

VIRGINIA 4-H SHOOTING EDUCATION PROJECT PORTFOLIO -- RIFLE

Name of 4-H Member: _____ Name of Instructor _____

BASIC KNOWLEDGE

Date Instr. Initials

1. Demonstrate **knowledge of rifle safety** including:

- Parts of the rifle (BASS acronym: Barrel, Action, Stock, Sights) _____
- Three basic rules of gun safety (MAT acronym. Complete understanding of the safety rules) _____
- Use of a Clear Barrel Indicator (demonstrate proper use) _____
- Equipment (casing/uncasing, proper carry, limitations of a rifle's safety) _____
- Personal protection (Eye, Ear, Eating, Drinking, Washing hands) _____
- "CEASE FIRE" (Get finger off trigger, Gun pointed in a safe direction, Ground the rifle) _____

For SMALL BORE ONLY:

- Malfunctions (Misfire, Hang Fire, Squib Load, Failure to Feed(FTF), Failure to Eject (FTE)) _____

2. Demonstrate **knowledge of rifle operation**

- Rifle operation (loading/unloading, cocking, mounting, firing)
 - BB gun _____
 - Air rifle _____
 - Smallbore rifle _____
- Proper use of aperture sights _____
- Use of appropriate ammunition _____
- Range operations (knowledge of basic commands: Load, Fire, Cease Fire, Stop, Unload) _____

3a. Demonstrate the **ability to shoot a tight group** with one or more of the following rifles, in any position including bench. (Standard set by leader):

- BB Gun - 5 meters _____
- Air Rifle - 10 meters _____
- Smallbore Rifle – 50 feet _____

3b. Demonstrate the **ability to move the group to the aiming point.** _____

4. Demonstrate **proper rifle shooting form**, including:

- Eye dominance _____
- Knowledge of the five fundamentals of firing a shot _____
- Ability to assume a proper PRONE position _____
- Ability to assume a proper STANDING position _____
- Ability to assume a proper KNEELING position _____
- Ability to assume a proper SITTING position _____

Completion Date of
Basic Requirements

Instructor Signature

4-H Member Signature

VIRGINIA 4-H SHOOTING EDUCATION PROJECT PORTFOLIO -- **RIFLE** (continued)

Competitive Knowledge

5. To qualify to **participate in rifle shooting events** at Spring Air, the State 4-H Shoot, Daisy BB Nationals and the 4-H Shooting Sports National Championships, the 4-H member must complete the above listed tasks with the rifle used for each respective competition named below. In addition, the 4-H member must shoot a complete course of fire following the same rules, targets and range standards that are outlined in the respective Match Programs.

Instructor sign next to all events for which the member is qualified.

	Score	Date	Instr. Initials
FOUR POSITION BB GUN	_____	_____	_____
THREE-POSITION AIR RIFLE	_____	_____	_____
STANDING AIR RIFLE	_____	_____	_____
AIR RIFLE SILHOUETTE	_____	_____	_____
CMP RIMFIRE SPORTER RIFLE	_____	_____	_____
SMALLBORE RIFLE SILHOUETTE	_____	_____	_____
THREE-POSITION SMALLBORE RIFLE	_____	_____	_____

ADVANCED KNOWLEDGE The following additional tasks do not need to be completed before entering competitions.

	Date	Instr. Initials
6. Continue shooting education through knowledge of advanced topics :		
• Demonstrate ability to use a sling in appropriate positions	_____	_____
• Demonstrate ability to properly utilize a kneeling roll, mat, spotting scope, offhand stand	_____	_____
• Demonstrate ability to establish and adjust Natural Point of Aim for each shooting position	_____	_____
• Demonstrate ability to adapt to the effect of wind when shooting outdoors	_____	_____
• Demonstrate ability to use varied sights including aperture, open, telescopic & red dot sights	_____	_____
• Demonstrate knowledge of ammunition selection for various shooting conditions	_____	_____
• Demonstrate ability to clean, lubricate, and properly store a rifle	_____	_____
• Demonstrate basic understanding of how to score targets	_____	_____
• Demonstrate basic ability to analyze targets and suggest strategies for improvement	_____	_____
• Demonstrate knowledge of rifle actions (bolt, lever, semi-auto, full auto, etc.)	_____	_____
• Demonstrate knowledge of ammunition (types, components, function)	_____	_____
• Demonstrate ability to call a match	_____	_____
FOUR POSITION BB GUN	_____	_____
THREE-POSITION AIR RIFLE	_____	_____
THREE-POSITION SMALLBORE RIFLE	_____	_____
RIFLE SILHOUETTE	_____	_____