

Cumbria & Northumbria Target Shooting Association

Competition Rules, Guidelines and Conditions

This document contains the rules and regulations for C&NTSA's Postal League competitions as well as guidelines to follow for the benefit of both competitors and scorers. This is Version 2.4.2 and comes into effect from the start of the 2020 Summer season.

NSRA, NRA, MLAGB and ISSF Rules apply where appropriate except where modified by C&NTSA as per this document. NSRA Rules that are modified or replaced are given below in full against their corresponding NSRA reference numbers. Specific C&NTSA-only Rules given below have a reference number prefixed with the number 0 to distinguish them from the NSRA's numbering system.

Scorers will give the reference to any broken rule, whether a standard NSRA rule, a modified NSRA rule or a C&NTSA rule, against the name of the shooter concerned in the results issued for each round preceded by the letter 'P' (for Penalty).

C&NTSA Rules

0.1 Average declarations.

Entrants entering competitions they shot in in the previous season must use the true average attained then over the first six rounds.

If a shooter did not compete in the previous season's equivalent league but did compete in the equivalent Team or Individual league, then the true average from rounds 1 to 6 of that league should be used.

If a shooter did not compete in either of the previous season's equivalent Team or Individual leagues, or did so but did not complete the first six rounds, then the true average of the last ten recorded scores in another equivalent league should be used.

If no league cards have been shot, then a number of other cards that are equivalent to six rounds of the relevant competition must be shot under match conditions and the true average of those cards given.

The Association reserves the right to obtain documentary evidence of any average submitted, so relevant non-C&NTSA data must be retained for the season.

0.2 The issued stickers must be affixed to the front of the target cards or electronic printouts by a club official (or by a club member in the presence of a club official) prior to shooting.

0.3 Any card or printout without a sticker will not be accepted.

0.4 Team and Individual competitions in the same discipline may be shot concurrently. If this is done, both sets of stickers must be on the cards or printouts adjacent to one another.

0.5 If 3-card-system cards are used for 20-shot competitions, both stickers must be on the card. If only one sticker is present then only the 10-shot score from the top diagram(s) will be given.

0.6 Stickers must not be removed from one card or printout and stuck on another card or printout, under penalty of disqualification.

0.7 For Benchrest competitions, rifles may be supported at the fore end only – artificial rear rests are prohibited but the non-trigger hand may be used to support the rear of the rifle. Front rests complying with NSRA rule 8.16.5 or WRABF rule B8-B11 are acceptable.

0.8 For Muzzle-loading competitions:

0.8.1 The time limit per course of fire for each round of 13 shots (including loading, capping and fouling shots) is 30 minutes. Best 10 shots to count.

0.8.2 Black powder must be used except where range rules prohibit it, when any other suitable substitute may be used.

0.9 Cards or printouts sent to the wrong scorer:

0.9.1 The first two occurrences in any season will be accepted and scored either by the receiving scorer or the correct scorer after having been forwarded to them. The sender will be notified of the error.

0.9.2 On the third and any subsequent occurrence in any season the card(s) will not be scored or the printout(s) not accepted.

0.10 Cards for ALL competitions MUST be folded or trimmed to approximately A4 size if necessary to fit into a standard C4 envelope or similar to permit delivery via the usual household letter box. Do NOT cut off or fold at any shot holes.

0.11 Cards or printouts sent in underpaid packages need not be accepted by the scorer at their discretion. Any exceptional circumstances will be taken into consideration. See Guidelines and Recommendations para 1 below.

0.12 Electronic targets

0.12.1 (a) NSRA rule 1.10.9.2 applies, which means that electronic target hardware must be registered with the NSRA and any procedures that they stipulate for using the equipment must be followed.

(b) If the NSRA regulations in force at the time include general rules for the use of all types of electronic targets then the rules applicable to the particular equipment to be used must be followed.

(c) Whether or not that is the case, the following rules apply and take precedence.

0.12.2 Any equipment used must have received at least ISSF Phase 1 Approval.

0.12.3 The make and model of the equipment to be used must be declared to the C&NTSA Competitions Secretary (cntsacomps2@gmail.com) before any round is shot. This declaration is not required in subsequent seasons if the equipment has not changed since the original declaration, but any changes must be notified.

0.12.4 The equipment must be set up to use the manufacturer's correct target and software configuration applicable to the discipline and range distance used.

0.12.5 For equipment that uses the A4 printout method of recording scores:

(a) Clubs that have their own arrangements in place to produce pre-printed forms containing defined places for signatures etc and affixing the stickers may use such forms.

(b) For clubs that do not, the proforma for the Meyton target system that is available on the C&NTSA website should be used to affix stickers to prior to shooting if using that make. See the 'Electronics' page on the website where the proforma can be downloaded.

(c) Proformas for other types of equipment are not available, and any appropriate instructions given in the NSRA Rules or protocols supplied by them should be followed, if present. Otherwise, all stickers must be placed on the sheet prior to shooting in such a position that they will be overprinted.

0.12.6 For equipment that uses the A4 printout method of recording scores:

0.12.6.1 Each printed sheet must represent either ten or twenty shots, with the relevant sticker(s) attached. If twenty shots, then they must all be for the same round.

0.12.6.2 The score value of each shot must be printed, preferably as integers, along with the integer total of each 10-shot string.

0.12.6.3 Each sheet must be signed by the shooter then signed and dated by the witness in the designated places on completion of shooting. If there is no designated place, then signatures and date must be given at the bottom of the sheet.

0.12.7 For equipment that uses the continuous printer roll method of recording scores:

0.12.7.1 The whole course of fire for the round being shot must be on one separate continuous strip with the relevant sticker(s) attached at the top of the printout prior to commencement of shooting. Each round must be on a separate strip.

0.12.7.2 The score value of each shot must be printed, preferably as integers, along with the integer total of each 10-shot string.

0.12.7.3 The strip must be signed by the shooter then signed and dated by the witness at the end of the printout on completion of shooting.

0.12.8 If any type of equipment is being used to shoot all 20 shots consecutively for concurrent shooting in one of the disciplines where there are 10 shots per round for the Individual

competition and 20 shots for the Team competition, then the first 10 shots will count for both competitions.

- 0.12.9 The scorer must receive, by the deadline given in rule 7.10.1.1, either
(a) by post - the original of the printed sheet(s) or printer strip as produced by the equipment, or
(b) by email - scanned image(s) or photographs of those sheet(s) or printer strip.

- 0.12.10 The equipment as declared must be used for all rounds in any season, and competitors using it may not use paper targets for any round except where the electronic equipment has broken down and is unusable, in which case a statement from the witness confirming the breakdown must accompany the cards for each round where paper targets are used while it is out of action.

- 0.13 If any competitor in a division other than Division 1 of any competition is deemed by the Association's Committee to be shooting significantly better than their declared average then the Association reserves the right to reduce that shooter's score by the difference, rounded up to the next whole number, between the average of their scores in their first three rounds and their declared average. Such handicaps will be applied retrospectively to all rounds already shot and to all subsequent rounds in the season concerned.
- 0.14 If NSRA-produced targets are used, their designation code must have the suffix '-18' (or any later year code as may exist) or be on their list of targets approved for competition use.
- 0.15 Individual league cards may not be shot by anyone other than the original entrant.

Modified NSRA Rules

- 3.5.1 In competitions open to juniors, competitors must be under 21 on the 31 December next following the final date for entry to that competition. A certificate signed by a parent or other responsible person may be required.
- 3.5.2 In competitions restricted to seniors, competitors must have attained the age of 60 on the 31 December preceding the final date for entry to that competition. In the Supported Rest competitions, competitors must have attained the age of 56 on the 31 December preceding the final date for entry to that competition. Those who have similarly attained the age of 72 may sit while shooting.
- 7.3.3 Both Team and Individual competitors are not permitted to fire after the close of the Match Period unless an extension is accepted by the scorer and approved (if necessary) by the Committee. An application for an extension must be made to the scorer by no later than one day after the end of the match period.
- 7.8.1 Each competitor will fire their match cards according to the fixture list. It is permissible for both team and individual members to fire matches in advance, but each competitor must shoot their match cards in the order of the round numbers.
- 7.8.3 Team members must fire their targets in the same round on the same range (see Rule 7.3.1) and may shoot at any time during the match period. Each competitor in either Individual or Team competitions must complete his/her targets within the time specified for the competition. In a multi-target competition, if any targets are shot on separate days then only the best target(s) shot within the match period (if any) will count.
- 7.10.1.1 All cards and/or printouts must be received by the scorers by (at the latest) the WEDNESDAY of the week after the match period ends, i.e. if a match period ends on Monday November 1st, the cards MUST be with the scorer NO LATER than Wednesday November 10th.

Guidelines and Recommendations

1. This is not a locally-scored league and all targets must be sent to the correct scorer for each competition or range of divisions for each competition. See Rule 0.9 above. Please ensure that envelopes have the correct postage, otherwise the package may not be accepted by the scorer. It is advisable to get the Post Office to weigh and stamp your package. The exceptional circumstances referred to in Rule 0.11 include but are not limited to errors made by the Post Office and/or Royal Mail in this area. Senders are also strongly advised to obtain a proof of posting to help with situations where

envelopes are lost in the post. **Please do NOT send packages 'to be signed for'.**

2. If any package has to be collected from a Royal Mail depot because it is underpaid, if it exceeds C4 size and could not be delivered or if it had to be signed for and the recipient was not at home at the time of delivery then scorers are authorised to charge clubs with reasonable time and mileage costs incurred as well as any charges paid by them on retrieval.
3. Please sort cards and/or printouts into Round/Competition//Division order before sending; this makes life much easier for the scorers.
4. Please do not 'hermetically seal' your envelopes with tape round all the edges. Such packages are very difficult to open. Keep your scorer happy! Scorers just want to score, not wrestle with uncooperative envelopes. Please, please also, do not staple any cards together: it's very tedious having to take them out and scorers tend to value their fingernails. The cards won't get mixed up in the envelope.
5. Competitors in Gallery Rifle should write on the target what calibre was used to shoot the card if not the usual .38 or .44. It is in their interest to do so as it ensures that the scorer will use the correct gauge.
6. In the Rapid Fire competitions (Rifle and Air Pistol) the Range Officer or Witness must notify the scorer if fewer than the designated number of shots were fired at any target by writing a note on each such target.
7. If any shooter has a valid reason to be late with shooting a round, the club should contact **the scorer** as soon as possible **before** the Idfs to see if they will grant an extension. Requests after the Idfs will probably not be viewed sympathetically.
8. All queries regarding scores must be made to **the scorer**, in writing or by email, **within 14 days** of the date of issue on the results sheet.

Some commonly-broken NSRA Rules (paraphrased):

(see NSRA rule book for the full set of rules and the full wording of the following rules.)

- | | |
|----------|---|
| 5.2.1 | 2 shots on 1 diagram, but correct number on card – 1-point penalty. |
| 5.2.2 | Shot(s) on another person's card - 2 points penalty per shot. |
| 5.2.3 | Extra shots unaccounted for - Lowest 10 shots scored plus 1-point penalty per extra shot. |
| 7.3.3 | Card shot after end of match period – no score. |
| 7.4.3 | Card already gauged. |
| 7.4.4 | Not signed by shooter - no score. |
| 7.4.5 | Damaged or mutilated card – no score. |
| 7.4.5.1 | Trim line damaged – no score. |
| 7.6.3.2 | Not witnessed and / or dated by the witness, or dated by the shooter - no score. |
| 7.8.3 | Cards not shot within 2 hours (e.g. on separate days). |
| 7.10.1.1 | Cards not received on time by the scorer – no score. |

Conditions of shooting of all Postal Competitions

If NSRA targets are used in any competition then they MUST either

- (A) have the '-18' designation or
- (B) be on the NSRA's list of otherwise approved targets (e.g. Air4/89 air pistol targets) or
- (C) be official NSRA replacement targets.

See the NSRA's website for further details.

.22 Rifle Short Range Prone

(Individual and Team)

Distance: 15, 20, 25 Yards or 25 Metres.

Targets: N.S.R.A. 1989 Series (outward gauging). Equivalent electronic targets may be used.

Calibre: .22 lr

Teams comprise three members.

Individual competitions are 10 shots (one card) per round (give average ex100).

Team competitions are 20 shots (two cards) per member per round (give average ex200).

All 20 shots must be fired within 2 hours.

.22 Rifle Long Range Prone

(Individual and Team)

Summer season only

Distance: 50 Yards or 50 Metres.

Targets: N.S.R.A. 1989 Series. Equivalent electronic targets may be used.

Calibre: .22 lr.

Teams comprise three members.

Individual competitions are 20 shots (5 shots per diagram) per round.

Team competitions are 20 shots (5 shots per diagram) per member per round.

All 20 shots must be fired within 2 hours.

Average ex200

.22 Rifle 100 yards Any Sights Prone

(Individual only)

Summer season only

Distance: 100 Yards.

Targets: N.S.R.A. 1989 Series.

Calibre: .22 lr.

Any sights.

Individual competitions are 20 shots (10 shots per diagram) per round.

All 20 shots must be fired within 2 hours.

Average ex200

Short Range Benchrest Any Sights (Rimfire rifles)

(Individual and Team)

Distance: Indoors 20, 25 Yards or 25 Metres.

Targets: N.S.R.A. 1989 Series OR 2010BR17 or 2510BR15 or 25M10BR15 equivalent. X's will be scored.

Calibre: .22 rimfire only.

Any sights.

Rifles may be supported on a rest at the fore end only, **YOU MUST NOT USE AN ARTIFICIAL REAR REST UNDER THE BUTT: THE NON-FIRING HAND MAY BE USED TO SUPPORT THE REAR OF THE RIFLE.**

Front rests complying with NSRA (rule 8.16.5) or WRABF (rule B8-B11) are acceptable.

Teams comprise three members, all of whom (including substitutes) must use rimfire rifles.

Both Individual and Team competitions are 20 shots (two cards) per round.

All 20 shots must be fired within 2 hours.

Average ex200

Short Range Benchrest Any Sights (Air rifles)

(Individual and Team)

Distance: Indoors 20, 25 Yards or 25 Metres.

Targets: N.S.R.A. 1989 Series OR 2010BR17 or 2510BR15 or 25M10BR15 equivalent. X's will be scored.

Calibre: .0.22 air rifle or 0.177 air rifle. Any type of pellet may be used.

0.177 shot holes will be scored with a .22 gauge.

Any sights.

Rifles may be supported on a rest at the fore end only, **YOU MUST NOT USE AN ARTIFICIAL REAR REST UNDER THE BUTT: THE NON-FIRING HAND MAY BE USED TO SUPPORT THE REAR OF THE RIFLE.**

Front rests complying with NSRA (rule 8.16.5) or WRABF (rule B8-B11) are acceptable.

Teams comprise three members.

Both Individual and Team competitions are 20 shots (two cards) per round.

All 20 shots must be fired within 2 hours.

Average ex200

.22 Rifle Long Range Benchrest Any Sights

(Individual and Team)

Distance: 50 Yards or 50 Metres.

Targets: N.S.R.A. 1989 Series at either distance OR MM12BR15 or (preferably) 5010BR17 equivalents at 50m

"X"s MAY be scored if the new NSRA "X" ring gauge is available for Round 1. Special arrangements for scoring "X"s at 50 yards will be used.

Calibre: .22 lr.

Any sights (telescopic or iron).

Rifles may be supported on a rest at the fore end only, **YOU MUST NOT USE AN ARTIFICIAL REAR REST UNDER THE BUTT: THE NON-FIRING HAND MAY BE USED TO SUPPORT THE REAR OF THE RIFLE.**

Front rests complying with NSRA (rule 8.16.5) or WRABF (rule B8-B11) are acceptable.

Outdoor ranges only.

Teams comprise three members.

Both Individual and Team competitions are 20 shots per round (5 shots per diagram, except 1 shot per diagram on BR17 cards).

All 20 shots must be fired within 2 hours.

Average ex200

Sport Rifle (standing)

(Individual and Team)

Distance: 20 Yards / 25 Metres.

Targets: N.S.R.A. PL14 (or PL14/06) at 20 Yards, OR SPA1 or PL19 at 25 Metres or I.S.S.F. approved equivalents.

Calibre: .22 lr OR Air Rifles (.177 or .22 – any type of pellet may be used).

.177 Air Rifles will be scored as such (i.e. an oversized gauge will **not** be used).

Teams comprise three members.

Individual competitions are 10 shots (one card) per round (give average ex100).

Team competitions are 20 shots (two cards) per member per round (give average ex200).

No slings or supporting clothing is allowed, position is standing, unsupported.

Any sights.

All 20 shots must be fired within 2 hours.

Rapid Fire Rifle (standing)

(Individual only)

Distance: 20 Yards or 25 Metres.

Targets: N.S.R.A. PL14 or PL14/06 at 20 yards, OR SPA1 or PL19 at 25 metres or I.S.S.F. approved equivalents.

Calibre: .22 lr OR .177 air rifle (any type of pellet may be used). The correct gauge for the calibre will be used.

Any sights.

Individual competitions are 30 shots (10 at each of three cards) per round.

Card 1: 2 strings of 5 shots in 150 secs. per 5 shots.

Card 2: 2 strings of 5 shots in 20 secs. per 5 shots.

Card 3: 2 strings of 5 shots in 10 secs. per 5 shots.

The time allowed for each member to complete the course of fire for each round is 2 hours, and all three cards for each round must be completed on the same day.

Excess shots on any card will be penalised under NSRA Rule 5.2.3. Cards with insufficient shots will be scored 'as is'.

If turning targets are not used then timing must be carried out by a Range Officer.

Average ex300

Gallery Rifle Iron Sights (standing)

(Individual only)

Distance: 20 Yards or 25 Metres.

Targets: At 20 yards - N.S.R.A. PL12. At 25 metres - N.S.R.A. PL7 or PL8 centre OR 25m equivalents such as Kruger 3100S or 3130 (centre).

Rifles: Any rifle defined as a Gallery Rifle in NRA GRP Handbook (2016) -- Rule A 2.2.

Calibre: any centre fire calibre from .23 to .455.

All shots will be scored as per their calibre; a stepped gauge will not be used. On PL7 targets, shots outside of the 4-ring will be scored as a miss.

Iron sights only; red dot or optical sights are prohibited.

No gloves or supporting clothing (including weightlifters' belts) are permitted.

Individual competitions are 20 shots (2 cards) per round.

All 20 shots must be fired within 2 hours.

Average ex200

Gallery Rifle Any Sights (standing)

(Individual only)

Distance: 20 Yards or 25 Metres.

Targets: At 20 yards - N.S.R.A. PL12. At 25 metres - N.S.R.A. PL7 or PL8 centre OR 25m equivalents such as Kruger 3100S or 3130 (centre).

Rifles: Any rifle defined as a Gallery Rifle in NRA GRP Handbook (2016) -- Rule A 2.2.

Calibre: any centre fire calibre from .23 to .455.

All shots will be scored as per their calibre, a stepped gauge will not be used. On PL7 targets, shots outside of the 4-ring will be scored as a miss.

Any sights (including iron, telescopic and red dot but excluding laser).

No gloves or supporting clothing (including weightlifters' belts) are permitted.

Individual competitions are 20 shots (2 cards) per round.

All 20 shots must be fired within 2 hours.

Average ex200

Long-barrelled Pistol

(Individual only)

Distance: 20 Yards or 25 Metres.

Targets: At 20 yards - N.S.R.A. PL12. At 25 metres - N.S.R.A. PL7 or PL8 centre OR 25m equivalents such as Kruger 3100S or 3130 (centre).

On PL7 targets shots outside the 4-ring will be scored as a miss.

Pistols: Any UK-legal long-barrelled .22 rimfire pistol. Grip may be either one- or two-handed.

Any sights (including iron, telescopic and red-dot but excluding laser).

Individual competitions are 20 shots per round.

All 20 shots must be fired within 2 hours.

Average ex200

Muzzle Loading Pistol (single-shot)

(Individual only)

Distance: 20 Yards or 25 Metres.

Targets: At 20 yards - N.S.R.A. PL12. At 25 metres - N.S.R.A. PL7 or PL8 centre OR 25m equivalents such as Kruger 3100S or 3130 (centre).

On PL7 targets shots outside the 4-ring will be scored as a miss.

Provided a clean or repaired PL7 target is used as a backing, any shot(s) outside the scoring rings on PL8 targets may be scored and the shot value(s) written on the back of the target.

Calibre: any.

Propellant: Black powder, unless range rules prohibit it, when any substitute may be used.

MLAGB Rules shall apply, except where modified by the CNTSA.

This competition is 10 shots per round (best 10 of 13 shots fired) shot within 30 minutes.

Shots must be 50% over the line to obtain the higher score.

Average ex100

Muzzle Loading Revolver

(Individual only)

Distance: 20 Yards or 25 Metres.

Targets: At 20 yards - N.S.R.A. PL12. At 25 metres - N.S.R.A. PL7 or PL8 centre OR 25m equivalents such as Kruger 3100S or 3130 (centre).

Provided a clean or repaired PL7 target is used as a backing, any shot(s) outside the scoring rings on PL8 targets may be scored and the shot value(s) written on the back of the target.

Calibre: any.

Propellant: Black powder, unless range rules prohibit it, when any substitute may be used.

MLAGB Rules shall apply, except where modified by the CNTSA.

This competition is 10 shots per round (best 10 of 13 shots fired) shot within 30 minutes.

Shots must be 50% over the line to obtain the higher score.

Average ex100

20 Yard Pistol (Air Pistol and .22 Pistol incl Free Pistols) (Individual and Team)

Distance: 20 Yards.

Targets: N.S.R.A. PL15 or PL15/09 or I.S.S.F. approved equivalents.

Calibre: .22 lr OR Air Pistols (.177 or .22 – any type of pellet may be used).

Teams comprise three members.

Oversize gauges will not be used, .177 is scored as a .177.

Individual competitions are 20 shots (two cards) per round.

Team competitions are 20 shots (two cards) per member per round.

All 20 shots must be fired within 2 hours.

Average ex200

Short Range Standard Pistol

(Individual only)

Distance: 20 Yards or 25 Metres.

Targets: N.S.R.A. PL12 or I.S.S.F. approved equivalents at 20 yards, PL7 or I.S.S.F approved equivalent at 25 Metres.

Calibre: .22 lr OR Air Pistols (.177 or .22 – any type of pellet may be used).

The weight of the trigger pull must conform to National requirements.

Individual competitions are 30 shots (10 at each of three cards) per round.

Card 1: 2 strings of 5 shots in 150 secs. per 5 shots.

Card 2: 2 strings of 5 shots in 20 secs. per 5 shots.

Card 3: 2 strings of 5 shots in 10 secs. per 5 shots.

The time allowed for each shooter to complete the course of fire for each round is 2 hours, and all three cards for each round must be completed on the same day.

If turning targets are not used then timing must be carried out by a Range Officer.
Average ex300

10 Metre Air Pistol

(Individual and Team)

Distance: 10 Metres.

Targets: N.S.R.A. Air4/89 or I.S.S.F approved 10 Metre Air Pistol Targets. Equivalent electronic targets may be used.

Calibre: .177 (wadcutters pellets must be used).

The weight of the trigger pull must conform to National requirements.

Teams comprise three members.

Individual and Team competitions are both 20 shots (5 at each of four cards or two strings of 10 on electronic targets) per round.

All 20 shots must be fired within 2 hours.

Average ex200

10 Metre Air Pistol, ISSF Supported Rest Shooting

(Individual only)

Distance: 10 metres

Targets: NSRA Air 4/89 or ISSF approved 10 Metre Air Pistol. Equivalent electronic targets may be used.

Calibre: .177 (wadcutters pellets must be used).

The weight of the trigger pull must conform to National requirements.

Individual competitions are 20 shots (5 at each of 4 cards or two strings of 10 shots on electronics) per round.

Rests, positions and shooting conduct rules are defined in the ISSF Supported Rest Shooting Rules which are available on their website. The ISSF's three age categories are combined into one so anyone aged 56 or over according to CNTSA's modified NSRA Rule 3.5.2 (see above) may enter. Those aged 72 and over may sit to shoot.

All 20 shots must be fired within 2 hours.

Average ex200

10 Metre Rapid Fire Air Pistol

(Individual only)

Distance: 10 metres

Targets: N.S.R.A. Air4/89 or I.S.S.F approved 10 Metre Air Pistol Targets.

Calibre: .177 (wadcutters pellets must be used).

The weight of the trigger pull must conform to National requirements.

20 shots per round - 5 at each of 4 cards, 10 seconds per 5-shot string.

Excess shots on any card will be penalised under NSRA Rule 5.2.3. Cards with insufficient shots will be scored 'as is'.

If turning targets are not used then timing must be carried out by a Range Officer.

All 20 shots must be fired within 2 hours.

Average ex200

6 Yards Air Pistol

(Individual only)

Distance: 6 Yards.

Targets: N.S.R.A. Air 8.

Calibre: .177 (wadcutters pellets must be used).

The weight of the trigger pull must conform to National requirements.

Individual competitions are 20 shots (5 at each of four cards) per round.

All 20 shots must be fired within 2 hours.

Average ex200

10 Metre Air Rifle

(Individual and Team)

Distance: 10 Metres.

Targets: N.S.R.A. Air 3/89 or Air 2, or I.S.S.F. approved equivalents. Equivalent electronic targets may be used.

Calibre: .177 (wadcutters pellets must be used).

For Air 2 targets, stickers, signatures and date must all appear on the FRONT of the target.

Teams comprise three members.

Individual and Team competitions are both 20 shots (5 at each of four cards or two strings of 10 on electronic targets) per round.

All 20 shots must be fired within 2 hours.

Average ex200

10 Metre Air Rifle, ISSF Supported Rest Shooting

(Individual only)

Distance: 10 metres

Targets: NSRA Air 3/89 or Air 2 or ISSF approved 10 Metre Air Rifle. Equivalent electronic targets may be used.

For Air 2 targets, stickers, signatures and dates must all appear on the FRONT of the targets.

Calibre: .177 (wadcutters pellets must be used).

The weight of the trigger pull must conform to National requirements.

Individual competitions are 20 shots (5 at each of 4 cards or two strings of 10 shots on electronics) per round.

Rests, positions and shooting conduct rules are defined in the ISSF Supported Rest Shooting Rules which are available on their website. The ISSF's three age categories are combined into one so anyone aged 56 or over according to CNTSA's modified NSRA Rule 3.5.2 (see above) may enter. Those aged 72 and over may sit to shoot.

All 20 shots must be fired within 2 hours.

Average ex200

The Association also runs the following shoulder to shoulder competitions:

.22 Rifle

THE "Vaux" OPEN SHOOT

40 shots at 50 metres and 40 shots at 100 yards, held at Snableazes Range, near Alnwick. This shoot is usually held in July. It includes confined CNTSA Competitions.

Benchrest competitions at 50m and 100yds are also held.

The Vaux Trophy is a free entry "100 yard only" competition, with entries invited from the highest scores in competition 3 on each day.

1st Detail: A maximum of 10 sighters plus 20 shots to count.

2nd Detail: No sighters and 30 shots to count. 1 warming shot allowed

Air Pistol / Air Rifle

The County Air Gun Open Shoot (including confined CNTSA Competitions)

2x 60 Shots at 10 Metres for .177 Air Pistol and .177 Air Rifle.

This shoot is usually held in October at the Cumberland News Range in Carlisle.

Club Open Shoots

These County Clubs also host Open Shoots:

K Kendal: .22 Rifle in October.

Cumberland News: 22 Rifle in November and Air Guns in March.

Felton: 22 Rifle in December.