



## **2010 WARRIOR GAMES SHOOTING RULES**

These rules are modified paralympic rules to suit the population of the Warrior Games

### **Disabilities**

- SH 1 – (Lower Body Impairment)
- SH 2 – (Upper Body Impairment)
- PTSD

### **Shooting Events** \*there must be a minimum of 4 participants per disability

- 10M Air Pistol (SH 1 & PTSD) - 40 shots
- 10M Air Rifle Standing (SH 1 & PTSD) – 40 shots
- 10M Air Rifle Standing (SH 2 & PTSD) - 40 shots
- 10M Air Rifle Prone (SH 1 & PTSD) - 40 shots
- 10M Air Rifle Prone (SH2 & PTSD) - 40 shots

## **GENERAL EVENT RULES**

All 3 events will be 10 meter air gun, fired with .177 cal. soft lead match pellets fired from single shot target (not field grade) grade guns (approx. 500 – 600 fps). No scopes or optics are allowed on the guns. For simplicity, all events will be 40 shots in 75 minutes (all events are slow fire) plus a separate final for the top 8 competitors in each event.

Divisions will be combined male and female

All equipment is the responsibility of the athlete

## **EVENT DETAILS**

**Air Pistol** – The pistol is held with one hand. Athlete is standing unless injury has impacted balance, stability or strength in the lower extremities. For those athletes, a wheelchair or other seat may be used.

**Air Rifle Prone – SH1 (lower body injury)** – Athletes will use a sling to support the weight of the rifle. The athlete will be seated and may rest both elbows and lean the torso against the table on the firing point for stability.

**SH2 (upper body injury)** – If the athlete is unable to support the rifle due to injury, the rifle will be supported by a spring stand (detailed rules on the ISCD website). Athlete will be seated and may rest both elbows and lean the torso against the table on the firing point for stability.

**Air Rifle “Standing” – SH1 (lower body injury)** – Athletes will rest one elbow on their hip to support the weight of the rifle. The athlete may be standing up or seated (if required) but may not rest any part of the body or arms against the table.

**SH2 (upper body injury)** – If the athlete is unable to support the rifle due to injury, the rifle will be supported by a spring stand (detailed rules on the ISCD website). The athlete may be standing up or seated (if required) but may not rest any part of the body or arms against the table.

Specific rules about the guns, ammo, targets, ranges, etc. are available at the USA Shooting (USAS) website:

[www.usashooting.org](http://www.usashooting.org)

Specific rules for athletes with disabilities are available at the International Shooting Committee for Disabled (ISCD) website:

[www.shootonline.org](http://www.shootonline.org)

If you have additional questions after thoroughly researching the websites above, please contact USA National Paralympic Shooting Coach Bob Foth at

[bob.foth@usashooting.org](mailto:bob.foth@usashooting.org) or 719-866-4881

Bob may also be able to help you get coach training for international style shooting events.

