**Rounds Count Required** – 52 (allow for two optional sighting shots) Plus a Bayonet (optional)

**Classes** – Historic up to 1945, Modern and Modern Optical

**Sighting Shots** 2 sighting shots from the prone position Figure 11 individually marked (more if required)

**Practice 1 - 200 yards Advance**
- **Target** Figure 11
- **Position** Prone
- **Timing** 1 exposure of 70 seconds
- Leave 10 rounds in clips or loose and leave these on the firing point.
- Retire to rear of 200 yard point with rifles unloaded.
- When the target shows advance to 200 yards, adopt the Prone position and engage the target with 5 rounds reload and engage with a further 5 rounds.
- Total Time allowed 70 seconds.

**Practice 2 – 200 Yards Varied Exposure Snaps**
- **Position** Prone
- **Targets** Fig.11 Target
- **Timing** 4 Exposures of 9, 8, 7 & 6 seconds with a minimum interval of 7 seconds
- Competitors will adopt the prone position, rifles loaded with 10 rounds,
- The target will make 4 exposures of 9, 7, 6 & 5 seconds. Competitors may decide on the how many shots to take per interval

**Practice 3 - 200 Yards, Standing & Kneeling**
- **Figure 11 target**
- **Load up to 10 rounds & Adopt Standing Alert position**
- **Shoot one shot standing and one shot kneeling per exposure**
- **The target will make 5 exposures of 6 seconds**
- Only one round to be fired from the standing and one round from the kneeling position at each exposure.

**Practice 4 – 100 Yards, Single Snaps - Optional Bayonet**
- **Fig 12 targets** 10 x 3 second exposures
- **On Command Load up to 10 rounds**
- **Adopt Standing Alert position**
- **10 x 3 second exposure 1 shot per exposure**

**Practice 5 - 100 yards - Mad Minute - Optional Bayonet**
- **Figure 12 Target**
- **Start Standing, rifle on firing point and ammunition (10 rounds) nearby.**
- **On appearance of target adopt a prone position and load up to 10 rounds. Engage Target**
- **1 x 60 second exposure of Fig 12 target.**

**Note**
Bayonets will be removed under supervision before leaving the firing point
The use of a bayonet is optional
Movement during a course of fire should be undertaken with the bolt open or closed on a spent round in the case of modern manual service rifles (AR15 / SLR / AK / M14) etc.