

THE HENDON LEAGUE

General Notes

1. All Leagues will be run in Divisions of seven, where practicable, and will be shot over 7 three-weekly rounds. All Leagues will be run provided there are sufficient entries to make a division.
2. Averages to be calculated from the **best five** of the first 6 Rounds of the previous season, or from certified practice cards.
3. All stickers are to be affixed by a responsible Officer of the Club in accordance with the instructions. All Rounds may be shot on receipt of stickers.
- 3a. No replacement stickers will be issued after round 1 results have published.
4. Points will be awarded in descending score order, i.e. highest score will receive 7 points for divisions of 7, etc. **No score - No points!**
5. All cards to be scored at the Club by **TWO** responsible Officers of the Club, **both** of whom have to sign the score sheet. **The scores are to be entered on the targets.**
6. The Score sheet must be returned to the League Organiser by the due date; otherwise "No Scores Received" will be recorded unless the League Organiser has being informed beforehand. Any challenged scores after the challenge period will not be allowed.
7. All shot cards are to be retained until the final results have been issued.
8. Random checking of scored cards will be carried out. Cards, when requested, should be received by the League Organiser by the required date, otherwise the scores will be disallowed.
9. All cards for a particular round must be shot on the same day.
10. Lightweight Sport Rifles to conform to NSRA Specification.
11. Gallery Rifles to conform to NRA Specification.
12. **Sights:**
 - a) **Open Sights** - "V" notch back sight and post foresight.
 - b) **Metallic sights** - either "Open" or simple diopter rear sight and post or ring foresights.
Red Dot and Optical Sights are not included.
 - c) **Any Sights** - "Open", "Metallic", Red Dot or Optical
13. **Definition of the Standing Position** - The shooter must stand free with both feet on the firing point surface without any other support. The rifle must be held with both hands and the shoulder, the cheek and the part of the chest next to the right shoulder. However the jacket or chest beyond the area of the right shoulder and right chest must not support the rifle. The left upper arm and elbow may be supported on the chest or the hip, there must **not** be any use of a palm rest

The use of a sling, palm rest, or any other specialised accessory is prohibited - NSRA Rule 8.9.
(NB - Where the rule refers to right handed shooters, the reverse of the rule applies to left-handed shooters)
14. In the event that gun scores differ significantly from submitted averages, we reserve the right to reclassify any competitor. ***The onus is on the Club Organiser to submit correct averages.***
15. The organiser has the right to delete the oldest extension when there are more than 3 consecutive entries.
Please note rules and regulations have been revised and updated – Nov 2016

THE HENDON LEAGUE

Competition 1 - Precision Lightweight Sport Rifle

Course: In each round, 30 shots, 10 at each of three targets, or 5 shots on 6 cards 10 minutes per card.

Targets: NSRA **PL14** or **PL14/18** at **20yds** or **PL19-18** at **25m**

Range: **20yds** or **25m**.

Rifle: **·22 LR** Cartridge or **·177 / ·22 Air Rifle** may be used. Rifles to be fitted with **Open** or **Metallic** sights. No specially adapted clothing to be worn and no type of rifle support system to be used. Maximum weight of the rifle to be 4.5 kg. Magazine capacity to be 10 rounds maximum. Minimum Trigger Weight 500g.

Firing Position: Standing, from the shoulder, unsupported. (See Note 13).

Stickers: One sticker to be fixed to the front of each target, in the **bottom left** corner, prior to shooting, by a responsible Officer of the Club.

Witnessing: All cards must be witnessed and dated in accordance with NSRA Rules and Regulations, and each card must be signed by the competitor. Competitor's name must be shown in **BLOCK CAPITALS**.

Awards: Divisional Winners will receive an engraved award.

Entry fee: £7.00

Competition 2 - Any Sights Lightweight Sport Rifle

- Course: In each round, 30 shots, 10 at each of three targets, or 5 shots at 6 cards in 10 minutes.
- Targets: NSRA **PL14** or **PL14/18** at **20yds** or **PL19-18** at **25m**.
- Range: **20yds** or **25m**.
- Rifle: **·22 LR Cartridge** or **·177 / ·22 Air Rifle**. Rifles to be fitted with “**Any Sights**”
No specially adapted clothing to be worn, and no type of rifle support system may be used. Maximum weight of the rifle to be 4.5 kg. Magazine capacity to be 10 rounds maximum. Minimum Trigger Weight 500g.
- Firing Position: Standing, from the shoulder, unsupported (See Note 13).
- Stickers: One sticker on each PL14/06 or 2 on a PL14 to be fixed to the front of each target, in the **bottom left** corner, prior to shooting, by a responsible Officer of the Club.
- Witness: All cards must be witnessed and dated in accordance with NSRA Rules and Regulations, and each card must be signed by the competitor. Competitor’s name must be shown in **BLOCK CAPITALS**.
- Awards: Divisional Winners will receive an engraved award.
- Entry fee: £7.00**

Competition 3 - "Standing Timed" Lightweight Sport Rifle

- Course: **In each round, 30 shots, 10 at each of three targets, as follows:**
- 2 series of 5 shots, each series in **150** seconds.
 - 2 series of 5 shots, each series in **20** seconds.
 - 2 series of 5 shots, each series in **10** seconds.
- Targets: **NSRA PL14 at 20yds, or PL19 at 25m.**
- Range: **20yds or 25m.**
- Rifle: **.22 LR Cartridge or .177 / .22 Air Rifle may be used. Rifles to be fitted with "Any Sights". No specially adapted clothing to be worn, and no type of rifle support system to be used. Maximum weight of the rifle to be 4.5Kg. Magazine capacity to be 10 rounds maximum. Minimum Trigger Weight 500g.**
- Firing Position: **Standing, from the shoulder, unsupported (See Note 13).**
- Ready Position: **The "Ready" position must be with the butt in the shoulder and the barrel lowered to 45°, or as limited by range construction.**
- Stickers: **One sticker to be fixed to the front of each target, in the **bottom left** corner, prior to shooting, by a responsible Officer of the Club.**
- Witness: **All cards must be witnessed and dated in accordance with NSRA Rules and Regulations, and each card must be signed by the competitor. Competitor's name must be shown in BLOCK CAPITALS.**
- Awards: **Divisional Winners will receive an engraved award.**
- Entry fee: £7.00**

Competition 4 - Precision Gallery Rifle – Open Sights

- Course: In each round, 30 shots, 10 at each of three targets, each in 10 minutes.
- Targets: NSRA **PL12** at **20yds**, or **PL7** at **25m** targets, (**PL8** centres may be used with a backing card which must be kept in order to identify any missing shots). When **PL7 25m** targets are used, any shots outside the **FOUR** ring will be scored as a zero.
- Range: **20yds** or **25m**.
- Rifle: Any calibre from **·23"** to **·455"**, minimum barrel length of 16", and minimum Trigger Weight, when measured vertically, of 1000g (1·0 kg) may be used. Rifles to be fitted with **Open** or **Metallic** Sights. No specially adapted clothing to be worn, and no type of rifle support system to be used. Magazine capacity to be 10 rounds maximum.
- Firing Position: Standing, from the shoulder, unsupported (See note 13).
- Stickers: One sticker to be fixed to the front of each target, in the **bottom left** corner prior to shooting, by a responsible Officer of the Club.
- Witness: All cards must be witnessed and dated in accordance with NRA rules and regulations, and each card must be signed by the competitor. Competitor's name must be shown in **BLOCK CAPITALS**.
- Awards: Divisional Winners will receive an engraved award.
- Entry fee: £7.00**

Competition 5 - Precision Gallery Rifle - Any Sights

- Course: In each round, 30 shots, 10 at each of three targets, each in 10 minutes.
- Targets: NSRA **PL12** at **20yds**, or **PL7** at **25m**, (**PL8** centres may be used with a backing card which must be kept in order to identify any missing shots). When **PL7** 25m targets are used, any shots **outside the FOUR ring** will be scored as a zero.
- Range: **20yds** or **25m**.
- Rifle: Any calibre from **·23"** to **·455"**, minimum barrel length of 16", and minimum Trigger Weight, when measured vertically, of 1000g (1.0 kg) may be used. Rifles to be fitted with Open, Metallic or Optical Sights. No specially adapted clothing to be worn, and no type of rifle support system to be used. Magazine capacity to be 10 rounds maximum.
- Position: Standing, from the shoulder, unsupported (See note 13).
- Stickers: One sticker to be fixed to the front of each target, in the bottom left corner prior to shooting, by a responsible Officer of the Club.
- Witness: All cards must be witnessed and dated in accordance with NRA rules and regulations, and each card must be signed by the competitor. Competitor's name must be shown in **BLOCK CAPITALS**.
- Awards: Divisional Winners will receive an engraved award.

Entry fee: £7.00

Competition 6 - Black Powder Pistol

Course: In each round, 13 shots to be fired at one target best 10 shots to count. All 13 shots to be fired in 30 minutes. **(Shot hole to be 50% over the line for the higher score to count).**

Targets: NSRA **PL7** at **25m**, or **PLI2** at **20yds**.

Range: **25m**. or **20yds**.

Pistol: Any Black Powder pistol may be used except pistol using reloadable magazines.

Stickers: One sticker to be fixed to the front of each target, in the bottom left corner, prior to shooting, by a responsible Officer of the Club.

Witness: All cards must be witnessed and dated in accordance with **MLAGB** Rules and Regulations, and each card must be signed by the competitor. Competitor's name must be shown in **BLOCK CAPITALS**.

Awards: Divisional Winners will receive an engraved award.

Entry fee: £7.00

Competition 7 – Long Barrelled Pistols ·22 with Open Sights
(For braced and un-braced pistols)

- Course: In each round, 30 shots, 10 at each of three targets, each in 10 minutes.
- Targets: NSRA **PL14** at **20yds**, or **PL19** at **25m**.
- Range: **20yds** or **25m**.
- Pistols: Calibre **·22**, and minimum Trigger Weight, when measured vertically, of 500g, fitted with Open Sights.
Pistols to conform to Section 1, Firearms Act 1968 (as amended).
- Position: Standing, unsupported, one hand only.
- Stickers: One sticker to be fixed to the front of each target, in the bottom left corner prior to shooting, by a responsible Officer of the Club.
- Witness: All cards must be witnessed and dated in accordance with NSRA rules and regulations, and each card must be signed by the competitor. Competitor's name must be shown in **BLOCK CAPITALS**.
- Awards: Divisional Winners will receive an engraved award.

Entry fee: £7.00

Competition 8 – Long Barrelled Pistols C/Fire – Open Sights
(For braced and un-braced pistols)

- Course: In each round, 30 shots, 10 at each of three targets, each in 10 minutes.
- Targets: NSRA **PL12** at **20yds**, or **PL7** at **25m**. (**PL8** centres may be used with a backing card, which must be kept in order to identify any missing shots). When **PL7** targets are used, any shots **outside the FOUR ring** will be scored as a zero.
- Range: **20yds** or **25m**.
- Pistols: Any calibre from **·38** to **·45**, and minimum Trigger Weight, when measured vertically, of 1000g (1·0 kg) may be used, fitted with **Open Sights**.
Pistols to conform to Section 1, Firearms Act 1968 (as amended).
- Position: **Standing, unsupported, one hand only.**
- Stickers: One sticker to be fixed to the front of each target, in the bottom left corner prior to shooting, by a responsible Officer of the Club.
- Witness: All cards must be witnessed and dated in accordance with NRA rules and regulations, and each card must be signed by the competitor. Competitor's name must be shown in **BLOCK CAPITALS**.
- Awards: Divisional Winners will receive an engraved award.
- Entry fee: £7.00**

Competition 8A – Long Barrelled Pistols C/Fire – Open Sights
(For braced and un-braced pistols)

- Course: In each round, 30 shots, 10 at each of three targets, each in 10 minutes.
- Targets: NSRA **PL12** at **20yds**, or **PL7** at **25m**. (**PL8** centres may be used with a backing card, which must be kept in order to identify any missing shots). When **PL7** targets are used, any shots **outside the FOUR ring** will be scored as a zero.
- Range: **20yds** or **25m**.
- Pistols: Any calibre from **·38** to **·45**, and minimum Trigger Weight, when measured vertically, of 1000g (1·0 kg) may be used, fitted with **Open Sights**.
Pistols to conform to Section 1, Firearms Act 1968 (as amended).
- Position: **Standing, using both hands**.
- Stickers: One sticker to be fixed to the front of each target, in the bottom left corner prior to shooting, by a responsible Officer of the Club.
- Witness: All cards must be witnessed and dated in accordance with NRA rules and regulations, and each card must be signed by the competitor. Competitor's name must be shown in **BLOCK CAPITALS**.
- Awards: Divisional Winners will receive an engraved award.
- Entry fee: £7.00**

Competition 9 - 20 yard Air Pistol

- Course: In each round, 30 shots, 10 at each of three cards.
- Targets: NSRA **PL15** 20yd pistol targets - slow fire. 10 minutes per card.
- Range: **20yds.**
- Air Pistols: Any single or multi-shot ·177" (4.5mm) or ·22" (5.6mm) Air / CO₂ pistol may be used. **Cards to be scored using a 0·22 gauge.** Minimum Trigger Weight 500g.
- Stickers: One sticker to be fixed to the front of each target, in the bottom left hand corner, prior to shooting, by a responsible Officer of the Club.
- Witness: All cards must be witnessed and dated in accordance with NSRA Rules and Regulations, and each card must be signed by the competitor. Competitor's name must be shown in **BLOCK CAPITALS.**
- Awards: Divisional Winners will receive an engraved award.

Entry Fee: £7.00

Competition 10 - 10m Air Pistol

- Course: In each round, 30 shots, 5 at each of six cards
- Targets: NSRA **AIR 4/89 10m** targets – slow fire, 5 minutes per card.
- Range: **10m**
- Air Pistols: Any single or multi-shot ·177 (4.5mm) Air / CO₂ pistol may be used.
Cards to be scored using a ·177 Air Pistol gauge in accordance with NSRA rules. **Minimum Trigger weight 500g.**
- Stickers: One sticker to be fixed to the **bottom left** hand corner of the target prior to shooting, by a responsible Officer of the Club.
- Witness: All cards must be witnessed and dated in accordance with NSRA rules and regulations, and each card must be signed by the competitor. Competitor's name must be shown in **BLOCK CAPITALS**.
- Awards: Divisional Winners will receive an engraved award.
- Entry Fee: £7.00**

Competition 11A – 20yd or 25yd Benchrest for Semi-Auto Rifles

- Course: In each round, 30 shots, 10 at each of three targets, one shot per diagram, 10 minutes per card.
- Targets: NSRA **2010 BM BR17** at **20yds** or **2510 BM BR15** at **25yds** to be outward gauged and scored as marked on the targets and in accordance with NSRA rules.
- Range: **20yds** or **25yds**
- Please refer to “NSRA Benchrest Rule Changes” on the last page of competitions.*
- Rifle: **·22 LR Cartridge LSR Rifles only – (Does not include ·22 LR Single Shot Target Rifles!).** Rifles can fitted with “**Any Sights**” including Red Dot and scopes. No specially adapted clothing to be worn.
Maximum weight of the rifle to be 4.5kg.
Minimum Trigger Weight 500g.
- Firing Position: The shooter must be seated at a table or bench, the rifle must only be supported on the rest at the fore-end. The rifle butt must be located in the shoulder and supported at the butt end by the shooter’s hand and **not** resting on the bench or table.
- The Table: The table or bench may be of any height to suit the shooter and must in no way control the position of the shooter.
- The Rest: The rest may be of any material that supports the fore-end of the rifle without controlling the rifle’s position and it must not be fixed to the table or bench.
- The Seat: The seat may be of height or design to suit the shooter.
- Stickers: One sticker to be fixed to the front of each target, in the **centre**, prior to shooting, by a responsible Officer of the Club.
- Witness: All cards must be witnessed and dated in accordance with NSRA Rules and regulations, and each card must be signed by the competitor. Competitor’s name must be shown in **BLOCK CAPITALS**.
- Awards: Divisional Winners will receive an engraved award.
- Entry fee: £7.00**

Competition 11B - 20yd or 25yd Benchrest for Bolt Action Rifles

- Course: In each round, 30 shots, 10 at each of three targets, one shot per diagram, 10 minutes per card.
- Targets: NSRA **2010 BM BR17** at **20yds** or **2510 BM BR15** at **25yds** to be outward gauged and scored as marked on the targets in accordance with NSRA rules.
- Range: **20yds** or **25yds**
Please refer to “NSRA Benchrest Rule Changes” on the last page of competitions.
- Rifle: **·22 Bolt action rifle with any sights (excludes self-loading rifles).**
- Firing Position: The shooter must be seated at a table or bench, the rifle must only be supported on the rest at the fore-end. The rifle butt must be located in the shoulder and supported at the butt end by the shooter’s hand and **not** resting on the bench or table.
- The Table: The table or bench may be of any height to suit the shooter and must in no way control the position of the shooter.
- The Rest: The rest may be of any material that supports the fore-end of the rifle without controlling the rifle’s position and it must not be fixed to the table or bench.
- The Seat: The seat may be of height or design to suit the shooter.
- Stickers: One sticker to be fixed to the front of each target, in the **centre**, prior to shooting, by a responsible Officer of the Club.
- Witness: All cards must be witnessed and dated in accordance with NSRA Rules and regulations, and each card must be signed by the competitor. Competitor’s name must be shown in BLOCK CAPITALS.
- Awards: Divisional Winners will receive an engraved award.
- Entry fee: £7.00**

Competition 12 - 50yds or 50m. Benchrest for Bolt Action Rifles

- Course: In each round, 20 shots, 5 at each diagram, 10 minutes per card.
Targets:
MM12C BR at 50yds.
or Bench Rest 5010BR/17
To be inward gauged and scored in accordance with NSRA rules.
- Range: **50yds or 50m.**
- Please refer to "NSRA Benchrest Rule Changes" on the last page of competitions.*
- Rifle: **0.22 Bolt action rifle with any sights (excludes self-loading rifles).**
- Firing Position: The shooter must be seated at a table or bench, the rifle must only be supported on the rest at the fore-end. The rifle butt must be located in the shoulder and supported at the butt end by the shooter's hand and **not** resting on the bench or table.
- The Table: The table or bench may be of any height to suit the shooter and must in no way control the position of the shooter.
- The Rest: The rest may be of any material that supports the fore-end of the rifle without controlling the rifle's position and it must not be fixed to the table or bench.
- The Seat: The seat may be of height or design to suit the shooter.
- Stickers: One sticker to be fixed to the front of each target, in the **centre**, between the two diagrams, prior to shooting, by a responsible Officer of the Club.
- Witness: All cards must be witnessed and dated in accordance with NSRA Rules and regulations, and each card must be signed by the competitor. Competitor's name must be shown in **BLOCK CAPITALS**.
- Awards: Divisional Winners will receive an engraved award.
- Entry fee: **£7.00**

Competition 12A - 50yds or 50m. Benchrest for Air Rifles

- Course: In each round, 20 shots, 5 at each diagram, 10 minutes per card or 20 shots, at 2 ten spot diagrams
- Targets: **MM12C BR at 50yds or Bench Rest 5010BR/17**
To be inward gauged and scored in accordance with NSRA rules.
- Range: **50yds or 50m.**
- Please refer to “NSRA Benchrest Rule Changes” on the last page of competitions.*
- Rifle: **Air rifle with any sights.**
- Firing Position: The shooter must be seated at a table or bench, the rifle must only be supported on the rest at the fore-end. The rifle butt must be located in the shoulder and supported at the butt end by the shooter’s hand and **not** resting on the bench or table.
- The Table: The table or bench may be of any height to suit the shooter and must in no way control the position of the shooter.
- The Rest: The rest may be of any material that supports the fore-end of the rifle without controlling the rifle’s position and it must not be fixed to the table or bench.
- The Seat: The seat may be of height or design to suit the shooter.
- Stickers: One sticker to be fixed to the front of each target, in the **centre**, between the two diagrams, prior to shooting, by a responsible Officer of the Club.
- Witness: All cards must be witnessed and dated in accordance with NSRA Rules and regulations, and each card must be signed by the competitor. Competitor’s name must be shown in **BLOCK CAPITALS**.
- Awards: Divisional Winners will receive an engraved award.
- Entry fee: £7.00**

Competition 13 - 100yd Benchrest for Bolt Action Rifles

- Course: In each round, 20 shots, 10 at each diagram, 10 minutes per diagram.
- Targets: NSRA **1001 BM BR15**, **1003 BM BR15** or **1001 BM BR15** (pre-trimmed) at **100yds**.
To be inward gauged and scored in accordance with NSRA rules.
- Range: **100yds**.
Please refer to “NSRA Benchrest Rule Changes” on the last page of competitions.
- Rifle: **.22 Bolt action rifle with any sights (excludes self-loading rifles).**
- Firing Position: The shooter must be seated at a table or a bench, the rifle must only be supported on the rest at the fore-end. The rifle butt must be located in the shoulder and supported at the butt end by the shooter’s hand and **not** resting on the bench or table.
- The Table: The table or bench may be of any height to suit the shooter and must in no way control the position of the shooter.
- The Rest: The rest may be of any material that supports the fore-end of the rifle without controlling the rifle’s position and it must not be fixed to the table or bench.
- The Seat: The seat may be of height or design to suit the shooter.
- Stickers: One sticker to be fixed to the front of each target, prior to shooting, by a responsible Officer of the Club.
- Witness: All cards must be witnessed and dated in accordance with NSRA Rules and regulations, and each card must be signed by the competitor. Competitor’s name must be shown in **BLOCK CAPITALS**.
- Awards: Divisional Winners will receive an engraved award.
- Entry fee: £7.00**

Competition 14 - 20yd or 25yd Benchrest for Air Rifles

- Course: In each round, 30 shots, 10 at each of three targets, one shot per diagram, 10 minutes per card.
- Targets: NSRA **2010 BM BR17** at **20yds** or **2510 BM BR15** at **25yds** to be outward gauged with a 0.22 gauge and scored and marked on the targets in accordance with NSRA rules.
- Range: **20yds** or **25yds**
- Rifle: **.22 / .177 Air rifle with any sights.**
- Firing Position: The shooter must be seated at a table or bench; the rifle must only be supported on the rest at the fore-end. The rifle butt must be located in the shoulder and supported at the butt end by the shooter's hand and **not** resting on the bench or table.
- The Table: The table or bench may be of any height to suit the shooter and must in no way control the position of the shooter.
- The Rest: The rest may be of any material that supports the fore-end of the rifle without controlling the rifle's position and it must not be fixed to the table or bench.
- The Seat: The seat may be of height or design to suit the shooter.
- Stickers: One sticker to be fixed to the front of each target, in the **centre**, prior to shooting, by a responsible Officer of the Club.
- Witness: All cards must be witnessed and dated in accordance with NSRA Rules and regulations, and each card must be signed by the competitor. Competitor's name must be shown in **BLOCK CAPITALS**.
- Awards: Divisional Winners will receive an engraved award.
- Entry fee: £7.00**

NSRA BENCHREST RULES AND REGULATIONS – CHANGES

Page 15 Insert Rule 5.2.5.

5.2.5 Benchrest Rifle

Targets will be scored using a 5.6 mm (.22 in) gauge regardless of the calibre of the rifle used to shoot the competition. The oversize gauge appropriate to the target and distance may be used as an alternative.

Page 36 (page 38 in subsequent reprints) Insert new Rule 8.16 to 8.16.7

8.16 BENCHREST RIFLE

8.16.1 Rifle. Any rifle complying with Rules 8.3.2, 8.3.3 or 8.3.4 may be used.

8.16.1.1 Rifles falling within Rule 8.3.3 do not need to comply with the requirements of 8.3.3.1 and 8.3.3.2.

8.16.1.2 Rifles fitted with magazines may only be loaded with one cartridge or pellet.

8.16.1.3 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.

8.16.2 **Ammunition.** Any ammunition complying with Rules 8.2.1 and 8.2.3.

8.16.3 Position.

8.16.3.1 The shooter must be seated at a bench or table.

8.16.3.2 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.

8.16.3.3 When in the firing position, the rifle butt must be located in the shoulder and supported by the shooter's hands. The non-firing hand may be placed on the table and support the rear end of the rifle. 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.

8.16.4 **Bench.** 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.

8.16.5 Rest.

8.16.5.1 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.

8.16.5.2 The area of the rest that supports the fore-end of the rifle:

8.16.5.2.1 must be flat in the horizontal plane;

8.16.5.2.2 must be made of a non-pliable material, such as metal or wood;

8.16.5.2.3 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.

8.16.5.3 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.

8.16.5.4 A sandbag may be used to provide the height, but must have a piece of material conforming to 8.16.5.2 interposed between it and the fore-end. The sandbag may not provide any sideways support to the fore-end.

8.16.6 Seat. The seat or chair may be of any height or design and may be adjustable for height.

8.16.7 Shooting Distance. No part of the rifle receiver may be in front of the front marked edge of the firing point (Rule 1.10.2), which must be marked on the bench.

Please note rules and regulations have been revised and updated – March 2021