

PROGRAMME

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SAFETY RULES

No shooter shall have the bolt in his rifle or load his rifle until he has taken his place on the mound and is about to fire.

While loading the rifle and once loaded the muzzle must be pointed in the direction of the target.

Should any interruption to the shooting take place every shooter whose rifle is loaded shall at once unload whether requested to do so or not and shall not recommence shooting unless authorised by a Range Officer.

Bolts shall be removed from rifles at all times.

Before retiring from the firing mound each shooter **must** go through the unloading motions with the muzzle pointing towards the target, and then **remove the bolt from the rifle**. As he retires from the mound the shooter shall present the breech of the rifle to the scorer and check scorer where applicable so that he or they can verify that the chamber of the rifle is empty by looking through the barrel.

In all shoots each round will be loaded singly and magazine fire is **PROHIBITED**. Provided that members of Military Rifle clubs, in the course of their normal practices, be exempted from this rule.

A close watch shall be kept for danger signals and:

The scorer shall call '**Cease Fire**' in a loud voice whenever a **danger signal** is given at the butts or firing mound.

The call of '**Cease Fire**' by a Range Officer shall be repeated in a loud voice by scorers.

In each case scorers will check to see that shooters obey.

No shooter shall fire at a dummy target or hand-held value disc.

NEVER POINT A RIFLE AT ANY PERSON.

F Class Standard Basics – For Right Handers



- Typical F Class Standard Rifle with tripod at the front, squeeze bag at the back, 20x telescope for sighting, single shot bolt action known as an Omark, calibre .223". – originally .308".
- Target Rifle format completely different – no supports other than a sling and iron sights – usually need a padded coat – exactly the same ammo.
- Prone position – that is, flat on the ground with a mat for comfort and protection from the dust.
- Sitting at a portable bench is an option you can choose on this range at will – some people prefer that while others have to do that because of a bad back!
- Note how the right leg is tucked up just a bit – this usually adds to the comfort of the position.

FOUR KEY POINTS

1. Your trigger hand – the right hand – is pulling the rifle firmly into the shoulder – helps to steady the aim and avoids any recoil slap.
2. Your right eye needs to always look through the centre of the telescope – else the picture will disappear – resting your right cheek on the stock helps to be consistent with this.
3. Your left hand grabs both the top of the squeeze bag and bottom of the butt of the rifle – your fine control of the cross hairs in the telescope is achieved by squeezing or relaxing your grip.
4. When the aim is right – usually cross hairs in the very middle of the target – you try to stay very still and squeeze the trigger GENTLY with your right index finger until the shot goes off without any anticipation.

400 Metres – Central Bullseye is 93mm across – Aiming Mark is 800mm across.