

Cumbria & Northumbria Target Shooting Association

Competition Rules, Guidelines and Conditions of Shooting

This document contains the rules and regulations for C&NTSA's Postal League competitions as well as guidelines to follow for the benefit of both competitors and scorers. This is Version 2.9.1 and comes into effect as from the commencement of the Summer 2026 season. See the Appendix for details of what has changed for this version.

NSRA, NRA, MLAGB and ISSF Rules apply where appropriate except where modified by C&NTSA as per this document. NSRA Rules that are modified or replaced are given below in full against their corresponding NSRA reference numbers. Specific C&NTSA-only Rules given below have a reference number prefixed with the number 0 to distinguish them from the NSRA's numbering system.

Scorers will give the reference to any broken rule, whether a standard NSRA rule, a modified NSRA rule or a C&NTSA rule, against the name of the shooter concerned in the results issued for each round preceded by the letter 'P' (for Penalty).

C&NTSA Rules

0.1 Average declarations.

Entrants entering competitions they shot in in the previous season must use the true average attained then over the first six rounds.

If a shooter did not compete in the previous season's equivalent league but did compete in the equivalent Team or Individual league, then the true average from rounds 1 to 6 of that league should be used.

If a shooter did not compete in either of the previous season's equivalent Team or Individual leagues, or did so but did not complete the first six rounds, then the true average of the last ten recorded scores in another equivalent league should be used.

If no league cards have been shot, then a number of other cards that are equivalent to six rounds of the relevant competition must be shot under match conditions and the true average of those cards given.

The Association reserves the right to obtain documentary evidence of any average submitted, so relevant non-C&NTSA data must be retained for the season.

0.2 The issued stickers must be affixed to the front of the target cards (including NSRA Air 2 cards) prior to shooting by a club official (or by a club member in the presence of a club official) or to electronic target printout sheets in accordance with C&NTSA Rule 0.12 and NSRA Rule 7.4.11.

0.3 Any card or printout without a sticker will not be scored.

0.4 Team and Individual competitions in the same discipline may be shot concurrently. If this is done, both sets of stickers must be on the cards or printouts adjacent to one another.

0.5 If 3-card-system cards are used for 20-shot competitions, both stickers must be on the card adjacent to each other. If only one sticker is present then only the 10-shot score from the top diagram(s) will be given.

0.6 Stickers must not be removed from one card or printout and stuck on another card or printout, under penalty of disqualification.

0.7 For Benchrest competitions, rifles may be supported at the fore end only – artificial rear rests are prohibited but the non-trigger hand may be used to support the rear of the rifle. Front rests complying with either NSRA rule 8.16.5 or WRABF rule B8-B11 are acceptable.

0.8 For Muzzle-loading competitions:

0.8.1 The time limit per course of fire for each round of 13 shots (including loading, capping and fouling shots) is 30 minutes. Best 10 shots to count.

0.8.2 In the Muzzle-loading Pistol and Revolver competitions, black powder must be used wherever possible, or any recognised BP substitute if not.

- 0.8.3 In the Muzzle-loading Nitro competition, nitro powder only may be used.
- 0.9 Cards or printouts sent to the wrong scorer:
- 0.9.1 The first two occurrences in any season will be accepted and scored either by the receiving scorer or the correct scorer after having been forwarded to them. The sender will be notified of the error.
- 0.9.2 On the third and subsequent occurrences in any one season the card(s) will not be scored or the printout(s) not accepted.
- 0.10 Oversize cards that will not naturally fit into envelopes no larger than C4 size must be folded to fit the envelope used (which must be C4 or smaller), and any folds must clearly avoid any shot-holes. Only cards with a printed trim-line may be trimmed, as per NSRA Rule 7.4.7.4.
- 0.11 Cards or printouts sent in underpaid packages need not be accepted by the scorer at their discretion. Any exceptional circumstances will be taken into consideration. See Guidelines and Recommendations para 2 below.
- 0.12 Electronic targets. These may only be used in competitions that specifically permit them in the Regulations given below. All users of electronic target systems must familiarise themselves with NSRA Rules 1.10.9, 7.4.8 and 7.4.11 (2023 issue or later). NSRA Rules apply with the following clarifications, additions and exceptions.
- 0.12.1 NSRA Rule 1.10.9 applies in its entirety. That includes registering the equipment with the NSRA and arranging for accuracy tests as given in Rule 1.10.9.3. C&NTSA reserves the right to see the results of any accuracy test.
- 0.12.2 The make and model of the equipment to be used must be declared to the C&NTSA Competitions Secretary (cntsacomps2@gmail.com) before any round is shot. This declaration is not required in subsequent seasons if the equipment has not changed since the original declaration, but any changes must be notified.
- 0.12.3 The equipment must be set up to use the manufacturer's correct target and software configuration applicable to the discipline, course of fire and range distance of the competition being fired.
- 0.12.4 For equipment that uses the A4 printout method of recording scores:
- (a) Clubs that have their own arrangements in place to produce pre-printed forms containing defined places for signatures etc and for affixing the stickers may use such forms.
- (b) For clubs that do not, the proforma for the Meyton and Sport Quantum SQ10 target systems that is available on the C&NTSA website may be used to affix stickers to if using those makes. See the 'Electronics' page on the C&NTSA website where that proforma can be downloaded. Proformas for other makes of equipment are not available.
- 0.12.5 For equipment that uses the A4 printout method of recording scores:
- 0.12.5.1 Subject to Rules 0.12.5.2 and 0.12.5.3, stickers must be affixed according to NSRA Rule 7.4.11.2, i.e. only the first sticker of a multi-sticker competition is to be applied to the front of each sheet with the rest being placed on the back. If Individuals and Teams competitions are being shot concurrently where the course of fire is the same for both, then one sticker from each should be applied to the front.
- 0.12.5.2 In any of our competitions that have 10 shots per round for its Individual version and 20 shots for its Team version then there are four possible scenarios for any competitor who is shooting in both:
- (a) shoot one 10-shot string for the Individual followed by one 10-shot string concurrently for Individual and Team. The sheet for the second string has both Individual and Team stickers on the front. This option may, of course, be shot in either order.
- (b) shoot one 10-shot string for the Individual then two separate 10-shot strings for the Team: one sticker per sheet.
- (c) shoot one 10-shot string for the Individual followed by one 20-shot

string for the Team: the Individual sticker to go on the first sheet and the two Team stickers on the second: one on the front, the other on the back.

(d) shoot one 20-shot string for both Individual and Team: all three stickers to go on the one sheet - the Individual sticker and one Team sticker on the front, the other Team sticker on the back. The first 10 shots will count for both competitions.

- 0.12.5.3 Any competitor who is only shooting in the Team competition may shoot either two 10-shot strings (one sticker per sheet) or one 20-shot string (both stickers on the sheet, one on the front, one on the back).
 - 0.12.5.4 Each printed sheet must represent either ten or twenty shots, with the relevant sticker(s) attached. If twenty shots, then they must all be for the same round.
 - 0.12.5.5 In the 10m Air Pistol and Air Rifle competitions, the equipment should, if possible, be set to record strings of 5 shots along with their totals.
 - 0.12.5.6 The score value of each shot must be printed as integers, along with the integer total of each string.
 - 0.12.5.7 Each sheet must be signed by the shooter then signed and dated by the witness in the designated places on completion of shooting. If there are no designated places, then signatures and date must be given together in any spare area of the sheet.
- 0.12.6 The scorer must receive, by the deadline given in rule 7.10.1.1 (as modified below) the original of the printed sheet(s) or printer strip as produced by the equipment with any unused stickers affixed to the reverse.
If unused stickers are not provided or an acceptable explanation is not given as to why not, then the shoot is liable for disqualification.
- 0.13 If any competitor in a division other than division 1 of any competition is deemed by the Association's Committee to be shooting significantly better than their declared average then the Association reserves the right to reduce that shooter's score by the difference, rounded up to the next whole number, between the average of their scores in their first three rounds and their declared average. Such handicaps will be applied retrospectively to all rounds already shot and to all subsequent rounds in the season concerned.
- 0.14 If NSRA-produced targets are used, their designation code must have the suffix '-18' (or any later year code as may exist).
- 0.15 Shooting of cards.
- 0.15.1 Individual league cards may not be shot by anyone other than the original entrant.
 - 0.15.2 In team competitions all shots per team member as defined in the conditions of shooting of the competition must be shot by the same person, whether a substitute or not.
- 0.16 Unless otherwise specified, all long-range competitions (50m/y and 100yds) must be shot on outdoor ranges as defined in NSRA Rule 1.10.4.
- 0.17 The Conditions of Shooting of each competition as given below must be adhered to. This Rule applies if a Condition of Shooting not covered by any other Rule is not followed and *is not limited to the following* (and the examples are just examples):
- 0.17.1 Wrong calibre used (e.g. .177 air in rimfire BR & vice versa).
 - 0.17.2 Wrong ammunition used (e.g. non-wadcutter pellets in 10m air comps).
 - 0.17.3 Wrong card used (but NSRA Rule 1.10.8 takes precedence if card is unapproved) (e.g. BR card in prone comps or wrong 'PL' card in competitions that specify them).
 - 0.17.4 Card shot at the wrong distance for the card or the competition. Self-explanatory.
 - 0.17.5 Wrong firearm used (e.g. .22 air rifle in rimfire benchrest).
- 0.18 Competitors in all the Gallery Rifle, Muzzle-loading and Long Barrelled Revolver competitions must write on each target what calibre of projectile was used. Failure to do so will incur a two-point penalty for each card concerned.
- 0.19 ISSF Rules apply in all deliberate 10m and 6yd airgun competitions, and in particular:

- 0.19.1 If an athlete fires more shots at one of his MATCH targets [*i.e. a single 5-shot card*] than are provided for in the event, he must not be penalized for the first two (2) shots;
- 0.19.2 For the third and all succeeding such misplaced shots he must be penalized by a deduction of two (2) points for the third and subsequent misplaced shots in that event;
- 0.19.3 The two (2) point deduction must be taken from the series in which the third or any subsequent misplaced shots occur. He must also fire a fewer number of shots at the remaining targets so that the number of shots does not exceed that provided for in the program.

Modified NSRA Rules

- 3.5.1 In competitions restricted to juniors, competitors must be under the age of 21:
 - 3.5.1.1 in postal competitions, on the closing date for entries for that competition.
 - 3.5.1.2 in shoulder-to-shoulder events and at meetings, on the start date of the first competition at that event or meeting.
- 3.5.2 In competitions restricted to veterans, competitors must have attained the age of 60:
 - 3.5.2.1 in postal competitions, by the closing date for entries for that competition.
 - 3.5.2.2 in shoulder-to-shoulder events and at meetings, by the start date of the first competition at that event or meeting.
- 7.3.3 Both Team and Individual competitors are not permitted to fire after the close of the Match Period unless an extension is accepted by the scorer and (if necessary) approved by the Committee. An application for an extension must be made to the scorer no later than one day after the end of the match period.
- 7.8.1 Each competitor will fire their match cards according to the fixture list. It is permissible for both team and individual members to fire matches in advance, but each competitor must shoot their match cards in the order of the round numbers.
- 7.8.3 Team members must fire their targets in the same round on the same range (see Rule 7.3.1) and may shoot at any time during the match period. Each competitor in either Individual or Team competitions must complete his/her targets within the time specified for the competition. In the 10m and 6yd air rifle and air pistol deliberate competitions only, if any targets are shot on separate days then only the best target(s) shot within the match period (if any) will count.
- 7.10.1.1 All cards and printouts must be received by the scorers on or by the WEDNESDAY of the week after the match period ends, i.e. if a match period ends on Monday November 1st, the cards MUST be with the scorer NO LATER than Wednesday November 10th.

Guidelines and Recommendations

1. This is NOT a locally-scored league and all targets must be sent to the correct scorer for each competition or spread of divisions for each competition. Please be aware of Rules 0.9, 0.10 and 0.11 above.
2. Please ensure that envelopes have the correct postage, otherwise the package may not be accepted by the scorer. It is advisable to get the Post Office to weigh and stamp your package. The exceptional circumstances referred to in Rule 0.11 include but are not limited to errors made by the Post Office or Royal Mail in this area.
3. Senders are also strongly advised to obtain a proof of posting to help with situations where envelopes are lost in the post. Please DO NOT send packages 'to be signed for'.
4. It is highly recommended that a return address is given on the package. If a scorer decides not to collect an underpaid package (0.11) then it will be returned to the sender rather than just disappear into wherever the Royal Mail dumps unclaimed packages. This situation does not count as 'lost in the post' and re-shoots will not be permitted.

5. If any package has to be and is collected from a Royal Mail depot because it is underpaid or it exceeds C4 size and could not be delivered or if it had to be signed for and the recipient was not at home at the time of delivery, then scorers are authorised to charge clubs with reasonable time and mileage costs incurred as well as the charges incurred for retrieval or re-delivery.
6. Please sort cards and/or printouts into Competition/Round/Team division/Individual division order before sending; this makes life much easier for the scorers. It would also help if whole rounds-worths of cards are sent together, not piecemeal as cards are shot.
7. Please do not 'hermetically seal' your envelopes with tape round all the edges. Such packages are very difficult to open. Keep your scorer happy! Scorers just want to score, not wrestle with uncooperative envelopes.
8. Please, please, please do not staple any cards together: it's very tedious having to take them out and scorers tend to value their fingernails. The cards won't get mixed up in the envelope but paperclips or rubber bands are acceptable if you feel the need to keep sets of cards together.
9. Competitors in all the Gallery Rifle, Muzzle-loading and Long Barrelled Revolver competitions must write on their targets what calibre was used to shoot the card. This ensures that the scorer uses the correct gauge. See Rule 0.18 above.
10. In the time-limit competitions (Rapid Fire Rifle, Rapid Fire Air Pistol and SR Standard Pistol) the Range Officer or Witness must notify the scorer if fewer than the designated number of shots were fired at any target by writing a note on each such target saying how many shots are missing. This is a 'Condition of Shooting' as given below in the rules for those competitions and CNTSA Rule 0.17 applies if necessary.
11. If any shooter has a valid reason to be late with shooting a round, the club should contact the scorer as soon as possible before the Idfs to see if they will grant an extension. Requests after the Idfs will probably not be viewed sympathetically, but one day's grace is allowed – Rule 7.3.3.
12. All queries regarding scores must be made to the relevant scorer, in writing or by email, within 14 days of the date of issue on the results sheet.
13. The deliberate 10m Air Rifle, 10m Air Pistol and their Supported Rest equivalent competitions as well as the 6yd Air Pistol and Air Rifle competitions are all run under ISSF Rules. Most importantly, that means that if six shots are fired at one target and four on the next, the lowest scoring shot on the first target will be transferred to make up the score on the second target with no penalty incurred. That may be done twice without penalty in each 20-shot round, but two points will be deducted from the total score for each of the third and subsequent occurrences. See CNTSA Rule 0.19 above.
14. Note that after the rule-changes in August 2025 and those coming into effect from the Summer 2026 season to allow the two cards of many 20-shot competitions to be shot on separate days, that, having shot the first card, if the shooter is unable to shoot the second card before the end of the match period due to illness/injury/work etc then they will be able to ask for an extension for that card in the usual way. If it proves impossible for a team member to shoot the second of two team cards (after an extension or not) then that card will be given as a no-return as it cannot be shot by a substitute (see Rule 0.15.2 above). All cards must still be shot in round number order.

Some commonly-broken NSRA Rules (*paraphrased*):

(see NSRA rules for the full set of rules and the full wording of the following rules.)

- 5.2.1 2 shots on 1 diagram, but correct number on card – 1-point penalty. Waived for the first occurrence but *only* if the competition may be shot on both paper and electronics.
- 5.2.2 Shot(s) on another person's card - 2 points penalty per shot.
- 5.2.3 Extra shots unaccounted for - Lowest 10 shots scored plus 1-point penalty per extra shot.
- 7.3.3 Card shot after end of match period – no score.
- 7.4.7.2 Card already gauged - no score.
- 7.4.2 Not signed by shooter - no score.
- 7.4.7.3 Damaged or mutilated card – no score.
- 7.4.7.4 Trim line damaged – no score.
- 7.6.3.2 Not witnessed and / or dated by the witness, or dated by the shooter - no score.
- 7.8.3 10m & 6yds air competition cards not shot on the same day (i.e. witnessed & dated on separate days). Best card(s) shot within the match period only to count (if any).
- 7.10.1.1 Cards not received on time by the scorer – no score.

Conditions of Shooting of all Postal Competitions

If NSRA targets are used in any competition then they MUST have an '-18' suffix designation (or any later equivalent). Any target stamped with the ISSF logo is acceptable.

Electronic targets may be used only where specified

Unless otherwise stated all competitions are run in both Winter and Summer seasons.

.22 Rifle Short Range Prone

(Individuals and Teams)

Distance: 15, 20, 25 Yards or 25 Metres.

Targets: N.S.R.A. 1989 Series '-18' pattern (or later) only. Equivalent electronic targets may be used. See Rule 0.12 above for the arrangements for electronic shooting.

Calibre: .22 lr

Teams comprise three members.

The Individual competition consists of 10 shots per round (one card).

The Team competition consists of 20 shots (10 each at two cards) per team member per round

and those two cards may be shot on different days.

Average ex100

.22 Rifle 50m/yds Iron Sights Prone

(Individuals and Teams)

Distance: 50 Yards or 50 Metres.

Targets: N.S.R.A. 1989 Series '-18' pattern (or later) only. Equivalent electronic targets may be used. See Rule 0.12 above for the arrangements for electronic shooting.

50yd: either MM8-18 (full-size) or 5002C-18 (pre-trimmed).

50m: MM12C-18 (pre-trimmed) or MM13 (3-card system)

If two-diagram cards are used then two cards must be used per round, each with one sticker on it and five shots fired at each diagram.

If 3-card-system cards are used, then one card must be used per round: both stickers must be attached adjacent to each other and five shots fired at each diagram.

Calibre: .22 lr.

Iron sights only.

Teams comprise three members.

Both Individual and Team competitions are 20 shots per round.

If two 10-shot cards are used then they may be shot on separate days, in either the Individual Team competitions. 3-card system cards must be completed on the same day.

Cards for this competition may be shot concurrently with the 50x component of the Dewar

competition (below) and vice versa, except if shot on electronic targets.

Average ex200

Dewar Course Iron Sights Prone

(Individuals and Teams)

Distances: 50m/yd and 100yd.

Targets:

50yd: either MM8-18 (full-size) or 5002C-18 (pre-trimmed).

50m: MM12C-18 (pre-trimmed) or MM13 (3-card system)

If two-diagram cards are used then two cards must be used per round, each with one sticker on it and five shots fired at each diagram.

If 3-card-system cards are used, then one card must be used per round: both stickers must be attached adjacent to each other and five shots fired at each diagram.

100yd: either two 1001C-18 single-diagram cards (10 shots on each card) with one sticker on each, OR one 3-card system 1003-18 card (10 shots at each diagram) with both stickers attached adjacent to each other.

Calibre 0.22 rimfire.

Iron sights only.

Both Individual and Team competitions are 40 shots per round, 20 at each distance.

The cards for the two distances may be shot on different days.

If two 10-shot cards are used for either distance in either the Individual or Team competitions, then they may be shot on separate days. 3-card system cards in either must be completed on the same day.

The 50m/y cards for this competition may be shot concurrently with the cards for the 50m/y I/S competition (above) and vice versa, except if shot on electronic targets.

Average: Indoor average ex100. If an indoor average is not available, then use an outdoor average (preferably over a Dewar Course) arithmetically adjusted to be ex100.

.22 Rifle 100 yards Any Sights Prone

(Individuals only)

Distance: 100 Yards.

Targets: either two 1001C-18 single-diagram cards (10 shots on each card) with one sticker on each, OR one 3-card system 1003-18 card (10 shots at each diagram) with both stickers attached adjacent to each other.

Calibre: .22 lr.

Any sights.

20 shots per round.

If two 10-shot cards are used then they may be shot on separate days. 3-card system cards must be completed on the same day. Average ex200

Short Range Benchrest Any Sights (.22 Rimfire rifles) (Individuals and Teams)

Distance: Indoors 20 or 25 Yards or 25 Metres.

Targets: N.S.R.A. 1989 Series OR 2010BR17 or 2510BR15 or 25M10BR15, '-18' pattern (or later) only for all. X's will be scored. The BR-type targets are recommended and preferred.

Calibre: .22 lr rimfire only.

Any sights.

Rifles may be supported on a rest at the fore end only, **YOU MUST NOT USE AN ARTIFICIAL REAR REST UNDER THE BUTT: THE NON-FIRING HAND MAY BE USED TO SUPPORT THE REAR OF THE RIFLE.**

Front rests complying with NSRA rule 8.16.5 or WRABF rule B8-B11 are acceptable, otherwise all of NSRA Rule 8.16 applies.

Teams comprise three members, all of whom (including substitutes) must use .22 rimfire rifles.

Both Individual and Team competitions are 20 shots per round (10 each at two cards).

The two cards for both Individual and Team competitions may be shot on separate days.

Average ex200

Short Range Benchrest Any Sights (Air rifles)

(Individuals and Teams)

As for Short Range Benchrest Any Sights (.22 Rimfire rifles) except:

Calibre: .0.22 air rifle or 0.177 air rifle. Any type of pellet may be used.

0.177 shot holes will be scored with a .22 gauge.

Teams comprise three members, all of whom (including substitutes) must use air rifles.

50m/yds Benchrest Any Sights

(Individuals and Teams)

Distance: 50 Metres or 50 Yards. Outdoor ranges only.

Targets:

50m: N.S.R.A. 50M10BR17 (preferably) or MM12BR15 '-18' pattern (or later) for both.

50M10BR17 cards may not be trimmed. Cards with the previous pattern code 5010BR17 may also be used.

Competitors in Individual divisions 1 & 2 are required to use 50M10BR17-18 targets.

50yd: N.S.R.A. 1989 Series '-18' pattern (or later).

Xs will be scored by the NSRA's "X" ring gauge on 50m cards. On 50yd cards: If a special gauge for gauging Xs on 50yd cards is available, that will be used, otherwise an X will be counted if a shot is entirely within the 10-ring as measured with a standard .22 gauge.

If MM12BR15-18 cards (50m) or 1989 Series -18 cards (50yd) are used then two cards must be used per round, each with one sticker on it and five shots fired at each diagram.

if 50M10BR17-18 or 5010BR17-18 cards are used then two cards must be used per round, each with one sticker on it and one shot fired at each diagram.

Calibre: .22 lr.

Any sights (telescopic or iron).

Rifles may be supported on a rest at the fore end only, **YOU MUST NOT USE AN ARTIFICIAL REAR REST UNDER THE BUTT: THE NON-FIRING HAND MAY BE USED TO SUPPORT THE REAR OF THE RIFLE.**

Front rests complying with NSRA rule 8.16.5 or WRABF rule B8-B11 are acceptable, otherwise all of NSRA Rule 8.16 applies.

Outdoor ranges only.

Teams comprise three members.

Both Individual and Team competitions are 20 shots per round.

The two cards for both Individual and Team competitions may be shot on separate days.

Average ex200

100 yards Benchrest Any Sights

(Individuals and Teams)

Distance: 100 yards. Outdoor ranges only.

Targets: N.S.R.A. 1001BR15 only, '-18' pattern (or later). Xs will be counted. Two cards per round, 10 shots at each.

Calibre: .22 lr.

Any sights (telescopic or iron).

Rifles may be supported on a rest at the fore end only, **YOU MUST NOT USE AN ARTIFICIAL REAR REST UNDER THE BUTT: THE NON-FIRING HAND MAY BE USED TO SUPPORT THE REAR OF THE RIFLE.**

Front rests complying with NSRA rule 8.16.5 or WRABF rule B8-B11 are acceptable, otherwise all of NSRA Rule 8.16 applies.

Teams comprise three members.

Both Individual and Team competitions are 20 shots per round.

The two cards for both Individual and Team competitions may be shot on separate days.
Average ex200

Sport Rifle (standing)

(Individuals and Teams)

Distance: 20 Yards or 25 Metres.

Targets:

20 yards: N.S.R.A. PL14 or PL14/06, '-18' pattern (or later) for each.

25 Metres: SPA1 or N.S.R.A. PL19 '-18' pattern (or later), or I.S.S.F. approved equivalents.

Calibre: .22 lr OR Air Rifles (.177 or .22 – any type of pellet may be used). The correct gauge for the calibre will be used.

Teams comprise three shooters.

The Individual competition consists of 10 shots per round (one card).

The Team competition consists of 20 shots (10 each at two cards) per team member per round and those two cards may be shot on different days.

No slings or supporting clothing is allowed, position is standing, unsupported.

Any sights. Average ex100

Rapid Fire Rifle (standing)

(Individuals only)

Distance: 20 Yards or 25 Metres.

Targets:

20 yards: N.S.R.A. PL14 or PL14/06, '-18' pattern (or later) for each.

25 Metres: SPA1 or N.S.R.A. PL19 '-18' pattern (or later), or I.S.S.F. approved equivalents.

Calibre: .22 lr OR .177 air rifle (any type of pellet may be used). The correct gauge for the calibre will be used.

Any sights.

Individual competitions are 30 shots per round (10 at each of three cards).

Card 1: 2 strings of 5 shots in 150 seconds per string.

Card 2: 2 strings of 5 shots in 20 seconds per string.

Card 3: 2 strings of 5 shots in 10 seconds per string.

If turning targets are not used then timing must be controlled by a Range Officer.

The time allowed for each competitor to complete the course of fire for each round is 2 hours, and all three cards for each round must be completed on the same day.

Excess shots on any card will be penalised under NSRA Rule 5.2.3. Cards with insufficient shots will be scored 'as is'. If a card has insufficient shots then the range officer or witness should write on the card how many shots are missing.
Average ex300

Gallery Rifle Iron Sights (standing)

(Individuals only)

Distance: 20 Yards or 25 Metres.

Targets:

20 yards: N.S.R.A. PL12 '-18' pattern (or later).

25 metres: N.S.R.A. PL7 or PL8 centre, '-18' pattern (or later) for each, OR 25m equivalents such as Kruger 3100S or 3130 (centre).

On PL7 targets, shots outside of the 4-ring will be scored as a miss.

Rifles: Any rifle defined as a Gallery Rifle in NRA GRP Handbook (2016) -- Rule A 2.2.

Calibre: any centre fire calibre from .23 to .455. The calibre of projectile used must be shown on each target to assist scoring.

All shots will be scored as per their calibre; a stepped gauge will not be used.

Iron sights only; red dot or optical sights are prohibited.

No gloves or supporting clothing (including weightlifters' belts) are permitted.

Eye and ear protection must be worn whilst shooting this competition.

20 shots per round (10 each at 2 cards).

The two cards may be shot on separate days. Average ex200

Gallery Rifle Any Sights (standing)

(Individuals only)

As per Gallery Rifle Iron Sights except:

Any sights (including iron, telescopic and red dot but excluding laser).

Long-barrelled Revolver Iron Sights

(Individuals only)

Distance: 20 Yards, 25 yards or 25 Metres.

Targets:

20 yards: N.S.R.A. PL12 '-18' pattern (or later).

25 yards: N.S.R.A. PL19 '-18' pattern (or later) or SPA 1

25 metres: N.S.R.A. PL7 or PL8 centre, '-18' pattern (or later) for each, OR 25m equivalents such as Kruger 3100S or 3130 (centre).

On PL7 targets, shots outside of the 4-ring will be scored as a miss.

Revolvers: Any UK-legal long-barrelled centre-fire cartridge revolver. Shoulder-stocks are not permitted. Grip may be either one- or two-handed.

Calibre: Any calibre from .30 to .455. The calibre of projectile used must be shown on each target to assist scoring.

All shots will be scored as per their calibre, a stepped gauge will not be used.

Iron sights only.

No gloves or supporting clothing (including weightlifters' belts) are permitted.

Eye and ear protection must be worn whilst shooting this competition.

20 shots per round (10 each at 2 cards).

The two cards may be shot on separate days.

Average ex200

Long-barrelled Revolver Any Sights

(Individuals only)

As for Long-barrelled Revolver Iron Sights except:

Any sights: iron, red dot or optical sights only.

Long-barrelled Pistol

(Individuals only)

Distance: 20 Yards or 25 Metres.

Targets:

20 yards: N.S.R.A. PL12 '-18' pattern (or later).

25 metres: N.S.R.A. PL7 or PL8 centre, '-18' pattern (or later) for each, OR 25m equivalents such as Kruger 3100S or 3130 (centre).

On PL7 targets shots outside the 4-ring will be scored as a miss.

Pistols: Any UK-legal long-barrelled .22 rimfire pistol. Grip may be either one- or two-handed.

Any sights (including iron, telescopic and red-dot but excluding laser).

20 shots per round (10 each at 2 cards).

The two cards may be shot on separate days.

Average ex200

Muzzle Loading Pistol (single-shot)

(Individuals only)

Distance: 20 Yards or 25 Metres.

Targets:

20 yards: N.S.R.A. PL12 '-18' pattern (or later).

25 metres: N.S.R.A. PL7 or PL8 centre, '-18' pattern (or later) for each, OR 25m equivalents such as Kruger 3100S or 3130 (centre).

On PL7 targets shots outside the 4-ring will be scored as a miss.

Provided a clean or repaired PL7 target is used as a backing, any shot(s) outside the scoring rings on PL8 targets may be scored within the club (but not by the shooter) and the shot value(s) written on the back of the target.

Calibre: any. The calibre of ball used must be shown on each target to assist scoring.

Projectiles must be spherical only.

Propellant: Black powder wherever possible, or any recognised black powder substitute e.g. Triple 777 or Pyrodex.

Shooting position is standing with one-handed grip.

MLAGB Rules shall apply, except where modified by the CNTSA.

Eye and ear protection must be worn whilst shooting this competition.

This competition is for 13 shots per round fired in 30 minutes with the best 10 to count.

Shots must be at least 50% over the line to obtain the higher score. Average ex100

Muzzle Loading Revolver

(Individuals only)

Distance: 20 Yards or 25 Metres.

Targets:

20 yards: N.S.R.A. PL12 '-18' pattern (or later).

25 metres: N.S.R.A. PL7 or PL8 centre, '-18' pattern (or later) for each, OR 25m equivalents such as Kruger 3100S or 3130 (centre).

Provided a clean or repaired PL7 target is used as a backing, any shot(s) outside the scoring rings on PL8 targets may be scored within the club (but not by the shooter) and the shot value(s) written on the back of the target.

Calibre: any. The calibre of projectile used must be shown on each target to assist scoring.

Projectiles may be any shape within the spirit of the original, i.e. spherical ball or pricket bullet only.

Propellant: Black powder wherever possible, or any recognised black powder substitute e.g. Triple 777 or Pyrodex.

Shooting position is standing with one-handed grip.

Modern target sights may be used.

MLAGB Rules shall apply, except where modified by the CNTSA.

Eye and ear protection must be worn whilst shooting this competition.

This competition is for 13 shots per round fired in 30 minutes with the best 10 to count.

Shots must be at least 50% over the line to obtain the higher score. Average ex100

Muzzle Loading Nitro

(Individuals only)

Distance: 20 Yards or 25 Metres.

Targets:

20 yards: N.S.R.A. PL12 '-18' pattern (or later).

25 metres: N.S.R.A. PL7 or PL8 centre, '-18' pattern (or later) for each, OR 25m equivalents such as Kruger 3100S or 3130 (centre).

Provided a clean or repaired PL7 target is used as a backing, any shot(s) outside the scoring rings on PL8 targets may be scored within the club (but not by the shooter) and the shot value(s) written on the back of the target.

Firearm: any muzzle-loading revolver/pistol/multi shot pistol.

Calibre: any. The calibre of projectile used must be shown on each target to assist scoring.

Projectiles: any as suitable for the firearm.

Propellant: Nitro powder e.g. Bullseye, Green Dot in a muzzle loader, *providing* the firearm is proofed for the safe use of a nitro type of propellant and the range is authorised for its use.

Shooting position is standing with one-handed grip.

Modern target sights may be used.

MLAGB Rules shall apply, except where modified by the CNTSA.

Eye and ear protection must be worn whilst shooting this competition.

This competition is for 13 shots per round fired in 30 minutes with the best 10 to count.

Shots must be at least 50% over the line to obtain the higher score. Average ex100

20 Yard Pistol (Air Pistol and .22 Pistol incl. Free Pistols)

(Individuals and Teams)

Distance: 20 Yards.

Targets: N.S.R.A. PL15 or PL15/09 '-18' pattern (or later) only for each, or I.S.S.F. approved equivalents.

Calibre: .22 Ir OR Air Pistols (.177 or .22 – any type of pellet may be used).

The correct gauge for the calibre will be used.

Teams comprise three members.

Individual competitions are 20 shots per round (10 each at 2 cards).

Team competitions are 20 shots per round per team member (10 each at two cards).

The two cards for both Individual and Team competitions may be shot on different days.

Average ex200

Short Range Standard Pistol

(Individuals only)

Distance: 20 Yards or 25 Metres.

Targets:

20 yards: N.S.R.A. PL12 '-18' pattern (or later) or I.S.S.F. approved equivalent.

25 Metres: N.S.R.A. PL7 '-18' pattern (or later) or I.S.S.F. approved equivalent.

Calibre: .22 Ir OR Air Pistols (.177 or .22 – any type of pellet may be used).

The correct gauge for the calibre will be used.

The weight of the trigger pull must conform to National requirements.

30 shots (10 at each of three cards) per round.

Card 1: 2 strings of 5 shots in 150 secs. per string.

Card 2: 2 strings of 5 shots in 20 secs. per string.

Card 3: 2 strings of 5 shots in 10 secs. per string.

If turning targets are not used then timing must be carried out by a Range Officer.

Excess shots on any card will be penalised under NSRA Rule 5.2.3. Cards with insufficient shots will be scored 'as is'. If a card has insufficient shots then the range officer or witness should write on the card how many shots are missing.

The time allowed for each shooter to complete the course of fire for each round is 2 hours, and all three cards for each round must be completed on the same day. Average ex300

10 Metre Air Pistol

(Individuals and Teams)

Distance: 10 Metres. ISSF Rules apply unless otherwise stated.

Targets: N.S.R.A. Air4/89-18 or I.S.S.F approved 10 Metre Air Pistol Targets. Equivalent electronic targets may be used. See Rule 0.12 above for the arrangements for electronic shooting.

Calibre: .177. Wadcutter pellets must be used.

Competitors under the age of 12 on the closing date for entries for the competition may shoot with a two-handed grip. All others must use one hand.

The weight of the trigger pull must conform to National requirements.

Teams comprise three members.

Individual and Teams competitions are both 20 shots per round (5 at each of four cards or two strings of 10 or one string of 20 on electronic targets).

All 20 shots must be fired on the same day.

Average ex200

10 Metre Air Pistol, ISSF Supported Rest Shooting

(Individuals and Teams)

Distance: 10 Metres. ISSF Rules apply unless otherwise stated.

Targets: N.S.R.A. Air4/89-18 or ISSF approved 10 Metre Air Pistol Targets. Equivalent electronic targets may be used. See Rule 0.12 above for the arrangements for electronic shooting.

Calibre: .177. Wadcutter pellets must be used.

The weight of the trigger pull must conform to National requirements.

Teams comprise three members.

Individual and Team competitions are both 20 shots per round (5 at each of four cards or two strings of 10 or one string of 20 on electronic targets).

Rests, positions and shooting conduct rules are defined in the ISSF Supported Rest Shooting Rules which are available on their website. The ISSF's three age categories are not being applied and entrants of any age may take part. Those aged 72 and over may sit to shoot.

All 20 shots must be fired on the same day.

Average ex200

10 Metre Rapid Fire Air Pistol

(Individuals only)

Distance: 10 metres

Targets: N.S.R.A. Air4/89-18 or I.S.S.F approved 10 Metre Air Pistol Targets. Equivalent electronic targets may be used but only if the equipment is designed for this style of shooting (e.g. Sport Quantum SQ10). See Rule 0.12 above for the arrangements for electronic shooting.

Calibre: .177. Wadcutter pellets must be used.

The weight of the trigger pull must conform to National requirements.

20 shots per round: 5 at each of 4 cards or target exposure on electronics, 10 seconds per 5-shot string.

If turning targets or electronics are not used then timing must be controlled by a Range Officer.

Excess shots on any card will be penalised under NSRA Rule 5.2.3. Cards with insufficient shots will be scored 'as is'. If a card has insufficient shots then the range officer or witness should write on the card how many shots are missing.

All 20 shots must be fired on the same day.

Average ex200

6 Yards Air Pistol

(Individuals only)

Distance: 6 yards. ISSF Rules as for 10m Air Pistol apply unless otherwise stated.

Targets: N.S.R.A. Air 8'-18' pattern (or later). Equivalent electronic targets may be used only if the equipment supports the distance and the target dimensions. See Rule 0.12 above for the arrangements for electronic shooting.

Calibre: .177. Wadcutter pellets must be used.

Competitors under the age of 12 on the closing date for entries for the competition may shoot with a two-handed grip. All others must use one hand.

The weight of the trigger pull must conform to National requirements.

20 shots per round (5 at each of 4 cards or two strings of 10 or one string of 20 on electronic targets).

All 20 shots must be fired on the same day.

Average ex200

10 Metre Air Rifle

(Individuals and Teams)

Distance: 10 Metres. ISSF Rules apply unless otherwise stated.

Targets: N.S.R.A. Air 3/89 or Air 2 '-18' pattern (or later) for both, or I.S.S.F. approved equivalents. Equivalent electronic targets may be used. See Rule 0.12 above for the arrangements for electronic shooting.

Calibre: .177. Wadcutter pellets must be used.

The weight of the trigger pull must conform to National requirements.

For Air 2 targets, stickers, signatures and dates must ALL appear on the FRONT of the target.

Teams comprise three members.

Individuals and Teams competitions are both 20 shots per round (5 at each of 4 cards or two strings of 10 or one string of 20 on electronic targets).

All 20 shots must be fired on the same day.

Unless in possession of an NSRA Dispensation Certificate to the contrary, shooters permitted to shoot sitting (in a wheelchair or not) must use a spring rest.

Average ex200

10 Metre Air Rifle, ISSF Supported Rest Shooting

(Individuals only)

Distance: 10 Metres. ISSF Rules apply unless otherwise stated.

Targets: N.S.R.A. Air 3/89 or Air 2 '-18' pattern (or later) for both, or I.S.S.F. approved equivalents. Equivalent electronic targets may be used. See Rule 0.12 above for the arrangements for electronic shooting.

For Air 2 targets, stickers, signatures and dates must ALL appear on the FRONT of the targets.

Calibre: .177 (wadcutter pellets must be used).

The weight of the trigger pull must conform to National requirements.

20 shots per round (5 at each of 4 cards or two strings of 10 or one string of 20 on electronic targets).

Rests, positions and shooting conduct rules are defined in the ISSF Supported Rest Shooting Rules which are available on their website. The ISSF's three age categories are not being applied and entrants of any age may take part. Those aged 72 and over may sit to shoot.

As this is run to standard ISSF Rules (with the above age exception) it is not open to any competitor who normally sits to shoot unless they are aged 72 or over.

All 20 shots must be fired on the same day.

Average ex200

6 Yards Air Rifle

(Individuals only)

Distance: 6 yards. ISSF Rules as for 10m Air Rifle apply unless otherwise stated.

Targets: N.S.R.A. Air 7 '-18' pattern (or later). Equivalent electronic targets may be used only if the equipment supports the distance and the target dimensions. See Rule 0.12 above for the arrangements for electronic shooting.

Calibre: .177. Wadcutter pellets must be used.

The weight of the trigger pull must conform to National requirements.

20 shots per round (5 at each of 4 cards or two strings of 10 or one string of 20 on electronic targets).

All 20 shots must be fired on the same day.

Average ex200

The Association also runs the following shoulder to shoulder competition:

.22 Rifle

THE "Vaux" OPEN SHOOT

40 shots at 50 metres and 40 shots at 100 yards, held at Snableazes Range, near Alnwick. This shoot is usually held in July. It includes confined CNTSA Competitions.

Benchrest competitions at 50m and 100yds are also held.

The Vaux Trophy is a free entry "100 yard only" competition, with entries invited from the highest scores in competition 3 (aggregate).

1st Detail: A maximum of 10 sighters plus 20 shots to count.

2nd Detail: No sighters and 30 shots to count. 1 warming shot allowed

Appendix

This gives a log of the changes made in each new release.

Version 2.7.3, issued 22/4/22:

Changes to Rule 0.12 (electronic targets).
Update to conditions of shooting 10m Rapid Fire Air Pistol.

Version 2.7.4, issued 14/5/22:

The conditions of shooting of all competitions updated to specify '-18' NSRA targets.

Version 2.7.5, issued 25/6/22:

Specifies the use of a special X-ring gauge for 50-yard prone cards in benchrest.

Version 2.7.6, issued 31/7/22:

Guidelines & Recommendations Para 1 updated to recommend adding a return address to packages of cards.

Version 2.8.1, issued 8/12/22:

Rule 0.12.4(b) updated to include Sport Quantum equipment
Rules 0.12.5.n now numbered correctly.
Rule 0.12.5.1 clarified.
Rule 0.12.5.2 clarified (sticker placements)
Rule 0.12.5.4 introduced.
Update to Rule 0.12.6 (effective 1/1/23).
Update to Rule 0.17.
Typo corrected in Rapid Fire Rifle Conditions.

Version 2.8.2, issued 14/3/23:

Modified NSRA Rule 3.5.2 to remove the age restrictions for entering the Supported Rest competitions.
Conditions of shooting the Supported Rest competitions to remove the age restrictions.
Conditions of shooting of all the 10m Air Pistol competitions to specify Air4/89-18 targets.
Conditions of shooting the 50yd Benchrest competition changed regarding the scoring of an X-bull.

Version 2.8.3, issued 30/3/23:

Modified NSRA Rule 3.5.1 to specify the age for Juniors must be under 21 on the entry date for postal competitions and on the date of the first competition in shoulder-to-shoulder meetings or events.
Modified NSRA Rule 3.5.2 to specify the age for Seniors must be 60 or over on the entry date for postal competition and on the date of the first competition in shoulder-to-shoulder meetings or events.

Version 2.8.4, issued 18/4/23:

Target specification for 50m benchrest changed from 5010BR17 to 50M10BR17 due to the NSRA changing the pattern code.
Rule 0.14 amended to remove the option to use targets on any list of NSRA-approved targets.

Version 2.8.5, issued 27/5/23:

Removal of 'Summer season only' from the specifications of the Long Range Prone and 100yds Any Sights competitions.

Version 2.8.6, issued 24/12/23:

Update to Rule 0.2 to include a reference to Rule 0.12.
Addition of a fourth scenario for shooting team cards in Rule 0.12.5.2.

Version 2.8.7, issued 10/03/24 (effective as from the Summer 2024 season):

Conditions of shooting all Gallery Rifle and Muzzle loading competitions amended to require the use of both eye and ear protection.
Conditions of shooting the 50m Individual Benchrest competition amended to require those in divisions 1 and 2 to use the 10-bull BR target (50M10BR17-18).
Conditions of shooting the 10m Air Rifle competition amended to specify that competitors who are permitted to sit to shoot must use a spring rest and enter the standard 10m AR competition.
Entrants to the 10m Air Rifle Supported Rest competition must stand and use a fixed rest as per ISSF Rules.

Conditions of shooting introduced for the new Long Barrelled Revolver competitions (Iron sights and Any sights).

Guidelines & Recommendations Para 6: 'should' changed to 'must'.

Rule 0.18 introduced to require competitors in the Gallery Rifle, Muzzle-loading and Long Barrelled Revolver competitions to write the calibre of projectile used on each target subject to a 2-point penalty (suspended until the 2024-25 season).

Conditions of shooting the 10m and 6yds Air Pistol competitions amended to allow those under the age of 12 to shoot with a two-handed grip. This is in line with Tetrathlon and British Schools regulations.

Version 2.8.8, issued 16/07/24

Rule 0.17.5 introduced.

Version 2.8.9, issued 04/09/24

Rules for some competitions condensed to refer to similar competitions with relevant changes (e.g. Benchrest & Gallery Rifle).

Average required for Sport Rifle changed from 'ex10' to 'ex100'

Version 2.8.10, issued 11/3/25

Introduction of the Dewar league as from Summer 2025.

Rules for short-range benchrest (air rifle) amended to clarify that all team members including substitutes must use air rifles.

Version 2.8.11, issued 19/7/25

Revision of rule 0.15 to say that each team member's cards must be shot by the same person.

Version 2.8.12, issued 28/8/25

The conditions of shooting the two-card team competitions in SR Rifle and Sport Rifle changed to say that the two cards may be shot on different days.

Version 2.8.13, issued 31/12/25

Implementation of ISSF Rules to govern all 10m and 6yd deliberate airgun competitions (new Rule 0.19 and Guideline 13).

Version 2.9.1, issued 9/1/26

The conditions of shooting of all relevant competitions updated to allow the targets of any multi-target component of any competition (Individual or Team) EXCEPT the deliberate 10m and 6yd air rifle and pistol and all the rapid-fire competitions to be shot on different days. All targets for those excepted competitions must be shot on the same day (i.e. no longer within 2 hours).

Introduction of a 6-yard Air Rifle Individual competition.

Introduction of a 10m Air Pistol (Supported rest) Team competition.