

Shooting Rules and Regulations 2025

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The following shooting competition rules are derived from the International Shooting Sports Federation (ISSF) and World Shooting Para Sports (WSPS) competition rules. The Hartford Nationals competition will consist of air rifle in the seated prone (SH1, SH2, VI) category only. Future years may incorporate other positions or disciplines (i.e. pistol).

The latest ISSF Sport General Technical Rules shall apply except where they are modified by the WSPS rules and regulations or Move United. These Move United shooting rules and regulations are to be read in conjunction with the latest ISSF rules and WSPS rules and appendices unless exceptions have been explicitly described by Move United.

General

The Event Director has the final decision for all rule interpretations and shall ensure that any interpretation does not give any athlete an unfair advantage over others.

Air Rifle and Pistol Specification (MOVE UNITED)

All rifles will be of .177 caliber airguns, with pellets propelled by compressed air or CO2 and capable of firing only single shots at a velocity not to exceed 600 feet per second.

Range Safety Rules (MOVE UNITED)

In all divisions, air rifle shooting will be performed from the seated position, utilizing a wheelchair, chair, or stool – not to exceed mid-thigh of the athlete.

Careless or unsafe handling of any airgun before or during the competition will first result in one warning being given. Continued violations will result in the athletes' disqualification.

All rifles and pistols shall have an empty chamber indicator (ECI), clear barrel indicator (CBI) or safety flag inserted into the barrel so that the end of the ECI is visible at both the muzzle and chamber when the athlete arrives at the match venue.

Failure to insert an ECI, CBI or safety flag when directed to do so by the range safety official will result in a warning for the first offense and disqualification of the athlete for the second occurrence.

The muzzle of all airguns during transport to the athlete's shooting lane shall be muzzle up until tabled on the firing line, then downrange for placement. Athletes can bring their cased airgun to the line and remove it from the case only if the case is orientated with the muzzle end pointed downrange.

No volunteer, athlete or assistant will go past the firing line until the announcement is made declaring the range is "**SAFE**". Participants will not be allowed to move forward of the firing line while target faces are exchanged or any adjustments made. Athletes will not handle or make adjustments to their airguns when personnel are downrange.

Any discharge of air or pellet away from the firing line and outside a designated practice time or before the preparation/sighting time or once the range has been declared safe at any point, may result in the disqualification of the athlete.

Discharges of air or pellet at the firing line without authorization to do so will result in one warning to the athlete. Discharges of air or pellet following the command to stop will result in a scoring penalty.

Appropriate language is expected on the range to respect range officials and competition as well as fellow competitors. Any athlete, coach, staff member, or audience member using profane language will be asked to leave the competition. The display or wearing of political or offensive attire is not permitted at Move United sanctioned events.

Age Categories (WSPS Rule)

All competitors will be placed in an age category determined by the competitor's age on 31 December of the year of competition.

Adults: athletes over the age of 21 on 31 December of the year of the relevant Competition

As necessary, Move United will assign the following additional adult categories:

- Senior (age 65 and older): Competitors who will be over the age of 64 on December 31 of the year of the competition

Junior: athletes must be under the age of 21 on 31 December of the year of the relevant Competition

As necessary, Move United will assign the following additional junior categories:

- Sub Junior (age 14 and younger): Competitors who will be under the age of 15 on December 31 of the year of the competition
- Junior (age 15 – 17): Competitors who will be under the age of 18 and over the age of 14 on December 31 of the year of the competition
- Intermediate (age 18 – 20): Competitors who will be under the age of 21 and over the age of 17 on December 31 of the year of the competition

Note: The competition director may assign additional categories. These could include categories such as Senior, Veterans, etc.

Gun Handling Rules (ISSF Rule 6.2.2)

To ensure safety, all guns must be handled with maximum care at all times. Guns must not be removed from the firing line during training or competition except with the permission of a range officer. Safety flags constructed of fluorescent orange or a similar bright material must be inserted in all rifles at all times except when safety flag removal is authorized by these rules. To demonstrate that air guns are unloaded, safety flags (safety lines) must be long enough to extend through the full length of the barrel. Safety flags for all other guns must have a probe that inserts into the chamber (breech end of barrel) to demonstrate that the chamber is empty. Safety flags must be inserted in all guns that are not in gun cases or boxes before athletes are called to the line, when leaving a firing point, after firing is completed and when personnel must go forward of the firing line. In Finals, safety flags may not be removed until Preparation and Sighting Times start.

- a. If a safety flag is not used as required by this rule, a Range official must give a WARNING with instructions to insert a safety flag in the gun; and
- b. If the Jury confirms that an athlete refuses to use a safety flag as required by this rule and after being warned, the athlete must be disqualified.

The handling of guns is not permitted, and safety flags must be inserted when any personnel are forward of the firing line.

In the range, when guns are not on the firing points, they must always be in their cases, unless otherwise authorized by a Range Officer.

Coaches Instruction (World Shooting Para Sport (WSPS) RULE 2.16)

- Verbal coaching during training and preparation time is permitted, but such coaching must not disturb other athletes. Coaches are permitted to approach the line on request of the athlete if permitted by the range official.
- During competition, coaches are permitted to approach the Firing Line only following a specific request by their athlete(s) and a member of the Competition Jury permits this request.
- During competition, coaches are allowed to signal the athlete by non-verbal means.
- If the loader assistant is a coach, they must ask permission from the Range Official before speaking with the athlete on the firing line.

Target Changers (WSPS RULE 1.14)

- Target changes may be allowed for all athletes if required, depending on the environment of the shooting range (e.g. paper targets) and is the decision of the Chief Judge or Range Officer.
- The target changer must not speak or give signals during the match. He/she may only change targets.
- The target changer must be at least 1 meter behind the competitor between shots. Exceptions can be made at the discretion of the Chief Judge.
- Target Changers may also act as loading assistants.

Loaders (WSPS RULE 4.3)

Loaders (Loading Assistants) apply only to SH2 athletes competing in SH2 events and are allowed only as described in the WSPS Shooting Classification Rules and Regulations. A Loader may not speak or give signals during the match and may only load the rifle and/or adjust the sights at the request of the athlete, not support the rifle. During SH2 qualification matches, Loaders must stay in position for the duration of the Competition and must not move to the back of the firing point between shots. During finals, the Loader must be at least 1 meter behind the athlete between shots (exceptions can be made by the Range Official). Athletes must get the use of a loading assistant approved by competition officials prior to competition.

Apparel and Equipment

Athletes must only use equipment that complies with and is in the spirit of the ISSF and WSPS Shooting Rules. Any equipment (including guns, devices, accessories, etc.), which may give an athlete an unfair advantage over others, or which is not expressly permitted in these Rules and Regulations is prohibited. To promote a fair competition, the range official may limit use of certain equipment.

All parts of the athlete's equipment or body, which makes contact with the ground, must be behind the firing line, with the exception of rifle resting stands.

WSPS-Specific Shooting Equipment (WSPS Rule 3.4.3)

- Strapping
- Prosthesis
- Shooting table(s)
- Compensating block
- 10cm Block
- Shooting Chair(s)
- SH2 rifle support stand
- Loading device (Pistol)
- Trigger extensions and adaptations

Strapping (WSPS Rule 3.5)

- Athletes are not allowed to hold or touch the straps when competing to gain stability.
- Straps must not exceed 5cm in width.
- Athlete is permitted to have 1 below knee strap to the shooting chair.
- Athlete is permitted to strap legs together above the knee once, but not to the chair.
- In SH1/SH2A event, above-knee double amputees not using any prosthesis may strap across the stumps. The strap may go around the chair.

Trigger Adaptations (WSPS Rule 3.6)

Trigger adaptations are permitted, only if specified on the athlete's classification card. Trigger adaptations are defined as those devices that are outside the trigger guard.

An SH2 athlete is allowed to add material that gives increased grip for the hands on the rifle, and on the butt plate to increase the grip on the jacket. However, the rifle needs to remain with the specified dimensions. **(IPC RULE 2.3.6)**

Shooting Jackets (WSPS Rule 3.2.1)

Shooting jackets are authorized and encouraged for wear during Move United Nationals. For athletes competing from a Shooting Chair (not including a high stool), the shooting jacket may not be longer than down to the lap in front and down to the top of the cushion in back. The length of the jacket will be measured in the standing shooting position. No competitors are allowed to sit on their shooting jackets during competition. Shooting jackets will not be provided by Move United.

Shooting Chairs (WSPS Rule 3.7)

A "Shooting Chair" is any object on which an athlete sits on to shoot. This includes wheelchairs, stools, chairs, seats, and high stools.

All shooting chairs are subject to spot checks on the shooting line before, during or immediately after the competition.

Position	Armrests	Sideboards	Table
Prone	Authorized only if the armrests are used to attach the table. The arm(s) of the Shooting Chair which are not used to attach the table/board must be removed.	Authorized, however they must not provide additional trunk support or stability.	Authorized (however with restrictions as stipulated in Rule 4.2.2.1).
Standing	Not authorized. Refer to WSPS Rule 4.2.3.2	Not authorized. Refer to WSPS Rule 4.2.3.2	Not authorized.

Athletes must not lean on the side posts or add any material or modify the structure of their Shooting Chairs, to gain stability of the pelvis or the spine and thus gain unfair advantage against their fellow competitors.

The chair may be upholstered with material that is compressible up to a maximum of 5 cm.

The backrest may be made of hard or flexible material. Backrest slack of flexible material shall not exceed 8 cm. Backrest slack of hard material shall not exceed 3 cm.

Shooting Tables (WSPS Rule 3.8)

Shooting tables may be either attached to the shooting chair or free standing; have a small upstanding edge fitted to prevent small items from falling (but for additional stability or support); be no larger size than 90 cm in diameter; may consist of two or more small individual tables joined or placed together in such a way as to provide one stable platform on the same horizontal axis, however must not be larger in size (when joined/placed together) than the permitted 90 cm diameter.

In rifle shooting, the table may be upholstered with compressible material of a maximum thickness of 2 cm and must be of uniform thickness for both elbows. It is not permitted to make a hollow in the table.

The shape of the shooting table is free, except if the table is curved, the width of the curve must be wider than the athlete, so the sides of the athlete's abdomen do not touch both sides of the curve at the same time.

SH2 Support Stands (Rifle Only) (WSPS Rule 3.9)

Athletes are required to provide their own SH2 stands for Move United Nationals. All SH2 athletes must use an approved support stand to support the weight of the rifle. The shooting stand may be fixed to the table or on a tripod. No other support or mechanical devices may be used as a support for the rifle. No device or substance may be attached to the rifle or the shooting stand in order to hold the rifle in a fixed position in, or against the shooting stand. The athlete's hands must not be placed in front of the spring or interfere with the operation of the spring when firing a shot. It is allowed to shorten the bottom part of the support stand. The remaining length needs to be at least 20 mm.

Support Stand Yoke (WSPS Rule 3.9.11)

The rifle may not contact both sides of the yoke at the same time. The yoke must be at least 1 cm wider than the width of the rifle stock. It is allowed to add material inside the yoke if it is comparable to the surface of a shooting glove and doesn't interfere with minimum measurements.

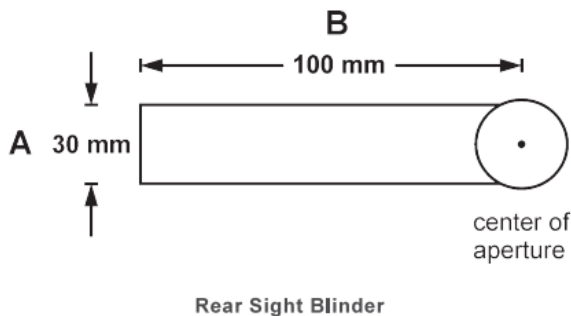
Point of Balance (WSPS Rule 3.9.12)

The point of balance of a rifle must be marked at equipment check. The rifle must be placed ± 5 cm of its point of balance on the rifle support stand and the total 10 cm range must be marked. The complete yoke must be within the 10 cm range. The point of balance is measured with full air cylinders.

Sights (Open, SH1, SH2 Division) (ISSF RULE 7.4.1.6)

- The front or rear sights may have light or tinted lenses or a polarizing filter, but the sights may not have any system of lenses;

- No Light enhancing system, optical sight, optical system, or telescope may be attached to the rifle;
- A single corrective lens may be attached to the rear sight only; or the athlete may wear corrective or tinted lenses;
- Any aiming device programmed to activate the firing mechanism is prohibited;
- A blinder may be attached to the rifle or to the rear sight. The blinder must not be more than 30 mm deep (A) nor extend further than 100 mm (B) from the center of the rear sight aperture on the side of the non-aiming eye. A blinder must not be used on the side of the aiming eye; and a prism or mirror device may be used when shooting from the right shoulder while aiming with the left eye, providing it does not have a magnifying lens system. It must not be used when shooting from the right shoulder when using the right eye.



VI Sights (Move United)

Visually impaired athletes may use any amount of magnification for prescriptive eyeglasses or corrective lens.

Athletes may use a maximum 2X power magnification diopter in the rear sight but no other device may be used to improve magnification.

Standards for 10M Air Rifle Only (ISSF Rule 7.4.4)

- The total length of the air rifle system measured from the back end of the mechanism to the apparent muzzle must not exceed 850 mm; and
- The front sight may not extend beyond the apparent muzzle.
- There is no limitation on how low the butt-plate may be extended.
- No part of the butt stock between the butt plate and pistol grip may be more than 140mm (except the wood stock) below the centerline of the bore.
- The maximum fore-end depth is 120mm.

Standards for 10M Air Pistol Only (ISSF Rule 8.4.1.1)

- Any 4.5 mm (.117cal.) compressed air, CO₂ or pneumatic air pistol that conforms to the Pistol Specification Table and Pistol Configuration Drawing may be used.
 - a) Neither the grip nor any part of the pistol may be extended or constructed in any way that would allow it to be touched beyond the hand. The wrist must remain visibly free when the pistol is held in a normal firing position. Bracelets, wristwatches, or similar item are prohibited on the hand that holds the pistol; and
 - b) Adjustable grips are permitted providing that when they are adjusted for the athlete's hand they conform to these rules. Grip adjustments are subject to random equipment checks to ensure that they conform with these rules.

Air Rifle Hook Butt Plates (ISSF Rule 7.4.5.1)

A hook butt-plate that complies with the following restrictions may be used:

- a. The butt hook projecting rearward from the bottom of the butt-plate must not extend more than 153 mm (A) past the rear of a line that is perpendicular to a line drawn through the axis of the bore of the rifle, and that is tangent to the deepest part of the butt-plate depression that normally rests against the shoulder;
- b. The butt hook projecting from the bottom of the butt-plate must have a total outside length around any curve or bend of not more than 178 mm (B);
- c. The top projection of the butt-plate must not extend more than 25 mm to the rear of this perpendicular line; and
- d. Any devices or weights projecting forward or laterally from the lower part of the butt-plate are prohibited.
- e. If the athlete is unable to stabilize the butt stock due to an injury or deficiency, a butt hook projecting rearward from the top of the butt-plate may be authorized. The approval of this or similar devices must be made by the Match Director at equipment check. (Move United)

Palm Rests (ISSF Rule 7.4.5.2)

A palm rest is any removable attachment or extension below the fore-end that aids the support of the rifle by the forward hand in the standing position only. Such extensions must not extend more than 200 mm below the centerline of the barrel.

Shooting Positions

Prone (ISSF RULE 7.6.1.2)

- The rifle may be supported by the sling, but the fore-end behind the left hand must not touch the shooting jacket;
- No part of the rifle may touch the sling or its attachments;
- Both forearms and sleeves of the shooting jacket forward of the elbow must be visibly raised from the surface of the firing point;
- The athlete's sling (left) forearm must form an angle not less than 30 degrees from the horizontal, measured from the axis of the forearm;
- The right hand and/or arm may not touch the left arm, shooting jacket, or sling.

All athletes (SH1 & SH2) are not allowed to fixate their body between the backrest and the table; they may either lean on the backrest or the table for stability but not both. Should the athlete have an uneven arm length, it is permitted to use a compensating block under the shorter limb. (WSPS Rule 4.2.2)

SH1 (WSPS Rule 4.2.2.5)

- Both elbows must rest on the table or board.
- The upper arms must not touch the table or board (it is recommended that the part of the table below the upper arm is removed).
- The forearm must not form an angle of less than 30 degrees from the horizontal, measured from the axis of the forearm.
- In the case of upper limb deficiency athletes: it is permitted to hold the rifle with a normal prosthesis, if the prosthesis does not grip the rifle and does not have a fixed elbow.
- Both the forearms and the sleeves of the shooting jacket must be visibly raised from the surface of the table as per ISSF rules.

SH2 (WSPS Rule 4.2.2.6)

- Use of a sling is prohibited.
- Both elbows (if the athlete's Impairment allows) must rest on the table or board.
- If the athlete's Impairment does not allow for both elbows to be rested on the table, the athlete may rest their non-shooting arm on the table, on top of the rifle, or on their body, provided that the arm is visibly relaxed and not used in such a way as to gain additional support and an unfair advantage.
- The upper arms must not touch the table or board (it is recommended that the part of the table below the upper arm is removed).

SH2 Modified (Move United)

Athletes with severe injuries or neurological impairments may use whatever means necessary to stabilize the rifle and deliver a shot on target. Assistants are recommended and may act to assist the athlete with stabilizing the rifle and depressing the trigger. Standing rifle positions and Pistol events are not authorized for SH2 Modified participants. SH2 Modified (recreational shooting) is limited to team or local events (Level 1 competitions).

SH3 (Move United)

Visually impaired athletes shooting 10M rifle fire 20 shots in 60 minutes at a single-bull pistol scoring target and may utilize the SCATT or ECO-AIMS audible tone targeting system. Athletes may use a sling to support the rifle.

Athletes may employ a shooting stand that is centrally aligned with the scoring target and positioned forward of or attached to the shooting table. The maximum height of the shooting stand must remain below the scoring target and may only be used to align or realign the rifle barrel between shots. The shooting stand may not be used to support the airgun during a shot. The terminal end of the shooting stand may have a "V" shape to guide the rifle centrally.

Standing (ISSF Rule 7.6.1.3)

- The rifle may be held with both hands and the shoulder or the upper arm near the shoulder and the part of the chest immediately adjacent to the right shoulder;
- The cheek may be placed against the rifle stock;
- The rifle must not touch the jacket or chest beyond the area of the right shoulder;
- The left upper arm and elbow may be supported on the chest or on the hip. If a belt is worn the buckle or fastening must not be used to support the left arm or elbow;
- A palm rest may be used but not in 300m Standard Rifle or 10m Air Rifle events;
- A hand stop/sling swivel is not allowed in this position for 300m Standard Rifle and 10m Air Rifle;
- In this position, the use of the sling is prohibited; and
- The right hand may not touch the left hand, left arm or the left sleeve of the shooting jacket.

The arms and sideboards of the shooting chair and the shooting table must be removed unless the construction of the wheelchair requires a sideboard; the height of this may not exceed the height of the top of the wheel. When shooting from a high stool, the athlete must be able to remove their feet off the floor, without losing balance and without moving the upper body. (WSPS Rule 4.2.3)

SH1 (WSPS Rule 4.2.3.4)

- The rifle must be held with the arms only, without support (as per the ISSF Rules).
- No part of the arms may come in contact with any part of the Shooting Chair.
- Not any part of the elbows is to make contact with the lap, wheel or gain support other than from the ribcage, hip or abdomen. The penalty for noncompliance with this rule is first a Yellow Card, followed by a Green Card (two (2) point penalty).

SH2 (WSPS Rule 4.2.3.5)

- In the case of arm-amputee athletes it is not permitted to hold (touch) the rifle with the prosthesis in standing position.
- In the standing position all athletes must clearly and visibly de-shoulder (removal of physical contact between butt plate and shoulder) the rifle in between shots. There must be a visible separation of at least 3cm between every shot.
- The penalty for not de-shouldering between shots will be first a Yellow Card, followed by a Green Card (two (2) point penalty), with a 3rd violation resulting in a Red Card (disqualification).

Range Administration

The range will be set up for live fire at least an hour before the match for athletes to sight in airguns and prepare for the match.

Finals Production and Music (ISSF Rule 6.17.1.11)

The use of music and commentary in Finals is now required. Music should also be used during Elimination and Qualification competitions if possible (Approved ISSF Playlist or other acceptable substitute).

Mobile Phones (ISSF Rule 6.7.4.4)

Athletes may not use mobile phones or hand-held or wrist-worn communication devices on their firing points or shooting stations.

Range Commands Move United (MOVE UNITED)

Range commands will be followed at all times, when the command of “**CEASE FIRE**” is given by a range official or any person observing an unsafe condition, all athletes will immediately place their rifle on the shooting table, no longer handle or touch the airgun and await the next command, regardless of the loaded or unloaded condition of the rifle.

When event or relay times expire or there are time stoppages to exchange targets, the range safety official will give the command “**MAKE SAFE AND SHOW THE GUN IS SAFE**”. All athletes will insert the empty chamber indicator (**ECI**) or safety flag and move away from the firing line.

If a pellet is still in the chamber after the command to “**STOP**” or “**MAKE SAFE**” is given, the athlete shall notify the range safety official by raising their hand. The range safety official will discharge the pellet into a discharge container or use a barrel rod to remove the pellet from the chamber.

Range Commands (ISSF Rule 6.2.3)

Chief Range Officers, or other appropriate range officials, are responsible for giving the commands “**LOAD**”, “**START**”, “**STOP**”, “**UNLOAD**” and other necessary commands. Range Officers must ensure that the commands are obeyed and that guns are handled safely.

Airguns may only be loaded on the firing point and after the command “**LOAD**” or “**START**” is given. At all other times, airguns must be kept unloaded.

If an athlete fires a shot before the command “**LOAD**” or “**START**” is given, or after the command “**STOP**” or “**UNLOAD**” is given, they may be disqualified if safety is involved.

When the command or signal “**STOP**” is given, shooting must stop immediately. When the command “**UNLOAD**” is given, all athletes must unload their guns and magazines, and make them safe (to unload air guns ask the Range Officer for permission). Shooting may only resume when the command “**START**” is given again.

Additional Safety Requirements (ISSF Rule 6.2.4)

Dry Firing means the release of the cocked trigger mechanism of an unloaded cartridge gun, or the release of the trigger mechanism of an air or gas gun fitted with a device which enables the trigger to be operated without releasing the propelling charge (air or gas). Dry firing and aiming exercises are permitted only on the firing line or in a designated area in accordance within these rules.

It is the athlete’s responsibility that any air or CO2 cylinder is still within its validity date. This may be checked by Equipment Control.

Hearing Protection (ISSF Rule 6.2.5)

All athletes, range officials and other persons in the immediate vicinity are urged to wear ear plugs, earmuffs, or similar ear protection. Hearing protection incorporating any type of receiving devices is not permitted for athletes. Hearing protection is helpful in facilitating focus and concentration for athletes.

Sound-Enhancing Hearing Protection

Athletes may wear sound reducing hearing protection, but they may not wear sound-enhancing hearing protection on the firing line or shooting stations. Competition officials are allowed to wear sound-enhancing hearing protection. Hearing impaired athletes may wear sound-enhancing devices with the approval of the Jury.

Eye Protection (ISSF Rule 6.2.6)

All athletes are required to wear shatterproof shooting glasses or similar eye protection while shooting.

Rifle Rules (Move United)

Current Move United Nationals events will consist of 10 meter air rifle prone events only. However, future events could contain both standing and prone. The order of firing for two position rifle events will be prone then standing.

The time allotted for the SH1 prone rifle event will be a total of 50 minutes for 60 shots of match firing on electronic targets.

The time allocated for the SH2 prone rifle event will be a total of 60 minutes for 60 shots of match firing on electronic targets.

On paper targets, the total time allotted for 60 shots will be 60 minutes for SH1 and 70 minutes for SH2. When using paper targets, each target stand will be set with two, adjacent 10 bull targets. The time allotted for 20 shots of match firing will be exactly one-third the time allotted for a complete SH1 or SH2 match as necessary, followed by a time stoppage for the exchange of targets. Before match firing resumes, a 5 minute Preparation and Sighting period will be allowed, followed by match firing.

The time allotted for 2 position rifle events will be 25 minutes for the prone position, followed by a time stoppage for changing paper targets and 35 minutes allotted for the standing position, for a total of 60 minutes for the event.

For the rifle qualifying match, athletes will fire one shot in each bull of the scoring targets, not dependent on the numbering order of the scoring targets. Multiple hits on the same bull will be assessed relative the total number of shots fired. Scoring penalties may result if the total number of allowed shots has been exceeded.

When using paper targets, the Chief Range Officer must announce “**MAKE SAFE**” including the insertion of an empty chamber indicator (ECI), following any sighting period. Range officers shall inspect all targets and ensure all errant sighting shots are marked prior to match firing.

Times and Events

The Hartford Nationals Events and times (WSPS Rule 4.1)

Event	Discipline	Gender	Class	Shots	Time: Electronic Targets	Time: Paper Targets
R3	10m Air rifle prone	Mixed	SH1	60	0:50	1:00
R5	10m Air rifle prone	Mixed	SH2	60	1:00	1:10
*VIP	10m Air Rifle Prone	Mixed	SHVI	60	0:50	1:00

Local Recreational Move United Matches Only (Move United Rule)

Event	Discipline	Gender	Class	Shots	Time: Electronic Targets	Time: Paper Targets
R1	10m Air Rifle Standing	Mixed	SH1	60	1:15	1:30
R3	10m Air Rifle Prone	Mixed	SH1	60	0:50	1:00

R3.5	10m Air Rifle 2 Position	Mixed	SH1	20 Standing 20 Prone	1:00	1:00
R4	10m Air Rifle Standing	Mixed	SH2	60	1:15	1:30
R5	10m Air Rifle Prone	Mixed	SH2	60	1:00	1:10
R5.5	10m Air Rifle 2 Position	Mixed	SH2	20 Standing 20 Prone	1:00	1:00
R6	10m Air Rifle Prone	Mixed	SH3	20	1:00	1:00
R7	10m Air Rifle Standing	Mixed	Open	40	1:00	
R8	10m Air Rifle Prone	Mixed	Open	40	1:00	
R8.5	10m Air Rifle 2 Position	Mixed	Open	20 Standing 20 Prone	1:00	
R9	10m Air Rifle Recreational	Mixed	Modified	40	1:00	

Pistol Rules (Move United)

For the pistol match, athletes will fire 10 shots in each of the four scoring targets, not dependent on the numbering order of the scoring targets. Excessive hits on the scoring target will be assessed relative to the total number of shots fired. Scoring penalties may result if the total number of allowed shots has been exceeded.

In addition to the applicable rules, the athlete must stand free, without any artificial or other support, with both feet and/or shoes completely within the firing point. The pistol must be held and fired with one (1) hand only. The wrist must be visibly free of support.

Arms and side boards of the shooter's chair or table must be removed; the non-shooting arm must be at rest and not used for support or an unfair advantage.

The ready position must be maintained with the pistol held in one hand and at an angle of no more than 45° with the muzzle pointed forward of the shooting position. The table may not be used to support the pistol or athlete in any fashion during the shot but may be used to steady the pistol for loading.

Neither the grip nor any part of the pistol may be extended or constructed in any way that would allow it to touch beyond the hand. The wrist must remain visibly free when the pistol is held in the normal firing position. Bracelets, wristwatches, wristbands, or similar items are prohibited on the hand and arm that holds the pistol.

Only open sights are allowed; corrective lenses, laser projected aim points or filters are not allowed to be attached to the pistol.

Times and Events (Move United)

Event	Discipline	Gender	Class	Shots	Time
P1	10m Air Pistol	Men	SH1	40	1:00
P2	10m Air Pistol	Women	SH1	40	1:00
P3	10m Air Pistol	Men	Open	40	1:00
P4	10m Air Pistol	Women	Open	40	1:00

Preparation and Sighting Time (ISSF Rule 6.11.1.1)

Athletes must be given 15 minutes Preparation and Sighting Time before MATCH firing starts to make their final preparation and fire unlimited Sighting Shots. Preparation and sighting periods start prior to the announced match time. Athletes are required to arrive at least 30 minutes prior to match start time.

- a. The Preparation and Sighting Time must be timed to end approximately 30 seconds before the official starting time for MATCH Firing.
- b. Sighting targets must be visible at least 15 minutes before the Preparation and Sighting Time starts;
- c. Athletes may not place their airguns and equipment on their firing points until the Chief Range Officer has called the athletes to the line;
- d. The Chief Range Officer must call athletes to the line at least 15 minutes before the Preparation and Sighting Time starts;
- e. If there is more than one relay, each relay must be allowed the same amount of time to bring their equipment to the firing line;
- f. After the Chief Range Officer calls athletes to the line, they are permitted to handle their guns, dry fire (safety flags may be removed for dry firing) or carry out holding and aiming exercises on the firing line before the Preparation and Sighting Time starts;
- g. Pre-competition checks by the Jury and Range Officers must be completed during the 10 minutes before the Preparation and Sighting Time starts;
- h. The Preparation and Sighting Time begins with the command **“PREPARATION AND SIGHTING TIME...START”**; No shot may be fired before the command **“START”**;
- i. An athlete who fires a shot or shots before the **“START”** command for the Preparation and Sighting Time may be disqualified if safety is involved. If safety is not involved (**ISSF Rule 6.2.3.5**), the first competition shot must be registered as a miss (0);
- j. After 14 minutes, 30 seconds have elapsed in the Preparation and Sighting Time, the Range Officer must announce **“30 SECONDS”**.
- k. Following an exchange of paper targets, the CRO will provide an additional 5-minute Preparation and Sighting Time, utilizing the same commands and procedures, prior to re-starting MATCH firing;
- l. At the end of the Preparation and Sighting Time, the Chief Range Officer must command **“END OF PREPARATION AND SIGHTING...STOP”**. There must be a brief pause when the Target Officer will reset the targets for MATCH firing; and

- m. If an athlete fires a shot after the command **“END OF PREPARATION AND SIGHTING...STOP”** and before the **“MATCH FIRING...START”** command, the shot must not be counted as a MATCH shot and a two (2) point penalty must be applied to the first competition shot.

“Start” of Match Firing (ISSF Rule 6.11.1.2)

- a. When all targets are reset for MATCH firing or there is an exchange of paper targets, the Chief Range Officer will command **“MATCH FIRING...START”**. MATCH firing is considered to have started when the CRO has given the command **“START”**;
- b. Every shot fired after the start of MATCH firing must be recorded as a MATCH shot, however, dry firing is allowed;
- c. After the start of MATCH Firing, no further sighting shots are allowed, except when permitted by the Jury in accordance with these Rules;
- d. Any further sighting shot(s) fired in contravention of this rule must be scored as miss(es) in the competition;
- e. The CRO must inform athletes by loudspeaker of the time remaining at both ten (10) minutes and five (5) minutes before the end of the competition time;
- f. A shot or shots that are not fired during the MATCH Firing time must be scored as miss(es) on the last competition target(s), unless the CRO or a Range official has authorized extra time; and
- g. If, during MATCH Firing on 10m ESTs, the Jury directs an athlete to move their position laterally (sideways) within their firing point by 30 cm or more, the athlete may be offered additional sighters and 2 minutes additional time before they resume MATCH firing.

“Stop” Command (ISSF Rule 6.11.1.3)

The competition must stop at the command **“STOP”**.

- a. If a shot(s) is fired after the command or signal **“STOP”**, that shot(s) must be counted as a miss; and
- b. If the shot(s) cannot be identified, the best hit(s) must be deducted from the score of that overall paper target and scored as miss(es).

Qualifying Round (MOVE UNITED)

The 60 shot rifle events will serve as the qualifying rounds of the Move United airgun competition match. The 8 highest scoring athletes, at least two from each division will continue to the elimination finals. The Event Director and/or officials may adjust the number of athletes selected for the finals.

Elimination Final Round (MOVE UNITED)

All finalists will begin with a clear scoring target and scoring bulls will be shot in clockwise order. The SH2 athletes must “de-shoulder” the rifle between shots.

Finalists shoot 2, **5 shot series in 250 seconds for each series**; followed by two single shots, fired on command with 50 seconds for each shot. The lowest cumulative score will be eliminated after this combination of 12 shots.

After each series of two, single shots fired on command in 50 seconds each; athletes are eliminated one by one, based on the result of each consecutive two shot series added to the cumulative score, until the gold and silver medalists are decided from each division. A maximum of 24 shots will be fired in the final round.

The scores of the qualifying and elimination finals will be posted as separate scores.

The winner of each division is the competitor who shoots the higher scores during the single elimination match.

The range official reserves the right to adjust the format of the final (i.e. 10 shot final) and the number of finalists.

Specific Rules for 10M Air Gun Events (ISSF Rule 6.11.2)

If an athlete **releases the propelling charge** prior to the Preparation and Sighting Time they must be given a **WARNING** for the first violation and a **DEDUCTION** of two (2) points from the lowest value shot of the first MATCH series for the second and subsequent violations.

Any release of the propelling charge, after MATCH firing starts, without a hit on the target will be scored as a miss. Dry firing without release of the propelling charge is permitted except during Finals.

If an athlete wishes to change, or to fill, a gas or air cylinder, they must raise their hand and request a Range Officer to perform that task. With approval of the Range Officer, the athlete may assist the Range Officer. No extra time is allowed to change or fill a gas or air cylinder during a competition.

The gun may only be loaded with one (1) pellet. When a gun is accidentally loaded with more than one (1) pellet:

- a. If the athlete is aware of the situation, they must raise their non-shooting hand to indicate to a Range Officer that they have a problem. A Range Officer must then supervise the unloading of the gun and no penalty will be incurred. No extra time will be allowed for this; or
- b. If the athlete is unaware of the situation and fires two pellets at the same time, they must report this to a range officer. If there are two (2) hits on the target, the score of the higher value shot will be counted and the second shot will be annulled. If there is only one (1) hit on the target, this will be counted.

Irregular Shots – Too Many Shots in an Event or Position (ISSF RULE 6.11.5)

If an athlete fires more shots in the event or position than are provided for in the program, the extra shot(s) must be annulled on the last competition target(s). If the shot(s) cannot be identified, the **highest value shot(s) must be annulled** on the last competition target. The athlete must also be **penalized by a deduction of two (2) points** for each excessive shot fired, deducted from the lowest value shot(s) in the first series.

Too Many Shots per Paper Target (ISSF)

- a. If an athlete fires more shots at one of their MATCH targets than are provided for in the event, they must not be penalized for the first two (2) shots.
- b. For the third and all succeeding such misplaced shots they must be penalized by a **deduction of two (2) points** for the third and subsequent misplaced shots in that event.
- c. The two (2) point deduction must be taken from the series in which the third or any subsequent misplaced shots occur. They must also fire a fewer number of shots at the remaining targets so that the number of shots does not exceed that provided for in the program.

- d. The scoring process in this situation requires the transfer of the value of the excessive shot(s) to targets with less than the originally programmed number of shots, thus bringing each target to the full number of shots designated in the program and the Rules.

Special Competition Regulations (ISSF Rule 6.11.8)

- a. The use of mobile telephones, walkie-talkies, pagers or similar devices by athletes, coaches and team officials while within the competition area is prohibited. All mobile phones etc. must be switched off or placed on silent mode.
- b. Flash photography is prohibited until after competitions are completed; and
- c. Notices must be displayed to inform spectators that mobile phones must be placed on silent mode, that smoking is not permitted, and that flash photography is prohibited until competitions are completed.

Coaching During Any Event (ISSF Rule 6.12.5)

In rifle and pistol events, non-verbal coaching while an athlete is on the firing line during Elimination, Qualification or Finals are **allowed**. While on the firing line, an athlete may speak only with Event Director or range officials. Coaching during training is permitted, but such coaching must not disturb other athletes.

If an athlete wishes to speak with their Coach or Team Official during an Elimination or Qualification, the athlete must unload their gun and leave it in a safe condition on the firing line with the action open and a safety flag inserted. An athlete may leave the firing line only after notifying a Range Officer and without disturbing other athletes.

If a coach or team official wishes to speak with a team member on the firing line, the team official must not contact the athlete directly or talk with the athlete while they are on the firing line. The team official must obtain permission from a Range Officer, who will call the athlete off of the firing line.

If a team official or athlete violates the rules concerning coaching, a warning must be issued the first time. In repeated cases, two (2) points must be deducted from the athlete's score and the team official must leave the vicinity of the firing line.

Malfunctions (ISSF Rule 6.13)

A malfunction occurs when a gun fails to fire a projectile when the trigger is pulled.

Malfunctions may be either **ALLOWABLE OR NON-ALLOWABLE**.

ALLOWABLE MALFUNCTIONS ARE:

- a. A pellet is lodged in the barrel; or
- b. The gun fails to fire or function properly, and the trigger mechanism has been released.

NON-ALLOWABLE MALFUNCTIONS ARE:

- a. The athlete has opened the action of their gun;
- b. The safety was engaged;
- c. The athlete did not properly load their gun;
- d. The athlete did not pull the trigger; or
- e. The malfunction is due to any cause that could reasonably have been corrected by the athlete.

If an athlete has a **gun or ammunition malfunction**, they may repair it and continue shooting. If a rifle or pistol becomes disabled and cannot readily be repaired, the athlete may replace the disabled rifle or pistol with another rifle that has been approved by Equipment Control provided the Jury approves the change.

No extra competition time is allowed to repair or replace a gun after any malfunction in 10m, Rifle Elimination or Qualification Rounds, but the Jury may allow an athlete to fire additional sighting shots after repairing a malfunctioning gun if the malfunction was **ALLOWABLE**.

Should a mechanical or malfunction event occur, the Range Official will determine if additional time will be allotted for shots. If the event is determined to be athlete error, there will be no alibis given. **(MOVE UNITED)**

Determining Shot Values (Hand Scoring) – Paper Targets (ISSF Annex – Rules for Paper Target Shooting)

All shot holes are scored according to the highest value of any target scoring zone or ring that is hit or touched by that pellet hole. If any part of a higher value scoring ring is touched by a pellet hole, the shot must be scored the higher value of the two scoring zones. This is determined by whether the pellet hole or a plug gauge inserted in the hole touches any part of the outside edge of the scoring ring.

An exception to this Rule is the scoring of inner tens on the air rifle target.

Shots in dispute must be determined as to value by means of a gauge or other device.

Gauges must always be inserted into the shot hole with the target in a horizontal position.

When the accurate use of the plug gauge is made difficult by the close proximity of another pellet hole, a badly torn pellet hole or overlapping bullet holes, the shot value must be determined by using a flat, transparent material with an engraved ring of the appropriate size on it. Such a scoring gauge will aid in reconstructing the true position of a bullet hole and scoring ring.

If two scoring officials do not agree on the value of a shot, a decision from the Jury must be requested immediately.

The plug gauge may be inserted only once in any pellet hole and only by an event official. For this reason, the use of a gauge must be marked on the target by the scoring officials, together with their initials, and showing the result.

Verbal Protests (ISSF Rule 6.16.2)

Any athlete or team official has the right to protest a condition of the competition, decision, or action immediately and verbally to a Referee, Range Officer or Event Director. Such protests may be submitted on the following matters and the protest fee becomes payable:

- a. An athlete or team official considers that the ISSF Rules or the competition program were not followed in conducting the competition;
- b. An athlete or team official does not agree with a decision or action by a competition official, Referee, Range Officer or Event Director;
- c. An athlete was impeded or disturbed by other athlete(s), competition official(s), spectator(s), member(s) of the media or other person(s) or cause(s);
- d. An athlete had a long interruption in shooting caused by range equipment failure, the clarification of irregularities or other cause(s); and

- e. An athlete had irregularities regarding shooting times, including shooting times that were too short.

Scoring Protests (ISSF Rule 6.16.5)

Decisions by the Jury on the value or number of shots on a target are final and may not be appealed.

Scoring Protest Time (ISSF Rule 6.16.5.1)

All scoring or results protests must be submitted within 10 minutes after preliminary results are posted on the Range Scoreboard (Rule 6.4.2.i). The time when the Scoring Protest Time ends must be shown on the Range Scoreboard, when preliminary results are posted. The location to which any score protest must be made must be published on the official program.

Rankings (WSPS Rule 2.18)

A ranking system will determine the best performing athlete per event per season based on a point system.

- Only athletes that are Move United members and have a sport class confirmed will have their results recognized for ranking purposes.
- Ranking points will be attributed depending on the level of competition and according to the below table.
- The scores that will be considered are from level 3 plus the best one (ranking position for the athlete) from Level 1 and Level 2.

National Sanctioning Levels

Level 3	Move United shooting competitions; The Hartford Nationals, Sanctioned virtual matches that result in national rankings; minimum qualifying scores apply. Targets scored by electronic scoring or Orion scoring only.
Level 2	Move United shooting competitions between multiple shooting teams; electronic scoring or Orion scoring only.
Level 1	Recreational shooting; “modified division”, individual team shooting competitions, etc.; minimum results of 3 matches (i.e. Team Ranking); manual scoring, electronic scoring or Orion scoring allowed.

Ranking Points Distributed

Ranking Points Distributed			
Rank	Level 3 Move United Sanctioned Competitions	Level 2 Multi-team Competitions	Level 1 Team Competitions
1	50	30	15
2	46	27	14
3	43	25	13
4	40	23	12
5	37	21	11
6	34	19	10
7	31	18	9
8	28	17	8
9	25	16	7
10	22	15	6
11	20	14	5
12	18	13	4
13	16	12	3
14	14	11	2
15	12	10	1
16	10	9	-
17	9	8	-
18	8	7	-
19	7	6	-
20	6	5	-
21	5	4	-
22	4	3	-
23	3	2	-
24	2	1	-
25	1	1	-