



# **National Veterans Golden Age Games**

## **AIR RIFLE**

### **INSTRUCTIONS TO ATHLETES & RULES**

Competition numbers must be worn.

1. You may not be assisted or coached in the competition area.
2. Shooting Course will be 10 meters (33 feet)
3. The targets will be positioned in such a manner that they are at least 4 feet off of the ground/floor.
4. The course will be adequate lighted with limited entrance and exit.
5. Shooters will have 30 minutes to shoot unlimited sighters and 20 shots per record, totaling a possible score of 200 points.
6. Each competitor's total score will be tabulated after the remaining rounds are fired.
7. Each competitor must support the rifle with both elbows resting on the stationary-firing table. The chest and/or abdomen may also rest on the table.
8. The upper arms must not touch the table or board.
9. In the case of upper limb deficiency athletes: it is permitted to support the rifle with a normal prosthesis, as long as the prosthesis does not **grip** the rifle and does not have a fixed elbow
10. **Athletes must be able to load their own rifle.**
11. There must be clearly no contact between athlete and back-support when firing.
12. **EYE PROTECTION WILL BE PROVIDED AND MUST BE WORN!** All competitors, assistants, and accompanying personnel who will be in the immediate vicinity of the range complex are required to wear shatterproof shooting glasses or similar eye protection while shooting is in progress. Corrective lenses or eyeglasses, and/or filters or tinted lenses, may be worn by the athlete. Clear lenses are best, but amber, yellow, or gray is acceptable.
13. Medals will be awarded based on age divisions and gender
14. Medals will be awarded to the first, second, and third place finishers, ribbons will be awarded 4th-8th place finishers.
15. Resolving ties: competitors who tie will be awarded duplicate medals.