



Canadian University  
Shooting Federation

*Learn. Compete. Educate.*

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Calgary, AB T2P 3R7

# 2020 Stay-at-Home 10 meter Air Rifle Competition Guide

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## Introduction

### A Message from the CUSF

Dear Student,

Welcome to the Canadian University Shooting Federation (CUSF) 2020 Stay-at-Home 10 meter Air Rifle Competition! This competition was created to allow Canadian high school and post secondary students to partake in competitive shooting sports in an informal range environment. The event is based on the Olympic-style International Shooting Sport Federation (ISSF) 10 meter air rifle shooting discipline and will be completed using .177/4.5 mm pellet rifles. CUSF rules and print-out targets will be used throughout this competition and will feature relaxed rules and provide greater accessibility to all students! We are also very excited to announce that TESRO Canada, an Ottawa based competition shooting equipment provider, will be providing prizes for this competition. The competition will be open to all Canadian students who have a CUSF membership and will run until 19 Aug, 2020.

Our mission is to allow students to maintain their participation in shooting sports in a fun, affordable, accessible and competitive way while practicing social distancing. This competition is open to any Canadian high school and university/college students, so tell your friends and family to get involved!



## Getting Started

### As Easy as 1,2,3...

1. Read this guide carefully and tell yourself you will give it a shot 😊.
2. Go to [shop.CUSF.ca](http://shop.CUSF.ca) and purchase a CUSF membership.
3. Go to [CUSF.ca/events](http://CUSF.ca/events) and sign up for our competition. Don't forget to read and sign the waiver!
4. Print targets found on the events page.
5. Shoot your target at an appropriate location.
6. Score your target - See [Target Scoring](#) for more information.
7. Submit your targets online.
8. See your score online at [CUSF.ca/Stay-At-Home](http://CUSF.ca/Stay-At-Home).
9. Take photos! Everyone is encouraged to share their experience on social media. Don't forget to tag the CUSF and use #CUSF! If you have pictures of this competition you want to share, follow the instructions under [Photo Submissions](#).
10. Unsatisfied with your submission? Purchase the target resubmission package online and submit your scores again!

### All You Need to Get Started!

1. Safety glasses
2. A .177/4.5 mm air rifle - Dont have an air rifle? We got you covered! [More information below](#).
3. A printer.
4. 10 m of suitable shooting space.



## Prizes and Awards

1st Place - \$50 Tesro gift card + CUSF sticker + printable certificate.

2<sup>nd</sup> Place - \$30 Tesro gift card + CUSF sticker + printable certificate.

3<sup>rd</sup> Place - \$20 Tesro gift card + CUSF sticker + printable certificate.

The winners of this match will be proclaimed Canadian University Air Rifle Summer Semester Individual Champions and will be mentioned on our social media. Contact us if you would like a shoutout! (ie. IG, FB, TikTok, etc...)

**So I didn't win... now what?** Every competitor will receive a CUSF sticker as an appreciation of their participation and will be entered into a draw for swag and equipment donated from the CUSF and Tesro Canada! Prizes will range from pellets, marksmanship swag, CUSF shirts, to the dust collecting in the back of Tesro's warehouse! Okay maybe not, but everyone has a chance to win!

## Timeline

The competition will run throughout the summer and will allow ample time for students to shoot, submit their scores, and if wanted, reshoot! Here are some key dates for this competition:

- Competition start: 7 June, 2020 - Competitors are welcome to submit their targets any time after this date.
- Competition end: 31 Aug, 2020 - Last day for target submission.
- Air rifles on loan returned: 31 Aug - 7 Sept, 2020 - Those who rented CUSF air rifles are expected to return them back to the CUSF.
- Prizes shipped: 7 Sept, 2020 - Those who have won placed prizes and door prizes will have their respective swag sent to them. Note: Due to COVID-19, prizes may take longer than usual to arrive.



## Rules

This competition is open to any current Canadian high school or university/college student who has a valid membership with the CUSF.

- Position: Prone unsupported.
- Air Rifle: Any air rifle chambered for .177 pellets.
- Pellets: Wadcutter .177 Pellets.
- Sights: Iron sights only. Diopter competition sights are allowed.
- Course of Fire: 4 Targets. 40 rounds deliberate, 10 scored pellets per sheet. Total points: 400. Any pellets placed in the sighting box will not be counted. Please refer to [Annex 1](#) for more information.
- Time Limit: Unlimited
- Targets: Four printed targets per individual. Targets are to be pinned on card paper, cardboard, or any other surface that will allow pellets to cut cleanly through the target. Please refer to [Annex 2](#) for target scaling.
- Distance: 10 meters between the shooter and the target measured from the edge of the support side elbow to the target.
- Acceptable Equipment: Rifle sling, shooting jacket, shooting glove, shooting mat (mom's yoga mat or camping mat will do), and shooting hats are all approved. Eye protection is MANDATORY.



Scoring Targets: Targets will be scored by the competitor or witness if available. Each target sheet will have a total of 100 points with 10 points per target. Please refer to [Annex 3](#) for more information.

Return of Targets: Competitors claiming scores of 380 or greater must mail in all targets. Competitors claiming scores of 379 or less will only need to send targets to [smallbore@CUSF.ca](mailto:smallbore@CUSF.ca). More information posted [below](#).

## Safety

Safety is #1 on our sights and is not something that should be taken lightly. Here, you will find information on some safety precautions you must take throughout the duration of this competition.

### Personal Protective Equipment

1. Always wear safety glasses when you are shooting, or close to someone shooting - Pellets sometimes have a tendency to bounce back at a low velocity.

### Air Rifle Handling

1. Assume every rifle is loaded until you have physically unloaded and inspected it.
2. Ensure your air rifle is always pointed at a safe direction - It is rare but there have been instances of air rifles firing without the user squeezing the trigger.
3. Ensure you are using the correct projectile in your air rifle - For this competition, only .177/4.5mm pellets are allowed. Most .177 air rifles will not shoot .177 BB's.



4. Keep your rifle on safe and finger out of the trigger until you're ready to shoot.
5. Unload your rifle and make it safe after each session of shooting
6. Be aware of your surroundings, the target, and beyond.

### **Range Safety**

1. Ensure you brief everyone in your surroundings of your activities.
2. Ensure you have a suitable backstop to post targets and stop pellets. A secondary backstop is also highly recommended.
3. Be aware of your surroundings, the target, and beyond - Ensure there are no obstacles between or beyond the target.
4. Ensure there are no obstacles that may pose a danger to you.

For more information, refer to [Annex 4](#).

Follow these safety guidelines and practice due diligence throughout this competition.

## **Renting Air Rifles**

The CUSF is dedicated to ensuring that our programs are accessible to all students. We also understand that some students who wish to participate may be restricted due to funds and lack of equipment. To solve this issue, the CUSF will provide a limited amount of air rifles to students wherever needed. If you a) fit the criteria to participate in this competition b) are willing to submit scores to this competition, and c) do not have an air rifle, email [smallbore@CUSF.ca](mailto:smallbore@CUSF.ca) and we will get you squared away.

Here are some things you should know before you send off an email:



1. Expect to pay shipping costs to deliver and return the air rifle.
2. There will be a \$25 deposit for each air rifle.
3. Air rifles are to be returned as soon as the competition ends.
4. You will be liable for damages to the air rifle.

## Submission of Targets

Once you have shot your targets, you will need to submit your scores online at <https://forms.gle/Z5wgBs5rnvWWoKXe8>. If your score is 380 or over, fill in the form and submit your score by emailing a high quality photo of your targets to [smallbore@CUSF.ca](mailto:smallbore@CUSF.ca) and await for further instructions. In the subject line, please include your Firstname\_Lastname\_Score ie "John\_Doe\_380". If you wish to submit another set of targets, please purchase a target resubmission package at [shop.CUSF.ca](http://shop.CUSF.ca) and reshoot. Please note: you must wait **two weeks** before submitting another set of targets.

## Photo Submissions

The CUSF is encouraging everyone to take pictures and share their experiences! If you have a picture you would like to submit, please share them to <https://photos.app.goo.gl/E4H448y1neuK7MDS9> with a detailed description including your full name, social media, score, equipment, as well as any quotes or comments! Include high quality pictures of your targets, as well as a few pictures of you and your gear! By posting your photos, you're allowing the CUSF to use, share, and modify your photos. Please ensure your photos align with the safety regulations put in place.



## Coaching

The CUSF is committed to helping students reach their goals in all shooting sports by providing quality training and coaching. Due to COVID-19, the CUSF understands that physical coaching is not a viable option at the moment. In order to provide quality coaching while preventing the spread of COVID-19, the CUSF has teamed up with TESRO Canada to create educational content and provide online distant coaching opportunities via Facebook live. Stay tuned!

For the time being, watch this retro video from the Saskatoon Cadets which covers the basics of 10 meter air rifle! Old, but gold 🤓.

<https://www.youtube.com/playlist?list=PLC8E447A8EDE4558B>

Or take a read of this great powerpoint on becoming a better shooter!

<https://drive.google.com/file/d/1gW18py7cNL2BcUiDIfab-lZbjEm4xQsr/view?usp=sharing>

## Integrity

While students who participate in this competition are not under the direct supervision of an event official, we encourage students to exercise sportsmanship and the same integrity guidelines outlined by many school policies. If any breaches of integrity or instances of cheating are discovered, CUSF directors have the right to revoke your standing in this competition, and the CUSF membership of said competitor. If you are considering an action that will make you feel guilty, don't do it!

## Equipment Suggestions

New to 10 meter air rifle? We've got you covered. Our team of experienced directors



have recommended the following equipment to get you started!

## **Air Rifles**

First time shooting? Don't have an air rifle? CUSF recommends the following air rifles for use in this competition.

- Daisy/Avanti 853 - Pump air rifle used by many shooting clubs to teach marksmanship. Comes installed with a match grade Lothar Walther barrel and Diopter sights ~ \$350
- Daisy 753/S - A modern Daisy 853 with a more comfortable stock and performance upgrades ~ \$500
- Daisy 953 - Daisy 753 with Daisy Manufactured barrels. It is both cheap and accurate ~ \$400 or less
- CZ 200T - PCP (no need to pump after each shot) with adjustable stock. Built for competition! - <https://tinyurl.com/y8z8zcgg> - \$859.00
- Daisy Medalist series (888, 887) - PCP (no need to pump after each shot) with excellent accuracy ~ \$750

Note: Any .177 pellet rifle may be used.

If you do not have an air rifle and are not looking to purchase one, read the section above about our air rifle lending policy.

## **Pellets**

The CUSF recommends the following .177 pellets for this competition. These pellets have demonstrated exceptional results during testing. It is highly recommended



that you experiment with these pellets to find out what shoots best.

- RWS R10 Heavy - <https://tinyurl.com/y6uhrsvl>
- Qiang Yuan Olympic pellets - <https://tinyurl.com/ybj9a7nh>
- H&N Finale Match Rifle - <https://tinyurl.com/yb2menc>
- Vogel Match - <https://tinyurl.com/yawo63ky>

Note: Any .177 Wadcutter pellet may be used.

## **Equipment**

For some shooters the proper equipment can mean the difference between a 80 a 95. The CUSF recommends the following:

- TSR Shooting Jacket - Restricts the shooters movement and helps stabilize the air rifle - <https://tinyurl.com/yaxa8mwe>
- TSR Shooting Glove - Stabilizes support hand and wrist while allowing for a more comfortable hold - <https://tinyurl.com/y9hyzzxy>
- TSR Shooting Mat - Provides a more stable and comfortable platform for competition shooting - <https://tinyurl.com/yb346ke6>

While competition equipment is recommended, it is not a requirement. At the end of the day, the main goal is to get pellets as close as possible to the center of the target.



## Annexes

### Annex 1 - Course of Fire

Competitors are requested to shoot and submit the scores of 4 targets. This means only 40 shots will be scored with the exception of those which are in the sighting box.

**X4. Shoot and submit scores for 4 of these targets**

**10M SMALLBORE RIFLE TARGETS**

NAME: \_\_\_\_\_ MATCH #: \_\_\_\_\_ TARGET # \_\_\_\_\_ DATE (Y/M/D): \_\_\_\_\_

STUDENT # \_\_\_\_\_ INSTITUTION \_\_\_\_\_ WITNESS \_\_\_\_\_

TESRO

Don't forget to fill in your **information!**

One, un, uno, 1, I, -, pellet per **bullseye**

This is what is commonly referred to the **sighting box**. Anything shot here is meant to help you sight in your rifle and does not count towards your score. This is your safe space. Any shot that touches the sighting box will also be marked.

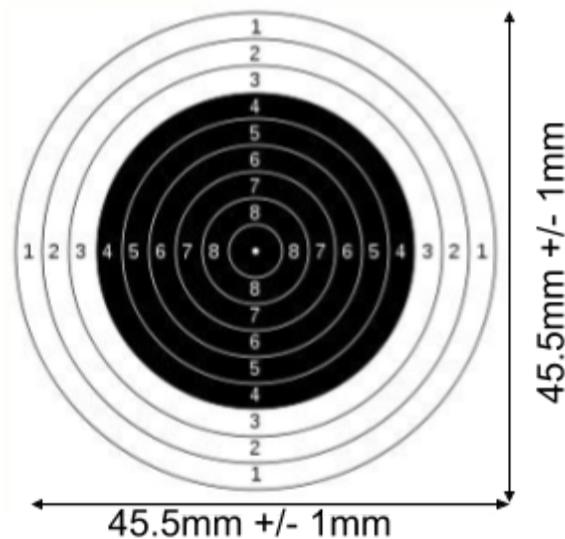
Put your **score** /100 here. More information on this in Annex 3

Printing on stiffer card-like paper is highly recommended. If this is not possible, using a hard backing like cardboard to pin targets on is also acceptable. Just ensure the targets are tight on the backstop. Using weak paper will cause unnecessary rips in the target after it has been shot. This will make it hard to mark.



## Annex 2 - Scaling

While the targets are optimized for standard 8.5x11 paper at 100% scale, different printers may still print targets at different sizes. Please measure your target to ensure the dimensions are correct BEFORE shooting. If the target does not fit the dimensions, please play around with the printer scaling until an accuracy of 0.5mm is achieved. Use the measurements below as reference.



The target: total  $\varnothing$  = 45.5 mm. 4 ring  $\varnothing$  = 30.5 mm. 9 ring  $\varnothing$  = 5.5 mm. 10 ring  $\varnothing$  = 0.5 mm, height 1.4 m above the floor

\*Not to scale\*

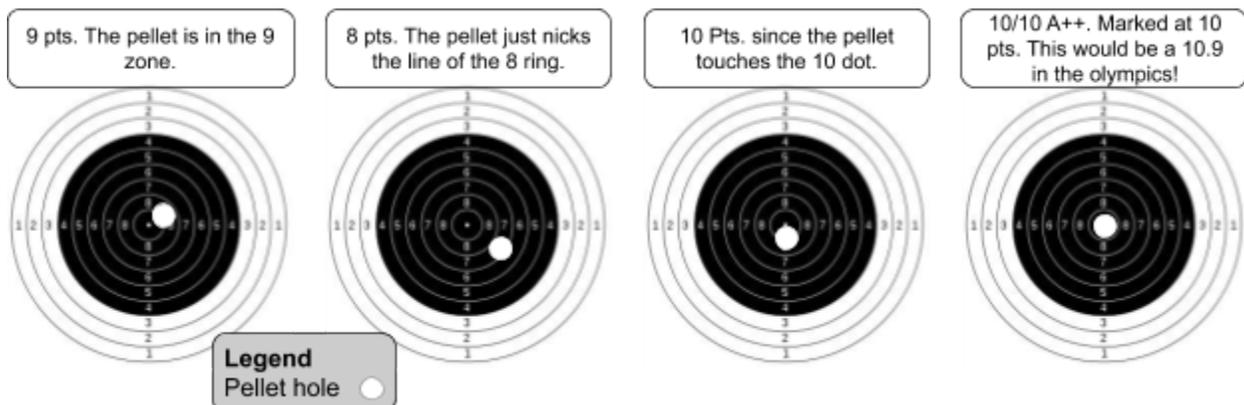
Source: Wikipedia



### Annex 3 - Scoring Targets

While scoring is usually done by competition officials, we are allowing scoring to be done by you or a witness. It is very important that you do not play with the holes once they've been shot to ensure the hits are not widened.

Scores are marked by the closest ring the pellet touches as shown below.



Scoring of the overall target is out of 100. Let's say you shoot 10x8pts bullseyes, your overall score will be 80/100. If you shoot 3x10pts and 7x8pts bullseyes, your overall is 86/100 on that target.

Simple rule: Start from 100 and -1 for every ring you miss.



### Annex 4 - Range Safety

Here is a diagram of a safe informal air rifle range.

