

New Shooter Rifle 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 2020 CMP Rifle Rule Book

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

Rifle Information:

General Overview of Service Rifle Competition:

<https://www.myvssa.org/high-power-rifle>

Basic equipment for rifle shooting:

http://www.odcmp.org/1007/default.asp?page=USAMU_BARENECESSITIES,

http://www.odcmp.org/0308/default.asp?page=USAMU_COATSANDGLOVES

Data book and how to use it: http://www.odcmp.org/0706/default.asp?page=USAMU_DATABOOKS

Rifle sight adjustments and iron sight picture:

http://www.odcmp.org/0607/default.asp?page=USAMU_SIGHTADJ_MOA,

http://www.odcmp.org/0907/default.asp?page=USAMU_SIGHTPICTURE

Rifle trigger Control: http://www.odcmp.org/1207/default.asp?page=USAMU_TC

Rifle Sling use and position on arm: http://www.illinoishighpower.org/general_highpower_info/ISRA%20SR%20Sling.pdf

Rifle positions:

Standing – http://www.odcmp.org/1007/default.asp?page=USAMU_STANDING

<https://www.gunpowdermagazine.com/high-power-service-rifle-competition-mastering-the-basics-of-the-standing-position/>

Sitting – http://www.odcmp.org/0307/default.asp?page=USAMU_CASITTING

<https://www.gunpowdermagazine.com/high-power-service-rifle-competition-how-to-master-the-sitting-position/>

Prone - http://www.odcmp.org/0208/default.asp?page=USAMU_PRONE1

Reading the wind:

http://www.odcmp.org/1206/default.asp?page=USAMU_WIND1

http://www.odcmp.org/0107/default.asp?page=USAMU_WIND2

<https://www accurateshooter.com/shooting-skills/readingwind/>

CMP Rules and regulations regarding High Power Service Rifle Competition:

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

3.6 Range Safety Procedures from the 2020 CMP Rifle Rule Book

3.6.1 Safety Flags

Safety Flags (formerly called Empty Chamber Indicators or ECIs) must be placed in all rifles when they are brought to a range. Safety flags must be fluorescent orange, yellow or a similar bright color and must have a probe that inserts into the gun chamber and a visible flag that projects out from the open gun action. Safety flags **must remain in rifles at all times, except during preparation and firing periods. A rifle being carried on a range must have a safety flag inserted whether it is carried uncased or in a gun case.**

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 highpower rifle 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 Carrying Rifles

The carrying of rifles is defined as physically moving or transporting firearms to and from a range assembly area or firing line. Rifles may be carried in closed gun cases or in an uncased condition, but a safety flag must remain inserted at all times while the rifle is on the range.

3.6.4 Handling Rifles

The handling of rifles is defined as anything a competitor does to operate the mechanism, shoulder or aim the firearm, put a sling on, load, practice loading, insert a clip or magazine or otherwise perform any action that would prepare the competitor to fire the rifle. Handling rifles behind the firing line is not permitted. Adjusting or blackening sights, adjusting slings without placing them on the arm or making minor adjustments to the firearm in the ready area or behind the firing line is not regarded as handling and is permitted as long as a safety flag remains inserted. Competitors may load removable clips or magazines in the ready area.

3.6.5 Carrying Rifles to the Firing Line

After competitors are instructed to move their rifles and equipment to the firing line, they are permitted to handle their rifles on the firing line as long as rifle muzzles remain pointed up or downrange and safety flags remain inserted. After arrival at the firing line and prior to the start of the preparation period, competitors may put slings on and get into a firing position with their rifles. Competitors may not remove safety flags, close actions or dry fire until the Range Officer announces the start of the preparation period.

3.6.6 Safety During Loading

Loading is defined as bringing a cartridge or magazine containing cartridges in contact with a rifle or pistol. Firearms may be loaded only when a competitor is on a firing point and only after the Range Officer gives the command LOAD.

3.6.7 Safety During Firing

During preparation and firing times and until firearms are cleared and benched or grounded, competitors must:

- a) Rifle muzzles must be pointed up, downrange or down; they may not be pointed to the side or rear.
- b) Rifle muzzles or butt-stocks may be rested on a shooting stool between shots, but only if the rifle is unloaded. Rifles may not be loaded when the muzzle or butt is resting on a shooting stool.
- c) On ranges where elevating rifle or pistol muzzles above the targets or impact berm behind the targets is not permitted, all rifle muzzles must be pointed downrange or down and muzzles may not point above the targets or impact berm.

3.6.8 Safety After Firing

As soon as a firing series ends, competitors must open their rifle actions, clear or remove magazines (if removable), insert safety flags and ground their rifles. A Range Officer must inspect all rifles to confirm that their actions are open, with chambers empty, magazines cleared or out and safety flags inserted. Competitors may move from their positions and remove their firearms and equipment from the firing line after a Range Officer has checked to be sure their rifles are cleared.

4.0 Firearms, Ammunition and Equipment from the 2020 CMP rule book

4.1 CMP Highpower Rifle Rules Rifles that comply with this rule may be used in CMP-sanctioned matches in accordance with these rules and/or the match program. A CMP Service Rifle is defined as any rifle that complies with Rules 4.1.1, 4.1.3 or 4.1.4.

4.1.1 M16/AR15-Type Service Rifle.

The rifle must be an M16 U. S. Service Rifle or a similar AR15-type commercial rifle that is derived from the M16 service rifle design. Rifles must exhibit the general overall external appearance of the M-16 rifle or carbine. Visible barrel

profiles, handguards or quad rails, receivers, pistol grips, carry handles or rails and fixed or collapsible stocks must appear essentially the same as the M16 service rifle and must incorporate the following features; functional forward assist, integral case deflector, functional ejection port cover, MIL-SPEC standard charging handle, and a Picatinny rail located at standard MIL-SPEC height. The following specific rules apply to this rifle:

a) Cartridge. Must be chambered for the 5.56 x 45 mm NATO (.223) cartridge.

b) Action. Must be designed or modified so that only semi-automatic fire is possible. The gas operating system must be fully operable and adhere to the original M16 rifle design (i. e. Stoner design, gas impingement system) or have a piston-operated gas system. Adjustable gas blocks are not permitted. A gas block without a front sight is permitted. Left-handed receivers that reverse the operational design features of M16/AR-type rifles and with the ejection port opening upwards are permitted. An extended bolt release is permitted on both right and left-handed receivers, provided there are no permanent alterations to upper or lower receivers.

i) Relieved (Milled/Cut) lowers are allowed, but the use of an extended bolt release that requires a relief in the receiver is not permitted. Extended bolt releases must be attached on the original manufactured side of the lower receiver.

ii) The use of billeted uppers and/or lower receivers are not permitted. iii) Ambidextrous safeties, ambidextrous magazine releases and ambidextrous charging handles are permitted, provided no permanent alteration to the receiver was made to install them.

c) Barrel. Barrel length may not exceed the standard A2 barrel length of 20 inches, as measured from the bolt face to the end of the barrel. Flash suppressors are not required, but if the barrel has a flash suppressor the length of the barrel measured from the bolt face to the end of the flash suppressor shall not exceed 21 ¼ inches. No full-length heavy barrels are permitted. No portion of the barrel forward of the rearward location of the gas block or front sight tenon shall have a diameter exceeding .750". Upper receivers and/or barrels may not be changed during the firing of any event. Standard rifle length gas systems must be used for 20 inch barrels; carbine length gas systems may be used for barrels less than 20 inches. Barrels may not have compensators, muzzle brakes or sound suppressors.

d) Trigger. Triggers may be either two-stage or single-stage. Triggers may be adjustable, provided all adjustments are internal. Triggers must be of standard curved design; trigger shoes are not permitted. The trigger pull must be at least 4.5 pounds.

e) Handguard. The receiver and handguard must be machined as separate parts. Standard M16-type service handguards (which may conceal a float tube) may be used or military design or aftermarket free floating rail systems may be used. The rail may be of one or multiple piece design and be attached to the receiver by means of the rail itself or with a standard or special barrel nut. Key-Mod, M-Lok or similar mounting systems are permitted. Handguards may be of any length and the front sling swivel may be attached to the hand guard, but any front sling swivel location must be fixed 13 in. (+/- 0.5 in.) from the forward edge of the magazine well on M16 configured rifles or 8.0 in. (+/- 0.5 in.) on M4 configured rifles. Handguards or float tubes may not have any additional features that could be used as a hand stop.

f) Butt-Stocks. Butt-stocks may vary in length and be either fixed or adjustable. Adjustable length butt-stocks may be changed during an event, but butt-stocks that allow other adjustments such as the cheek-piece height or butt-plate location are not permitted. Only standard A1 or A2 type pistol grips are permitted.

g) Magazines. Metal or synthetic (polymer) magazines, standard issue or commercial equivalent, straight or curved, must be attached during the firing of all courses and in all positions. Allowable magazines must have external dimensions that are similar to the standard service 20 or 30-round box magazines, but may vary slightly in length and curvature, provided they do not exceed 7 ¾ inches, from top to bottom, as measured along the back of the spline. Magazines must not have any additional pads, extensions or other support features. A 10-round magazine with external dimensions at least as long as a standard service 20-round box magazine, but not longer than a 30-round box magazine, may be used. A dummy magazine with a ramp for single shot loading may be used if this magazine has external dimensions at least as long as a standard service 20-round box magazine, but not longer than a 30-round box magazine.

h) Optical Sights. The rifle may have an optical sight (reflective sights are considered optical sights) with a maximum power of 4.5X installed on the receiver. Variable scopes with a maximum of 4.5X are permitted. Only commercially manufactured scopes that were produced with a maximum magnification of 4.5X and have a maximum objective lens diameter of 34 mm may be used. If an optical sight is used, the same optical sight configuration must be used in all stages of a course of fire (changing sights or sight mount configurations is not permitted). The centerline of an optical sight shall be no higher than 3.5 inches above the centerline of the bore.

i) Metallic Sights. Alternatively, the rifle may be equipped with an issue type front sight assembly, removable front sight, or a collapsible front sight. Metallic rear sights, if used, must have an M16 type sight design with the rear

sight in the carry handle. All metallic sights must utilize a front sight post and have a maximum sight radius of 20.5 inches.

4.1.3 M14/M1A-Type Service Rifle

The rifle must be an M14/M1A-type rifle that was issued by the U.S. Armed Forces, a Springfield Armory manufactured rifle or another commercial rifle of the same type and caliber. The following specific rules apply:

- a) The rifle must be chambered for the 7.62 mm NATO cartridge (.308 Winchester).
- b) The rifle must have a trigger pull of at least 4.5 pounds.
- c) No alteration or modification may change the external configuration of the rifle.
- d) Internal modifications may be made to improve functioning and accuracy. A special match barrel may be installed. Synthetic materials may be applied to the interior of the stock to improve the bedding.
- e) No modification may interfere with the original functioning of the rifle and its safety devices.
- f) Rear sight windage and elevation adjustments may be modified to allow finer adjustments.
- g) Stock dimensions must comply with original stock dimensions, except that stocks may be no more than 2 inches wide at a point immediately to the rear of the front band, no more than 2.5 inches wide at the front and rear of the receiver, and have a continuous taper from receiver to front band. The width at the receiver may be carried through to the butt plate.
- h) The hinged butt plate may only be used in the folded position.
- i) Stocks may have any color. Metals may have any finish. Metal components may be either steel or aluminum alloy.
- j) Magazine capacity may not exceed 20 rounds. All M14 or similar commercial rifles must be used with full-length 10 or 20 round capacity magazines. Magazines with a maximum capacity of 10 rounds may be used, provided the length of the magazine box is the same as the standard service 20-round magazine.
- k) Vented barrel extensions with the same external dimensions as the M14 flash suppressor, but without the bayonet lug, may be installed. A muzzle brake designed to reduce recoil is not permitted.
- l) Optical Sights. The rifle may have an optical sight (reflective sights are considered optical sights) with a maximum power of 4.5X installed on the receiver. Variable scopes with a maximum of 4.5X are permitted. Only commercially manufactured scopes that were produced with a maximum magnification of 4.5X and have a maximum objective lens diameter of 34 mm may be used. If an optical sight is used, the same optical sight configuration must be used in all stages of a course of fire (changing sights or sight mount configurations is not permitted). The centerline of an optical sight shall be no higher than 3.5 inches above the centerline of the bore.
- m) Metallic Sights. Alternatively, the rifle may be equipped with standard issue metallic sights. The dimensions of the rear sight aperture (internal diameter) and the front sight post (width) may vary from standard military dimensions. The rear sight hood diameter may not be longer than 0.70" or larger than 0.50" in diameter. The rear sight aperture may have a fixed, non-adjustable round, square or rectangular aperture insert. A corrective lens or multi-focal lens system may be inserted in the rear sight hood.

4.1.4 M1 Garand-Type Service Rifle

The rifle must be an M1 Garand rifle that was issued by the U.S. Armed Forces or a commercial rifle of the same type and caliber. The following specific rules apply to this type of rifle:

- a) The rifle must be chambered for either the .30-06 or 7.62 mm NATO (.308 Win) cartridge.
- b) No alteration or modification may change the external configuration of the rifle.
- c) Internal modifications may be made to improve functioning and accuracy. A special match barrel may be installed. Synthetic materials may be applied to the interior of the stock to improve the bedding.
- d) No modification may interfere with the original functioning of the rifle and its safety devices.
- e) The rifle must have a trigger pull of at least 4.5 pounds.
- f) Rear sight windage and elevation adjustments may be modified to allow finer adjustments.
- g) The dimensions of the rear sight aperture (internal diameter) and the front sight post (width) may vary from standard military dimensions. The rear sight hood diameter may not be longer than 0.70" or larger than 0.50" in diameter. The rear sight aperture may have a fixed, non-adjustable round, square or rectangular aperture insert. A corrective lens or multi-focal lens system may be inserted in the rear sight hood.
- h) Stock dimensions must comply with original stock dimensions.

4.2.6 Authority to Bar Unsafe Firearms or Ammunition

Each competitor is responsible for using a rifle and ammunition that operates and functions safely. In CMP-sponsored or sanctioned competitions, the CMP Chief Operating Officer, Match Director or their designees are authorized to bar from use any firearm or ammunition that he/she, in his/her sole discretion, determines to be in an unsafe condition or to pose an unreasonable risk of personal injury or property damage.

4.3 Ammunition

Rifle competitors may use any safe ammunition, except that match sponsors may elect to issue ammunition to all competitors. If ammunition is issued, all competitors must use the issued ammunition. No tracer, armor piercing or incendiary-type ammunition or projectiles may be used.

4.4 Rifle Slings

Slings may be used to provide support for the firing position in CMP-recognized rifle events in accordance with these regulations:

4.4.1 Standard U. S. Military Slings

Slings used on all service rifles must be standard U. S. military issue M1907 leather, or M1 web slings or identical slings of commercial manufacture made of leather, web or synthetic material.

4.4.2 Sling Configuration

Military issue or commercial M1907 and M1 slings must conform to the original pattern with no modifications or additional hooks, claws, clips or clamps. Leather or web slings may be no wider than 1 3/8 inches and no thicker than 3/16 inch. Leather slings may have no more than two keepers no wider than 7/8 inch each.

4.4.3 Sling Attachment

Slings must be attached directly to the front sling swivel; a sling hook may not be used to attach a M1907 pattern or M1 sling to the front sling swivel. Quick detachable sling swivels are permitted on the handguard/fore-end and/or butt-stock.

4.4.4 Prohibited Sling Features

Competitors using Service Rifles (Rules 4.1.1, 4.1.3, 4.1.4) or Alternative Rifles (Rule 4.1.2) may not use sling cuffs or padded or lined slings. The use of hooks, buttons, straps or similar devices fastened to the shooting coat to hold the sling in place is not permitted.

4.4.5 Match Rifle Slings

Competitors using Match Rifles (Rule 4.1.5) may wear shooting coats with hooks, buttons or straps used to hold the sling in place. Slings used with Match Rifles may be any type of sling with a maximum width of 3.5 inches.

4.4.6 How Slings Are Used

Slings must remain attached to Service or Alternative rifles in all positions when they are being fired. M1907 or M1 slings may be configured with arm loops and used for support in the prone, sitting or kneeling positions. In the standing position, slings must remain attached at both the butt-stock and handguard/fore-end of the rifle and may not be so tight as to support the back of the hand or wrist. The sling may be included within the grip. The sling may be used to support the standing position only in the 200-yard stage of the Infantry Team Match where the sling may be used as a hasty sling without using an arm loop, but with the sling wrapped around the arm (Rule 5.8.3 b)). In the sitting or kneeling and prone positions, the sling must be attached at the forward sling swivel, but it does not have to remain attached at the rear sling swivel.

4.5 Shooting Clothing and Accessories

4.5.1 Shooting Jackets

a) Allowable Materials. Shooting jackets worn in CMP Rifle competitions may only be made of pliable (soft, flexible, easily bent) fabric or leather, except for buckles, straps, zippers or other adjustment or fastening devices and rubber or similar material on gripping surfaces. The internal or external use of any other material, device or substance that serves to stiffen, rigidify or immobilize any part of the competitor's upper body, back, arm or arms is prohibited. Prohibited materials include, but are not limited to, plastic, wood or metal inserts or devices, fiber board, fiberglass,

fiberglass resin, carbon fiber or laminated materials. The alteration or repair of shooting jackets is permitted provided the jacket continues to comply with this rule.

b) Inspection Procedures. Competition Officials may establish inspection procedures to determine if shooting jackets comply with this rule. Scores fired with shooting jackets that are ruled to be illegal must be nullified. Manufacturers or shooting equipment suppliers with questions regarding the legality of a shooting jacket should submit a sample to the CMP for evaluation.

4.5.2 Other Clothing

Except for the shooting jacket, only normal outdoor or sports clothing may be worn. Wearing a maximum of two sweatshirts made of soft, pliable, flexible material under the shooting jacket is permitted. Trousers and shoes or boots must be ordinary trousers and shoes or boots; special shooting trousers or special shooting shoes or boots may not be worn.

4.5.3 Shooting Glove

Special shooting gloves may be worn on the left hand (right-handed shooter) in all CMP Service Rifle events.

4.5.4 Shooting Mats

Ground cloths or shooting mats may be used in all CMP Service Rifle events, except the National Trophy Infantry Team Match (Rule 7.5.4). Mats may only be folded once (maximum double layer). Competitors must sit with their entire body, except for the legs and feet, on the mat.

4.5.5 Kneeling Rolls

A kneeling roll not exceeding seven (7) inches in diameter may be used under the right ankle or instep if shooting is done in the kneeling position. A kneeling roll may not be used in the sitting or prone positions.

4.5.6 Spotting Scopes

The use of a telescope to spot shots is permitted. The spotting scope stand may not be positioned forward of the firing line. When rifle scorers use spotting scopes, scopes should be turned away from the target during rapid-fire stages when scorers must observe their firers and count shots fired.

4.5.7 Shooting Kits or Stools

A shooting kit, stool, or cart may be used to carry equipment. The kit, stool or cart may be placed on the firing point, but may not be located forward of the firing line. The kit or stool may not be of such size or construction as to constitute a windbreak.

4.5.8 Electronic Devices

Competitors on the firing line may use electronic devices such as cell phones, tablets or other hand-held communication devices only to keep time, record shots or compute sight adjustments. All such devices must be in silent mode and must be incapable of communicating with other electronic devices or systems (must be switched to airplane mode). Match officials or scorers may use such devices on the firing line for communication purposes when performing official duties. Competitors who use such devices on the firing line for communication purposes are subject to a warning and possible disqualification. Timers may be used if any sound producing capability is silenced.

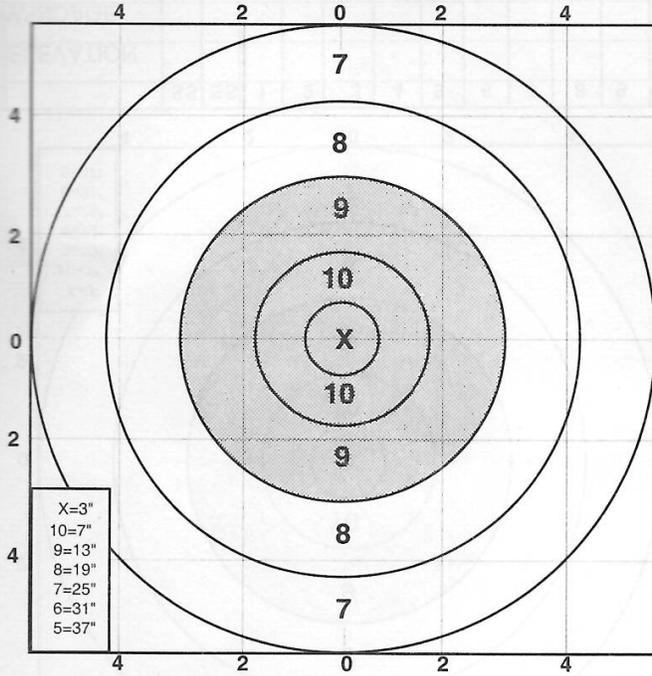
4.5.9 Wind Indicators

Electronic or mechanical wind gauges or indicators may be used behind the firing line or on the line to evaluate wind conditions, but they may not be placed ahead of the firing line.

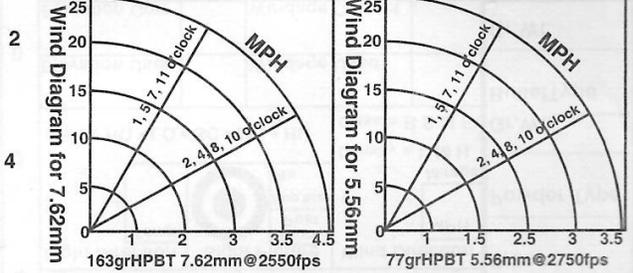
Hydrate on the rifle range: Stay hydrated, drink water – Water is life !!!

1. One way to ensure that you get plenty of water and stay hydrated on the rifle range is to take a drink of water after arriving at or before leaving a position and then taking another drink when you get to a new position. For example when you get to a firing line or rifle pit area take a drink of water. Before leaving the line or pit area take another drink of water. Repeat this schedule all day long. 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 hydrated and in shape to tackle the heat you will encounter on the range. Energy drinks loaded with caffeine and sugar will not keep you hydrated.

MIL"SR" TARGET 200 YARD SLOW-FIRE STAGE®

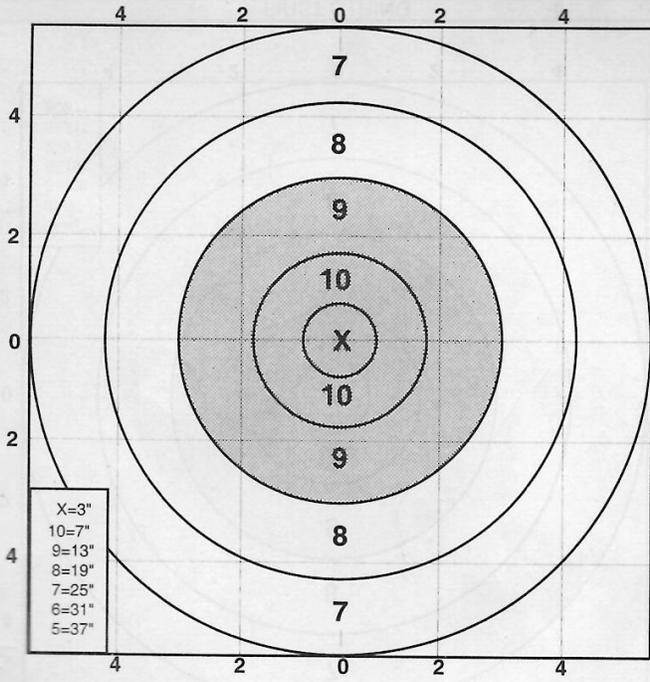


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|--------------------------------|-------|-------------------|--------------------|-------------------------------------|-------------|
| Place | | Date | | Reloading Information: Case Type | |
| Hour | | Rifle No. | | | |
| Tgt No. | | Relay | | Time | |
| Light Direction | Temp: | Sight Picture | Wind Direction | MPH | |
| | | | | Mirage | |
| Light = HO • LO • SC • MC • HL | | | Density = L M H | | Primer |
| Elevation Used | | | Windage Used | | Powder Type |
| Elevation Corr | | | Windage Correct | | Gr. Wt. |
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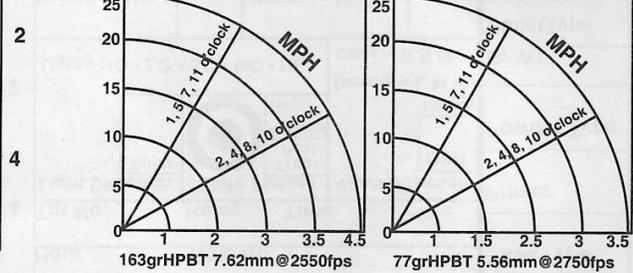


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| ELEVATION | | | | | | | | | | | | | | | | | | | | | | | | |
| WINDAGE | | | | | | | | | | | | | | | | | | | | | | | | |
| VALUE | | | | | | | | | | | | | | | | | | | | | | | | |

MIL"SR" TARGET 200 YARD RAPID-FIRE STAGE®



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|--------------------------------|-------|-------------------|--------------------|-------------------------------------|-------------|
| Place | | Date | | Reloading Information: Case Type | |
| Hour | | Rifle No. | | | |
| Tgt No. | | Relay | | Time | |
| Light Direction | Temp: | Sight Picture | Wind Direction | MPH | |
| | | | | Mirage | |
| Light = HO • LO • SC • MC • HL | | | Density = L M H | | Primer |
| Elevation Used | | | Windage Used | | Powder Type |
| Elevation Corr | | | Windage Correct | | Gr. Wt. |
| | | | | | Bullet Type |
| | | | | | Gr. Wt. |



Wind Diagram for 7.62mm Wind Diagram for 5.56mm

| FIRST STRING | | | | | | | | SECOND STRING | | | | | | | | Total Score |
|--------------|----|---|---|---|---|---|-------|---------------|----|---|---|---|---|---|-------|-------------|
| Xs | 10 | 9 | 8 | 7 | 6 | 5 | Score | Xs | 10 | 9 | 8 | 7 | 6 | 5 | Score | |
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