

# GUIDE to filling out the PORTFOLIO

## VIRGINIA 4-H SHOOTING EDUCATION PROJECT PORTFOLIO

### RIFLE

Please consider the following points when evaluating the proficiency of the 4-H member:

1. Demonstrate **knowledge of rifle safety**, including safety considerations pertaining to:

- Three basic rules of gun safety
  - MAT acronym
  - Knowledge of the three rules and what they mean
- Proper use of a Clear Barrel Indicator
  - Describe what a CBI is
  - Demonstrate how to use it properly
- Equipment
  - Procedure for uncasing / casing a rifle
  - How to make a gun safe
  - Use of the safety on a rifle (Don't depend on it. Since it is a mechanical device it can fail)
- Use of appropriate ammunition
  - How do we determine what ammunition is appropriate for a gun?
- Range operations
  - Familiarity with the "CEASE FIRE" command should an unsafe condition be observed
    - Who can call "CEASE FIRE"?
    - How to call "CEASE FIRE"
    - What do you do, as a shooter, when "CEASE FIRE" is called?
  - What do you do if you have a loaded gun after the "STOP" command is given?
  - What does the command "AS YOU WERE" mean? (rescinds previous command)
  - What does the command "CARRY ON" mean? (proceed with actions prior to interruption)
  - Malfunctions
    - What is a misfire? What do you do if you have a misfire?
    - What is a hangfire? What do you do if you have a hangfire?
    - What is a squib load? What do you do if you have a squib load?
- Personal protection
  - Use of eye and ear protection
  - Washing hands after each shooting session.
  - No eating or drinking while on the range

2. Demonstrate **knowledge of rifle equipment**, including:

- Rifle types
  - Bolt action
  - Lever action
  - Slide action (pump action)
  - Break open (hinged action)
  - Falling block
  - Semi-automatic
  - Full automatic
- Parts of the rifle
  - BASS (Barrel, Action, Stock, Sights)
- Ammunition (types, components, function)
  - Centerfire vs rimfire
  - How does a cartridge work?
- Rifle operation
  - Proper sequence for charging / loading an airgun
  - Proper procedure for mounting gun (do not mount gun by pointing anywhere above target)

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

- Eye dominance
- Bench position
- Prone position
- Standing position
- Kneeling position
- Sitting position
  
- Use of the sling in each position where appropriate
  - In which positions is a sling appropriate? (prone, kneeling, sitting. NOT standing)
- Application of the five fundamentals of firing a shot
  - Aiming
    - Eye relief
    - Sight alignment
    - Sight picture
    - Natural Point of Aim
  - Trigger control
  - Breath control
  - Hold control
  - Follow thru

4a. Demonstrate the **ability to shoot a tight group** in the bench position with one or more of the following rifles. (standard set by leader):

- BB Gun - 5 meters
- Air Rifle - 10 meters
- 22 Rifle - 50 ft. or 50 yards

_____	_____
_____	_____
_____	_____

4b. Demonstrate the **ability to move the group** to the aiming point.

_____	_____
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Completion Date \_\_\_\_\_

\_\_\_\_\_  
Instructor Signature

\_\_\_\_\_  
4-H Member Signature

To qualify to participate in rifle shooting events at the State 4-H Shoot and the National 4-H Invitational, the 4-H member must complete the above listed tasks with the rifle used for each respective competition 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 State 4-H Shoot Program.

Instructor, please sign next to all events that the 4-H member has qualified for.

	Date	Instructor Initial
FOUR POSITION BB GUN	_____	_____
NATIONAL STD THREE-POSITION SPORTER AIR RIFLE	_____	_____
SPORTER AIR RIFLE (STANDING)	_____	_____
SPORTER AIR RIFLE SILHOUETTE	_____	_____
NRA THREE-POSITION SMALLBORE RIFLE	_____	_____
CMP SPORTER RIFLE MATCH	_____	_____
SMALLBORE RIFLE HUNTING SILHOUETTE	_____	_____

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**The list below defines which targets and rulebooks apply to each competition:**

### BB GUN MATCH

#### **FOUR POSITION BB GUN**

**Target:** NRA AR 4/10  
**Rule book:** NRA BB Gun Rules (CC16410)  
<http://materials.nrahq.org/go/products.aspx?cat=Rulebooks>

### AIR RIFLE MATCH

#### **NATIONAL STD THREE-POSITION SPORTER AIR RIFLE**

**Target:** NRA AR 5/10  
**Rule book:** CMP 2004-2006 National Standard Three-position Air Rifle Rules, 5<sup>th</sup> Ed.  
<http://www.odcmp.com/3P/Rules.pdf>

#### **SPORTER AIR RIFLE EVENT (STANDING)**

**Target:** NRA AR 5/10  
**Rule Book:** CMP 2004-2006 National Standard Three-position Air Rifle Rules, 5<sup>th</sup> Edition –except for course of fire as noted.  
<http://www.odcmp.com/3P/Rules.pdf>

#### **SPORTER AIR RIFLE SILHOUETTE**

**Target:** 1/10 scale, metallic silhouettes (at both national event and VA state shoot).  
**Rule book:** *NRA Rifle Silhouette Rules CS16820*  
<http://materials.nrahq.org/go/products.aspx?cat=Rulebooks>

## **SMALLBORE RIFLE MATCH**

### **SMALLBORE HUNTING SILHOUETTE RIFLE**

**Target:** 1/5 scale metallic silhouettes (at national event).  
1/2 scale, metallic silhouettes (at VA state shoot). These targets are much, much bigger !

**Rule Book:** NRA Rifle Silhouette Rules CS16820 (Most recent printing)  
<http://materials.nrahq.org/go/products.aspx?cat=Rulebooks>

### **NRA THREE-POSITION**

**Target:** A-50 (50 meters) or the A-51 (50 yards) (at national events)  
NRA A-23/5 (at VA state shoot)

**Rule Book:** NRA Smallbore Rifle Rules CR16750 (Most Recent printing)  
<http://materials.nrahq.org/go/products.aspx?cat=Rulebooks>

### **CMP SPORTER RIFLE MATCH**

**Target:** B-19 CMP Rimfire Sporter Target

**Rule Book:** CMP Guide to Rimfire Sporter Shooting (NLU 702)  
<http://www.odcmp.com/Competitions/Rulebook.pdf>