

Here is more information related to shooting BB gun, air rifle and air pistol on positions. Please share this information with your shooting sports instructors AND your families.

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The first section below is information on the positions used for BB gun and Air Rifle. BB gun uses all 4 positions. Air Rifle does not use the Sitting position. The following descriptions give the rules on the positions. I have also attached a document called Teaching Rifle Positions that gives you many hints on how to use the sling and tricks to help your shooters set up in the position correctly. The Ten Lesson Curriculum attached is also a great resource.

For BB Gun – full rulebook is found here: <http://rulebooks.nra.org/> -
[Download the NRA BB Gun Rule Book](#)

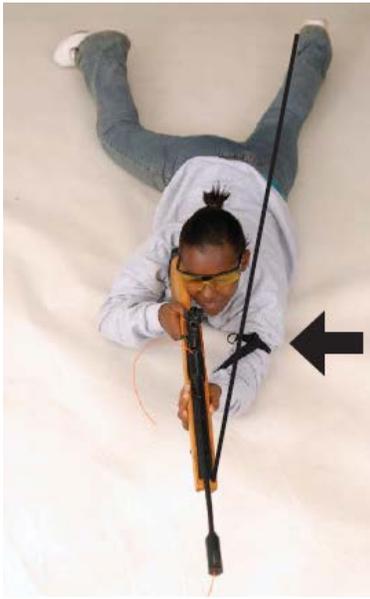
Here is the link for the Air Rifle Rule Book: <http://thecmp.org/wp-content/uploads/Rules.pdf>

There is a great video on this page that explains eye dominance, sight picture and positions. <http://www.daisy.com/education>

Positions:

Prone - Competitors may lie on the bare surface of the firing point or they may use a mat. The body will be extended on the firing point with the head toward the target. The BB gun will be supported by both hands and one shoulder only. The cheek may be placed against the rifle stock in the sighting position. The BB gun may be held by means of a sling. The BB gun may not touch or rest against any other point or object. Competitors' forearms must be clearly and visibly raised from the surface of the firing point. Competitors' forward forearm may not form an angle less than 30 degrees from the horizontal (floor or mat), on which the elbows rest (measured through the axis of the forearm). (Left handed competitors reverse these descriptions.)





Sitting - Weight of the body is supported on the buttocks and the feet or ankles, with no other portion of the body touching the ground. The BB gun will be supported by both hands and one shoulder only. Elbows may rest on the legs at any point above the ankles. (The elbow is defined as 4 inches from the point of the arm when bent.) No portion of a competitor's foot may cross the firing line. With the crossed leg position (first picture), the body of a right-handed shooter faces 45 to 60 degrees right of the line of aim. (Left-handed shooters will face to the left and change the following instructions accordingly.) The legs are crossed. The outside of each foot rests on the ground and supports the knees. The elbows are placed on or near the knees and form triangles to support the rifle. The left elbow is directly under the rifle. With the crossed ankle or extended position (second picture), right-handed shooters sit at a 45 degree angle to the right of the line of aim. Left-handed shooters sit at a 45 degree angle to the left. Legs are crossed at the ankles and extended away from the body. Lean forward with back straight. Rest your elbows on the inside of the knees



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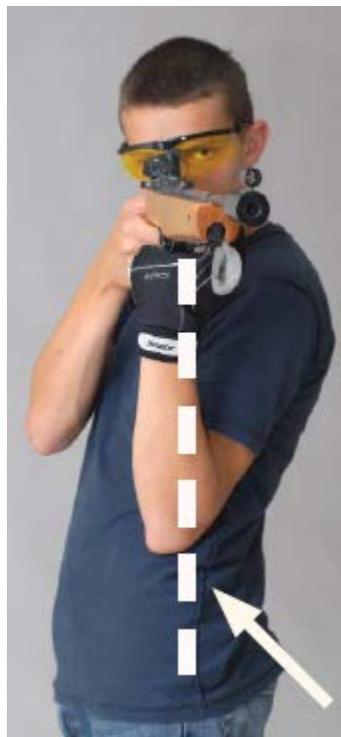


Kneeling - The competitor shall touch the ground with the right foot, the right knee and the left foot. The BB gun shall be held in the same way as when shooting in the prone position, i.e., with both hands and the right shoulder. The left elbow shall be supported on the left knee. The point of the elbow may not be more than 10 cms (3.9 inches) from the point of the knee. The BB gun may be held by means of the sling. If the kneeling roll is placed under the instep of the right foot, the foot may not be turned at an angle of more than 45 degrees. If the kneeling roll is not used, the foot may be positioned at any angle, to include placing the side of the foot and the lower leg in contact with the ground. No portion of the upper leg or buttocks may touch the ground at any point. Competitors may kneel completely on the ground cloth (Rule 3.10) or they may only have one or two of the three points of contact (toe, knee, foot) on the ground cloth. (Left handed competitors reverse these descriptions.) No portion of a competitor's foot may cross the firing line. Note that the 2nd picture below is while getting into the kneeling position before the sling has been brought into place.





Standing - The competitor shall stand free with both feet completely on the ground. The BB gun shall be held with both hands and the shoulder, or the upper half of the upper arm closest to the shoulder, the cheek and the part of the chest next to the shoulder. The upper left arm and elbow may be supported on the chest or on the hip. The sling cannot be used. (Left handed competitors reverse these descriptions.) Place your feet about shoulder width apart. Legs should be straight but knees are not in a locked position. The left elbow should be directly under the gun. The spine should be bent back over the hips with shoulders twisted toward the target. The left hand should be spread along the forearm, supported by the fingers, with the thumb supporting the trigger guard. Weight should be shifted to the left foot with body moving away from the target.





Here is information on the positions for Air Pistol:

Here is the Air Pistol rule book: <https://igrow.org/up/resources/01-4005-2015.pdf>

Beginners will shoot from the sitting position. Support will be allowed under the forearms, but no support materials may touch the gun, hand or wrist of the shooter. Support materials may not interfere with the shooters on either side. If no support materials are used, the hand may rest on the table but the pistol may not touch the table directly (at least a finger must be between the table and the pistol butt. Air under the supporting hand is not required. No part of the hand may touch the barrel and no part of the gun may touch the table.

Juniors may shoot from the sitting or standing position. If shooting from the sitting position, the shooter fires with nothing touching the table and elbows extended. The elbows may not be braced against the body or table. If shooting from the standing position, the shooter may use one or two hands holding the gun with arms extended. The shooter must stand free and the body must not touch table in front of the shooter that could give undo support.

Seniors must shoot from the standing position. The shooter must use one hand holding the gun with arm extended. The shooter must stand free and the body must not touch table in front of the shooter that could give added support. During rapid fire and silhouettes, seniors may use a two-handed hold.

Beginner



Junior



Senior

