



SPORT PISTOL RULES 2025

SANSSU Spots Pistol Rules 2025 (Rev.1.1)

Version Control

Date	Version #	Description of changes
<i>Feb 2025</i>	<i>0</i>	<i>Original document</i>
<i>Nov 2025</i>	<i>1</i>	• <i>Version Control</i> • <i>Table of content</i> • <i>Introduction under Sports Pistol</i> • <i>Split into Paragraphs</i> • <i>Target pictures in para 1</i> • <i>“upfront agreement” para 4</i> • <i>T-Frame for O/14 para 6 precision stage</i> • <i>New Para 7: Violations & Irregularities</i> • <i>Updating of technical representative</i>
<i>Jan 2026</i>	<i>1.1</i>	• <i>Para 1, 3, 4: Changed 5 min precision stage to 250 seconds per series as per ISSF new regulations (sighting and competition)</i> • <i>Changed contact details to SANSSU email address</i>

Contents

1.	Course of Fire.....	2
2.	Preparation Time	3
3.	Sighting series	3
4.	Precision Stage.....	3
5.	Rapid Fire Stage	3
7.	Violations/Irregularities	5
8.	Range Commands	6
9.	Pistol Specification.....	7

Sports Pistol

ISSF Sports Pistol is a precision and rapid-fire shooting discipline governed by the International Shooting Sport Federation (ISSF). It is traditionally contested over 25 meters using a .22 calibre or .177 pistol and consists of two stages: the **Precision Stage**, which emphasizes accuracy with timed series of shots at stationary targets, and the **Rapid-Fire Stage**, which tests the shooter's speed and control as they fire at targets that appear for only a few seconds. At **SANSSU**, this discipline is adapted to a **10-meter course** using **air pistols due to range limitations**, with adjusted targets and timing to suit the modified range and equipment. This format maintains the core principles of ISSF Sports Pistol while making it accessible for school-level and developmental shooters.

1. Course of Fire

The competition consists of **40 shots**, divided into two stages:

- **Precision Stage:** 20 shots (4 series of 5 shots each, 250seconds per series or 16minutes for 20 shots) as depicted in Figure 1
- **Rapid Fire Stage:** 20 shots (4 series of 5 shots each, 3-second exposure per shot) as depicted in figure 1

Note:

- No coaching is allowed on the firing line during stages.
- Athletes may request to leave the firing line via the Range Officer to speak with their coach. Time continues during this.

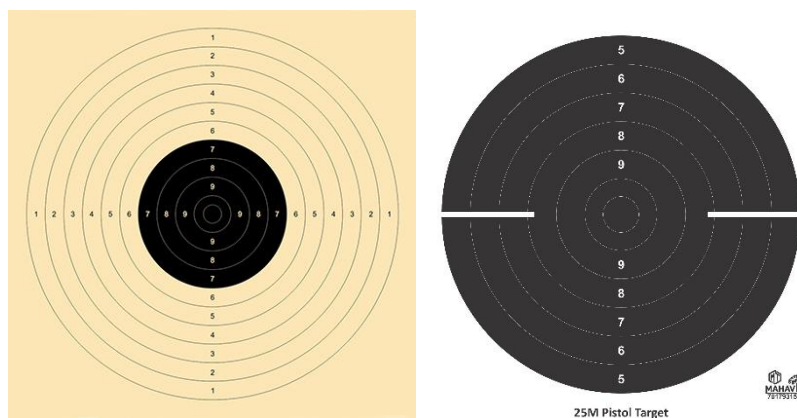


Figure 1: Left - Precision target, Right- Duelling/Rapid Target

2. Preparation Time

- Shooters receive **5 minutes** of preparation time before each stage.
- During this time, athletes may:
 - Set up and prepare equipment at their firing point
 - Dry fire

Preparation time begins **5 minutes before the scheduled relay time.**

3. Sighting series

- A **5-shot sighting** series is allowed before each stage.
- Timing matches the stage:
 - Precision Stage: 250 seconds
 - Rapid Fire Stage: 7 sec / 3 sec / 7 sec

4. Precision Stage

- 4 series of 5 shots
- Each series: 250 seconds **or**
- agreement between all parties to continue with the twenty (20) shots within sixteen minutes making it one series of twenty shots
- No “Ready Position” required.

5. Rapid Fire Stage

- 4 series of 5 shots
- Target exposure: 3 seconds
- Target away time:
 - O/12: 10 seconds
 - O/14, O/16, O/21: 7 seconds

Ready Position:

- Arm must be no more than 45° from vertical before target exposure (ISSF Rule 8.6.1.3.1)
- Applies to both paper targets and EST (Electronically Scored Targets)
- Actions to be taken as per ISSF rules if it is not adhered to.

6. Firing Positions

Precision Firing Position

- Same as 10m Air Pistol category:
 - O/12: Same as 10m Air Pistol category
 - O/14: T-Frame
 - O/16 & O/21: Free-standing international

Rapid Fire Firing Position

- O/12
 - Sitting position
 - Knee roll support allowed as per 10m Air pistol specifications
 - No loading support from parents/coaches except for Zoraki/Baikal Lever (no support or coaching)
 - Pistol may be held and fired with two hands
- O/14, O/16, O/21
 - Free-standing
 - No artificial support (T-Frames etc)
 - Pistol held and fired with one hand
 - Wrist must be visibly unsupported

Ready Position (O/14, O/16, O/21)

- Arm must point downward at $\leq 45^\circ$ from vertical (See drawing/Figure 2 below)
- Pistol must not point at the ground within the forward edge of the firing point
- After loading, pistol must be held in ready position until target exposure or green light (EST) or buzzer

Firing Position (O/12)

- Sitting position
- Knee roll support allowed as per 10m Air pistol specifications

- No loading support from parents/coaches except for Zoraki/Baikal Lever (no support or coaching)
- Pistol may be held and fired with two hands

7. Violations/Irregularities

- Ready Position Violation: Refer to ISSF Pistol Rules paragraph 8.7.3 and 8.7.4
- Irregularities:
 - More shots fired per target: Refer to ISSF Pistol Rules paragraph 8.8.2.1
 - Too many sighting shots: Refer to ISSF Pistol Rules paragraph 8.8.2.2
 - Early or late shots: Refer to ISSF Pistol Rules paragraph 8.8.2.3
 - Cross fire: Refer to ISSF Pistol Rules paragraph 8.8.2.4
- All rules on the Sports shooting can be obtained from the URL: [https://backoffice.issf-sports.org/getfile.aspx?mod=docf&pane=1&inst=461&file=ISSF Pistol-Rules Book 2023 Approved Version.pdf](https://backoffice.issf-sports.org/getfile.aspx?mod=docf&pane=1&inst=461&file=ISSF_Pistol-Rules_Book_2023_Approved_Version.pdf)

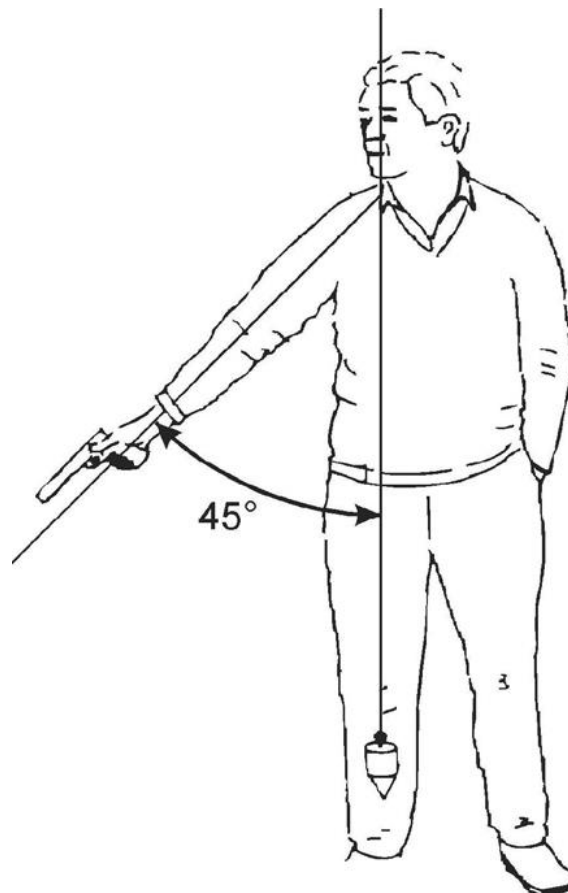


Figure 2: 45-degree ready position (Source: ISSF Pistol Rules)

8. Range Commands

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

Command Sequence

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 (Series consist of 3 sec shooting time per shot and 7 sec reloading for 5 consecutive shots) (Reloading for 0/12 are 10 sec)

"Stop...Unload"

After the completion of the series, bring target on a runner to the shooting table to confirm the number of shots to prevent challenges and replace with the next target.

"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 4 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.

9. Pistol Specification

10m Air Pistol

Any 4.5mm (.177cal.) compressed air, CO2, or pneumatic air pistol.

that conforms to the **SANSSU PISTOL SPECIFICATION** on page 9 (*4.1 and 4.2*).

Any 5 shot magazine may be used!!

For any uncertainty regarding the rules contact SANSSU Technical Representative

Charles Cockrell

tegniespistol@sanssu.co.za

083 794 7447