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# SPORT PISTOL RULES

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5 February 2024

# Introduction

## Sports Pistol

In recent times, the UK and some European countries have introduced the same 25M course of fire to their schools, where they have allowed Juniors, (under 21-year-olds), to shoot it with Air Pistols instead of rimfire handguns.

This has been highly successful, and it has received significant support because it has added a much sought-after excitement level into what until now has been a boring 60-shot slow fire format.

Surprisingly, mid-range to top-end PCP-powered air pistols are perfectly competent to shoot well at 25M, so many of your current batch of SANSSU shooters can immediately begin competing in the 25M event.

Also please note that several of our previous SA teams that have been visited Bisley for the Junior International competition each year, have also had the opportunity to try out the 25M event whilst at Bisley.

Not to be outdone by the UK school shooters, several of our SA pistol shooters have even gained medals competing against experienced UK shooters who are very familiar with the 25M event and have been shooting it for years, totally unlike our team that have essentially been beginners to the event.

In South Africa, I introduced the 25M air pistol event to our counterpart shooting association, the SA Pistol Federation (SAPF) a few years ago, and several of our SANSSU juniors joined the SAPF and have since been entering both the conventional 10M Air pistol event as well as the 25M Air Pistol event, and with wonderful results.

For example, in the past few years, Kristian Leigh Cockrell has become a top performer in the 25M Air pistol event, out-classing even adult shooters in the SAPF comfortably.

Her success has led to several other SANSSU Juniors also joining the SAPF and entering this event, and happily, they too have won several medals in the adult's event as well.

In the light of these successes, I believe that SANSSU should introduce the 25M/10M event into its program, especially since it prepares our Juniors for their future in shooting once outside of SANSSU and when competing as adult after leaving school. The competition is normally done over 25M but if space is an concern the discipline can be done over a 10M course. Only difference will be the actual size of the targets used for the discipline.

The 25M/10M event is in fact really challenging, exciting and quite different, so it is very attractive to shooters who often need a change of involvement to keep their interest and focus alive.

The event consists of two disciplines, a 30-shot Slow Fire event, and a 30-shot Duelling or so-called Rapid-fire event.

Each discipline is shot on different targets, a standard ring-format Slow Fire target, and a specially designed International Rapid Fire format target, which is also used in other Olympic events.

The shooter is allowed 5 sighting shots in each discipline before starting their scoring series.

For the Slow Fire discipline, a time limit of 150 seconds per 5-shot series applies, beginning with 5 sighting shots, and then followed by 6 scoring series, for a total of 30 scoring shots and a 300-point Total score.

The 25M target used is in effect an enlarged or scaled-up version of the 10M target that our shooters are already familiar with, so the scores achieved typically parallel the scores achieved on the 10M targets.

In my experience, the 25M air pistol event Slow Fire discipline scores achieved are often higher than the same shooter's 10m scores.



The Rapid-Fire discipline segment is quite different and it is extremely good fun to shoot, bringing a level of excitement and new skills to the table that are often a blessing in disguise for many air pistol shooters.

In the Rapid Fire discipline segment, the shooter is required to shoot one shot every 7-seconds onto targets that are mounted onto turning frames.

The target starts off at right-angles or edge-on to the shooter, then after 7 seconds it turns to face the shooter for 3 seconds during which time the shooter must lift his pistol and fire ONE shot at the target now facing him.

After 3 seconds, the target turns back to the edge-on position for another 7 second interval, before again turning to face the shooter again for the next 3 second period, during which time another shot must be fired.

This sequence is repeated 5 times to complete a 5-shot string, after which the target is then scored. To complete the match, the shooter fires 6 Rapid Fire series for a total of 30 scoring shots and a Total of 300 points.

The shooter's scores from the Slow Fire and the Rapid-Fire events are then added together to determine an overall top score out of 600 points. The highest overall score wins.

To introduce this 25M event to air pistol shooters, I previously designed and printed scaled down versions of the 25M targets that can be used on our school's 10M ranges – this allows our school shooters to practice this new event indoors on the 10M ranges the schools already provide.

These scaled downsize targets eliminate the need to shoot outdoors at 25M – any schools interested in implementing the 25M event should place orders with me for the scaled-down targets in batches of 100 targets per discipline.

I will then consolidate these orders to get the lowest possible price on a group purchase basis.

Earlier this year I also created a special training program for the SA team that went to Bisley to explain how to shoot the Rapid-Fire event effectively; clearly, they already understood how to shoot the Slow fire discipline, but the Rapid-fire discipline required some explanation and some training.

To shoot the 25M Rapid Fire discipline effectively, the shooter needs to learn a new and quite different shooting routine – the shooter must learn how to load and shoot effectively at the required speed of ONE shot every 7 seconds.

This year's Bisley team that trained with me easily adapted to this new routine and in fact came home with medals from Bisley.

The SANSSU shooters who now compete in SAPF competitions and provincial championships in the 25M air pistol event are winning against experienced adult shooters who have been shooting this event for years already.

Our SANSSU schools should decide on implementing this new and exciting air pistol event – it is well worth the effort, and it gives our school shooters a real insight into Olympic shooting in the future.

### ***Air Rifle Events***

I think that the air rifle members of SANSSU are investigating the Sprint Shooting event, and this would in my opinion be a great innovation for our air rifle shooters, and I encourage the schools to trial this event with their shooters to see how they adapt to this exciting event.

### **Conclusion**



The air pistol shooters in SANSSU have a privileged opportunity to build their adult shooting careers and form a solid foundation upon which they can utilize for the rest of their lives.

If we do our jobs at school level now, we will be breeding Internationally competent pistol shooters for the future.

I therefore implore our school coaches to make every effort to grow and expand our pistol shooting sport in the next year especially.

Kind regards and best wishes for the coming shooting season.

**Shaun Kennedy**  
**Alberton**

#### **ADDENDUM :**

## **Sports Pistol**

### **Course of Fire**

The competition consists of 60 shots fired in two 30-shot Stages. There is:

Precision Stage (30 shots); consisting of six 5-shot series, each series fired in 5 minutes shooting time

Rapid Fire Stage (30 shots); consisting of six 5-shot series, each shot fired at a 3 second exposure of the target.

### **Preparation Time**

Before each stage commences the shooters have 5 minutes 'Preparation Time'. During Preparation Time shooters may:

set up and prepare their equipment at the allocated firing point, dry fire . Preparation Time commences 5 minutes before the scheduled time for the relay.

### **Sighting series**

Before each stage the shooters have a 5-shot sighting series in the same timing as for that stage.

### **Precision Stage**

There are 6 series each of 5-shots fired in 5 minutes shooting time.

The 'Ready Position' does not apply for the Precision Stage

### **Rapid Fire Stage**

There are 6 series each of 5-shots fired in the 'duelling' time: the targets face for 3 seconds, with an away time of 7 seconds before the next facing. The shooter must have her arm no more than 45 degrees from the vertical for each 'exposure' (before the targets face -paper targets: or the green light comes on Electronically Scored Targets (EST)). This 'Ready Position' is specified in ISSF rule 8.6.1.3.1

### **Range Commands**

**If no mechanical or lights are available a buzzer system can be utilised. (APP store, 25m Pistol Timer)**

5 minutes before the scheduled start time

*"Preparation Time Begins Now"*

After 5 minutes

*"Sighting Series, Load"*

After 1 minute to load

*"Attention" - the targets are faced away (paper targets) or the red light comes on ( EST)*

After 7 seconds, the targets face (paper targets) or the green light comes on ( EST)

After each 5-shot series

*"Stop...Unload"*

After the targets have been scored and patched (paper targets) or 1 minute ( EST)

*"For the first series...Load"*

After 1 minute to load

*"Attention" - the targets are faced away (paper targets) or the red light comes on ( EST)*

After 7 seconds, the targets face (paper targets) or the green light comes on ( EST)

After each series, the targets face away (paper targets) or the red light comes on ( EST)

*"Stop...Unload"*

This is repeated for 6 competition series for each stage. After the last series, the Range Officer must verify that all pistols are unloaded and all magazines are empty before pistols are cased for removal from the firing points.

## **Pistol Specification**

***Same as normal 10m air pistol specifications***

For any uncertainty regarding the rules contact SANSSU Technical Representative

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