

New Shooter Pistol Information Handout

This handout is intended to provide you with Information and acquaint you with rules and regulations that will be followed at the Fleet and All-Navy Matches. Websites listed in this handout are for information purposes only and do not constitute an endorsement by the USNMT for products or websites. Safety and Weapon rules and regulations were taken from the CMP 2020 Pistol Rule Book

Listed below are some URL's where you can find information, rules, regulations, tips and techniques for pistol shooting contained on the CMP (Civilian Marksmanship Program) and other webpages:

Pistol Information and techniques:

Article on Bullseye shooting with illustrations and explanations:

<https://www.gunsamerica.com/digest/bullseye-what-the-old-guys-can-teach-young-people/>

Videos presented by GySgt Brian Zins (USMC Ret.) on position, trigger control and sight alignment:

Go to www.youtube.com and search on - **NRA Range Brian Zins**

Website with lots of information concerning Bullseye pistol shooting – **WWW: Bullseyepistol.com**

Especially check out the side listing for the **USAMU Pistol Marksmanship Guide** which contains lots of information

CMP Rules and regulations regarding Service Pistol Competition:

<http://thecmp.org/wp-content/uploads/2020PistolRules.pdf?vers=011420>

Safety Rules for Pistol and their CMP rule number:

3.6 Range Safety Procedures

3.6.1 Safety Flags

Safety Flags (formerly called Empty Chamber Indicators or ECIs) must be placed in all pistols when they are removed from a vehicle and/or carried on a range whether they are carried in a pistol box or case or are carried uncased. Safety flags may only be removed during preparation and firing periods. Safety flags must be fluorescent orange, yellow or a similar bright color and must have a probe that inserts into the chamber and a visible flag that projects out from the open gun action.

3.6.2 Eye and Hearing Protection

All competitors and competition officials are required to wear appropriate eye and hearing protection when on shooting range firing lines during pistol firing. All competitors must comply with this requirement before they can participate in a CMP sponsored or sanctioned competition. Competitors are responsible for selecting their eyewear and hearing protection.

3.6.3 Boxed or Cased Pistols

Pistols should be carried in closed pistol boxes or gun cases. Pistol boxes or cases must remain closed at all times, until the Range Officer authorizes them to be opened on the firing line during preparation or firing periods.

3.6.4 Carrying Firearms

The carrying of firearms is defined as physically moving or transporting firearms to and from a range assembly area or firing line. Pistols should be carried in closed pistol boxes or gun cases and they must always be carried with a safety flag inserted, whether cased or uncased.

3.6.5 Handling Firearms The handling of pistols is defined as anything a competitor does to operate the mechanism, point or aim the pistol, load, insert a clip or magazine or otherwise perform any action that would prepare the competitor to fire the pistol. Handling pistols behind the firing line is not permitted.

3.6.6 Carrying Pistols to the Firing Line

After pistol competitors are instructed to move their pistols and equipment to the firing line, they must leave their pistol boxes or cases closed until the Range Officer instructs them to unbox or uncase their pistols. When the Range Officer instructs competitors to open their pistol boxes or cases, pistol actions must be open and safety flags inserted. Competitors may remove safety flags, close actions and dry fire after the Range Officer announces the start of the preparation period.

3.6.7 Safety During Loading

Loading is defined as bringing a cartridge or magazine containing cartridges in contact with a pistol. Pistols may be loaded only when a competitor is on a firing point and only after the Range Officer gives the command LOAD. Charging magazines in advance is permitted, but no magazine may be inserted in a pistol until the command LOAD is given. Any competitor who loads and fires a shot before the LOAD command shall be disqualified and may not continue firing in that match.

3.6.8 Safety During Firing

During preparation and firing times and until pistols are cleared and benched, competitors must: a) Keep pistols at the raised or ready position or hold them on the bench with the pistol muzzle pointed downrange in the direction of the target. b) On ranges where elevating pistol muzzles above the targets or impact berm behind the targets is not permitted, all pistol muzzles must be pointed downrange or down and muzzles may not point above the targets or impact berm.

3.6.9 Safety After Firing

As soon as a pistol firing series ends, competitors must open pistol actions, remove magazines, insert safety flags and bench their pistols. A Range Officer must inspect all pistols to confirm that their actions or cylinders are open, with chambers empty, magazines out and safety flags inserted. Competitors may close their pistol boxes, move from their positions and remove their pistols and equipment from the firing line after the Range Officer instructs them to do so. 3.9

3.9 Firing and Completing a Match

3.9.1 Fire in a Match

Any competitor who fires one or more recorded shots in at least two stages of a match shall be counted as having fired in the match.

3.9.2 Completed Match

A competitor who fires recorded shots in all stages of a match has completed the match. A team has completed a match when all firing-members fire recorded shots in all stages of the match. A match is completed when all competitors have had an opportunity to complete all stages of the match. If a match course of fire must be reduced in accordance with Rule 3.1.5, all firers must complete at least two stages (20 shots) in a Pistol National Match or President Match course of fire.

3.9.3 Range Alibi or Interruption of Fire

A range alibi or interruption of fire occurs when a competitor, group of competitors or relay of competitors is prevented from firing or completing a series due to a fault of the range or range officials or an emergency cease fire. If a range alibi occurs, additional time or a refire shall be permitted as follows:

a) If there is a range alibi or interruption during a slow-fire stage, the competitor, group of competitors or relay of competitors who were prevented from firing or completing the series will be allowed to finish firing within the time remaining when the range alibi occurred or the competitor(s) may be moved to another target(s) and be given the amount of time remaining when the range alibi occurred plus two (2) additional minutes.

b) If there is a range alibi or interruption on all targets on the range during a slow-fire stage, all competitors will be allowed to finish firing as soon as the problem is resolved within the time remaining when the range alibi occurred.

c) If a range alibi or interruption occurs during a timed or rapid-fire series, all shots fired by a competitor, group of competitors or relay of competitors who were prevented from firing or completing the series must be nullified and a new series will be fired as soon as the problem is resolved.

3.10 Scoring and Results

3.10.2 Scoring Shots on Paper Targets

All shots shall be scored according to the highest value scoring ring that is hit or touched by that shot. The shot hole diameter for each competitor shall be determined according to the bullet diameter of the cartridge the competitor is using. A shot hole where the outside edge of the shot hole touches or is tangent to the outside edge of the scoring ring must be scored the higher value. When competitors act as Scorers, they may use scoring templates to determine whether a doubtful shot touches a scoring ring, but they may not insert scoring gauges in shot holes. Range Officers, Statistical Officers and Scoring Officers may use appropriate scoring gauges or templates to determine whether a doubtful shot touches a scoring ring or to determine whether two or more shots passed through one shot hole (double).

3.10.5 Score Challenges, Paper Targets

If a competitor feels that a shot fired by him/her was improperly scored, the competitor must notify the Range Officer or Scoring Officer that he/she wishes to challenge that score. Match sponsors may charge a challenge fee of no more than \$3.00 for each score challenge. A Scoring Officer or the Statistical Officer must decide the challenge. Score challenge decisions by one of these officers are final and not subject to further protest or appeal. If a challenge is upheld the challenge fee must be returned.

3.10.6 Score Complaints and Protests, Electronic Targets

If a competitor feels that a shot or series of shots (rapid-fire only) was improperly scored, the competitor must notify a Range Officer immediately after the shot or series in question. The Range Officer shall take appropriate immediate action and refer the complaint to a Technical Officer. Detailed procedures for adjudicating electronic target complaints are found in Rule 6.0. The Range Officer and Technical Officer will use the applicable provisions of Rule 6.0 to resolve the complaint. A score complaint decision by these Match Officials is final and not subject to further protest or appeal.

3.10.9 Special Scoring Rules for Pistol

a) Keyhole or Tipped Shots. Keyhole or tipped shots will be scored according to the highest value scoring ring hit or touched by the elongated shot hole.

b) Skid Shots. Skid shots are scored according to the highest value scoring ring hit or touched by the elongated shot hole, except that the score may not be more than one ring higher than the original point of entry. A shot that enters the target on the back or rear of the target must be scored as a miss (0).

c) Non-Visible Hits in Close Groups. If a grouping of 3 or more shots is so close that a shot or shots could have passed through the enlarged hole and there is no evidence that the shot(s) went elsewhere (crossfire or offtarget miss) the competitor will be given the benefit of doubt and scored hits for the non-visible shots.

3.10.10 Scoring Irregular Shots

The following Rules apply when scoring irregular shots that occurred during a series:

a) Early Shot before LOAD Command. A shot(s) fired before the LOAD command shall be penalized in accordance with Rule 3.6.7.

b) Early shot after the LOAD Command. A shot(s) fired after the LOAD command and before the targets turn or the COMMENCE FIRING command/signal is given shall be scored as a miss (0). If the shot is visible on the target, the highest value shot shall be nullified.

c) Late shot. A shot fired after the targets turn or the CEASE FIRING command/signal is given shall be scored according to where it hit the target or as a miss (0) if it did not hit the target.

d) Shots Not Fired. If a competitor fired fewer than 10 shots, only those shots on the target will be scored. e) Missing shot (Crossfire or off-target miss). If a competitor fired a shot and a corresponding shot hole cannot be found on his/her target, any missing shot must be scored as a miss (0).

f) Excessive Hits. If there are 11 or more hits on a target or if the competitor fired fewer than 10 shots and there are more hits than the number of shots fired by the competitor:

- The scorer must determine if one or more shots came from a different caliber pistol (a shot hole was from a different caliber bullet or has a different appearance). If yes, those extra shot(s) must be nullified and the remaining shots on the target scored.

- If all hits are equal value, the required number of hits must be scored.
- If the competitor fired more than 10 shots, the 10 lowest value hits must be scored.
- If 11 or more hits remain to be scored, the competitor has the option of accepting the score of the lowest scoring shots equal to the number of shots the competitor fired, or he/she may refire the entire 10-shot series. If the competitor elects to refire, he/she shall receive the score fired in the refire series, except that the competitor may not receive a score that is higher than the required number of shots of highest value on the original target. If this occurs, the 10 highest value hits on the original target must be scored and credited to the competitor.

g) Crossfire. A crossfire is a shot fired on a target other than that competitor's target. A crossfired record shot must be scored as a miss (0)

3.12 Rule Violations and Disciplinary Actions

3.12.1 Rule Violations Competitors or team officials may be disciplined or disqualified from a match for any of the following acts of misconduct:

- a) Violating CMP safety rules (Rule 3.6) and/or range safety rules.
- b) Failure to comply with CMP Competition Rules.
- c) Refusing to obey the instructions of a match official or failure to make a correction after a warning is given (Rule 3.12.2).
- d) Failure to perform assigned duties as a Scorer or Verifier (Rule 3.4.3);
- e) Falsifying or being an accessory to falsifying scores.
- f) Disorderly or unsportsmanlike conduct.
- g) Interfering with or disrupting a competitor on the firing line.

3.12.2 Enforcement In the event of rule violations, match officials shall take the following corrective or disciplinary actions.

a) Warning. Whenever possible, a warning and opportunity to correct a rule violation must be given before imposing any further penalties.

b) Penalty. A penalty of two (2) or five (5) points may be deducted from the competitor's score in the event or stage where the violation took place. Any decision to penalize a competitor must be made by at least two Competition Officials (must be a Range Officer, Scoring Officer, Chief or Assistant Chief Range Officer, Technical Officer, Match Director). Unless the applicable rule specifies a five (5) point deduction, initial deductions should be for two (2) points; or

c) Disqualification. A competitor may be disqualified without further warning in case of a refusal to respond to a warning. A competitor may be disqualified without warning in case of a serious violation. Any decision to disqualify a competitor must be made by at least two Competition Officials (must be a Range Officer, Chief or Assistant Chief Range Officer, Technical Officer, Match Director). If a team member is disqualified, the team may be disqualified and the scores of other team members may be disqualified from consideration for other awards, depending upon the circumstances of the disqualification. Any competitor or team that is disqualified must be notified of that decision and be given an opportunity to protest the decision to disqualify them.

4.0 Pistols, Ammunition, Equipment and Targets

4.1 CMP National Trophy/EIC Pistol Rules Pistols used in National Trophy and EIC Pistol Matches or in CMP-sanctioned National Trophy/EIC Matches for Service Pistols or .22 Rimfire Pistols must comply with this rule.

4.1.1 General Service Pistol Requirements The following specific rules apply to all Service Pistols:

- a) The pistol must be a U. S. Service Pistol or a pistol derived from U. S. or foreign service pistol design.
- b) The pistol must be listed as an approved Service Pistol in 4.1.3 or 4.1.4.
- c) Approved Service Pistols must be chambered for designated centerfire cartridges that are no smaller than 9x19mm and no larger than .45 ACP, as specified in 4.1.3 or 4.1.4 (Table 3).
- d) Bull barrels are not allowed.
- e) Maximum barrel length requirements for each approved pistol are established in accordance with original factory specifications.
- f) Pistols may be match conditioned, provided there are no external alterations or modifications that are not specifically approved in this Rule or Rule 4.1.2.

g) Pistols must have standard, symmetrical grips of wood or synthetic material with no palm swell or thumb rest. Weighted grips, metal grips and Pachmayr style wrap-around grips are not permitted. The stock must be functionally identical for right or left-hand use.

h) The trigger pull must be at least 4.0 pounds. i) Pistols may have only open sights (no optical or "dot" sights). The rear sight may be adjustable, but must have an open "U" or rectangular notch. Extended or adjustable front sights are not permitted.

j) Any system of recoil control based on a compensator, barrel venting, barrel porting, moveable weights or other recoil reduction system is not permitted.

k) All standard safety features must remain in place and operate properly.

l) Double action/single action pistols must have an operable double action firing mechanism.

m) No other external alterations, additions or changes may be made to the pistol unless those specific alterations, additions or changes are explicitly permitted by Rule 4.1.2.

n) The official, updated list of "CMP Approved Service Pistols" is posted on the CMP Competitions website at:

<http://thecmp.org/competitions/cmppistol-program/>.

4.1.2 Approved Service Pistol Modifications

An approved Service Pistol may have any of the following specific modifications or alterations:

a) Barrel may have an integral bushing or threaded sleeve that is made of the same material as the barrel, that has an external diameter of 0.700" or less and that is not longer than 0.800" when measured from the muzzle.

b) Extended or vented trigger.

c) Trigger shoes and trigger stops, internal or external.

d) Oversize or extended magazine release; magazine base pad.

e) Higher front sight to accommodate the height of an adjustable rear sight. Colored sights are permitted; the use of fiber optics or light enhancing or tritium inserts in sights is permitted.

f) A Picatinny rail below the barrel.

g) Slides may be milled immediately in front of and behind the rear sight dovetail slot to aid in securely mounting adjustable rear sights; a cut may be made in the rear of the slide to allow for rear sight clearance. h) The fore strap, sides and rear of the grip may be checkered or stippled.

i) Grip tape or textured non-slip adhesive tape may be applied to the grip.

j) External finish may be blued, Parkerized or bright.

k) Gripping slots in the forward part of the slide.

l) Holes, filled or unfilled, that are drilled in the slide to facilitate optical sight mounting are permitted.

m) Internal modifications to improve functioning and accuracy (e.g., a special match barrel may be fitted).

Modifications may not interfere with the proper functioning or safety devices of the firearm.

n) Hammers of any configuration (combat-style, rounded, spur, etc.).

o) Modified or beavertail grip safety.

p) Ambidextrous or extended safety.

q) Extended slide stop.

r) Accurails may be installed

s) Full-length recoil guide.

t) Square trigger guard.

4.1.3 Approved U. S. Service Pistols and Commercial Equivalents

The following U. S. Government Service Pistols or commercial versions of the same type and caliber may be used in CMP-sanctioned Service Pistol Matches, provided they comply with Rules 4.1.1 and 4.1.2.

a) U. S. Government or Colt M1911 Service Pistols or commercial versions of the same type (M1911). These pistols may be chambered for the 9x19 mm, 10 mm, .38 Super or .45 ACP cartridges, but must retain the original single stack magazine design of the M1911 or M1911 A1 service pistol. Pistols must have standard, removable grips, affixed by standard type grip screws and frame bushings. Barrel length may not exceed 5.100".

b) U. S. Government Beretta M9 / M9A1 / M9A3 Service Pistols or commercial versions of the same type and caliber. Permitted commercial versions include the Beretta 92 series (92F, 92FS, 92FS Brigadier, 92A1, 92 Deluxe and 92 Stock). These pistols must be chambered for the 9x19 mm cartridge and have a barrel length of not less than 4.9" and not more than 5.4."

c) U. S. Government M17 or M18 Service Pistols or commercial versions of the same type and caliber; permitted commercial versions include the SIG 320 and variants thereof. These pistols must be chambered for the 9x19 mm cartridge.

4.1.4 Other Approved Service Pistols

Other Service Pistols listed in Table 3 below may be used in CMP Sanctioned Service Pistol Matches, provided they comply with Rules 4.1.1 and 4.1.2 and have barrels no longer than 5.4 inches.

BERETTA

92, 96, 98 Series 9mm, 9x21, 40 S&W Px4 Storm Series 9mm, .40 S&W, .45 ACP APX Series 9mm, .40 S&W, .45 ACP

BROWNING

BDA 9mm, .38 Super, .45 Auto BDM 9mm Pro Series (PRO9, PRO40) 9mm, .40 S&W High Power 9mm, .40 S&W

CZ

75, 85, 97B/D 9mm, .45ACP P07, P09 9mm P-10 C 9mm

FN

FNP Series 9mm, .40 S&W, .357 SIG, .45 ACP FNX Series 9mm, .40 S&W, .45 ACP FNS Series 9mm, .40 S&W

GLOCK

G17, G19, G34 9mm G19X, G45, G48 9mm G22, G23, G35 .40 S&W G20 10mm G31, G32 .357 SIG G37, G38 .45 GAP

H&K

P30, P30L 9mm, .40 S&W VP9, VP40 9mm, .40 S&W HK45 Series .45 ACP USP Series 9mm, .40 S&W, .45 ACP

RUGER

P Series 9mm, .40 S&W, .45 ACP Ruger SR Series 9mm, .40 S&W, .45 ACP Security-9 Series 9mm American Series 9mm, .45ACP

SIG SAUER

P210 Series 9mm 220 Series .45 ACP, 10mm 226 Series 9mm, .357 SIG, .40 S&W 229 Series (M11) 9mm, .40 S&W 320 Series 9mm, .40 S&W, .357 SIG, .45 ACP

SMITH & WESSON

Sigma, SD, SDVE Series 9mm, .40 S&W M&P Series 9mm, .40 S&W, .357 SIG, .45 ACP 59, 459, 559, 659, 910/915, PPC-9 (5"), 5900 Series 9mm 39, 439, 539, 639, 909, 3900 series 9mm 410, 411, 4000 Series .40 S&W 645, 745, 4500 Series .45 ACP 1000 Series 10mm, Model 10 and Model 15 Revolvers (see note below) .38 Special

SPRINGFIELD XD, XDM, XDE Series

9mm, .40 S&W, .357 SIG, .45 ACP, .45 GAP

TAURUS

PT92, PT99, PT911, PT100, PT101 9mm, .40 S&W PT809, PT 840, PT845 9mm, .40 S&W, .45 ACP PT38S .38 SUPER PT400 .400 COR-BON G3 Serles 9mm TH Series 9mm, .40 S&W

WALTHER

PPQ Series 9mm, 40 S&W, .45ACMP Q4 9mm P88, P99 9mm, 9x21, 40 S&W

Note: If a revolver is used in a Service Pistol EIC Match, it must have a trigger pull of at least 2.5 pounds (single stage).

4.1.5 Enforcement of Approved Service Pistol List

Competitors are responsible for ensuring that the pistols they use in CMP sanctioned competitions are legal according to Rule 4.1.1.

a) Pistol Inspections. Match Sponsors may, at their option, conduct pistol checks or random pistol checks before or during competitions. Match Sponsors may, alternatively, require all Non-Distinguished competitors, or all competitors

with scores of 250 or higher, to present their pistols for inspection when scorecards are turned in. Any competitor who used a pistol that was not on the approved list is subject to disqualification.

b) Service Pistol Approval Procedure. The CMP will maintain a current list of CMP Approved Service Pistols on its website at <http://thecmp.org/competitions/cmp-pistol-program>. If a pistol is not listed in Rule 4.1.3 or 4.1.4 or on the CMP Approved Service Pistols list as an Approved Service Pistol and it appears to fulfill the requirements of Rule 4.1, a request may be submitted to CMP Competitions (competitions@thecmp.org) for the CMP to consider approving the pistol and adding it to the current list.

4.1.6 .22 Rimfire Pistols

Pistols used in CMP-Sanctioned .22 Rimfire National Trophy and EIC Pistol Matches must comply with this rule. The following rules apply to these pistols:

- a) The pistol may be either a semi-automatic pistol or a revolver.
- b) The pistol must be chambered for .22 cal. rimfire long rifle cartridges.
- c) The pistol may have asymmetrical, orthopedic or specially shaped grips.
- d) The pistol may have only open sights. Optical sights are not permitted. The rear sight may be adjustable, but must have an open "U" or rectangular notch. Adjustable front sights are permitted, but extended front sights are not permitted. The total sight radius may not be more than 10.0 inches as measured from the rear surface of the rear sight to the highest point of the front sight.
- e) The pistol must have a trigger pull of at least 2.0 pounds.
- f) Any system of recoil control based on barrel venting, barrel porting or other similar recoil reduction system is prohibited. 4.2 CMP Rules for Match Pistols used in CMP-Sanctioned Match Pistol Events must comply with this rule.

4.2.1 General Rules for Match Pistols

- a) Pistols may be either semi-automatic pistols or revolvers.
- b) Pistols may have asymmetrical, orthopedic or specially shaped grips. Grips may not provide any support beyond the hand. The wrist must remain visibly free when the pistol is held in the normal firing position. Grips may not encircle the hand.
- c) Pistols may have metallic sights or any (optical) sights in accordance with the requirements of the Match Program.
 - Any Sights. Any sights, including telescopic sights, are permitted, except that no sights that project an image on the target may be used. Telescope magnification is unlimited.
 - Metallic Sights. The rear sight may be adjustable, but must have an open "U" or rectangular notch. Adjustable and/or extended front sights are permitted. The total sight radius may not be more than 10.0 inches as measured from the rear surface of the rear sight to the highest point of the front sight.
- d) Barrel length may not exceed 10 inches (including the cylinder on revolvers).
- e) Any sighting device programed to activate the firing mechanism of the pistol is prohibited.

4.2.2 .22 Rimfire Match Pistols

Pistols used in CMP-Sanctioned .22 Rimfire Match Pistol Events must comply with this rule:

- a) The pistol must be chambered for .22 cal. rimfire long rifle cartridges.
- b) The pistol must have a trigger pull of at least 2.0 pounds.

4.4 Ammunition

4.4.1 Service Pistol Ammunition Service Pistol competitors may use any safe ammunition that is loaded with metal-jacketed or metal-plated bullets. Non-jacketed, wad-cutter or lead bullets may not be used.

4.4.2 .22 Rimfire Pistol Ammunition Rimfire Pistol competitors may use only .22 cal. rimfire long rifle ammunition with bullets weighing not more than 40 grains.

Hydrate on the range: Stay hydrated, drink water – Water is life !!!

1. You need to stay hydrated to shoot well.
2. Energy drinks on the range are not your friend. Drinking water, Gator aid or a fruit drink will help ensure that you stay hydrate and in shape to shoot in the heat. Energy drinks are loaded with caffeine and sugar and on the firing range they will not keep you hydrate.