

## ISSF SUPPORTED REST SHOOTING – 10M AND 50M

The standard course of fire is the same for both 10m and 50m events

- 15mins preparation and sighting time
- 30shots in a time limit of 50 minutes (40minutes if using EST) - for 50m Pistol on paper targets and using 'Australian conditions' there will be one sighting series of 15 minutes followed by three scoring series of 16 minutes each.

The course of fire may be varied to allow for local conditions.

It is recommended that organizers combine Men and Women into a single event, however separate men's and women's events may also be held.

### EQUIPMENT

Pistols must comply with the requirements of rule 8.12 with the exception that the support rest will not fit the box (box is 50mm depth, rest is up to 60mm wide).

### THE REST

The support rest must be made only of round material with a maximum diameter of 50 mm and a length of at least 100 mm.

**The support rest must only be clad with smooth material.**



The support rest must be no wider than 60 mm (this relates to the rest on the base of the grip). There is no restriction on the material to be used but it must be smooth and flat.

Special recesses or grooves on the grip (i.e. for fitting the support rest) are not allowed.

EXAMPLES of a rest and the support plate – this plate is screwed to the base of the grip.

### FIRING POSITION

The support rest must not be in contact with any part of the body.

The pistol may only be placed with the lower part of the grip on the rest, and it may not be supported laterally.

The use of other supports and/or leaning the body or any parts of the body against a shooting bench or table is not allowed. There must be a clearly visible distance between the hand and the support rest.

The shooting arm and the wrist must be free of any support. With the pistol resting in the firing position the wrist must be able to move freely.