to accidental discharge is allowed. Target, double set custom or adjustable triggers are allowed, provided they conform to the above restrictions.

3. Barrel Type.

Sporter (light weight) or Bull/target (heavy weight) barrels are allowed provided the total weight of the rifle, magazine(if any) and sights, does not exceed 10 lb.

Barrel length must not exceed 28 inches.

4. Stocks.

Any stock design or construction is allowed, including adjustable cheekpieces. Subject to the weight limit of 10 lb.

5. Butt Pad.

Any butt pad construction is allowed except "but" hooks cannot be used. Adjustable butt pads may be used.

6. Hand Stop or Palm Rest.

These are not allowed, neither are hand-grips which are added to the rifle after manufacture by the factory.

7. Rifle Stands (Fore-end Rest).

Are not allowed, except if specifically authorised for a particular competition.

8. Spotting Scopes.

All types of spotting scopes are allowed, provided that the competitor does not allow any part of his body to touch them while shooting; i.e. to give support.

9. Elbow Pads.

Detachable or as part of the shooting jacket at the Range Officers discretion.

10. Shooting Glasses.

All types are allowed.

11. Shooting Jackets.

Normal shooting jackets are allowed.

12. Shooting Gloves.

Any type of shooting glove, or mitt, or ordinary gloves are allowed.

13. Shooting Hat.

Sensible shooting hats are allowed subject to the Range Officer's discretion.

14. Shooting Mat.

A patterned shooting mat, or ground sheet is allowed, provided that it is no more than two inches thick.

15. Classifications.

Class A 187 – 200

Class B 178 - 186

Class C 169 - 177

Class D 155 - 168

Unclassified 0- 154

16. Calibre.

Only rifles chambered for the .22 Long Rifle are allowed.

17. Course of fire and time allowed per card.

Will be as per National Championship Competition conditions permit.
Maximum of 30 minutes per card allowed.

18. Extra Shots, Cross Fires etc.

Cross fires will be counted as a miss. The target cross fired onto will be scored on its best 5 shots.
Cross fires must be declared to the Range Officer before the target is handed in for scoring.
If extra shots(not cross fired) are fired on a particular target, the lowest scoring shots to make up the correct number of shots will be taken into account,e.g. if 7 shots are fired when 5 shots should have been fired, the 5 shots with the lowest scores of the 7 will be taken into the score..

19. Weight of Rifle.

A maximum weight of (10) lbs. to include sights and accessories is allowed.
There will be no minimum weight restrictions.

20. Detail and Firing Point Numbers.

Are to be clearly marked on targets before a competition.

21. Slings.

May not be used in the standing position. Slings may be used in the prone, kneeling or sitting positions, if specified in the rules for that particular competition.

22. Targets.

Will be as specified by the National Championship Competition taking place.

23. Telescopic Sights

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There will be no limit as to the magnification of sights.

24. Team Rules

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Team Captains must present themselves before the time at which the competition starts and a list of competitors, to include the names of any subs is to be given to the Range Official before the first shot of the competition is fired. One sub per four (4) team members is allowed.

The N.A.S.R.P.C. recommend that Hearing Protection and Safety Glasses be worn while shooting.

Remember, these rules and any subsequent rules will only be effective if competitions are shot in a sporting manner!

25. Ammunition.

The only calibre allowed in all competitions is .22LR firing low velocity, target rounds (under 1100 fps)