



**International Shooting Sport Federation  
Internationaler Schiess-Sportverband e.V.  
Fédération Internationale de Tir Sportif  
Federación Internacional de Tiro Deportivo**

# **RULES FOR**

  

# **ISSF**

  

# **SUPPORTED REST**

  

# **SHOOTING**

## **Introduction to Sport for All**

**Sport for All** is a movement promoting the Olympic ideal that sport is a human right for all individuals regardless of race, social class and sex. **Sport for All** encourages all people to live the Olympic Movement's values by practicing sports activities that give them regular exercise and the health and social benefits that come from sports participation.

## **The International Shooting Sport Federation (ISSF) and Sport for All**

The International Olympic Committee established a **Sport for All** Commission and actively encourages all of its International Federations to develop and promote sport for all activities within the sport that they govern. The ISSF adopted a **Shooting Sport for All** program to encourage its National Federation members to promote shooting events and disciplines that are especially suited for widespread grassroots participation. ISSF **Shooting Sport for All** events are characterized by being accessible, affordable and suitable for both sexes and all ages. ISSF **Shooting Sport for All** events now include **ISSF Target Sprint, Three-Position Air Rifle Sport** (for Juniors) and **Supported Rest Shooting** (for Seniors).

## **ISSF Supported Rest Shooting is an ISSF Shooting Sport for Senior Age-Group Competitors in Rifle and Pistol**

Supported Rest Shooting provides the opportunity for senior age-group individuals to take part in the sport of Shooting when the conventional, unsupported disciplines become less attractive than having a means of supporting the weight of the rifle or pistol during a course of fire. Rifle competitions can be organised on 10m indoor ranges using 4.5 mm air rifles, or on 50m ranges using 5.6 mm rimfire rifles. Pistol competitions can also be fired over these same distances. Competitions take place on existing 10m and 50m ranges, using the same targets that are used in unsupported competitions. Apart from the supporting rest that is used, existing equipment and ranges can be used for this discipline. Indoor 15m ranges may also be used for 5.6 mm rimfire rifles or pistols

## **How to Use these ISSF Supported Rest Shooting Rules**

National Shooting Federations and their affiliated sports organizations are encouraged to use these rules as they are presented in this document. Organizations that organize **Supported Rest Shooting** events may, however, adapt these rules to local circumstances in order to encourage as many people as possible of all ages and sexes to participate.

## SUPPORTED REST SHOOTING



In Supported Rest Shooting the fore-end of the rifle or the pistol is supported on a rest to give additional stability to the rifle or pistol. The use of a rest also makes it possible for new shooters to learn the skills needed to compete more quickly.

**Supported Rest Shooting** is an *ISSF Sport for All* discipline that was first developed by the German Shooting Federation as a shooting sports activity for Seniors. There are age groups for 56-65, 66-71 and 72 and older. The first two age groups shoot from a standing position while resting the rifle or pistol on a support stand. The older age group is allowed to sit on a chair or stool while supporting the rifle or pistol. The standard course of fire is 30 shots fired at 10 meters with an air rifle or 50 meters with a 5.6 mm rifle.







Supported Rest Shooting by Seniors may also be done with an air pistol or 5.6 mm rimfire pistol.



# ISSF RULES FOR SUPPORTED REST SHOOTING

## 1.0 SUPPORTED REST SHOOTING

In Supported Rest Shooting senior age competitors are allowed to fire in prescribed shooting positions while resting their rifles or pistols on support rests authorized by these rules. Supported Rest Shooting Rules are coordinated with **ISSF Technical Rules**. Where ISSF Rules are listed, those rules also apply to Supported Rest Shooting.

## 2.0 AUTHORIZED VENUES (RANGES)

Supported Rest Shooting may be done on any approved 10m or 50m rifle or pistol range. Ranges may be equipped with electronic targets (EST) that comply with ISSF Rule 6.3.2 or shooting may be done on paper targets that comply with ISSF Rule 6.3.3.

## 3.0 COMPETITION CATEGORIES

Senior age group competitors are grouped into A, B or C categories.

### 3.1 Senior Categories

Age	Group	Position	Technical Aid
56 - 65	Senior Men A Senior Women A	Standing	Supported rest
66 - 71	Senior Men B Senior Women B	Standing	Supported rest
72 and over	Senior Men C Senior Women C	Seated (stool)	Supported rest

### 3.2 Classification of Competition Categories

The classification of the respective groups is based on the age of the competitor on the 31<sup>ST</sup> of December in the year of competition.

### 3.3 Male / Female Participants

Competition programs may provide for separate Men's and Women's events, or competition sponsors may combine Men and Women into one combined event.

## 4.0 COMPETITION FORMAT

This section describes the standard course of fire for Supported Rest Shooting events. Competition sponsors may use this course of fire or may modify this course of fire to adapt to local or national conditions.

### 4.1 Shooting Distances and Targets

10m: 10m air rifle target, ISSF Rule 6.3.4.3  
10m: 10m air pistol target, ISSF Rule 6.3.4.6  
50m: 50m rifle target, ISSF Rule 6.3.4.2  
50m: 50m pistol target, ISSF Rule 6.3.4.5

### 4.2 Sighting Shots

The course of fire begins with a 15-minute Preparation and Sighting Time. During this time, competitors may fire an unlimited number of practice or sighting shots.

### **4.3 Individual Events Match Firing**

The Match Firing Time starts immediately after the Preparation and Sighting Time. During this time, competitors shall fire 30 record shots in a time limit of 40 minutes when electronic targets (EST) are used or 50 minutes when target carriers are used.

### **4.4 Team Events**

Teams shall consist of three-persons who are all competitors in the same competition category. Team events are fired concurrently with individual events. Team scores consist of a total of the individual scores of the three team members (i.e. 3x30 shots).

## **5.0 SCORING**

Scoring is done according to ISSF Rule 6.14

### **5.1 Tie Breaking**

Individual ties will be broken according to ISSF Rule 6.15

### **5.2 Ties in Team Events**

Team ties will be broken according to ISSF Rule 6.15.7

## **6.0 RIFLE AND PISTOL SUPPORT RESTS**

- The support rest must be made only of round material with a maximum diameter of 50 mm and a length of at least 100 mm.
- **The support rest must only be clad with smooth material.**
- The support rest must be no wider than 60 mm
- The use of competitors' own support rests is permitted if the match sponsor (organizer) does not provide support rests for all competitors. Private support rests, if used, must comply with this rule.

## **7.0 RIFLE AND EQUIPMENT RULES**

### **7.1 10m Air Rifles**

10m Air Rifles must comply with ISSF Rule 7.4.4 and Rifle Specification Table 7.10.

### **7.2 50m Rifles**

50m Rifles must comply with ISSF Rule 7.4.5 and Rifle Specification Table 7.10. Only 5.6 mm rimfire rifles may be used.

### **7.3 Rifle Stocks**

- Support wedges must not be longer than the original stock (fore-end).
- Special shaping or grooves in the stock are not permitted.

### **7.4 Hook Butt Plates**

Hook butt plates must comply with ISSF Rule 7.4.5.1

### **7.5 Sights**

Sights must comply with ISSF Rule 7.4.1.6. Telescopes mounted on the rifle are not permitted.

## **7.6 Clothing**

Special shooting clothing is allowed and if used, all clothing must comply with ISSF Rule 7.5.

*Alternatively, Match organisers may prohibit the wearing of special shooting clothing.*

## **7.7 Accessories**

Shooting boxes or bags and other accessories must be of such a size and construction that they do not interfere with shooters on adjacent points or constitute a windbreak (outdoor ranges).

## **8.0 RIFLE FIRING POSITIONS**

### **8.1 Supported Standing**

- The rifle may only be held with both hands, the shoulder, cheek and the part of the chest next to the right shoulder.
- The rifle must only be placed on the rest, but may not be supported laterally.
- The support rest must not contact any part of the body.
- The use of other supports and/or leaning the body or any parts of the body against a shooting bench or table is not allowed.
- The hand that is not releasing the trigger must hold the rifle on the fore-end (from above or from below).
- There must be a clearly visible distance between the hand and the support rest.
- The hand of the shooter must not encircle the support rest in the direction of the muzzle.
- The rifle must not additionally be supported by the jacket or chest beyond the area of the right shoulder and right chest.

### **8.2 Supported Sitting**

Participants in Senior C Category may shoot with the aid of a stool (without backrest). Using the bench partition or stool for support of either leg is not allowed.

### **8.3 Competitors with Physical Disabilities**

Competitors with physical disabilities may take part in support rest shooting in accordance with their age group and use any aid registered in the competitor's license. Match sponsors may authorize appropriate adaptive devices in conformance with Paralympic rules.

## **9.0 PISTOL RULES**

### **9.1 Air Pistol Rules**

10m Air Pistols must comply with ISSF Rule 8.4.3.5 and Pistol Specification Table 8.12.

### **9.2 50m Rimfire Pistol Rules**

50m Rimfire Pistols must comply with ISSF Rule 8.4.3.4 and Pistol Specification Table 8.12.

**9.3** Special recesses or grooves (e.g. for the support plate underneath the pistol grip etc.) on the handgrip are not allowed.

**9.4 Pistol Firing Position**

- The support rest must not be in contact with any part of the body.
- The pistol may only be placed with the lower part of the grip on the rest, but may not be supported laterally.
- The use of other supports and/or leaning the body or any parts of the body against a shooting bench or table is not allowed.
- There must be a clearly visible distance between the hand and the support rest.
- The shooting arm and the wrist must be free of any support. With the pistol resting in the firing position the wrist must be able to move freely.

**9.5 Clothing**

Any special clothing or shoes must comply with ISSF Rules.

**9.6 Supported Sitting**

Participants in Senior C Category may shoot with the aid of a stool (without backrest). Using the bench partition or stool for support of either leg is not allowed.

**10.0 LOADING**

**10.1** The pellet/cartridge may only be inserted when the rifle or pistol is lying on the rest and is pointing towards the target area.

**10.2** If a pneumatic (hand charging) air rifle or pistol is used where the design does not allow this loading procedure, an alternative safe method of loading may also be used. The loading method must be demonstrated to a Range Officer before firing starts.

**11.0 SUPPORTED REST SHOOTING COMPETITION ADMINISTRATION**

**11.1 National Federation Promotion and Sanctioning**

National Federations recognized by the ISSF are encouraged to promote, sanction and supervise all **Supported Rest Shooting** competitions.

**11.2 ISSF Reporting**

National Federations or their affiliated clubs or organizations that conduct **Supported Rest Shooting** competitions are encouraged to submit **Supported Rest Shooting** competition reports to the ISSF. Reports should confirm that **Supported Rest Shooting** competitions were conducted and the numbers of competitors who participated. Recommendations for rule or program improvements are also welcome. Data from these reports will enable the ISSF to report **Shooting Sport for All** participation to the IOC.