

# International Shooting Sport Federation



## Rules for ISSF Target Sprint Competition



## Introduction to Sport for All

**Sport for All** is a movement promoting the Olympic ideal that sport is a human right for all individuals regardless of race, social class and sex. **Sport for All** encourages all people to live the Olympic Movement's values by practicing sports activities that give them regular exercise and the health and social benefits that come from sports participation.

## The International Shooting Sport Federation (ISSF) and Sport for All

The International Olympic Committee established a **Sport for All** Commission and actively encourages all of its International Federations to develop and promote sport for all activities within the sport that they govern. The ISSF adopted a **Shooting Sport for All** program to encourage its National Federation members to promote shooting events and disciplines that are especially suited for widespread grassroots participation. ISSF **Shooting Sport for All** events or disciplines are characterized by being readily accessible, easily affordable and suitable for both sexes and all ages. ISSF **Shooting Sport for All** events or disciplines now include **ISSF Target Sprint, Three-Position Air Rifle Sport** (for Juniors) and **Standing Supported** for Seniors.

## ISSF Target Sprint™ is an ISSF Shooting Sport for All Disciplines

**Target Sprint** is an exciting combination of air rifle target shooting and middle distance running that requires participants to develop accurate rifle shooting skills and physical fitness. **Target Sprint** participants are assigned to relays and begin each relay with a mass start and a fixed distance run. At the end of the first run, they stop at a 10-meter air rifle shooting range where they must shoot at and hit five knockdown targets from the standing position. The best athletes do this in a shorter period of time and start their second running stage as soon as all targets are down. More than five shots are often required, but that adds to the shooting time. At the end of the second run, participants must shoot another five targets before beginning the third and final running stage. The winner is the person who completes the three running stages and two shooting stages first. The emphasis in **Sport for All** athletes is, however, not on winning, but on participating to develop the fitness and skill needed to complete the competition. **Target Sprint** participants are normally divided into categories according to age and sex. **Target Sprint** contests can be organized anywhere a safe air rifle range and a 400 meter running course can be set up. The air rifle targets are simple, mechanical biathlon-type targets. The low-cost, single shot 4.5mm air rifles used are safe, accurate and easy to learn how to fire accurately. **Target Sprint** is a challenging 'fire and ice' combination of physically exhausting runs and fast-moving target shooting that is made more difficult by loss of breath and a racing heartbeat. Everyone who completes a **Target Sprint** event goes home with a real sense of accomplishment.

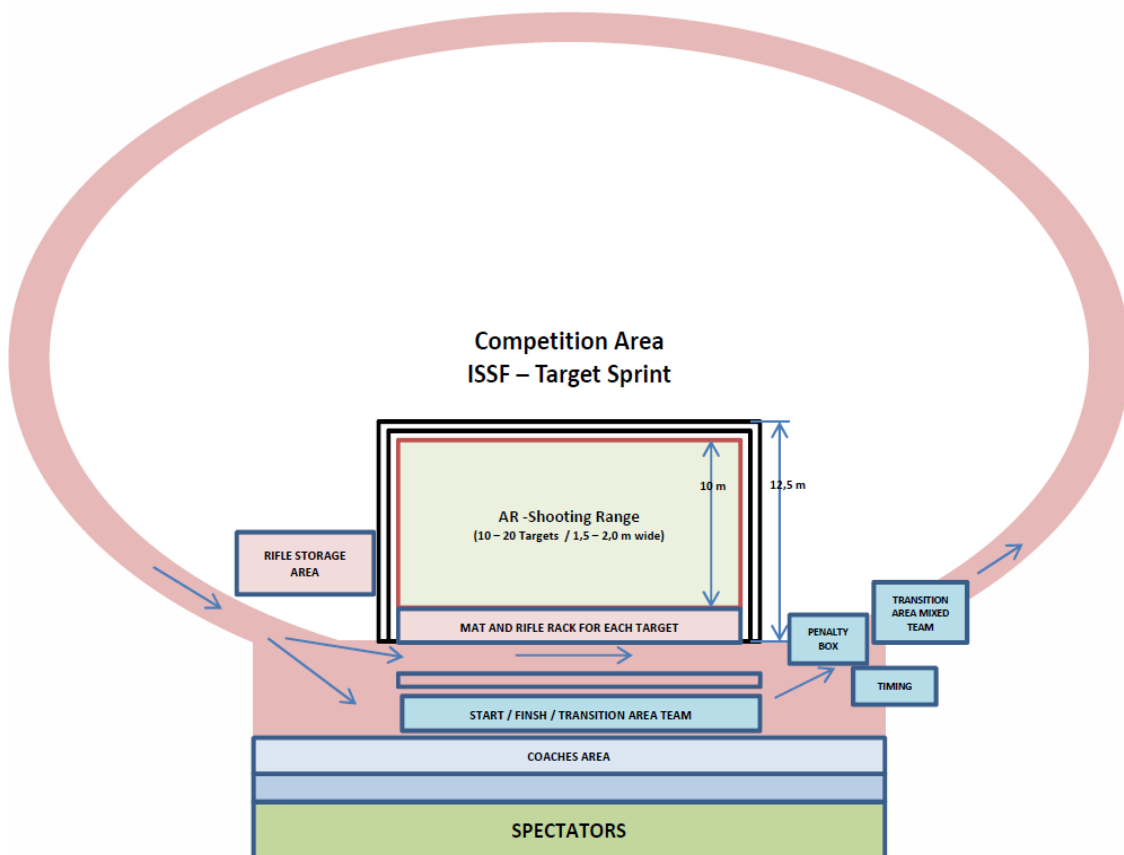
## How to Use these ISSF Target Sprint™ Rules

National Shooting Federations and their affiliated sports organizations are encouraged to use these rules as they are presented in this document. Organizations that organize **Target Sprint** events may, however, adapt these rules to local circumstances in order to encourage as many people as possible of all ages and sexes to participate.

# ISSF Target Sprint RULES

## 1.0 Target Sprint™ Venue

**Target Sprint** events are organized on a venue that has a combination of a running course and an air rifle range. Organizers should use the venue design concept shown in the illustration below. An athletic field with a 400-meter running track is ideally suited for this purpose as long as an air rifle shooting range can be located so that the safety of participants and spectators is assured. Outdoor areas with running paths are also excellent when a suitable location for the air rifle range can be found next to the running path. The number of firing points on the air rifle range may vary from a recommended minimum of 10 to a maximum of 20. Detailed requirements for the running course and shooting range are given in Rule 5.0.



## 2.0 Target Sprint™ Competition Format

Events should be organized so that all participants complete the following stages:

| Stage | Activity         | Description   |
|-------|------------------|---|
| 0     | Preparation Time | All qualification runs and all final runs start with a 5 min preparation time (all team and mixed team competitions 8 min) including occupying their firing points and time for preparation and sighting shots.   |
| 0     |                  | After the preparation time is over, the athletes have to go to the start line and wait there for the start signal.<br>After the Start:  |
| 1     | Running          | 400m on the designated running course.  |
| 2     | Shooting         | Athletes take rifles from the rifle rack and fire at five (5) falling targets from the standing position. Athletes continue firing until all targets are hit or fire a maximum of 15 shots to hit all 5 targets. If after 15 shots not all targets are hit, the athlete will take a 15 sec. penalty (penalty box) for each missed target. |
| 3     | Running          | 400m: After shooting, rifles are replaced in the rifle rack and running continues.  |
| 4     | Shooting         | Athletes repeat Stage 2 by firing at their five targets   |
| 5     | Running          | 400m: After shooting, rifles are replaced in the rifle rack and running continues until the athlete reaches the finish line. The total time from the start to the finish is the final result.   |
|       | After Finish     | After the race is over and all athletes crossed the finishing line, the athletes have to remove all their equipment from their firing position.   |
|       |                  | Before and after the race, all rifles have to be stored in the rifle storage area near to the shooting range with a safety flag/line inserted. It is prohibited to store rifles in the spectators or coaches area.  |

### 2.1 Running Distance

The running distance may be adjusted according to the venue next to the Target Sprint Shooting Range. Spectators and Media should see the athletes all of the time, but the running track should be approximately 400 meters.

### 2.2 Shooting Position

All shooting must be done from the unsupported standing position from the age of 15 (Youth). Athletes must hold the rifle with both hands and shoulder while standing erect on both feet. Athletes must take their firing positions on their assigned firing points immediately to the rear of the marked firing line. The arm that supports the rifle may rest on the side or hip. Athletes under the age of 15 (cadets) shoot in the prone position only. In the prone position, athletes must lie with both elbows resting on the ground while holding the rifle with both hands and the shoulder. A mat may be used; a sling may not be used.

### **2.3 Shooting Target Hits**

A hit on the target is scored when the athlete fires at and hits the target disc so that it falls. Only target discs that fall to provide a visible hit signal shall count as hits. Athletes must score hits on all five targets before they can continue running. Athletes are allowed to fire a maximum of 15 shots to hit all five targets. If after 15 shots not all targets are hit, the athlete will take a 15 sec. penalty (penalty box) for each missed target.

### **2.4 Running-Shooting-Running Changes**

The athlete does not carry the rifle during the race. The rifle remains in the rifle rack at the shooting range while the athlete is running. At the end of each of the first two running stages, athletes have to 1) approach the shooting range, 2) take their rifles from the rifle racks, 3) carry their rifles to their firing points with actions open, 4) take their positions on the firing line, 5) fire sufficient shots to hit all five targets, 6) open the actions on their rifles and return them to the rifle rack and 7) resume running (if necessary after stop in penalty box) on the running course.

### 3.0 Target Sprint™ Athletes Categories

#### 3.1 Individual Competition

Each organizer may designate competition categories from the following list of recommended categories:

| <b>Categories</b> | <b>Ages</b> | <b>2017</b> | <b>2018</b> | <b>2019</b> |
|-------------------|-------------|-------------|-------------|-------------|
| Cadets Men        | 12 – 14     | 2003 – 2005 | 2004 – 2006 | 2005– 2007  |
| Cadets Women      | 12 – 14     | 2003 – 2005 | 2004 – 2006 | 2005 – 2007 |
| Youth Men         | 15 – 16     | 2001 – 2002 | 2002 – 2003 | 2003 – 2004 |
| Youth Women       | 15 – 16     | 2001 – 2002 | 2002 – 2003 | 2003 – 2004 |
| Junior Men        | 17 – 20     | 1997 – 2000 | 1998 - 2001 | 1999 – 2002 |
| Junior Women      | 17 – 20     | 1997 – 2000 | 1998 - 2001 | 1999 – 2002 |
| Men               | 21 – 45     | 1972 – 1996 | 1973 - 1997 | 1974 – 1998 |
| Women             | 21 – 45     | 1972 – 1996 | 1973- 1997  | 1974 – 1998 |
| Senior Men        | 46 – 55     | 1962 – 1971 | 1963 - 1972 | 1964 – 1973 |
| Senior Women      | 46 – 55     | 1962 – 1971 | 1963 - 1972 | 1964 – 1973 |
| Senior Men II     | 56+         | 1961 +      | 1962 +      | 1963 +      |
| Senior Women II   | 56+         | 1961 +      | 1962 +      | 1963 +      |

#### 3.2 Team Competition

Organizers may also offer team competitions for three-athlete-teams in each designated category. In team competitions, team members follow each other (1-2-3) with each team member starting in their designated order.

For the **team competition** all 3 athletes have to complete stages 1 to 5 (refer to Rule 2.0):

- Start athlete 1                      running, shooting, running, shooting, running
- Changeover athlete 2              running, shooting, running, shooting, running
- Changeover athlete 3              running, shooting, running, shooting, running - Finish

#### 3.3 Mixed Team Competition

Organizers may also offer mixed team competitions in each designated category for mixed teams consisting of two athletes (one man, one woman). In mixed team competitions, team members follow each other (woman - man).

For the **mixed team competition**, the sequence shall be performed as follows:

- Start woman                      running, shooting
- Changeover man                running, shooting
- Changeover woman            running, shooting
- Changeover man                running, shooting, running - Finish

## 4.0 Target Sprint™ Competition Organization

### 4.1 Competition Staff

The following staff persons are required to effectively and safely conduct a **Target Sprint** competition:

- a. **Competition Manager**
- b. **Chief of Entry and Results**
- c. **Chief Range Officer**
- d. **Race Chief**
- e. **Competition Jury.** A three-person Jury must be appointed to decide any protest. The Competition Manager may serve as the Jury Chairman. Four knowledgeable team officials are appointed as Jury pool members during the Technical Meeting. In case of a protest, the chairman will randomly draw two of the Jury pool members not involved in the incident.

If necessary, additional staff can be appointed.

### 4.2 Competition Relays

Participating athletes must be divided into relays or groups that are scheduled to begin each race in mass starts. Each relay should include only athletes of one specific category. The number of firing points on the range determines the maximum number of athletes that can compete in one relay or group. Each athlete in a relay must be assigned to a specific firing point on the air rifle range. Firing point assignments should be made through random draws.

### 4.3 Competition Schedule

The competition schedule should follow this sequence:

- a. **Technical Meeting:** Describe race procedures and shooting procedures and give safety instructions. Organizers may also use this meeting to give brief rifle shooting instruction. Appointment of four Jury pool members.
- b. **Official Training**
- c. **Rifle Inspection:** Check rifles to be sure they comply with the rules; if the organizer provides rifles, the rifles must be assigned to individual athletes.
- d. **Competition:** Allow athletes to fire their rifles on their assigned firing points; paper targets should be posted; athletes should be allowed to fire sighting shots; Coaches may use telescopes to locate shots and



advise athletes regarding sight adjustments (refer to Rule 2.0; several relays including finals).

**e. Award Ceremony and Closing.**

#### **4.4 Official Training**

On the day before the competition, time may be scheduled when the athletes may see and train on the running course and fire sighting shots on targets.

#### **4.5 Qualification Relays**

If there are more athletes in a category than there are firing points, the competition for that category may be divided into two or more qualification relays according to the number of firing points available. After the qualification relays for that category are finished, the first two athletes out of each qualification relay and after that the best athletes according to their qualification time go into the Finals.

#### **4.6 Final Relays/Final Ranking**

Finalists will start at the same time. The final ranking is according to the order of finish. Final rankings can also be determined according to the total time each athlete used to complete the three running stages and two shooting stages.

#### **4.7 Results Lists/Final Ranking**

Results lists showing the final rankings and times of all competitors in a category must be posted at the venue.

#### **4.8 Protests/Complaints about Scoring**

The unofficial results list is subject to protest and correction if necessary. Protests must be made no later than 15 minutes following the posting of results. If no protests are received within the protest period, the results become official. The Chief of Results may correct obvious errors. The Jury will decide other results protests.

#### **4.9 Protests/Complaints about Competition Conditions**

Protests concerning competition conditions may also be made to the Competition Manager or Jury if an athlete believes he/she had to compete under unfair conditions. A protest fee of 50 Euros will be charged by the organizer, but if the protest is upheld, the protest fee must be returned.

## **5.0 Target Sprint™ Venue Design**

### **5.1 Start, Transition and Finish Zones**

Start, transition zones and finish zones for the running course must be flat and level and at least five (5) meters wide. There must be an open space of at least three (3) meters on the sides of the finish line (outside the running course) that is free of any obstacles. There must be an open space of 10 to 15m beyond (past) the finish line that is free of any obstacles where runners may safely finish. See Rule 1.0 for course setup.

### **5.2 The Running Course**

The running course should be three (3) meters wide. The course should be laid out so that it forms a loop starting from the shooting range and returning to the shooting range. The course must be free of any obstacles or bumps that would prevent athletes from running safely at full speed.

The race course must be clearly marked in such a way that athletes will not be in doubt as to the correct running route to follow.

### **5.3 Air Rifle Shooting Range**

The shooting range should be set up near the start/finish area of the running course. The range should have a firing line with designated firing points, a line of targets that correspond to the firing points, mats and small rifle racks for each firing point and a safety barrier on the sides and front of the range. A ready area / rifle storage area has to be next to the shooting range where rifle racks have to be available to store rifles of all athletes before, during and after the competition. The targets and firing points should be visible to a majority of spectators. The shooting range must be on flat, level ground. Safety features for the range must comply with current national federation or government guidelines for air rifle ranges. The range should, if possible, be oriented so that the firing direction is to the north in the Northern Hemisphere and to the south in the Southern Hemisphere. The background provided by the safety barrier (behind the targets) must be a uniform light color (white, lightgrey, lightgreen etc.) from the ground to a height of 1 m above the targets at the top of the barrier over the entire width of the shooting range.

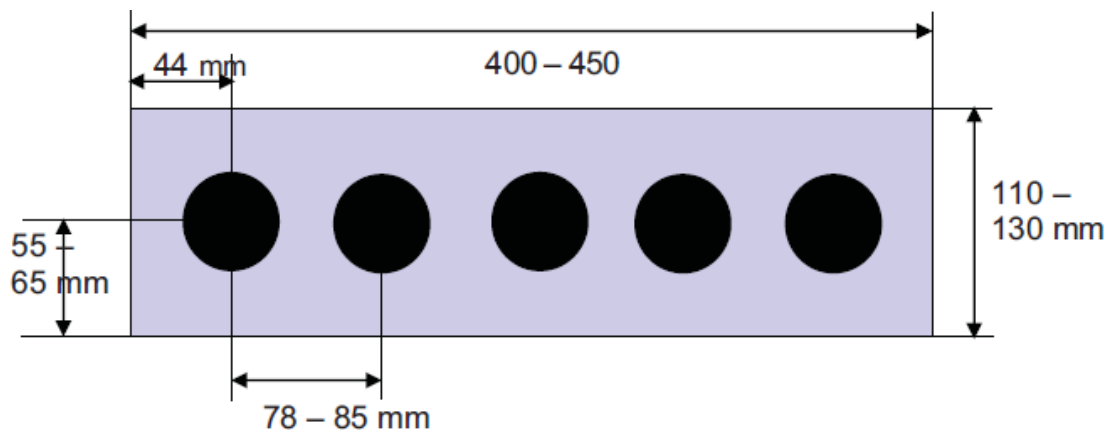
### **5.4 Shooting Range Firing Line and Firing Points**

The shooting range must have a firing line that is divided into firing points. The firing line must be clearly marked (with a red tape or line 10 cm wide) at the front of the firing points. The firing point is the designated area where an individual athlete fires at his/her target. Each firing point should be between 1,5 and 2,0 meter wide. The firing line is divided into firing points that are clearly marked and designated with firing point numbers. Each athlete in a competition relay is assigned to shoot on a specific firing point. The number of athletes in a relay must not exceed the number of firing points.

## 5.5 Competition targets

Each athlete fires on target mechanisms that are placed at a distance of 10 meters from the firing line. Each target mechanism has five (5) falling target discs that are 35mm in diameter with a center to center distance between targets of 78-85 mm. The target discs must be painted black and be mounted in a mechanism that is painted white. The target discs must fall or otherwise provide a visible hit signal to shooters, coaches, range officials and spectators when hit. Only target discs that fall and provide such a visible hit signal shall count as hits. The target mechanism must be designed so that the target discs can be electronically or mechanically reset from the firing line after each athlete completes a shooting stage. Only targets that comply with ISSF requirements may be used.

## 5.6 Targets



hit zone 35mm

### 5.6.1 Height of Competition Targets

All competition targets must be placed at a uniform height relative to the level of the firing station of  $0.35\text{ m} \pm 0.05\text{ m}$  for prone position and  $1.40\text{ m} \pm 0.10\text{ m}$  for standing position.

## 5.7 Rifle Racks

Small rifle racks have to be available on the firing points and large rifle racks have to be available in a specified rifle storage area which has to be placed next to the shooting range. Rifle racks must be positioned so that each competitor has to cover an equal distance from the rack to/from his/her firing point. Rifle racks should be made of wood and be designed so that rifles will not fall out accidentally. The recesses to accept the rifles must be at least 35mm wide and the distances between the rifles should not be less than 15cm. The racks must display the athletes' start numbers to indicate where the rifle is to be deposited. We recommend the installation of separate rifle racks that are directly on each firing point.

## **5.8 Loading Stand**

When single loading air rifles are used, loading stands approximately 1.0m in height must be available at each firing point. Loading stands must have platforms (10cm x 10cm) on which athletes may place their air rifle pellets for loading during shooting stages.

## 6.0 Target Sprint™ Competition Equipment

Only 4.5 mm (.177") air rifles firing lead pellets propelled by CO<sub>2</sub> gas or compressed air may be used. For competitions, the organizer may provide all rifles or private rifles complying with these limitations may be brought by athletes (the competition program must state which option will be applied.). Competitions must require that athletes in any competition category must use only rifles from one of the following rifle classes:

### 6.1 Air Rifles--Precision Class III

- 6.1.1 Maximum weight – 5.5 kg.
- 6.1.2 Trigger pull – unlimited
- 6.1.3 Adjustable aperture, non-optical rear sight
- 6.1.4 Non-optical front sight with interchangeable inserts
- 6.1.5 Pneumatic, CO<sub>2</sub> or compressed air
- 6.1.6 Repeater or magazine rifles are permitted, but they must be used as single loaders
- 6.1.7 Dimensions – must comply with dimensions in the chart below

|          |  |        |
|----------|--|--------|
| <b>A</b> | Length of front sight tunnel   | 50mm.  |
| <b>B</b> | Diameter of front sight tunnel   | 25mm   |
| <b>C</b> | Distance from center of the sight ring or top of post to center of bore either directly above or offset.                         | 60mm   |
| <b>D</b> | Depth of fore-end  | 120mm. |
| <b>E</b> | Lowest point of pistol grip  | 160mm  |
| <b>F</b> | Lowest point of stock or toe of butt plate with the butt plate in its maximum downward position                                  | 220mm  |
| <b>G</b> | Depth of curve of butt plate (no hook butt plate permitted)  | 20mm   |
| <b>H</b> | Heel to toe length of butt plate   | 153mm  |
| <b>I</b> | Total thickness of fore-end  | 60mm   |
| <b>J</b> | Maximum distance (horizontal) of cheek piece from centerline of barrel   | 40mm   |
| <b>K</b> | Offset of butt plate parallel to the centerline of the normal end of the butt, left to right                                     | 15mm   |
| <b>L</b> | Trigger weight (no set trigger permitted)  | Free   |
| <b>M</b> | Weight with sights (as configured for the position where it is the heaviest)   | 5.5kg  |
| <b>N</b> | The front sight may not extend beyond the muzzle of the rifle or of any extension to the muzzle (barrel weight, sight extension) |        |
| <b>O</b> | Total length of the Air Rifle system (from end of barrel or extension to rear end of the action or system)                       | 850mm  |

### 6.2 Air Rifles--Sport Class I

- 6.2.1 Maximum weight – 3.5 kg.
- 6.2.2 Minimum trigger pull – 500 grams
- 6.2.3 Adjustable aperture, non-optical rear sight
- 6.2.4 Non-optical front sight with interchangeable inserts
- 6.2.5 Pneumatic, CO<sub>2</sub> or compressed air
- 6.2.6 Single loading (no repeater or magazine rifles, only single magazines are allowed)
- 6.2.7 All used magazines have to be placed on the rifle

### **6.3 Air Rifles--Sport Class II**

- 6.3.1 Maximum weight – 4.5 kg.
- 6.3.2 Trigger pull – unlimited
- 6.3.3 Adjustable aperture, non-optical rear sight
- 6.3.4 Non-optical front sight with interchangeable inserts
- 6.3.5 Pneumatic, CO<sub>2</sub> or compressed air
- 6.3.6 Single loading (no repeater or magazine rifles)

### **6.4 Athlete Clothing**

No special shooting clothing is allowed. Normal athletic shoes-shorts-shirts etc. have to be worn.

## **7.0 Target Sprint™ Safety and Range Procedures**

### **7.1 Shooting Stages**

Athletes may shoot only on their designated firing point each time they arrive at the range for a shooting stage. Shooting on another target other than the athlete's assigned will result in disqualification.

### **7.2 Safety Regulations**

Rifles must only be removed from their cases in the shooting range or in the rifle storage area next to the shooting range. Shooting is only allowed on the shooting range during officially authorized periods. It is forbidden to make movements with a rifle that could endanger people or may be viewed by others as a threat. No one is allowed in front of the firing line if the signal to shoot has been given on the shooting range. Prior to removal from the shooting range they must be provided with a safety flag and packed in a case.

### **7.3 Rifle Actions Open**

When air rifles are brought to the venue, rifle actions must be open with safety flags inserted in the barrels. Safety flags or lines must remain in the rifles at all times except when the rifles are placed in the rifle racks or are being used on the firing points during a shooting stage. Rifle actions must remain open when they are placed in rifle racks. Rifle actions may only be closed when competitors load rifles on the firing line.

### **7.4 Rifle Handling During Race**

Before the race / before the athletes will be called to start their preparation time, all rifles have to be stored in the rifle storage area next to the shooting range. Athletes must place their rifles in the rifle rack no later than five (5) minutes before their relay starts. When approaching the rifle range for a shooting stage, competitors must take the rifle out of the rifle rack themselves, holding the rifle by the barrel or at the fore-end and carrying it to their firing point. The rifle barrel must always point upwards. After shooting, the rifle is returned to the gun rack again in the same way. After a competition relay is finished, safety flag/lines must be reinserted in the air rifles before they may be removed from the rack. A Range Officer must inspect each rifle before it is removed or packed.

### **7.5 Loading and Unloading**

Loading an air rifle may only be done on the firing point when a Range Officer is present. When loading and unloading the rifle, the barrel must always point towards the targets. For Precision Class rifles, inserting the magazine is part of the loading procedure.

## **8.0 Target Sprint™ Competition Administration**

### **8.1 National Federation Promotion and Sanctioning**

National Federations recognized by the ISSF are encouraged to promote, sanction and supervise all **Target Sprint** competitions.

### **8.2 ISSF Reporting**

National Federations or their affiliated clubs or organizations that conduct **Target Sprint** competitions are urged to file **Target Sprint** Competition Reports with the ISSF. Reports should confirm that **Target Sprint** competitions were conducted and the numbers of competitors who participated. Data from these reports will enable the ISSF to report **Shooting Sport for All** participation to the IOC



## 9.0 ISSF-supervised Target Sprint Competitions

For ISSF supervised Target Sprint Competitions (e.g. WCHs, WCs) the general rules stated under points 1-8 in this rule book apply. In addition following regulations apply:

### 9.1 Athletes Categories

#### 9.1.1 Individual Competition

In ISSF supervised Target Sprint Competitions the following competition categories may be conducted:

| Category     | Age     |
|--------------|---------|
| Junior Men   | 17 - 20 |
| Junior Women | 17 - 20 |
| Men          | 21+     |
| Women        | 21+     |

Each ISSF Member Federation is eligible to enter six (6) individual starters per competition category.

#### 9.1.2 Team Competition

Team Competitions may be conducted in two categories: Team Men and Team Women. A Team Men consists of three (3) male starters (Men or Junior Men), a Team Women consists of three (3) female starters (Women or Junior Women). This means, in both categories starters from the respective Junior category (Junior Men in Team Men, Junior Women in Team Women) are also eligible to participate.

Each ISSF Member Federation is eligible to enter two (2) teams per competition category.

The competitions in the respective category are conducted as stated under number 3.2.

#### 9.1.3 Mixed Team Competition

Organizers may also offer a Mixed Team Competition. A mixed team consists of a female (Women or Junior Women) and a male (Men or Junior Men) starter of one ISSF Member Federation.

Each ISSF Member Federation is eligible to enter two (2) Mixed Teams.

The competitions in the respective category are conducted as stated under number 3.3.

## 9.2 Start Numbers and Items Worn by Athletes

All athletes must be provided with a Start Number to wear on the front and on the back of the outer garment above the waistline during the entire competition. Start Numbers must display the athlete's allocated number for each event (of the ISSF Start Number Set).

Start Numbers must be worn by all athletes during competition. If the Start Number is available and not worn, the athlete may not compete.

## 9.3 Entry Fee

For an ISSF-supervised Target Sprint Competition the Entry Fee stated in the Official Statutes, Rules and Regulations apply:

|  |      |        |
|--|------|--------|
| Entry Fee Individual Competition (set by General Assembly)   | Euro | 170.00 |
| Entry Fee Team Competition (per Team)  | Euro | 170.00 |
| Entry Fee Mixed Team Competition (per Team)  | Euro | 170.00 |
| Late Entry Fee for all Categories (between 30 and 3 days before the Official Arrival Day providing that entry can be accepted by the OC) per start Euro 170.00 plus additional 50.00 | Euro | 220.00 |