



**International Shooting Sport Federation
Internationaler Schiess-Sportverband e.V.
Federation Internationale de Tir Sportif
Federacion Internacional de Tiro Deportivo**

11. Target Sprint Rules

FOR 10m Air Rifle

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NOTE:

Where figures and tables contain specific information, these have the same authority as the numbered rules.

11.1 GENERAL

- 11.1.1 These Rules are part of the ISSF Technical Rules and apply to all Target Sprint events. If there is any ambiguity or inconsistency between these Rules and the ISSF Technical Rules these Rules take precedence and shall apply.
- 11.1.2 All athletes, team leaders and officials must be familiar with the ISSF Rules and must ensure that these Rules are enforced. It is the responsibility of each athlete to comply with the Rules.
- 11.1.3 When a Rule refers to a right-handed athlete, the reverse of that rule refers to left-handed athletes.
- 11.1.4 Unless a Rule applies specifically to a man's or a woman's event, it must apply uniformly to both men's and women's events.

11.2 SAFETY

SAFETY IS OF PARAMOUNT IMPORTANCE

11.2.2 Gun Handling Rules

- 11.2.2.1 To ensure safety, all guns must always be handled with maximum care. Guns must not be removed from the firing line during training or competition except with the permission of a Range Officer.
- 11.2.2.2 Safety flags or muzzle covers constructed of fluorescent orange, red or a similar bright material must always be inserted in all rifles or placed over the muzzle as appropriate, except when their removal is authorized by these Rules. To demonstrate that air rifles are unloaded, safety flags (safety lines) must be long enough to extend through the full length of the barrel of rifles that do not use single magazines. Non-magazine loading rifles must also have their breech open to demonstrate that they are unloaded.
- a) Safety flags or muzzle covers must be inserted in all rifles or placed over the muzzle as appropriate in all rifles that are not in gun cases or boxes before athletes are called to the line or when leaving a firing point except when the athlete leaves the firing point during training or during the competition.
 - b) If a safety flag or muzzle cover is not used as required by this Rule, a Jury Member must give a **WARNING** with instructions to insert a safety flag or fit a muzzle cover to the rifle; and
 - c) If a Jury Member confirms that an athlete refuses to use a safety flag or muzzle cover as required by this rule and after being warned, the athlete must be disqualified (DSQ).
- 11.2.2.3 While athletes are on their firing points, their rifles must, when not in the rifle rack, always be pointed in safe directions. The breech must not be closed until the gun is pointing down range in a safe direction towards the target area and for single

magazine loading rifles a pellet may not be inserted into the magazine and the magazine must not be fully inserted and engaged until the gun is pointing down range in a safe direction.

- 11.2.2.4 When all training and competition shooting stages and running stages are complete and the athletes leave the firing point with their rifles the rifle must be unloaded with actions (bolt or locking mechanism) open and safety flag or muzzle cover used. The Range Officer must verify that there is no pellet in the rifle chamber, barrel, or magazine and that a safety flag or muzzle cover is used.
- 11.2.2.5 When placing the rifle into the rifle rack on the firing point during training and competition the actions (bolt or locking mechanism) must be fully open by opening the cocking lever, and the magazine may remain inserted but must not be fully inserted and engaged.
- 11.2.2.6 If the athlete boxes or cases his gun or removes it from the firing point without having it checked by a Range officer, he may be disqualified if the Jury determines that a safety violation is involved.
- 11.2.2.7 When any personnel are forward of the firing line, handling guns is not permitted, and safety flags or muzzle covers must be inserted or fitted as appropriate. If it is necessary for a Jury member, Range Officer or Technical Officer to go forward of the firing line during training, competition, or a Final this must be authorized and controlled by the Chief Range Officer (CRO) and any movement forward of the line may only be permitted after all rifle safety flags or muzzle covers are fitted.
- 11.2.2.8 In the range, when rifles are not on the firing points, they must always be in a rifle rack designated for the holding of rifles by the CRO or boxed in their cases, unless otherwise authorized by a Range Officer.

11.2.3 Range Commands

- 11.2.3.1 Chief Range Officers, or other appropriate range officials, are responsible for giving the commands “5 Minutes Preparation Time Start “, “5 Minutes Preparation Time Stop”, “Athletes Ready”, “Athletes Set”, “Start” and other necessary commands. The command “Start” may also be by the sounding of a whistle or firing of a starter pistol. Range officers must ensure that all commands are obeyed and that rifles are handled safely.
- 11.2.3.2 Only single shot magazines may be used.
- 11.2.3.3 A rifle is considered loaded when a pellet touches the chamber or breech, or for single shot magazine rifles when a loaded magazine is fully (not partially) inserted and engaged in the rifle.
- 11.2.3.4 When the command or signal “**STOP**” is given, shooting must stop immediately. When the command “**UNLOAD**” is given, all athletes must unload their rifle and magazines, and make safe (to unload air rifles ask the Range Officer for permission). Shooting may only resume when the command “**START**” is given again.

11.2.4 Additional Safety Requirements

11.2.4.1 **Dry Firing** is the release of the cocked trigger mechanism of an air or gas rifle 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 with these Rules.

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

11.2.5 Hearing Protection

Athletes may wear ear plugs, ear muffs, or similar ear protection. Competition officials may wear sound-enhancing hearing protection devices or other communication devices on the FOP. Hearing impaired athletes may wear sound-enhancing devices with the approval of the Jury.

11.2.6 Eye Protection

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

11.3 RANGE AND TARGET STANDARDS

11.3.1 Ranges and other Facilities

11.3.1.1 Requirements for minimum range sizes for ISSF Championships are as set out in these Rules.

11.3.1.2 Continental Confederations must establish minimum range requirements for Continental Championships.

11.3.1.3 The ISSF recommends that all new ranges be accessible to disabled persons. Existing ranges should be adapted to make them accessible to disabled persons.

11.3.1.4 It is recommended that ranges used for World Championships be completed at least one (1) year in advance.

11.3.1.5 The Chief of the Jury is responsible for examining the ranges and other facilities to ensure that they comply with ISSF Rules and are prepared for the conduct of the Championship. The Chief of the Jury should use the Checklist to examine the organization, ranges, and facilities (available from ISSF Headquarters).

11.3.1.6 A Technical Delegate may approve small deviations from specifications in ISSF Rules that do not conflict with the intent and spirit of ISSF Rules, except that no deviations in shooting distances or target specifications are allowed.

11.3.2 General and Administrative Facilities

The following facilities must be provided at or near the shooting ranges:

a) Athlete collection area.

- b) Athlete rest areas.
- c) Changing rooms for athletes near the Finals and Qualification Ranges.
- d) At least one meeting room for use by ISSF officials and Juries.
- e) At least one room for Organizing Committee offices and administration.
- f) A control room for RTS (results, timing and scoring) and provide adequate storage for RTS operations.
- g) Separate Dry firing and athlete warm-up areas.
- h) All 10m Ranges must have a supply of compressed air that is accessible to athletes and coaches; compressed air tanks must be securely fastened to a wall or other structure so they cannot be tipped over.
- i) One Main Scoreboard for posting official results and notices.
- j) An armoury for secure arms storage.
- k) An equipment control testing area.
- l) A gunsmith shop with suitable work benches and vices.
- m) Free facilities for firearms and equipment manufacturers to service their products.
- n) An area for commercial displays should be available, a fee may be charged for such displays.
- o) A restaurant or facilities for food service and refreshments.
- p) Adequate toilet facilities.
- q) Wireless internet and email communication services; separate internet services must be provided for operations (results services, ISSF TV, administration) and for the public.
- r) A Victory Ceremony area or a portable Victory Ceremony podium and backdrop that can be set up on or adjacent to the Finals Range.
- s) Facilities for media, radio and television representatives.
- t) Facilities for Anti-Doping testing, with toilets.
- u) Appropriate medical facilities; and

v) Parking facilities.

11.3.3 Venue Design

11.3.3.1 Target Sprint events are organized on a venue that has a combination of a running course and an air rifle range. The number of firing points on the air rifle range may vary from a recommended minimum of 10 to a maximum up to 12.

11.3.3.2 For indoor and outdoor Target Sprint events, the running course should be at least 400 metres long of either 1 x 400 metre lap or 2 x 200 metre laps before each shooting stage and after the last shooting stage to the finish).

11.3.3.3 Start and Finish Zones

11.3.3.4 Start and finish zones for the running course must be at least five (5) metres wide. There must be an open space of at least three (3) metres on the sides of the finish line (outside the running course) that is free of any obstacles. There must be an open space of ten (10) to fifteen (15) metres beyond (past) the finish line that is free of any obstacles where runners may safely finish. If possible, the start area shall be located on the side closest the range and the finish area on the side opposite the start area. Organizers should organize the start/finish area in such a way that all athletes could start side by side from a single line and there is no turning point of the course within ten (10) metres of the start/finish line.

11.3.3.5 The Running Course

The running course should be at least three (3) metres wide. Spectators and Media should where possible see the athletes all the time. Each segment of the course should be laid out so that it forms a loop starting from near the shooting range and returning to near the shooting range. Each segment can be run as often as necessary to complete the competition. The course must be free of any obstacles that would prevent athletes from running safely.

11.3.3.6 The Running Distance.

11.3.3.7 The running track must be at least four hundred (400) metres per running stage including the firing range zone and the maximum total distance per running stage including the firing range zone is five hundred (500) metres.

11.3.3.8 Each segment of the racecourse must be clearly marked in such a way that athletes will not be in doubt as to the correct running route to follow.

11.3.3.9 Air Rifle Shooting Range

11.3.3.10 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, small rifle racks for each firing position and a safety barrier on the sides and rear of the range. A ready area / rifle storage area must be next to the shooting range with rifle racks to store the rifles of all athletes during the competition. Spectators and Media should, where possible, see the athletes all the time. The target area and firing points for outdoor

competitions must remain uncovered from above and allowed to receive natural light or lighting consistent with the running track area. The shooting range firing points 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 orientated 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 non-reflecting, light even neutral colour to a height of not less than one (1) metre above the top of the falling target disc targets over the entire width of the rear of the shooting range.

11.3.3.11 Shooting Range Firing Line and Firing Points

11.3.3.12 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 minimum of ten (10) centimetres wide) at the front of the firing points. The athlete's foot must not be placed on or in front of the firing line.

11.3.3.13 The firing point is the designated area where an individual athlete fires at his/her target. Each firing point should be between one and a half (1.50) and two (2.00) metres wide. The firing line is divided into firing points that are clearly marked and designated with firing point numbers numbered in ascending order from right to left as viewed from the firing point when facing the targets. 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.

11.3.3.14 A chair or stool is to be provided behind each firing point for a RO or range official to observe the number of shots taken by each athlete and to record the number of target discs not hit in each shooting series of a competition and to record the completion of each running stage as completed by each athlete.

11.3.3.15 The athlete is not permitted to have anything on their firing point during Preparation Time and the competition other than their rifle, safety flag/muzzle cover and pellets which may be in a pellet holder/dispenser/tin.

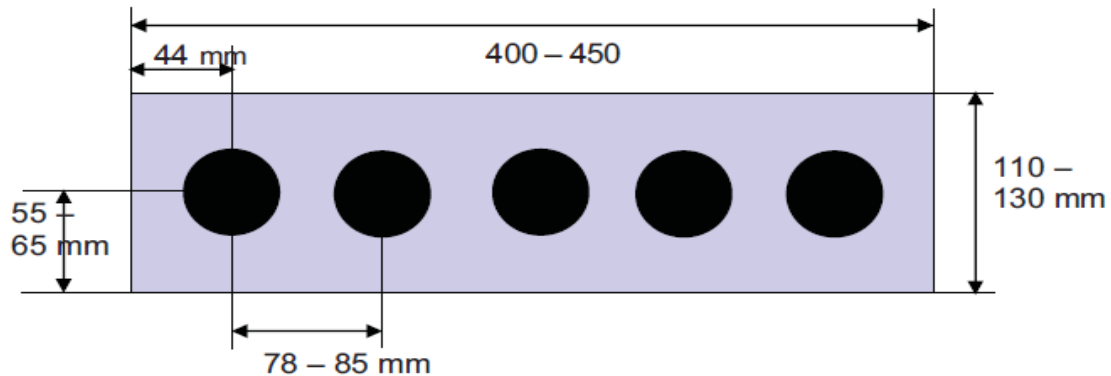
11.3.4 General Target Requirements

11.3.4.1 All targets used in ISSF Championships must comply with the falling target disc dimensions or other specifications given in these Rules.

11.3.4.2 Each athlete fires on target mechanisms the front face of which are placed at a distance of ten (10) metres from the firing line. The shooting distance must be as exact as possible, subject to the plus or minus 0.05 metres allowable variation. Each target mechanism has five (5) falling target discs that are thirty-five (35) millimetres in diameter with a center-to-center distance between targets of seventy-eight to eighty-five (78-85) millimetres. 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

by the CRO or RO after each athlete completes a shooting stage. Only targets that comply with ISSF requirements may be used.

11.3.4.3 Targets



11.3.4.4 Target and Hit Zone

- Target zone thirty-five (35) mm.
- Hit zone thirty-five (35) mm.

11.3.4.5 Height of Competition Targets

11.3.4.6 All competition targets must be placed at a uniform height relative to the level of the firing station of 1.40 metres \pm 0.05metres.

11.3.4.7 Rifle Racks

11.3.4.8 Small Rifle racks must be available for each athlete on the firing points (to hold minimum three (3) rifles for team competitions and two (2) rifles for pairs competitions) and large rifle racks must be available in a specified rifle storage area which has to be placed next to the shooting range. The rifle racks must be positioned in the middle between each set of targets on the firing points so that competitor must cover an equal distance from the rack to/from his/her firing point. It is not allowed for the athletes to move the rifle racks.

11.3.4.9 Rifle racks may 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 thirty-five (35) mm wide and the distances between the rifles should not be less than fifteen (15) cm. The racks must display the firing point number to indicate to the athletes and range officials where the rifle is to be deposited.

11.3.4.10 Loading Stand

11.3.4.11 Loading stands approximately one (1.0) metre in height must be available at each firing point. Loading stands must have platforms (ten (10) cm x ten (10) cm) on which athletes may place their air rifle pellets for loading during shooting stages.

11.3.5 Indoor Range Light Requirements (Lux)

- 11.3.5.1 Qualification and Finals ranges must have a minimum general lighting of five hundred (500) lux and a minimum of one thousand five hundred (1500) lux on the firing line.
- 11.3.5.2 All indoor ranges must have artificial illumination providing the necessary amount of light without glare or distracting shadows on the targets or firing points. The background area behind the targets must be a non-reflecting, light even neutral colour to a height of not less than one (1) metre above the top of the falling target disc targets over the entire width of the rear of the shooting range.
- 11.3.5.3 Measuring target illumination on targets with internal lighting must be done by measuring reflected light from the target face and in accordance with rule 6.4.14.3 of the ISSF General Technical Rules.

11.4 RIFLES AND AMMUNITION

11.4.1 Standards for All Rifles

- 11.4.1.1 Single Loader Rifles. Only single shot rifles that must be manually loaded before each shot may be used.
- 11.4.1.2 **One Rifle Per Event.** Only one (1) rifle is allowed to be used in the Qualification and Finals Rounds of one (1) event. The action, barrel and stock may not be exchanged, except that a detachable butt-stock may be exchanged. Accessories attached to the action, barrel or stock may be exchanged. A rifle that becomes disabled may be replaced according to rule 6.13.3 of the ISSF General Technical Rules if the Jury approves.
- 11.4.1.2 **Movement or Oscillation Reduction Systems.** Any device, mechanism or system that actively reduces, slows, or minimizes rifle oscillations or movements before the shot is released is prohibited.
- 11.4.1.3 **Pistol Grips.** The pistol grip on the rifle for the right hand must be constructed in such a way that it does not rest on the left arm.
- 11.4.1.4 **Barrels** and extension tubes must not be perforated in any way. Compensators and muzzle brakes on rifles are prohibited. Any construction or device inside the barrel or tubes, other than rifling and chambering for the pellet, is prohibited.
- 11.4.1.5 **Sights**
- a) 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.
 - b) No Light enhancing system, optical sight, optical system or telescope may be attached to the rifle.
 - c) A single corrective lens may be attached to the rear sight only; or the athlete may wear corrective or tinted lenses.
 - d) Any aiming device programmed to activate the firing mechanism is prohibited.

e) A blinder may be attached to the rifle or to the rear sight. The blinder size/shape is not restricted. 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.

11.4.16 **Pellet Holder** devices are allowed to be fixed to the rifle with pellets held in place before and during training and competitions provided the removal of pellets from the pellet holder for each loading sequence is carried out manually.

11.4.1.7 **Electronic triggers are allowed providing:**

- a) All components are firmly attached to and contained within the action or stock of the rifle so that the battery and wires are not visible externally.
- b) The trigger is operated by the right hand of a right-handed or the left hand of a left-handed athlete.
- c) All components are included when the rifle is submitted for inspection by Equipment Control.
- d) The rifle with all components installed complies with the rules governing dimensions and weight for that event.

11.4.2 Rifle Specifications

11.4.2.1 Only 4.5 mm (.177") air rifles firing lead pellets propelled by CO₂ gas or compressed air may be used with a maximum muzzle velocity below 175 m/s.

11.4.2.2 Rifles may have:

- ⊙ An adjustable aperture, non-optical rear sight.
- ⊙ A non-optical front sight with interchangeable inserts.
- ⊙ Single loading uses only
(no multiple magazine use, only single magazines are allowed)
- ⊙ Dimensions that must comply with dimensions in the chart below
- ⊙ No restriction on size for the diopter.

11.4.3 Air Rifle-dimensions chart

Note: All letter references A – O are to the locations on the rifle shown on the rifle measurement Diagrams at rule 7.4.4.1 of the ISSF Rifle Rules.

A	Length of front sight tunnel	60mm.
B	Diameter of front sight tunnel	25mm
C	Distance from center of the front sight ring or top of post to center of bore either directly above or offset.	60mm
D	Depth of fore-end	120mm.
E	Lowest point of pistol grip	160mm
F	Not applicable	
G	Not applicable	
H	Heel to toe length of butt-plate	175mm

I	Maximum thickness (breadth) of fore-end (excluding ammunition and/or magazine holder)	60mm
J1	Maximum distance (horizontal) of cheek piece from the centre-line of the barrel	40mm
J2	Not applicable	
K	Offset of the butt-plate from the left or right edge of the butt-plate to butt-stock centre.	15mm
L	Trigger weight	Free
M	Not applicable	
N	The front sight must not extend beyond the apparent muzzle of the rifle (in addition to the front sight excluded extensions include barrel weights, sight extensions, sight risers or any other extension)	
O1	Air Rifle. Total length of the Air Rifle system	850mm
O2	Not applicable	

11.4.3.1 The butt-plate may be adjustable up or down. The butt-plate may be offset to the right or left of the butt-stock center and/or the butt-plate may be turned on its vertical axis. If a multi-part butt-plate is used ALL parts of the butt-plate must be offset or turned in the same direction from the butt-stock center. No part of the butt-plate (outer edges) may extend more than 30mm from the butt stock centerline. The butt-stock center line is a vertical line that is perpendicular to the centerline of the bore as the diagram at rule 7.4.2.1 of the ISSF Rifle rules.

11.4.3.2 A thumb hole, thumb rest, heel rest and spirit level are prohibited. A heel rest is any protrusion or extension on the front or side of the pistol grip designed to prevent the hand from slipping.

11.4.3.3 Material that gives increased grip may not be added to the fore-end, pistol grip or lower part of the stock.

11.4.3.4 **Weights**

- a) Barrel weights within a radius of thirty (30) mm from the center of the barrel are permitted. Barrel weights may be moved along the barrel.
- b) Any weights projecting downward or outward (laterally) from the butt-stock are prohibited.
- c) Any weights projecting forwards or laterally from the lower part of the butt-plate are prohibited.
- d) Taping of any kind cannot be used to attach any weights to the rifle.

11.4.3.5 **Palm Rests**

A palm rest is any removable attachment or extension below the fore-end that aids the support of the rifle by the forward hand. Such extensions must not extend more than 120mm below the centerline of the barrel.

11.4.3.6 **Pistol Grips**

No part of the pistol grip on a rifle may be extended or constructed in any way that would allow it to touch or support the back of the hand or the wrist.

11.4.3.7 **Ammunition**

Rifle	Calibre	Other specifications
10m	4.5mm (.177")	Projectiles of any shape made of lead or other soft material are permitted.

11.5 **CLOTHING REGULATIONS**

See General Technical Rules for general standards regarding clothing and the testing of clothing (Rule 6.7 – 6.7.6.1 applies).

11.5.1 **General Standards for clothing**

11.5.1.1 Ordinary athletic type socks, shoes, shorts, shirts, vests, etc. may be worn in any event appropriate to the venue conditions. No special shooting clothing is allowed. Shooting gloves are allowed subject to rule 11.5.1.4. The use of kinesio tape or similar strapping should be allowed on the athlete's legs only, but not on the arms or any other part of the body where additional support may be gained.

11.5.1.2 Athletes are responsible for ensuring that all items of clothing used by them comply with these Rules. The Equipment Control section must be open to make voluntary inspections of athletes clothing from the Official Training day until the last day of competition and athletes are encouraged to bring their rifle and clothing items for Equipment Control check before the competitions to be sure they comply with these Rules. In preparing clothing for competitions, athletes must make allowances for any measurement variations that may occur because of changes in temperature, humidity, or other environment conditions.

11.5.1.3 **Shooting Gloves**

- (a) The total thickness must not exceed twelve (12) mm when measuring front and back materials together at any point other than on seams and joints.
- (b) The glove must not extend more than fifty (50) mm beyond the wrist measured from the center of the wrist knuckle as Rule 7.5.6.2. Any strap or other closure device at the wrist is prohibited. However, a portion of the wrist may be elasticated to enable the glove to be put on, but it must leave the glove loose around the wrist.

11.5.2 **Equipment and Accessories**

Competition Equipment

See General Technical Rules for general standards regarding equipment (Rule 6.7 – 6.7.6.1 applies)

Equipment Control Procedures

See General Technical Rules for general standards (Rule 6.7.6.2 applies).

Bib (Start) Numbers and Items Worn by Athletes

See General Technical Rules for general standards (Rule 6.7.7 – 6.7.7.3 applies).

11.5.2.1 Spotting Telescopes

The use of telescopes attached or not attached to the rifle to locate shots and judge the wind is not permitted by the athlete at the firing line.

11.5.2.2 Slings

The use of slings is not permitted.

11.5.2.3 Shooting Box or Bag

The use of a shooting box or bag is not permitted on the firing line.

11.5.2.4 Visor or Cap

A cap or visor may be worn, but it must not touch or rest on the rear sight (must be visibly free of the sight) while the athlete is shooting. The cap or visor may extend forward of the athlete's forehead no more than eighty (80) mm and may not be worn in any way that makes it act as a side blinder.

11.5.3 Post-Competition Testing

11.5.3.1 Post competition checks must be conducted after Qualification competitions and during the reporting time before Finals according to the procedures specified in the "ISSF Equipment Control Guidelines." The Equipment Control Jury is responsible for supervising the conduct of all post-competition checks. Judges of the same gender as the athletes must be available for clothing and taping checks. Failure of the following specific post-competition checks must result in disqualification (DSQ).

- a) Rifle: Competition clothing, underclothing, taping and rifle specifications.
- b) Failure to report for a post-competition check after being given written notice to report.

11.5.3.2 If an athlete fails a post-competition check, the chairman of the Equipment Control Jury or one other Equipment Control or Competition Jury Member must confirm that the test was performed correctly and that the athlete is disqualified. The confirmation procedure must include using ISSF calibration testing equipment to confirm that the testing instruments are measuring accurately.

11.5.3.3 Targeted testing (selection of athletes on a non-random basis) may be done when a Jury has credible evidence that an athlete has altered or attempted to alter his rifle, clothing, or equipment.

11.6 COMPETITION JURY DUTIES AND FUNCTIONS

See General Technical Rules for general standards (Rule 6.8 – 6.8.16 applies)

11.7 ORGANIZING COMMITTEE COMPETITION OFFICIALS

See General Technical Rules for general standards (Rule 6.9 – 6.9.4 applies)

11.8 SHOOTING EVENT PROCEDURES AND COMPETITION RULES

11.8.1 Shooting Positions

11.8.1.1 Standing

- a) The athlete must stand free, without any artificial or other support, with both feet on the firing point surface or on the shooting mat behind the firing point line. No part of the athlete's foot must be on or in front of the firing line.
- b) 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.
- c) The cheek may be placed against the rifle stock.
- d) The rifle must not touch the chest beyond the area of the right shoulder.
- e) The left upper arm and elbow may be supported on the chest or on the hip. If a belt or buckle is worn the buckle or fastening must not be used to support the left arm or elbow.
- f) The rifle must not touch or rest against any other point or object.
- g) A hand stop/sling swivel is not allowed in this position.
- h) In this position, the use of a sling is prohibited.

11.8.1.2 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 target will result in disqualification.

11.8.2 Competition Rules

11.8.2.1 Competition Format

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

Stage	Activity	Description
	Athlete Collection	Not less than fifteen (15) minutes before the start of the Preparation Time the athletes must be ready in the designated athlete collection zone for the CRO to brief the athletes of the rules for the event.
	Preparation Time	All qualification and all final events start with a five (5) minutes Preparation Time (for all team and relay competitions they have ten (10) minutes starting on the CROs command having arrived at their firing points for Preparation Time. Sighting shots should be fired from standing position either on a paper target, or upon the request of the athletes, the sighting shots can also be fired on the falling targets. The athlete must communicate the request to the CRO not later than during the Athlete Collection time and the decision should be final.
	Start Line	After or during the Preparation Time the athletes must go to the start line and wait there for the start signal. After the Start:
1	Running	Four hundred (400) m – five hundred (500) m 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 must continue firing until all targets are hit → or → fire a maximum of 15 shots, to hit all five (5) targets, if after fifteen (15) shots targets are not hit, the athlete will be held by the Chief Range Officer in the Penalty Box for fifteen (15) seconds for each missed target
3	Running	Four hundred (400) m – five hundred (500) m: After shooting, rifles are replaced in the rifle rack and running continues.
4	Shooting	Athletes repeat Stage 2.
5	Running	Four hundred (400) m – five hundred (500) m: 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 have crossed the finish line the athlete must remove all his equipment from the shooting line, when instructed by the Chief Range Officer.
		Before and after the race all the rifles must be stored in the rifle storage area near to the shooting range, it is prohibited to store rifles outside the rifle storage area.

11.8.2.2 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. It is allowed to fire a maximum of fifteen (15) shots to hit all five targets, if after fifteen (15) shots targets are not hit the athlete will wait for fifteen (15) seconds in the penalty box for each missed target.

11.8.2.3 Running-Shooting-Running Changes

The athlete does not carry the rifle during the race. The rifle remains in the rifle rack at the firing point while the athlete is running. At the end of each of the first two running stages, athlete's must:

- 1) approach the shooting range,
- 2) take their rifles from the rifle racks,
- 3) take their positions on the firing line,
- 4) fire sufficient shots to hit all five targets,
- 5) open the actions fully or for single magazines partially eject the magazine from the fully inserted and engaged position to the inserted only position,
- 6) and return the rifle to the rifle rack and
- 7) resume running on the running course.

11.8.2.4 Rules for a fair competition

- (a) Fair play is mandatory. Fair play is more than playing within the rules of the sport. It is a way of thinking and acting. It is the elimination of cheating, doping, gamesmanship, physical and verbal violence, exploitation.
- (b) If through no fault of the athlete a target does not work in a qualification heat, after having a sufficient rest the athlete must be given another target or another starting opportunity. If the athlete suffers a malfunction of their own equipment and the athlete can no longer complete any stage of the qualification heat or final due to the malfunction, then that athlete will not be given another starting opportunity.

11.8.2.5 Offence/Violation Penalties

(A) The offences/ violations listed below lead to disqualification:

- i. Intentional body contact in the race should be avoided. Pushing, holding or other unfair contact and disability between athletes is prohibited and the offending athlete will receive a red card and be disqualified.
- ii. If an athlete starts early, the entire field must be stopped and restarted. The athlete responsible for the early start will first be given a yellow card warning. If the same athlete causes another false start, they will receive a red card and be disqualified.
- iii. If an athlete shoots on targets that are not assigned to their shooting lane, they will receive a red card and be disqualified.
- iv. If the athlete fires more shots than the fifteen (15) shots allowed in any shooting stage, they will receive a red card and be disqualified.
- v. If the athlete shoots on a shooting lane other than the assigned shooting lane, they will receive a red card and be disqualified.
- vi. If the athlete loads and closes the chamber or fully inserts and engages the loaded magazine before leaving the shooting range, they will receive a red card and be disqualified.
- vii. If the athlete leaves the firing point without the chamber fully open, they will receive a red card and be disqualified.

(B) The offences/ violations listed below lead to a time penalty of 30 seconds:

- i. Discarding a loaded magazine to the floor on leaving the firing point.
- ii. Carrying a loaded magazine on the running track.

- iii. Leaving the Penalty Box too early.

(C) The offences/ violations listed below lead to a time penalty of 120 seconds:

- i. The athlete leaves the firing point without having securely placed their rifle in the rifle rack causing it by its own weight to fall off from the rifle rack.

11.9 ATHLETES CATEGORIES

11.9.1 Individual ISSF Competition

Each organizer may designate ISSF competition categories for individual competition formats from the following list of categories:

Categories	Age at opening day of competition
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.

- 11.9.1.1 In accordance with Rifle rule 7.4.1,1 there is no age limit for participation in ISSF Championships.
- 11.9.1.2 Juniors are athletes who will be under the age of twenty-one (21) on the day of the opening of the Championship concerned. Juniors may participate in all ISSF Grand Prix and Championships as members of their national team.
- 11.9.1.3 The final ranking at the ISSF Grand Prix and Championships can be established in two age categories: under 21 years on the day of the opening of the Grand Prix and Championship concerned and 21 years or over on the day of the opening of the Grand Prix and Championship.
- 11.9.1.4 Any athlete can be part of the final ranking in one age category only.

11.9.2 Mixed Team Competition

- 11.9.2.1 Three (3) athletes from each nation first female or male, second female or male, third female or male but each team may only have a maximum of two same gender athletes at any time, i.e. two male and one female athlete or two female and one male athlete. There is no designated category for the mixed team competition. In the mixed team competition, team members follow each other (with each team member starting in their designated order).
- 11.9.2.2 For mixed team events all 3 athletes must perform steps 1 to 5 (rule no. 11.8.2.1) one after each other in the following sequence:

- 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

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

11.9.2.3 General Technical Rules 6.18.1.3 – 6.18.1.4 apply.

11.9.3 Mixed Pairs Competition

11.9.3.1 Organizers may offer mixed pairs competitions for two person teams first women or men and then second women or men, but each mixed pair may only consist of one male and one female athlete. There is no designated category for the mixed pairs competition. The names and order of the participating athletes in a mixed pair must be confirmed by the member federation to the event organizing committee at the time of registration and can only be changed with the event organizing committee agreement and by payment to the organizing committee of their published administration fee not less than 24hours before the start time of the relevant mixed pairs event. Only athletes from the same member federation can constitute a mixed pair.

11.9.3.2 For mixed pairs events the sequence shall be performed as follow:

- start athlete 1 → start with running – shooting
- change athlete 2 running – shooting
- change athlete 1 running – shooting
- change athlete 2 running – shooting – running
- finish

Each ISSF Member Federation is eligible to enter a maximum of three (3) Mixed Pairs.

11.10 CHAMPIONSHIP ADMINISTRATION

11.10.1 Championship Programme and Schedule

11.10.1.1 General Technical Rules 6.6 – 6.6.6 apply.

11.10.2 Competition Organization

11.10.2.1 Competition Staff

11.10.2.2 The following staff persons are required to conduct a Target Sprint competition:

- a. Competition Manager (CM).**
- b. Chief RTS (CRTSO) and RTS Officers (RTSO).**
- c. Chief Range Officer (CRO)**

- d. **Range Officer (RO)**, plus one additional Range Officer for every five firing points on the air rifle range.
- e. **Race Chief (RC)** to start competition heats, plus one **Range Assistant (RA)** for every firing point to monitor each designated athlete on the firing line for the number of shots taken per shooting series, the replacement of the rifle on the rifle rack and completion of each stage of the running stage plus RA's on the racecourse to monitor running course completion and running course violations.
- f. **Competition Jury.**

If necessary for the venue additional staff can be appointed.

11.10.3 Competition Heats

- 11.10.3.1 Participating athletes must be divided into heats or groups that are scheduled to begin each race in mass starts. Each relay should include only athletes in one specific category (this does not apply to mixed team and mixed pairs events as they are not in categories). The number of firing points on the range determines the maximum number of athletes that can compete in one heat 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.

11.10.4 Competition Schedule

- 11.10.4.1 The competition schedule should follow this sequence:

- a. **Technical Meeting:** Describe race procedures and shooting procedures and give safety instructions.
- b. **Equipment Control:**
- c. **Unofficial Training, or Official Training or PET.**
- d. **Qualification Heats.**
- e. **Final Heat for each individual athlete category and/or Finals for mixed team and/or mixed pairs. (The Finals should not start less than ninety (90) minutes from the completion of any qualification heat that any participating Finalist athlete has participated in.)**
- f. **Award Ceremony and Closing.**

11.10.4.2 Qualification Heats

- 11.10.4.3 Qualifying races are required to be held in all competitions irrespective of the number of entrants in any class. If there are less athletes in a category than there are firing points, no qualification heat's will be held, instead 2 final races will be held in which the two run times will be added together, and the athlete with the best overall time will be the winner. If there are more athletes in a category than there are firing points, the competition for that category may be divided into two (2) or more qualification relays according to the number of firing points available. After the qualification heats for that category or class are finished, the best ten (10)

athletes or mixed teams or mixed pairs according to their qualification time go into the Finals.

11.10.4.4 Final Heats / Final Ranking / Production and Music

11.10.4.5 Finalists will start at the same time. The number of athletes mixed teams and/or mixed pairs admitted to a final depends on the number of available firing points (maximum ten (10) finalists). The final ranking is according to the order of finish. Final rankings can also be determined according to the total time each athlete or mixed team or mixed pair used to complete all the running stages and shooting stages.

11.10.4.6 During the Qualification and Finals stages music is allowed. The Technical Delegate must approve the music programme. Enthusiastic audience support is encouraged and recommended.

11.10.5 Late Arrival By Athlete

11.10.5.1 If an athlete arrives late for a competition start time they may not participate. If an athlete arrives after the Preparation and Sighting Time they may not participate.

11.10.6 Special Competition Regulations

11.10.6.1 General Technical Rule 6.11.8 applies.

11.11 RULES OF CONDUCT FOR ATHLETES AND OFFICIALS

11.11.1 General Technical Rules 6.12 – 6.12.6.4 apply.

11.12 MALFUNCTIONS

11.12.1 General Technical Rules 6.13 – 6.13.3 apply.

11.13 SCORING AND RESULTS PROCEDURES

11.13.1 General Technical Rules 6.14 – 6.14.8 apply.

11.14 WORLD RECORDS

11.14.1 General Technical Rules 6.14.9 – 6.14.9.5 apply.

11.15 TIE-BREAKING

11.15.1 All tied times will be broken by applying the following Rules:

- a) The fastest time measured to one hundredth of a second.
- b) If any ties remain, the athlete must have the same ranking and must be listed in Latin alphabetical order using the athlete's family name.

11.16 PROTESTS AND APPEALS

11.16.1 General Technical Rules 6.16 – 6.16.5.1 apply and General Technical Rules 6.16.6 – 6.16.7 apply.

11.17 ENTRY FEE

Entry Fee Individual Competition (set before the ISSF-WCH-Target Sprint 2017)	Euro	85.00
Entry Fee Team Competition (per Team)	Euro	85.00
Entry Fee Mixed Team Competition	Euro	85.00
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 220.00	Euro	220.00

11.17.1

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

11.18 IRREGULAR OR DISPUTED MATTERS

11.18.1 Irregular or disputed matters will be decided by the Jury according to these rules.

11.19 FORMS

11.19.1 General Technical Rule 6.19 applies.

11.20 THE ISSF DRESS CODE

11.20.1 General Technical Rules 6.20 - 6.20.6.3 apply save that shorts may be more than fifteen (15) cm above the center of the kneecap and sleeveless T-shirts are permitted.

