

## **DISCIPLINE: STANDARD PISTOL (ISSF)**

**FIREARM CALIBRE:** .22 Pistol

**FIREARM SPECIFICATIONS:**

Barrel Length no more than 6 inch  
Trigger pull no less than 1,000 grams  
Total pistol width not to exceed 2 inches

**TARGETS:**

Bulleye, specifications as per ISSF rules.

**RANGE:**

25M (official), 25yd, 20yd & 50ft targets available

**NUMBER OF SHOTS:**

60 rounds

**COURSE OF FIRE:**

4 strings of 5 rounds, each in 150 seconds  
4 strings of 5 rounds, each in 20 seconds  
4 strings of 5 rounds, each in 10 seconds

**RANGE COMMANDS:**

Are You Ready? (command to fire is given after a 7 second pause)

**OTHER COMMENTS:**

Discipline is shot with one hand from a standing position  
Arm cannot be raised until the command to fire is given

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## **DISCIPLINE: CENTRE FIRE PISTOL**

**FIREARM CALIBRE:** .32 cal or greater (.380 gauge used to score shots)

**FIREARM SPECIFICATIONS:**

Barrel length no more than 6 inch  
Trigger weight no less than 1,360 grams (3 lbs)

**TARGETS:**

Precision Stage - Standard Pistol Target  
Rapid Stage - Rapid Fire Target  
specifications as per ISSF rules.

**RANGE:**

25M (official) - 25yd, 20yd & 50ft targets available

**NUMBER OF SHOTS:**

60

**COURSE OF FIRE:**

Precision Stage - 6 strings of 5 rounds each in 6 minutes  
Rapid Stage - 6 strings of 5 rounds, 3 seconds for each shot followed  
by a 7 second delay

**RANGE COMMANDS:**

Are You Ready? (command to fire is given after a 7 second pause)

**OTHER COMMENTS:**

Discipline is shot with one hand from a standing position  
Arm cannot be raised until the command to fire is given

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## **DISCIPLINE: SPORT PISTOL**

**FIREARM CALIBRE:** .22 cal

**FIREARM SPECIFICATIONS:**

Barrel length no more than 6 inch  
Trigger weight no less than 1,360 grams (2 lbs)

**TARGETS:**

Precision Stage - Standard Pistol Target  
Rapid Stage - Rapid Fire Target  
specifications as per ISSF rules.

**RANGE:**

25M (official) - 25yd, 20yd & 50ft targets available

**NUMBER OF SHOTS:**

60

**COURSE OF FIRE:**

Precision Stage - 6 strings of 5 rounds each in 6 minutes  
Rapid Stage - 6 strings of 5 rounds, 3 seconds for each shot followed  
by a 7 second delay

**RANGE COMMANDS:**

Are You Ready? (command to fire is given after a 7 second pause)

**OTHER COMMENTS:**

Discipline is shot with one hand from a standing position  
Arm cannot be raised until the command to fire is given  
Course of fire is identical to Centre fire except for caliber

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## **DISCIPLINE: RAPID FIRE PISTOL**

**FIREARM CALIBRE:** .22 cal

**FIREARM SPECIFICATIONS:**

Barrel length no more than 6 inch  
No limit to trigger weight

**TARGETS:**

Rapid Fire Target  
specifications as per ISSF rules.

**RANGE:**

25M (official) - 25yd, 20yd & 50ft targets available

**NUMBER OF SHOTS:**

60 rounds

**COURSE OF FIRE:**

Two sets of 30 shots, each set consisting of the following:

On 5 targets, one shot per target, 2 strings of 5 shots in 8 seconds, 2 strings of 5 shots in 6 seconds, 2 strings of 5 shots in 4 seconds

**RANGE COMMANDS:**

Are You Ready? 5-4-3-2-1 Start

**OTHER COMMENTS:**

Discipline is shot with one hand from a standing position

Arm cannot be raised until the command to fire is given

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## **DISCIPLINE: FREE PISTOL**

**FIREARM CALIBRE:** .22 cal

**FIREARM SPECIFICATIONS:**

No limit on barrel length

No limit to trigger weight

Fired single shot only

**TARGETS:**

Free Pistol Target

specifications as per ISSF rules.

**RANGE:**

50M (official) - 50 yd, 25yd, 20yd & 50ft targets available

**NUMBER OF SHOTS:**

60 rounds

**COURSE OF FIRE:**

Shot on 6 targets with 10 scoring rounds per target. Time of 2 hours, usually divided into 30 minutes sessions.

**RANGE COMMANDS:**

Are You Ready? (command to fire given after a 7 second pause)

**OTHER COMMENTS:**

Discipline is shot with one hand from a standing position

Arm cannot be raised until the command to fire is given