

Rules for Supported Rest Shooting

This section describes the standard course of fire for Supported Rest Shooting events. Competition sponsors may use this course of fire or may modify this course of fire to adapt to local or national conditions.

1. Competition Categories

Age Categories are divided as follows:

Age	Group	Technical Aid
45 – 54	Senior 1 Male/Female	-
55 – 64	Senior 2 Male/Female	-
65 – 69	Senior 3 Male/Female	Support Rest, Stool
70 – 74	Senior 4 Male/Female	Support Rest, Stool
> 75	Senior 5 Male/Female	Support Rest, Stool

1.1 Classification of age categories

The classification of the respective groups is based on the age of the competitor on the 31st of December in the year of competition. Competition programs may provide for separate Men's and Women's events.

2. Shot numbers

- 30 shots
- The course of fire begins with a 15-minute Preparation and Sighting Time. During this time, competitors may fire an unlimited number of practice or sighting shots. 25m Pistol has one practice series of 150 seconds before the competition.

3. Shooting Time

10m events: 55 minutes at normal target systems, 45 minutes at other systems

15m/50m/100m events: 55 minutes at normal target systems, 45 minutes at other systems

25m Pistol events: Precision 6 series at 5 shots in a time of 150 seconds each.

4. Scoring

Scoring is done according to ISSF Rule 6.14.

4.1 Tie Break

All tied scores will be broken for places 1 – 6 by applying the following Rules:

Competitions with complete ring scoring:

- a) the highest score of the last ten (10) shot series working backward by 10-shot series in full ring scoring (not inner tens or decimals) until the tie is broken;

- b) if any ties remain, scores will be compared on a shot-by-shot basis using inner tens (i.e. an inner ten outranks a 10 that is not an inner ten) beginning with the last shot, then the next to the last shot, etc.;
- c) the highest number of inner tens;
- d) if any ties remain, and EST are used, scores will be compared on a shot-by-shot basis using decimal ring scores beginning with the last shot, then the next to the last shot, etc.;
- e) if any ties remain, the athletes must have the same ranking.

Competitions with complete decimal ring scoring:

- a) total of decimal ring scoring
- b) the highest score of the last ten (10) shot series in decimal ring scoring
- c) if any ties remain, the athletes must have the same ranking.

4.2 Tie Break Teams

For places 1 – 3 please see 9.4.1

4.3. Highest scores of 300 rings

The places for those athletes will be decided by following the procedure:

1. The scoring in decimal rings.
2. Place and time will be published after the qualification.
3. The order of shooting targets will be according to the list of results to the number of inner tens.
4. Five minutes preparation time with an unlimited number of practice shots.
5. Five shots in a time of 50 seconds per shot.
6. The athletes with the lowest results will be eliminated and listed accordingly.
7. If there is a tie break during the last shot, the athletes with the same result shoot one single shot. The athlete with the lower score will be eliminated.
8. The other athletes continue the shooting. All scores will be summed up till the winner is clear.
9. After each shot the competition is over for the athlete with the lowest score. The listing will be accordingly.
10. Athletes that do not appear will be placed with 300 rings on the lowest place.

5. Shooting Distances

Air Pistol	10 m
Air Rifle	10 m
Rifle Prone	50 m
Rifle Three Positions	50 m
Pistol	25 m
Centre Fire Pistol	25 m
Free Pistol	50 m

6. Support Rest

The support rest must be made only of round material with a maximum diameter of 50 mm, half round material with a maximum radius of 25 mm and a length of 100 mm.

The support rest must only be clad with smooth material.

The use of competitors' own support rest is permitted if the organizer does not provide support rests for all competitors.

7. Rifle

7.1 Rifle Stocks

1. Additional wheel chocks may only be used for compensation of inclination.
2. The maximum length of the resting area must not extend 550 mm.
3. When using longer stocks the maximum point of the resting area needs to be tagged by equipment control.
4. Special shaping or grooves in the stock are not permitted.
5. The support rest must be no wider than 60 mm.

7.2 Hook Butt Plates

Hook butt plates must be designed in a way that would not allow it to rest on the shoulder. The cheek-piece of the firearm must always be placed at the cheek of the athlete. Placement on or at the chin is not permitted.

7.3 Sights

Telescope mounted or other instruments are not permitted.

7.4 Clothing

Special clothing is allowed according to the disciplines. The jacket of athletes that are sitting must end at the seat or must hang over the stool.

7.5 Equipment

Shooting boxes or bags and other accessories must be of such a size and construction that they do not interfere with shooters on adjacent points or constitute a windbreak (outdoor ranges). During the competition boxes and bags are not allowed on the shooting stand.

7.6 Supported standing

1. No body part may touch the supported stand.
2. The rifle must only be placed on the rest, but may not be supported laterally.
3. The use of other supports and/or leaning the body or any parts of the body against a shooting bench or table is not allowed.
4. There must be a clearly visible distance between the hand and the support rest.
5. The hand of the shooter must not encircle the support rest in the direction of the muzzle.
6. The hand that is not releasing the trigger must hold the rifle on the fore-end (from above or from below).
7. The rifle may only be held with both hands, the shoulder, cheek and the part of the chest next to the right shoulder.
8. The rifle must not additionally be supported by the jacket or chest beyond the area of the right shoulder and right chest.

7.6.1 Supported Sitting

Participants in Senior 3-5 may shoot with the aid of a stool (without backrest). Using the bench partition or stool for support of either leg is not allowed. The athlete has to place the stool himself. A standing stool is not allowed. The height of the stool must be adjusted to the body mass of the athlete. The stool must have at least three legs. The seat pad must have a maximum strength of 10mm while sitting. The seat must be horizontal. The shoe soles must touch the floor completely.

7.7 Competitors with Physical Disabilities

Competitors with physical disabilities may take part in support rest shooting in accordance with their age group and use any aid registered in the competitor's license.

7.8 Loading

The pellet/cartridge may only be inserted when the rifle or pistol is lying on the rest and is pointing towards the target area. If a pneumatic is used where the design does not allow this loading procedure, an alternative safe method of loading may also be used. The loading method must be demonstrated to a Range Officer before firing starts.

8. Pistol

8.1

The shooting arm and the wrist must be free of any support. With the pistol resting in the firing position the wrist must be able to move freely.

8.2 Loading

The pellet/cartridge may only be inserted when the rifle or pistol is lying on the rest and is pointing towards the target area.

8.3 Supported standing

1. The support rest must not be in contact with any part of the body.
2. The pistol may only be placed with the lower part of the grip on the rest, but may not be supported laterally.
3. The use of other supports and/or leaning the body or any parts of the body against a shooting bench or table is not allowed.
4. There must be a clearly visible distance between the hand and the support rest.
5. The hand not in use may not touch the gun or the support rest.
6. 25m competitions: the pistol may be placed before the starting signal.

8.3.1 Supported sitting

Please see 7.6.1.