

International Shooting Sport Federation



Rules for ISSF Target Sprint Competition



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 or disciplines are characterized by being readily accessible, easily affordable and suitable for both sexes and all ages. ISSF **Shooting Sport for All** events or disciplines now include **ISSF Target Sprint**, **Three-Position Air Rifle Sport** (for Juniors) and **Standing Supported** for Seniors.

ISSF Target Sprint™ is an ISSF Shooting Sport for All Disciplines

Target Sprint is an exciting combination of air rifle target shooting and middle distance running that requires participants to develop accurate rifle shooting skills and physical fitness. **Target Sprint** participants are assigned to relays and begin each relay with a mass start and a fixed distance run. At the end of the first run, they stop at a 10-meter air rifle shooting range where they must shoot at and hit five knockdown targets from the standing position. The best athletes do this in a shorter period of time and start their second running stage as soon as all targets are down. More than five shots are often required, but that adds to the shooting time. At the end of the second run, participants must shoot another five targets before beginning the third and final running stage. The winner is the person who completes the three running stages and two shooting stages first. The emphasis in **Sport for All** athletes is, however, not on winning, but on participating to develop the fitness and skill needed to complete the competition. **Target Sprint** participants are normally divided into categories according to age and sex. **Target Sprint** contests can be organized anywhere a safe air rifle range and a 400 meter running course can be set up. The air rifle targets are simple, mechanical biathlon-type targets. The low-cost, single shot 4.5mm air rifles used are safe, accurate and easy to learn how to fire accurately. **Target Sprint** is a challenging 'fire and ice' combination of physically exhausting runs and fast-moving target shooting that is made more difficult by loss of breath and a racing heartbeat. Everyone who completes a **Target Sprint** event goes home with a real sense of accomplishment.

How to Use these ISSF Target Sprint™ 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 **Target Sprint** 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.

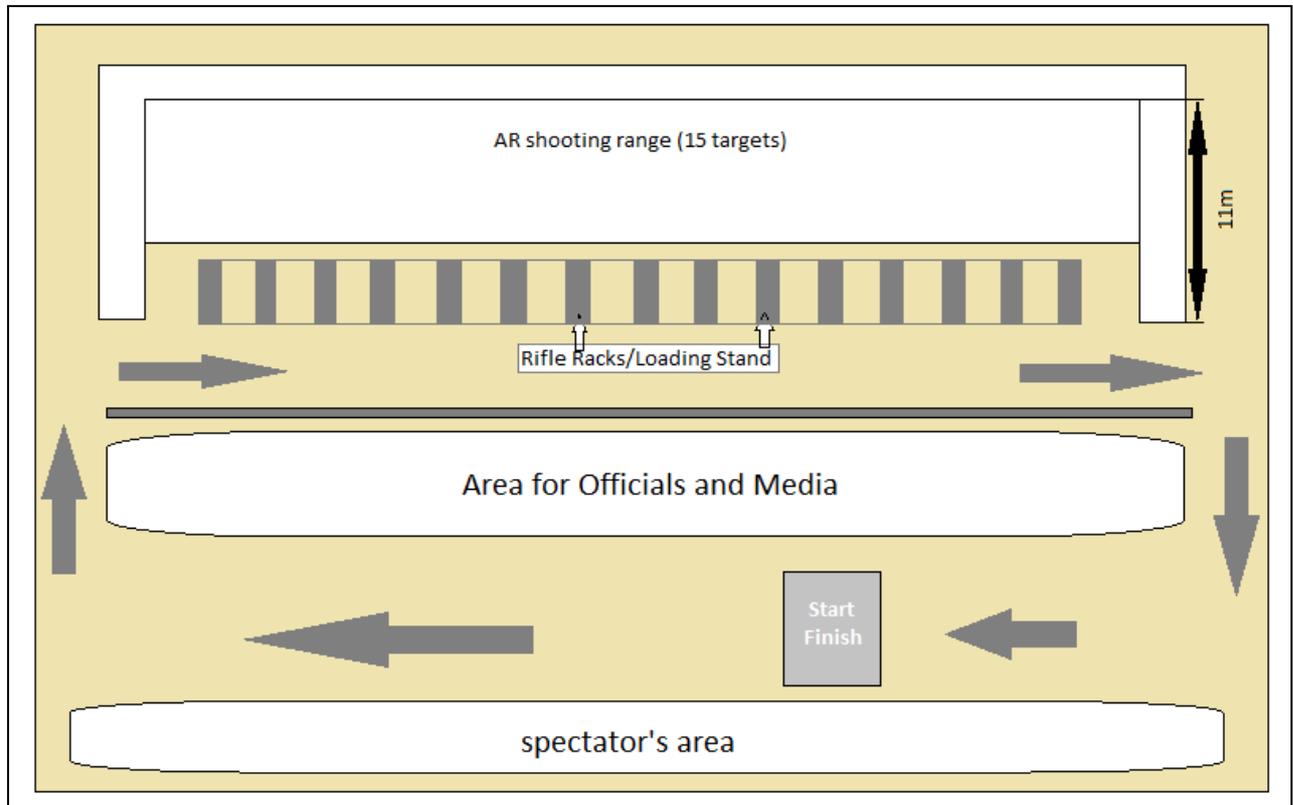
ISSF Target Sprint RULES



1.0 Target Sprint™ Venue

Target Sprint events are organized on a venue that has a combination of a running course and an air rifle range. Organizers should use the venue design concept shown in the illustration below. An athletic field with a 400-meter running track is ideally suited for this purpose as long as an air rifle shooting range can be located so that the safety of participants and spectators is assured. Outdoor areas with running paths are also excellent when a suitable location for the air rifle range can be found next to the running path. The number of firing points on the air rifle range may vary from a recommended minimum of 10 to a maximum of 20. Detailed requirements for the running course and shooting range are given in Rule 5.0.

Shooting range ISSF Target Sprint competition



2.0 Target Sprint™ Competition Format

Events should be organized so that all participants complete the following stages:

Stage	Activity	Description
1	Running	400m on the designated running course.
2	Shooting	Athletes take rifles from the rifle rack, carry them to their firing points and fire at five (5) falling targets from the standing position. Athletes must continue firing until all targets are hit.
3	Running	400m: After shooting, rifles are replaced in the rifle rack and running continues.
4	Shooting	Athletes repeat Stage 2 by firing at their five targets until all are hit.
5	Running	400m: After shooting, rifles are replaced in the rifle rack and running continues until the athlete reaches the finish line. The total time from the start to the finish is the final result.

2.1 Running Distance.

The running distance may be adjusted according to the venue next to the Target Sprint Shooting Range. Spectators and Media should see the athletes all of the time, but the running track should be approximately 400 meters.

2.2 Shooting Position

All shooting must be done from the unsupported standing position from the age of 14 (Youth). Athletes must hold the rifle with both hands and shoulder while standing erect on both feet. Athletes must take their firing positions on their assigned firing points immediately to the rear of the marked firing line. The arm that supports the rifle may rest on the side or hip. Athletes in ages 10 to 13 (students) shoot in the prone position. In the prone position, athletes must lie with both elbows resting on the ground while holding the rifle with both hands and the shoulder. A mat may be used; a sling may not be used.

2.3 Shooting Target Hits

A hit on the target is scored when the athlete fires at and hits the target disc so that it falls. Only target discs that fall to provide a visible hit signal shall count as hits. Athletes must score hits on all five targets before they can continue running. Athletes must fire as many shots as are necessary to hit all five targets. *Note: Organizers may specify a maximum number of shots that may be fired in each shooting stage if there are inexperienced shooters who are unable to hit their targets. If this is done and they shoot for example 20 aimed shots they can continue running.*

2.4 Running-Shooting-Running Changes

The athlete does not carry the rifle during the race. The rifle remains in the rifle rack at the shooting range while the athlete is running. At the end of each of the first two running stages, athletes must 1) approach the shooting range, 2) take their rifles from the rifle racks, 3) carry their rifles to their firing points with actions open while walking, not running, 4) take their positions on the firing line, 5) fire sufficient shots to hit all five targets, 6) open the actions on their rifles and return them to the rifle rack and 7) resume running on the running course.



The Standing Position



The Prone Position

3.0 Target Sprint™ Athletes Categories

3.1 Individual Competition

Each organizer may designate competition categories from the following list of recommended categories:

Categories	Ages
Student Men	12 - 13
Student Women	12 - 13
Youth Men	14 - 16
Youth Women	14 - 16
Junior Men	17 - 20
Junior Women	17 - 20
Men	21 - 45
Women	21 - 45
Senior Men	46-60
Senior Women	46-60
Senior Men II	61+
Senior Women II	61+

3.2 Team Competition

Organizers may also offer team competitions for two or three person teams in each designated category. In team competitions, team members follow each other (1-2 or 1-2-3) with each team member starting in their designated order.

4.0 Target Sprint™ Competition Organization

4.1 Competition Staff

The following staff persons are required to effectively and safely conduct a **Target Sprint** competition:

Competition Manager (or Director).

- a. **Entry and Chief of Results**, plus additional assistants as required to operate timing systems and produce results lists.
- b. **Chief Range Officer**, plus one additional Range Officer for every five firing points on the air rifle range.

- c. **Race Chief**, plus additional assistants as required to start competition relays and monitor the race course.
- d. **Competition Jury**. A three-person Jury must be appointed to decide any protests. The Competition Manager may serve as the Jury Chairman. Coaches or knowledgeable parents may be appointed as Jury members, provided they do not act on any protests that involve their club or family members.

4.2 Competition Relays

Participating athletes must be divided into relays or groups that are scheduled to begin each race in mass starts. Each relay should include only athletes in one specific category. The number of firing points on the range determines the maximum number of athletes that can compete in one relay or group. Each athlete in a relay must be assigned to a specific firing point on the air rifle range. Firing point assignments should be made through random draws.

4.3 Competition Schedule

The competition schedule should follow this sequence:

- a. **Technical Meeting:** Describe race procedures and shooting procedures and give safety instructions. Organizers may also use this meeting to give brief rifle shooting instruction if inexperienced athletes are participating.
- b. **Rifle Inspection:** Check rifles to be sure they comply with the rules; if the organizer provides rifles, the rifles must be assigned to individual athletes.
- c. **Rifle Sighting Period:** Allow athletes to fire their rifles on their assigned firing points; paper targets should be posted at the prone position level; athletes should be allowed to fire sighting shots from the prone position or by using a support or rest; range officers may use telescopes to locate shots and advise athletes regarding sight adjustments.
- d. **Athletes Warm-Up:** Athletes complete their warm-up and prepare for the start.
- e. **Competition Relay I Start.**
- f. **Competition Relay II Start.**
- g. **Competition Relay III Start**, etc. Continue competition relays until all categories have completed their races.
- h. **Award Ceremony and Closing.**

4.4 Official Training

On the day before the competition, time may be scheduled when the athletes may see and train on the running course and fire sighting shots on targets.

4.5 Qualification Relays

If there are more athletes in a category than there are firing points, the competition for that category may be divided into two or more qualification relays according to the number of firing points available. After the qualification relays for that category are finished, the best athletes according to their qualification time go into the Finals.

4.6 Final Relays/Final Ranking

Finalists will start at the same time. The final ranking is according to the order of finish. Final rankings can also be determined according to the total time each athlete used to complete the three running stages and two shooting stages.

4.7 Results Lists/Final Ranking

Results lists showing the final rankings and times of all competitors in a category must be posted at the venue.

4.8 Protests/Complaints about Scoring

- a. The unofficial results list is subject to protest and correction if necessary. Protests must be made no later than 15 minutes following the posting of results. If no protests are received within the protest period, the results become official. The Chief of Results may correct obvious errors. The Jury will decide other results protests.

4.8 Protests/Complaints about Competition Conditions

Protests concerning competition conditions may also be made to the Competition Manager or Jury if an athlete believes he/she is required to compete under unfair conditions. A protest fee determined by the organizer may be charged, but if the protest is upheld, the protest fee must be returned.

5.0 Target Sprint™ Venue Design

5.1 Start and Finish Zones

Start and finish zones for the running course must be flat and level and at least five (5) meters wide. There must be an open space of at least three (3) meters on the sides of the finish line (outside the running course) that is free of any obstacles. There must be an open space of 10 to 15m beyond (past) the finish line that is free of any obstacles where runners may safely finish.

5.2 The Running Course

The running course should be three (3) meters wide. Each segment of the course should be laid out so that it forms a loop starting from the shooting range and returning to the shooting range. Each segment can be run as often as necessary to complete the competition. The course must be free of any obstacles or bumps that would prevent athletes from running safely at full speed.

5.3 Course Markings and Colors

Each segment of the race course must be clearly marked in such a way that athletes will not be in doubt as to the correct running route to follow.

5.4 Air Rifle Shooting Range

The shooting range should be set up near the start/finish area of the running course. The range should have a firing line with designated firing points, a line of targets that correspond to the firing points, a ready area behind the firing points where rifle racks and coaches are located and a safety barrier on the sides and front of the range.



Target Sprint Air Rifle Range

The targets and firing points should be visible to a majority of spectators. The shooting range must be on flat, level ground. Safety features for the range must comply with current national federation or government guidelines for air rifle ranges. The range should, if possible, be oriented so that the firing direction is to the north in the Northern Hemisphere and to the south in the Southern Hemisphere. The background provided by the safety barrier (behind the targets) must be a uniform light color (white, lightgrey, lightgreen etc.) from the ground to a height of 1 m above the targets at the top of the barrier over the entire width of the shooting range.

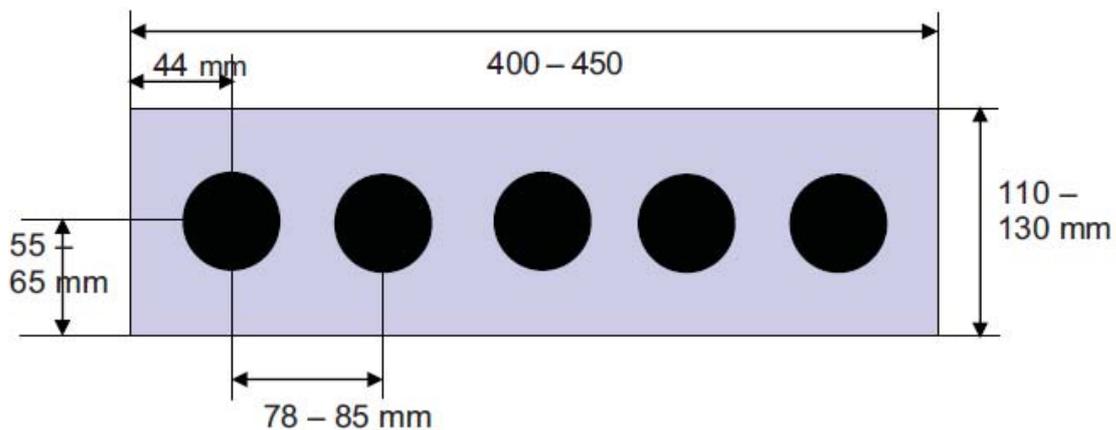
5.5 Shooting Range Firing Line and Firing Points

The shooting range must have a firing line that is divided into firing points. The firing line must be clearly marked (with a red tape or line 10 cm wide) at the front of the firing points. The firing point is the designated area where an individual athlete fires at his/her target. Each firing point should be a minimum of 2m wide. The firing line is divided into firing points that are clearly marked and designated with firing point numbers. Each athlete in a competition relay is assigned to shoot on a specific firing point. The number of athletes in a relay must not exceed the number of firing points.

5.6 Competition targets

Each athlete fires on target mechanisms that are placed at a distance of 10 meters from the firing line. Each target mechanism has five (5) falling target discs that are 35mm in diameter with a center to center distance between targets of 78-85 mm. The target discs must be painted black and be mounted in a mechanism that is painted white. The target discs must fall or otherwise provide a visible hit signal to shooters, coaches, range officials and spectators when hit. Only target discs that fall and provide such a visible hit signal shall count as hits. The target mechanism must be designed so that the target discs can be electronically or mechanically reset from the firing line after each athlete completes a shooting stage. Only targets that comply with ISSF requirements may be used.

5.7 Targets



Hitzone 35mm

5.7.1 Height of Competition Targets

All competition targets must be placed at a uniform height relative to the level of the firing station of 1.40 ± 0.10 m.

5.8 Rifle Racks

A row of rifle racks must be located 2-3 meters behind the firing points so that each competitor's rifle may be kept behind his/her firing point while running. Rifle racks must be positioned so that each competitor has to cover an equal distance from the rack to/from his/her firing point. Rifle racks should be made of wood and be designed so that rifles will not fall out accidentally. The recesses to accept the rifles must be at least 35mm wide and the distances between the rifles should not be less than 15cm. The racks must display the athletes' start numbers to indicate where the rifle is to be deposited. We recommend the installation of separate rifle racks that are directly on each firing point.

5.9 Loading Stand

When single loading air rifles are used, loading stands approximately 1.0m in height must be available at each firing point. Loading stands must have platforms (15cm x 15cm) on which athletes may place their air rifle pellets for loading during shooting stages.

6.0 Target Sprint™ Competition Equipment

Only 4.5 mm (.177") air rifles firing lead pellets propelled by CO₂ gas or compressed air may be used. For competitions, the organizer may provide all rifles or private rifles complying with these limitations may be brought by competitors (The competition program must state which option will be applied.). Competitions must require that athletes in any competition category must use only rifles from one of the following rifle classes:

6.1 Air Rifles--Sport Class I

- ⊙ Maximum weight – 3.5 kg.
- ⊙ Minimum trigger pull – 500 grams
- ⊙ Adjustable aperture, non-optical rear sight
- ⊙ Non-optical front sight with interchangeable inserts
- ⊙ Pneumatic, CO₂ or compressed air
- ⊙ Single loading (no repeater or magazine rifles)

6.2 Air Rifles--Sport Class II

- ⊙ Maximum weight – 4.5 kg.
- ⊙ Trigger pull – unlimited
- ⊙ Adjustable aperture, non-optical rear sight
- ⊙ Non-optical front sight with interchangeable inserts
- ⊙ Pneumatic, CO₂ or compressed air
- ⊙ Single loading (no repeater or magazine rifles)

6.3 Air Rifles--Precision Class III

- ⊙ Maximum weight – 5.5 kg.
- ⊙ Trigger pull – unlimited
- ⊙ Adjustable aperture, non-optical rear sight
- ⊙ Non-optical front sight with interchangeable inserts
- ⊙ Pneumatic, CO₂ or compressed air
- ⊙ Repeater or magazine rifles are permitted, but they must be used as single loaders
- ⊙ Maximum price - unlimited
- ⊙ Dimensions – must comply with dimensions in the chart below

A	Length of front sight tunnel	50mm.
B	Diameter of front sight tunnel	25mm
C	Distance from center of the sight ring or top of post to center of bore either directly above or offset.	60mm
D	Depth of fore-end	90mm.
E	Lowest point of pistol grip	160mm
F	Lowest point of stock or toe of butt plate with the butt plate in its maximum downward position	220mm
G	Depth of curve of butt plate (no hook butt plate permitted)	20mm
H	Heel to toe length of butt plate	153mm
I	Total thickness of fore-end	60mm
J	Maximum distance (horizontal) of cheek piece from centerline of barrel	40mm
K	Offset of butt plate parallel to the centerline of the normal end of the butt, left to right	15mm
L	Trigger weight (no set trigger permitted)	Free
M	Weight with sights (as configured for the position where it is the heaviest)	5.5kg
N	The front sight may not extend beyond the muzzle of the rifle or of any extension to the muzzle (barrel weight, sight extension)	
O	Total length of the Air Rifle system (from end of barrel or extension to rear end of the action or system)	850mm

6.4 Athlete Clothing

No special shooting clothing is allowed. Normal athletic shoes-shorts-shirts etc. must be worn.

7.0 Target Sprint™ Safety and Range Procedures

7.1 Shooting Stages

Athletes may shoot only on their designated firing point each time they arrive at the range for a shooting stage. Shooting on another target other than the athlete's assigned will result in disqualification.

7.2 Safety Regulations

Rifles must only be removed from their cases in the shooting range. Shooting is only allowed on the shooting range during officially authorized periods. It is forbidden to make movements with a rifle that could endanger people or may be viewed by others as a threat. No one is allowed in front of the firing line if the signal to shoot has been given on the shooting range. Prior to removal from the shooting range they must be provided with a safety flag and packed in a case.

7.3 Rifle Actions Open

When air rifles are brought to the venue, rifle actions must be open with safety flags inserted in the barrels. Safety flags or lines must remain in the rifles at all times except when the rifles are placed in the rifle racks or are being used on the firing points during a shooting stage. Rifle actions must remain open when they are placed in rifle racks. Rifle actions may only be closed when competitors load rifles on the firing line.

7.4 Rifle Handling During Race

Athletes must place their rifles in the rifle rack no later than five (5) minutes before their relay starts. When approaching the rifle range for a shooting stage, competitors must take the rifle out of the rifle rack themselves, holding the rifle by the barrel or at the fore-end and carrying it to their firing point. The rifle barrel must always point upwards. After shooting, the rifle is returned to the gun rack again in the same way. After a competition relay is finished, safety flag/lines must be reinserted in the air rifles before they may be removed from the rack. A Range Officer must inspect each rifle before it is removed.

7.5 Loading and Unloading

Loading an air rifle may only be done on the firing point when a Range Officer is present. When loading and unloading the rifle, the barrel must always point towards the targets. For Precision Class rifles, inserting the magazine is part of the loading procedure.

8.0 Target Sprint™ Competition Administration

8.1 National Federation Promotion and Sanctioning

National Federations recognized by the ISSF are encouraged to promote, sanction and supervise all **Target Sprint** competitions.

8.2 ISSF Reporting

National Federations or their affiliated clubs or organizations that conduct **Target Sprint** competitions are urged to file **Target Sprint** Competition Reports with the ISSF. Reports should confirm that **Target Sprint** competitions were conducted and the numbers of competitors who participated. Data from these reports will enable the ISSF to report **Shooting Sport for All** participation to the IOC