

SECTION 14

BENCH REST RIFLE

SHORT RANGE LEAGUES

Individual League

- 14.1 Conditions**
This competition will be shot under Police Sport UK Shooting Section and NSRA Rules relating to postal shooting. To be fired during the relevant (Summer or Winter) season and comprising ten rounds.
- 14.1.1 Course of Fire**
Ten (10) rounds, each round consisting of ten (10) shots
- 14.2 Last date of entry**
Entries must be made on the issued forms which are obtainable from the League Organiser or downloaded from the Section website, and should be submitted by the date stated. Late entries may be accepted if there are extenuating circumstances, but will not be allowed to delay the distribution of competition labels.
- 14.3 Rifles**
- 14.3.1 Small-bore other than lightweight sport.**
All rifles chambered for rimfire 5.6 mm (.22 in) Long Rifle cartridges are permitted. Even if the rifle has a magazine, only one cartridge may be loaded.
- 14.3.2 Lightweight sport rifle.**
All rifles chambered for ammunition as in Rule 8.2.3.1 and air or CO2 rifles of calibre 5.6 mm (.22 in) or less are permitted, subject to:
- 14.3.2.1** Rifles fitted with magazines may only be loaded with one cartridge or pellet.
- 14.3.2.2** The stock may be adjustable for length;
- 14.3.2.3** The cheek-piece may be adjustable;
- 14.3.2.4** The fore-end: Adjustments and additions are permissible up to 150mm from bore centre within the profile of the stock. Simple shaping to aid grip is permissible but this must not be anatomical, i.e. they must not be shaped to closely conform to the contours of the hand;
- 14.3.2.5** The curvature of any butt plate is such that at maximum depth (from a line drawn between the toe and heel of the plate) is not greater than 20mm. No butt hooks are permitted;
- 14.3.2.6** The butt plate may be adjustable vertically in either direction without rotation;
- 14.3.2.7** Slings are not permitted in any position.
- 14.3.3 Air.**
Any type of compressed air or CO2 rifle of calibre 4.5 mm (.177 in).
- 14.3.4** Rifles may be fitted with a fore-end raising block not exceeding 75 mm (3 in) in width as measured at 90 degrees to the line of the barrel.
- 14.4 Ammunition**
- 14.4.1** All bullets or projectiles must be made wholly of lead or similar soft material.
- 14.4.2** Rimfire 5.6 mm (.22 in) calibre, Short, Long or Long Rifle.
- 14.4.3** Airgun projectiles 5.6 mm (.22 in) or less, of any profile.
- 14.5 Position.**
- 14.5.1** The shooter must be seated at a bench or table.

- 14.5.2.1** The rifle may be supported by one rest at the fore-end only. A shooter may use a sling, as in prone shooting, instead of but not in addition to a rest.
- 14.5.2.2** When in the firing position, the rifle butt must be located in the shoulder and the stock supported by the shooters hands. The non-firing hand may be placed on the bench and support the rear end of the rifle. This includes the area between the bottom of the pistol grip or any part of the rear of the stock (including butt-plate).
- 14.5.2.3** No extensions for the purpose of holding the rifle are permitted outside the normal profile of the stock.
- 14.5.2.4** No pad or other support may be placed between the hand and the bench. The rear end of the rifle may not rest on or touch the bench, or any pad or other artificial support on the bench, when in the firing position, but may do so between shots and when re-loading. Although the shooters cheek may also be in contact with the stock no other part of the shooters body may be in contact with the rifle.
- 14.5.2.5** A glove may be used on the non-shooting hand (conforming to NSRA Rule 8.7.)
- 14.5.2.6** Shooting clothing may be worn (In accordance with NSRA Rule 8.8)
- 14.6** **Bench**
- 14.6.1** The bench may be of any height to suit the shooter. The bench top may be shaped so as to form an extension to support the right elbow (or left elbow if left-handed), but must in no way control the elbow's position.
- 14.7** **Rest**
- 14.7.1** The rest may be of any type of material, may be adjustable for height and may only support the fore-end of the rifle. It may not be fixed to the bench or the fore-end, but must be free to move in relation to both. It must not control the rifle in any way.
- 14.7.2** The area of the rest that supports the fore-end of the rifle:
- 14.7.2.1** . . . must be flat in the horizontal plane at right angles to the rifle barrel where it contacts the rifle stock;
- 14.7.2.2** . . . must be made of a non-pliable material, such as metal or wood;
- 14.7.2.3** . . . may have a thin, soft covering, such as cloth, carpet or leather, but the covering must be sufficiently thin that no support is given to either side of the fore-end.
- 14.7.3** The rest may have vertical extensions at its sides projecting upwards to prevent the rifle falling off the rest between shots and when re-loading, but the fore-end must be visibly clear of these extensions when the shooter is in the firing position.
- 14.7.4** A sandbag may be used to provide the height, but must have a piece of material conforming to NSRA Rule 8.16.5.2 interposed between it and the fore-end. The sandbag may not provide any sideways support to the fore-end.
- 14.7.4.1** This means that there MUST be a flat "plate" that supports the rifle as in 14.7.2 & 14.7.3 above
- 14.8** **Seat**
- 14.8.1** The seat or chair may be of any height or design and may be adjustable for height.
- 14.9** **Shooting Distance.**
- 14.9.1** No part of the rifle receiver may be in front of the front marked edge of the firing point (NSRA Rule 1.10.2), which must be marked on the bench.
- 14.10** **Scoring**
- 14.10.1** To be scored by an authorised scorer on the range in accordance with NSRA Rules.
- 14.10.1.1** The scorer must:
- a)** have passed a scorers course run by (or for) the NSRA, or have passed an ISSF Judges Course including manual target scoring.

- b) complete a score pro-forma incorporating a witness certificate, which is to be returned to the relevant Statistical Officer by the Saturday following the final firing date for the particular round or rounds.

- 14.10.1.2** The scoring certificate may be returned by either surface mail or electronic mail (email).
- 14.10.1.3** If a shooter does not have access to a suitably qualified club scorer the shot cards may be posted to the relevant League Statistical Officer
- 14.10.1.4** Scores will include the value of inner 10's which will be recorded as *nn*.02 [assuming 2 x inner 10s scored] where "*nn*" is the gun score.
- 14.10.1.5** Using this scoring method, a shooter can be attributed with a total number of inner 10's without it falsely increasing the gun score
- 14.10.2** A score pro-forma/witness certificate will be made available.

14.11 Targets

- 14.11.1** NSRA 2510 BR15 targets (proportionate pattern targets for shorter ranges)

- 14.11.1.1** These targets are based on the standard short-range targets for 25 yards and 25 metres but with a white centre to aid aiming with a telescope sight.

- 14.11.1.2** The targets are to be scored by outward gauging in a similar manner to the standard target. The differences are the inclusion of an outward gauging X-ring and a central aiming mark.

- 14.11.1.3**



In the example target shown, the **RED** scoring ring signifies the "10" Ring; the **GREEN** coloured ring signifies the 'inner 10' – or 'X' ring; the smallest (**BLUE**) ring is Non-Scoring and simply acts as an aiming mark.

- 14.11.1.4** X-Ring shots cannot be scored with an oversize gauge – a standard .22 plug must be used. Other shots further from the centre can be scored in the conventional way with either a .22 plug or an oversize gauge appropriate to the target.

Rules 14.11.1.1 to 14.11.1.4 are reproduced courtesy of an NSRA explanatory leaflet

14.12 Shooting in advance

- 14.12.1** Any number of cards may be fired in advance provided they are shot in sequence commencing with Round one.

14.13 Competition labels

- 14.13.1** Adhesive labels for each league will be produced by the League Organiser and issued to the individual in each Club or Police Service whose name and address appears on the entry form. This individual must attach one label on the front of each card BEFORE the card is passed to the competitor for shooting, in accordance with normal NSRA postal league rules. All labels attached to cards whether fired or not, must be returned to the Scorer or League Organiser. If labels are not received, lost or defaced for any reason then the League controller must be informed as soon as possible so that replacement or duplicate labels may be issued. If the original label is subsequently found it must not be used but be returned to the League Organiser immediately.

Usually one (1) label or sticker will be issued for each series of 10 shots.

14.14 Declaration of Averages

- 14.14.1** Competitors will be allocated to divisions according to the submitted average or the average attained in the previous season's Police Sport UK Shooting Section League.

14.14.2 Occasionally some shooters will enter the League having no previous competition experience and therefore no average to declare. In these rare circumstances, an average will be calculated after four complete rounds have been submitted and shooters will be reallocated into a Division commensurate with the recalculated average.

14.14.3 Subject to Rule 14.14.2 above; individuals entering the League will be placed in a Division according to an average declared on the entry-form. Where, in the early rounds of the league, an individual returns scores grossly in excess of the declared average an explanation may be called for. Any action to be taken will be decided by the Committee or Rifle Sub-Committee.

14.15 **Composition of each Division & Points Allocation**

14.15.1 There will be six competitors per division. If required, a bogey score will be used instead of a sixth competitor to balance the total number of entries. The bogey score will be the mean of submitted averages of all competitors in the relevant division, and will remain the same throughout the league.

14.15.2 The highest score in each division will receive 6 points, reducing to 1 according to the ranking in each round. Equal scores will receive the same points. If no score is submitted, no points will be awarded.

Team League

14.20 Rules 14.1 to 14.15.2 will apply with the following additions/alterations

14.21 **Competition**

14.21.1 The team competition will comprise TEN rounds which are shot concurrent with the individual league. Competitors **MUST** enter the individual league and cannot, otherwise, shoot in a team, including being used as a substitute.

14.21.2 Teams will consist of three (3) shooters

14.21.3 Where a club enters more than one team, the best available shots must be placed in the 'A' team and the next best in the 'B' team, and so on. Team members should be ranked in order of submitted averages, using data from the Individual League entries. If, after a team entry has been submitted, a member of that team becomes unavailable to shoot throughout the league season, the Team Captain or Force representative should contact the League Secretary as soon as possible to enable the change to be made effective before the league lists are publicised.

14.22 **Composition of each Division - Bogey scores**

14.22.1 There will be six teams per division, but bogey teams will be used to balance the total number of entries in each division. The bogey score will be the mean of submitted averages of all teams in the relevant division, and will remain the same throughout the league.