

Short Range Match

Stage 1 – Rapid

- Distance 300 yards
- Position Prone
- No. of Shots 2 sighting shots & 10 to count
- Target 1 x Fig 12
- Scoring 5 and 4
- Timing 1 exposure of 60 seconds
- HPS 50
- PROCEDURE
 1. Competitors have 2 minutes for their sighting shots. After spotting discs have been shown, competitors are to apply safety catches and stand up.
 2. On appearance of the target, competitors will move onto the firing point, adopt the prone position, release safety catches and fire 10 rounds.
 3. Scores will be communicated to the firing point and spotting discs shown for 30 seconds.

Stage 2 - Rundown

- Distance 300 - 100 yards
- Position 300 yards prone, 200 yards sitting, kneeling or squatting, 100 yards standing
- No. of Shots 10 to count
- Target 1 x Fig 12
- Scoring 5 and 4
- Timing 1 exposure of 15 seconds at 300 yards, 2 exposures of 6 seconds at 200 yards, 2 exposures of 6 seconds at 100 yards
- HPS 50
- PROCEDURE
 1. Competitors will adopt the standing alert position at the 300 yard firing point, rifles loaded with 10 rounds, made ready with safety catches applied.
 2. On appearance of the target, competitors will adopt the prone position and fire 2 rounds. Competitors will then be ordered to Make Safe.
 3. The target will be exposed for 1 second as a signal to advance to the 200 yard firing point, adopt the sitting, kneeling or squatting position and make ready.
 4. 45 seconds later there will be two exposures each of 6 seconds, 2 rounds to be fired per exposure. Competitors may remain on aim between exposures. Competitors will then be ordered to Make Safe.
 5. The target will be exposed for 1 second as a signal to advance to the 100 yard firing point, adopt the standing position and make ready.
 6. 45 seconds later there will be two exposures each of 6 seconds, 2 rounds to be fired per exposure. Competitors may remain on aim between exposures.
 7. Scores will be communicated to the firing point and spotting discs shown for 30 seconds.
 8. **During all movement the rifle must be carried in the trail position (parallel to the ground and pointing towards the stop butt).**

Stage 3 – Standing

- Distance 100 yards
- Position Standing followed by kneeling or squatting
- No. of shots 10 to count
- Targets 1 x Fig 12c
- Scoring 5 and 4
- Timing 5 double exposures of 3 seconds with 2 seconds between exposures
- HPS 50
- PROCEDURE
 1. Competitors will adopt the standing alert position, rifles loaded with 10 rounds, made ready with safety catches applied.
 2. The target will make 5 double exposures of 3 seconds up, 2 seconds down and 3 seconds up, at irregular intervals over a period of 2 minutes.
 3. The first shot in each double exposure must be fired from the standing position, and the second from either the kneeling or squatting position.
 4. Competitors will return to the standing alert position after each double exposure.
 5. Scores will be communicated to the firing point and spotting discs shown for 30 seconds.

Stage 4 - Sitting, Kneeling or Squatting

- Distance 200 yards
- Position Sitting, kneeling or squatting
- No. of Shots 10 to count
- Targets 1 x Fig 12
- Scoring 5 and 4
- Timing 2 exposures of 20 seconds with an interval of 8 seconds
- HPS 50
- PROCEDURE
 1. Competitors will adopt the standing alert position, rifles loaded with 10 rounds, made ready with safety catches applied.
 2. On appearance of the target, competitors will adopt the sitting, kneeling or squatting position and engage each exposure with 5 rounds.
 3. Scores will be communicated to the firing point and spotting discs shown for 30 seconds.

Stage 5 – Prone

- Distance 300 yards
- Position Prone
- No. of Shots 10 to count
- Targets 1 x Fig 12
- Scoring 5 and 4
- Timing 10 exposures of 3 seconds with irregular intervals
- HPS 50
- PROCEDURE
 1. Competitors will adopt the prone position, rifles loaded with 10 rounds, made ready with safety catches applied.
 2. There will be 10 exposures of 3 seconds over a 2m frontage at irregular intervals; competitors are to engage each exposure with 1 round.
 3. Scores will be communicated to the firing point and spotting discs shown for 30 seconds.

Urban Match

Stage 1 - Firing From Cover – Snap

- Distance 100 yards
- Position Standing supported
- No. of shots 10 to count
- Targets 1 x Fig 11 (Target No 1)
- Scoring 5, 4, 3 and 2
- Timing One exposure of 10 seconds and 4 exposures of 5 seconds
- HPS 50
- PROCEDURE
 1. Competitors will start in the patrol position, rifles loaded, 3 yards behind the firing point.
 2. On appearance of the targets competitors are to move to the firing point and adopt the standing supported position, make ready and fire 2 shots at the left hand Fig 11.
 3. The targets will make 4 further exposures each of 5 seconds at irregular intervals. No more than 2 shots may be fired per exposure.
 4. Competitors may remain in the aim between exposures.
 5. At the end of this stage, competitors are to make safe with a magazine of 10 rounds and adopt the patrol position.

Stage 2 - Firing From Cover – Rapid

- Distance 75 yards
- Position Kneeling or squatting round cover, supported or unsupported
- No. of Shots 10 to count
- Targets 1 x Fig 11 (Target No 2)
- Scoring 5, 4, 3, & 2
- Timing 1 exposure of 1 second, and 2 exposures of 15 seconds
- HPS 50
- PROCEDURE
 1. Competitors will start in the patrol position, rifles made safe, at the 100 yard firing point.
 2. The 1 second flash of the targets is the signal for competitors to advance to the 75 yard firing point, adopt the squatting/kneeling position behind the wall and make ready.
 3. 10 seconds after the flash the targets will make two exposures of 15 seconds with a 15 second interval between exposures. Competitors will engage each exposure with 5 shots.
 4. Competitors may remain on aim between exposures.
 5. At the end of this stage, competitors are to make safe with a magazine of 10 rounds and remain in the squatting/kneeling position.

Stage 3 – Snapshooting

- Distance 50 yards
- Position Standing and kneeling or squatting
- No. of Shots 10 to count
- Targets 1 x Fig 14 window target (Target No 3)
- Scoring 5, 4 and 3
- Timing 1 exposure of 1 second, and 5 exposures of 6 seconds
- HPS 50
- PROCEDURE
 1. Competitors will start in the squatting/kneeling position, rifles made safe, at the 75 yard firing point.
 2. The 1 second flash of the targets is the signal for competitors to advance to the 50 yard firing point, adopt the standing alert position and make ready.
 3. 10 seconds after the flash, the targets will make 5 exposures each of 6 seconds.
 4. On each exposure competitors are to engage the left hand Fig 14 with two shots - the first shot from the standing position and the second shot from the kneeling or squatting position.
 5. There will be irregular intervals between each exposure.
 6. Competitors must return to the standing alert position between exposures.
 7. At the end of this stage, competitors are to make safe with a magazine of 10 rounds and remain in the squatting/kneeling position.

Stage 4 - Close Quarter Snap

- Distance 25 yards
- Position Standing unsupported
- No. of Shots 10 to count
- Targets 1 x Fig 14 window target (Target No 4)
- Scoring 5, 4 and 3
- Timing 1 exposure of 1 second, and 3 exposures of 7 seconds
- HPS 50
- PROCEDURE
 1. Competitors will start in the squatting/kneeling position, rifles made safe, at the 50 yard firing point.
 2. The 1 second flash of the targets is the signal for competitors to advance to the 25 yard firing point, adopt the standing alert position and make ready.
 3. 10 seconds after the flash the targets will make 3 exposures of 7 seconds at irregular intervals. On each exposure competitors are to engage the right hand Fig 14 with any number of shots.
 4. Competitors must return to the standing alert position between exposures.
 5. At the end of this stage competitors will be ordered to unload their rifles for inspection prior to scoring.