



# Target Rifle SA Rules for 20m Air Rifle Benchrest.

These rules should be considered in conjunction with TRA rules for Benchrest shooting.

*It should be noted that these are an interim set of rules in order to establish this event into our shooting calendar. It will be reviewed regularly, and comments will be appreciated.  
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## The Rifle:

A TRA Air Rifle Benchrest Rifle may be a .177 or .20 or .22 calibre air operated air rifle.

- ❖ **Maximum weight including telescopic sight and attachments** – 6.00 kg?
- ❖ **Maximum width of the fore-end of the stock where it contacts the front rest cannot be wider than 76.2mm. This can be in the form of a flat plate being attached to the fore-end.**
- ❖ **The rifle may be manual operation or compressed air.**
- ❖ **Maximum joules** – 16.3
- ❖ **Scope power - unlimited**
- ❖ **Muzzle Brakes, Muzzle Flips and Harmonic Tuners (Tuners) will NOT be permitted**

## Pressurised Air Cylinders.

It is the shooter's responsibility that any pressure cylinder is still within the validity date. As per ISSF Rules.

## Benchrest Equipment

Refer to TRA rules for Benchrest table, rear rest bag and front rest and bag.

## Ammunition

Will be air pellets – either .177 calibre or .20 calibre or .22 calibre

## The Range

Air Rifle Benchrest competitions will be shot at a distance of 20 metres to the target. Ranges can be indoor or open air.

## Targets

For the time being the targets will be either the 30 shot 20 metres Benchrest targets or the 20 shot 20 metres target used by Target Rifle SA for Benchrest Rifles Classes 1 and 3 competitions.

## Scoring

Scoring will be as for the Target Rifle SA 20 metres target and the .22 guage will always be used for all rifle calibres.

## The Competition

The Competition will comprise 60 shots, shot 1 shot per aiming mark. Time limit for 30 shots to be 45 minutes including sighting shots. Time limit for 20shot target will be 30 minutes including sighting shots.

## Shooting Position

The shooter sits on a chair or stool & the fore end of the rifle is supported on a rest and the butt is supported on a bag, both rests are supported on a table as per TRA Benchrest Rules – eg:

The fore end of the rifle may rest :-

- On the bag of a benchrest stand.
- Or on a block with or without a bag &/or carpet
- Or on a bipod fixed to the fore end of the rifle.

The butt of the rifle may rest on the rear bag.

Any part of the body may touch the table.

## Clothing

The use of a sling, shooting jacket, shooting pants, shooting boots or a glove is not permitted.

## Range Safety

Please refer to the TRA Rule Book – A.6.4

Approved by TRSA Management on .....