



TARGET RIFLE AUSTRALIA LTD

ABN: 29 143 527 851

National Sporting Organisation controlling Smallbore and Air Rifle shooting in Australia

Member Body of Shooting Australia

Member Body of World Rimfire and Air Rifle Benchrest Federation

Patron: Major General J.E. Barry AM MBE RFD ED (Retd)

DEAR NEW MEMBER

On behalf of the Target Rifle Australia Limited Board of Directors and all our members, I would like to welcome you to the sport and thank you for choosing to participate in Small-bore and Air Rifle Target Shooting.

Many Australian Small-bore and Air-rifle athletes have achieved international success at the Olympic and Commonwealth Games, World Championships, World Cup events while many more have found shooting to be a safe, fun and social sport to be enjoyed by the whole family.

If you enjoy participation in an individual and personally challenging competitive sport, small bore rifle (.22 rim-fire) or air-rifle (.177 calibre) shooting may be the sport for you.

Small-bore and Air Rifle shooting are Olympic sports enjoyed by thousands of people throughout the world. Neither age, gender nor disability are deciding factors in success in this sport. Small-bore and Air Rifle shooting are also enjoyed by many athletes with a disability. The rifles used are the same as those used by other athletes. A number of athletes with a variety of disabilities in Australia have achieved great success internationally.

Small-bore and Air Rifle shooting is very much an individual sport. It is possible to take up rifle shooting as a child and continue competing at a high level well beyond middle age. As in all other sports, competition is the soul of the activity, and the excitement of big championships or of small tournaments provide enjoyment and a sense of achievement in equal measures.



Whether you are shooting at 10m, 20m, 50m, Bench Rest, Air rifle or 3P, you are engaging in a life-long sport. How far you take your own personal journey is entirely up to you.

We trust that the information in this starter pack assists you in your journey. "An Introduction to Small-bore Shooting" provides a wealth of information for the newer target rifle athlete.

We wish you all the best in your journey into the wonderful and challenging world of target shooting.

Yours Faithfully,

David Wright
President
Target Rifle Australia Limited

AN INTRODUCTION TO TARGET RIFLE SHOOTING



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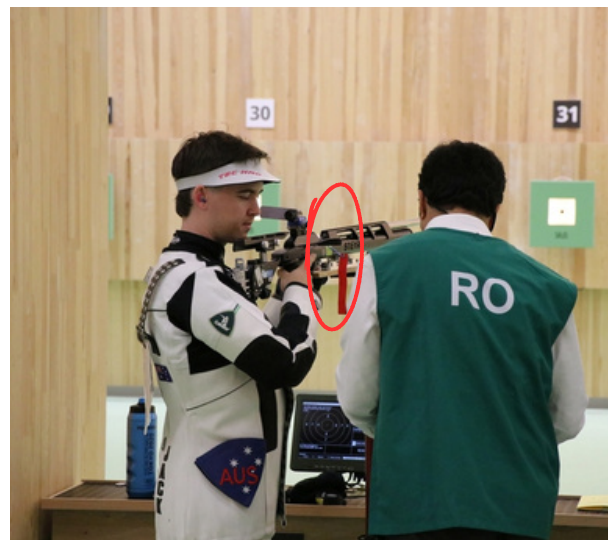


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SAFETY AROUND THE RANGE

When you step onto the range you are in a safety-controlled environment. Safety is the highest priority and certain rules must be adhered to at all times. Please take note of the following:

- Always identify the range officer then listen out for and obey their instructions.
- If at any time you have any questions, no matter how simple, speak to the range officer.
- Never point a rifle at anyone.
- Treat all rifles and equipment with respect.
- Treat every rifle at all times, as though it were loaded.
- When handling a rifle ensure it has a coloured breech flag inserted in the loading port/chamber.
- The breech flag must be inserted at all times when you are not shooting i.e. setting up or when you have finished shooting. This lets other range users know the rifle has no ammunition loaded.
- Keep your finger away from the trigger unless you are ready and aiming at the target.
- Only load the rifle under the instruction of the range officer.
- The rifle must be pointed down range at the target before ammunition is loaded.
- When you have finished shooting, check that the chamber of the rifle is empty and insert the breech flag. The range officer will also check the rifle.
- Alcohol, drugs and shooting do not mix.



A rifle pointing down range with a breech flag inserted

As a beginner to the sport you will be given one-on-one assistance by one of our qualified safety officers during your visits. This includes detailed guidance on rifle safety, setting up all equipment as well as some tips to improve your scores!



SHOOTING EVENTS AVAILABLE TO MEMBERS

AIR RIFLE

Air-rifle is an Olympic event and is shot indoors, in the standing position at a distance of 10 metres from the target. Shooters use target rifles fitted with air cylinders. This is the best and cheapest event for young shooters to take up.

The standing position can be quite challenging given it is the least stable of all positions. However, for beginners, a supporting frame to help with stability is usually provided. Air rifles are lighter than small-bore rifles, which helps to reduce fatigue over a long period of shooting.



Air rifle shooter shooting unsupported, photo: ISSF



Air rifle shooter shooting unsupported, photo: Getty Images

Air-rifle is an excellent way of introducing beginners and juniors to the sport of shooting.

Air rifle is becoming very popular given the low costs of ammunition and ability to practise day or night in all weather conditions as ranges are generally indoors.

Many ranges operate an electronic target system allowing you to immediately see the result of your last shot on a computer screen.

SHOOTING EVENTS AVAILABLE TO MEMBERS

SMALL-BORE RIFLE

Small-bore rifle shooting covers a number of exciting shooting events shot indoors or outdoors. Small-bore shooting is an Olympic and Paralympic sport enjoyed by millions throughout the world.

The goal is to hit the centre of a target multiple times from a set distance. Targets are scored based on the accuracy of a shot. 10 points are gained for a centre shot (bullseye), reducing down to 1 point for a shot in the outer rings of a target.

The most popular event in Australia is prone which is shot across a 50 metre outdoor range in the prone (lying down) position. This is no longer an Olympic event.

Prone is relatively easy to practice with a supporting stand but challenging to master without one!



Prone Shooter photo: Shooting Australia



3p Shooter demonstrating the three positions: Standing, Kneeling, and Prone photo: Yvonne Hill

The most challenging event is the 3-position match which is shot in the prone, standing and kneeling positions.

All small-bore participants use specialised target rifles which we will take a look at further on in this booklet.

Most State Ranges in Australia are now equipped with electronic scoring targets which show the result of your last shot immediately on a screen. Clubs generally shoot on 5-diagram paper targets.

SHOOTING EVENTS AVAILABLE TO MEMBERS

BENCH-REST

Small-bore bench-rest shooting is quickly becoming very popular throughout Australia with many competitions held each year in various locations.

This event is shot on a 50 metre range whilst seated at a small bench with the rifle fully supported by rests at the front and rear.

Many shooters use specialised bench-rest rifles but any small-bore rifle with a scope is suitable. Unlike the disciplines of air rifle and prone, bench-rest rifles have magnifying scopes fitted which make the target image appear larger and clearer.



Bench-rest Shooters on open 50m range, photo: TRA



Bench-rest Shooter, photo: David Wright

Bench-rest is enjoyed by shooters of all ages but, because it is much less physically demanding than other events, it is particularly popular with more senior shooters.

To be competitive in this event, a higher level of accuracy is required than with prone shooting for example, with attention needing to be given to range conditions such as cross-winds and changing light conditions.

SHOOTING EVENTS AVAILABLE TO MEMBERS

SUPPORTED REST

Supported rest shooting is a category designed specifically for senior age group competitors.

Supported rest shooting provides the opportunity for senior age group individuals to take part in the sport of shooting when the conventional, unsupported disciplines become less attractive.

Rifle competitions are organised on 10m indoor ranges using air rifles, or on 50m outdoor ranges using small-bore rifles and the same targets as in the unsupported competitions.

Existing equipment and ranges can be used for this event with a supporting rest the only additional equipment required.



Supported Air Rifle Shooter, Photo: Shooting Australia



Silhouettes

Pone Silhouette

A number of clubs in Australia participate in metallic silhouette shooting. This is a 40 or 80 shot competition shot in the prone position over distances up to 90m. The goal is to hit and knock down metal targets in the shape of animals over varying distances.

This fun competition is conducted with small-bore sporting rifles with telescopic sights. This competition is very popular with shooters of all ages and a satisfying "clunk" is heard when a shot is accurate!

Competitions are held regularly and often result in a tense "shoot off" to decide the overall winner!

SHOOTING EVENTS AVAILABLE TO MEMBERS

ATHLETES WITH A DISABILITY

Target Rifle Australia is committed to ensuring that people with a disability are encouraged to participate from the club level to the highest level. There are two categories of IPC shooting—SH1 which is basically those who have lost the use of the lower limbs, and SH2 which is loss of both upper and lower limb control. It is also possible to participate in shooting if you have a visual impairment (VI). A special device can attach to the rifle to assist the shooter to hear when they are pointing at the target.

The rifles used are the same as those used by able-bodied athletes. Allowances are then made for the extra equipment needed to enable athletes with a disability to compete. Australia has a number of athletes who have gained great success internationally.



ALL MEMBERS - COMPETING FOR THE FIRST TIME

All clubs and states conduct competitions that are available to members of all levels, as most of the competitions are graded. The grading system takes note of your shooting ability. Grade categories are from A to D, with the very top athletes competing together in grade A. The lower grades allow beginners to still experience the excitement and camaraderie of competition events by competing alongside all athletes but scoring just against their peers.

Many competition events provide prizes for those at the top of each grade and there are club and state championships plus TRA national championships that members are encouraged to enter.

EQUIPMENT

BASIC EQUIPMENT MADE AVAILABLE TO YOU FROM YOUR CLUB

Air rifle

- Single shot .177 calibre rifle for 10 metre indoor shooting
- The recoil felt in the shoulder when firing these rifles is barely noticeable!
- Generally cheaper ammunition and rifle costs than small-bore



Small-bore

- Single shot .22 calibre rifle for 50 metre shooting:
- Differently shaped stock and more adjustment for shooting the sling positions



Ammunition – brass and lead “rounds” for small-bore, smaller lead pellets for air rifle.

Shooting mat – for comfort when lying down.

Supporting frame – athletes starting out will support the front of the rifle on either a wooden block when lying down or a metal frame whilst standing.

Table and chair – provided for those shooting “bench rest” from a seated position.

Hearing protection – it is essential to use ear muffs / ear plugs on the range.

Targets – Paper, electronic or metal silhouette targets will be provided at the range which comply with international standards on sizing and distance from the firing line.

OTHER EQUIPMENT AVAILABLE FROM YOUR CLUB

As beginner athletes improve their skills over several weeks of practice, the supporting blocks and frames used in prone and air rifle shooting can be removed to allow athletes to support the rifle on their own, if they wish.

This advancement is a big milestone and now the athlete will be meeting the international rules of competition.

Additional equipment needed can be provided by the club as follows:

- Shooting glove – a padded glove provides comfort and support for the hand under the rifle.
- Sling – this fits around the upper left arm (for right-handed shooters) and the rifle to assist shooters in the prone position to support the rifle.
- Stiff Jacket – a fitted shooting jacket is necessary for comfort and support.
- Body wear – a close fitting garment under the shooting jacket helps eliminate movement from sway and heartbeat.
-

Please note that there is absolutely no need to purchase your own shooting equipment until you and your coach feel you are ready.

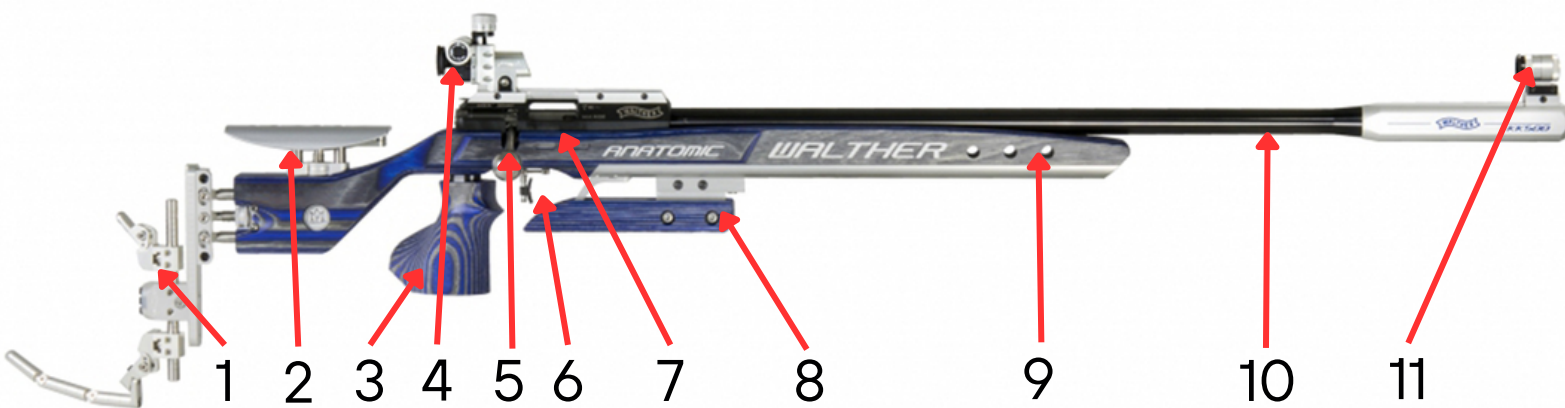
Whilst there are certainly some key benefits to owning your own equipment, the club equipment is there to hire for as long as you require it.



Additional equipment may be necessary:

- Hat or visor – some protection from distracting light is useful.
- Spotting scope – more often used in .22 shooting and used for locating shots on the target.
- Firm soled shoes – for support when shooting in the standing position.
- Wind flags – used to determine the speed and direction of wind across the range so that your shots can be adjusted accordingly.

ANATOMY OF A BASIC TARGET RIFLE



1 – Butt-plate – this is designed to fit firmly in the shoulder pocket. The “hook” fits under the armpit to ensure consistent placement.

2 – Cheek-piece – the cheek is rested here comfortably as the eyes look through the rear sight.

3 – Grip – the right hand supports the rifle here.

4 – Rear sight – the right eye looks through a pinhole here to align the front sight and the target.

5 – Bolt and action – a crucial part of the rifle where the ammunition round is pushed in place by a locking mechanism. In a small-bore rifle the trigger releases a highly pressurised spring attached to a metal pin within the bolt. The pin hits the loaded round with force creating a chain reaction of events which ultimately force the bullet down the barrel.

6 – Trigger and trigger guard – the index finger reaches toward the trigger when ready to fire. The trigger guard helps to prevent accidental firing.

7 – Loading port/chamber – with the bolt open and breech flag removed, single rounds of ammunition are loaded here. The bolt is then closed, and the loaded rifle is ready to fire.

8 – Supporting block – used to rest the front of the rifle on when shooting from a supporting frame.

9 – The stock – the wooden body of the rifle in which all other parts are fitted.

10 – Barrel – this metal cylinder is where the bullet is forced from the loading port towards the centre of the target (hopefully!).

11 – Front sight / foresight – this consists of a small black ring inside a circular tunnel which is aligned with the rear sight and target.

SUMMARY

We at Target Rifle Australia hope that this information sets you successfully on your path into your chosen sport and we recommend that once ready you also read the information available on our website at www.tra.org.au where you will find additional articles covering new areas of shooting and other articles expanding on the topics covered within this booklet.

Your local club is also a great place to learn by utilising the knowledge of the range officers, club officials and your fellow athletes. Many clubs in Australia have one or more very experienced athletes who at some point have represented Australia in competition. Ask nicely and they will be more than happy to pass on their hints and tips. You may even acquire a new coach!



Australian target rifle athlete, Warren Potent, celebrating Gold at the World Championships
(Photo – ISSF)



Australian 50m 3p Men's team (Michael Davis, Jack Rossiter, Dane Sampson) placing 3rd in the 3p men team event at the 2022 Changwon (KOR) ISSF World cup.
(Photo – ISSF)

In summary, target shooting can be enjoyed by everyone, regardless of age or gender. It is a good family activity, an enjoyable recreation and a serious competitive sport.

Australian teams are selected for the Olympic Games, the Commonwealth Games, the World Championships and various Regional Championships. Teams and individuals have been successful in previous years and won numerous medals at these events.

The only questions left are what shooting events do you want to try and how far do you want to go!

LINKS TO: 1

COACHING BASICS - NATURAL POINT OF AIM

Natural point of aim describes the precise point where a rifle is aiming once an athlete is in position and completely relaxed. When an athlete first moves into position, relaxes and looks through the rear sight it is highly unlikely that the rifle will be pointing exactly at the centre of the target. To correct this, there are two options:

- 1) Adjust body position until the rifle aim points naturally at the centre of the target. This may be a case of shuffling feet, hips, elbow etc. to finely move the rifle around. This method may take several attempts, or
- 2) Use upper body muscles to move and then hold the aim of the rifle onto the target.

If performed properly, the 1st option, whilst requiring more patience, will result in much more accurate results. The use of force in the 2nd option results in inconsistent shots, muscle tremors affecting the stability of the hold and ultimately fatigue.



A shooter checking their natural point of aim before while setting up the kneeling position: Photo Petr Kurka



Air rifle shooter finding his natural point of aim during the competition: Photo ISSF

LINKS TO: 1

COACHING BASICS - BREATHING

Correct breathing is essential in shooting. Oxygen is needed for muscle control, steadiness and clear vision. Breathing in and out naturally results in a cyclic movement up and down of the natural point of aim. Therefore, shots must be taken at a certain point in the breathing cycle:

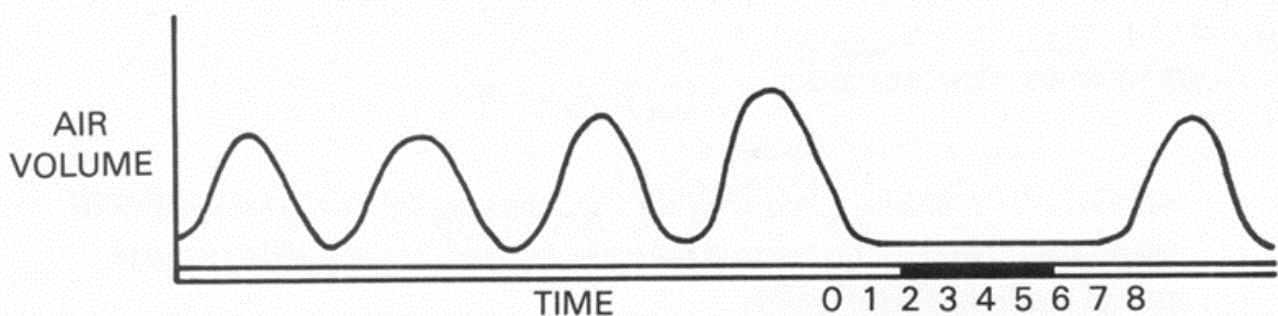
Breathe normally until the rifle starts to settle, then:

- “Hold” the breath at the natural end of the exhale once the lungs are empty - do not force them empty!

-
- Stop breathing for only 4-8 seconds and release the shot when ready or try the cycle again.



An air rifle shooter taking a breath with her rifle on the stand in-between shots: Photo Petr Kurka



LINKS TO: 1

COACHING BASICS - SIGHT PICTURE

Despite what you may think, 20/20 vision is not required to be a top target rifle athlete! In fact, many of the world's best athletes in our sport wear glasses or corrective lenses.

Once the head is rested comfortably on the cheek piece at the correct height, the eye must be aligned with:

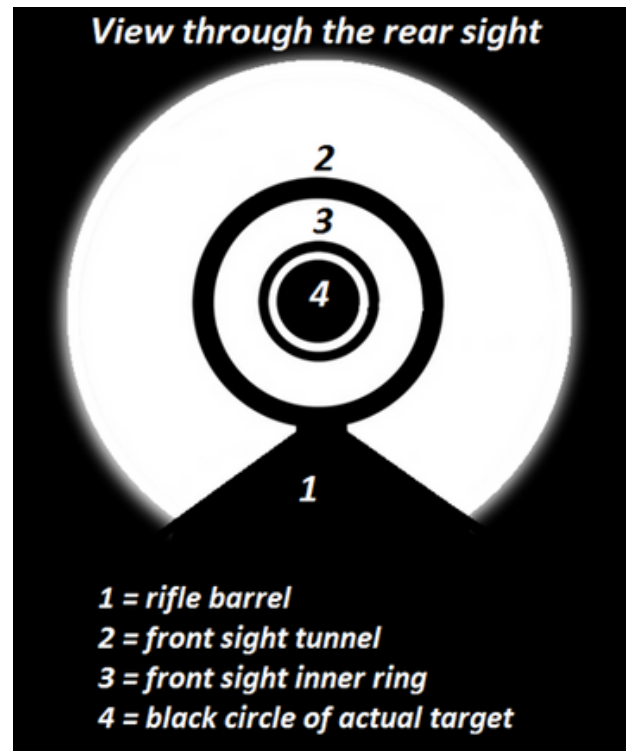
- The centre pinhole of the rear sight.
- The front sight / foresight tunnel and inner ring.
- And finally, the target.

This may be difficult at first but will become second nature after a few shooting sessions.

Rear Sight– this is closest to the eye and creates the outermost black circle in the diagram below. The size of the opening is sometimes adjustable but will often be set at approximately 0.9 – 1.3mm depending on the amount of light available.

Foresight– a metal or Perspex element is used inside the foresight tunnel at the front of the barrel with diameters ranging from 3.5 – 4.2mm.

Target – The target itself has a large black circle which is used to align with the sights of the rifle. The black circle of the target at distance will appear small and may be fuzzy, slightly grey or not as clear. This is ok. Once the circles are "concentric" i.e. aligned equally, it is time for the next challenge- squeezing the trigger!



A few simple hints:

- Keep both eyes open (less fatigue on the eyes)
- Use a blinker or blinder on one eye.
- Look as straight forward as possible.
- Focus on the foresight sharply. The target may appear "greyish" or blurred.

Your good sight picture will last for about 6–8 seconds.

LINKS TO: 1

COACHING BASICS

Once you are happy with your natural point of aim, breathing cycle and sight picture the shot can be released by carefully applying pressure to the trigger. Sound easy?!

Target rifle triggers require only a small amount of pressure to release. Light pressure prevents any unwanted additional force from moving the aim of the rifle whilst squeezing the trigger.

There are two basic types of triggers:

- Single Stage – where one finger movement releases the shot.
- Two Stage – where there is a first lighter movement, and the second heavier movement to release the shot.

Sensitivity of feel is required for the light-weight trigger and the first pad of the index finger should be used.

When the rifle settles, pressure is applied to the trigger and the shot is released. The recoil from these rifles is minimal.

Trigger release will become a semi-automatic response to a steady hold and good sight picture. Be willing to stop and start your cycle again if it does not feel right.



Target rifle athlete gently squeezing the trigger: Photo David Wright

“Follow through” is a term used to describe the two seconds spent after releasing the trigger when an athlete does not move from their position. This prevents the athlete from disturbing the rifle position too early in the shot process and allows the athlete to see where the natural point of aim lies after the shot has been taken.

Ideally after a shot the aim should return to the centre of the target and anywhere else indicates that the natural point of aim was not quite correct to begin with.

It is recommended for the beginner that trigger release should be a surprise!

The purpose of this is to prevent movement that may occur from either a trigger finger movement which is too fast or powerful, or flinching in anticipation of the shot.

LINKS TO: 1

COACHING BASICS - ANALYSIS OF 10M AIR RIFLE

Air rifles are slightly lighter than small-bore rifles and are shot from the standing position at a distance of 10m. The air rifle target and bullseye are much smaller than those in 50m shooting to compensate for the shorter distance! Air rifles are powered by compressed air and are fitted with air cylinders to allow a number of shots to be taken in a single session.

A basic standing position can be constructed by doing the following:

- Stand at an angle of roughly 90° to the direction of aim, placing the feet approximately shoulder width apart.
- Slightly more weight should be placed on the front leg with the hip pushed a little towards the target.
- Hold your head as straight and upright as reasonable and, if necessary, cant or turn the rifle in comfortably towards the head.
- Bend the upper portion of the body slightly backwards so that the rifle is over the body's centre of gravity.
- Use the palm rest to help keep the rifle high enough to ensure that the neck is relatively upright without disrupting the hold.
- The supporting arm rests against the rib cage. The stability of the position is enhanced when a shooting jacket is used.
- The bone structure and good balance, not the muscles must support the rifle.



Air rifle shooters shooting with a closed fist under the palm rest to control the rifle: Petr Kurka



Air rifle shooter using an open palm under the palm rest to control the rifle: Photo Petr Kurka

The position should be comfortable, within the rules and practical.

Your coach will adjust the sights closer to your eye and lower the rifle's butt plate to allow for appropriate height alignment.

LINKS TO: 1

COACHING BASICS - ANALYSIS OF 50M PRONE

Prone is an excellent introductory shooting event requiring the least equipment to practice. Beginners will start off shooting from a supporting wooden block before moving on to using the sling, glove and jacket as they improve.

Prone is often considered to be the flagship event of shooting competitions and typically the most popular.

A basic position can be constructed by carrying out the following:

- Place the shooting mat at an angle of up to 30 degrees to the direction of fire.
- While lying on the mat, draw the right leg up slightly and comfortably
- Ensure that the head, spine and left foot are in a comfortable line.
- Place the left elbow below the left side of the stock.
- Hold the head vertical and look straight ahead.
- The butt-plate should be positioned in the shoulder pocket firmly but comfortably.
- The cheek should be comfortably rested on the cheek piece allowing the eye to see through the rear sight without any strain.

Prone position from the top view: Photo Anschutz

Your range staff will help you with all these details.

While prone may appear a simple position to shoot from, it requires work to ensure that you are staying as still as possible while completing the shot process.



LINKS TO: 1

COACHING BASICS - FURTHER COACHING TIPS

- Have fun!
- Attend your club shoots regularly.
- Try to use the same club gear every week.
- Keep referring to your checklist, as a reminder of the basics listed above.
- Read the guides and documents on the TRA website.
- Discuss shooting techniques with your range staff and fellow shooters.
- Experimenting to perfect your positions and technique is good but change only one thing at a time, then test and analyse with the coach.
- Take part in as many competitions as you can – remember these are graded so there is nothing stopping beginners from competing.
- When you have your own equipment, practise as much as possible.
- Learn about dry firing from the coach.

Tracking your progress:

A shooting diary is a very useful tool to help improve your skills. After any shoot record such things as:

- what produced the good shots
- how you felt when you shot well and not so well
- what you learned about the competition or training
- any changes made to your position or technique
- details of the range, the time of the match or training, the weather conditions, the scores and equipment settings.



Photo ISSF

Athletes at all levels will often refer to their diaries before important matches, when things start to go badly, to get them back on track, or after an excellent shoot to record a new or amended technique.

Your shooting diary is a good place to keep your checklist.

It is also worth keeping track of your scores each week and hopefully you will see improvements over time.

Score improvement is not just a case of getting the practice in at the range. Many athletes will carry out research on techniques, position etc. in their own time and apply this at their next range visit.

LINKS TO: 1

COACHING BASICS - FURTHER COACHING EXERCISE & STRETCHING

Good health and physical fitness are essential for the degree of control and stamina needed in shooting.

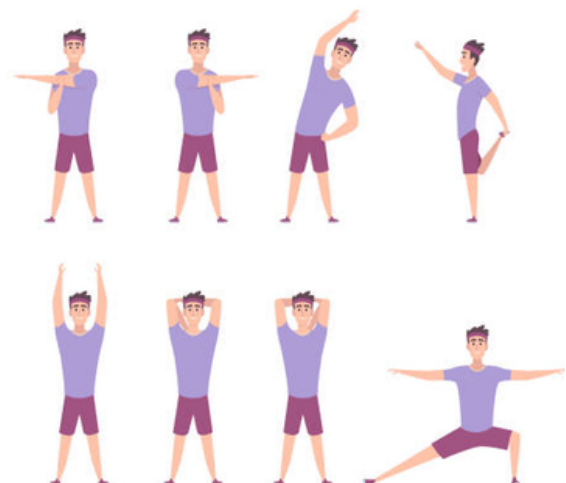
- The recipe for success includes:
- a balanced diet
- general fitness training
- shooting-specific fitness training
- adequate rest
- avoidance of drugs, including nicotine and excessive alcohol

This provides the basis for an effective training programme which should include provisions for physical conditioning, technique training, mental conditioning and a gradual build-up to specific goals.

Performance enhancing drugs of any type are not permitted in shooting – this is especially with respect to the “Beta-blocker” type of drugs. Advise your coach if you are on any medication.

As with all Olympic sports, some drugs are banned, and testing is carried out at the elite level.

Stretching is essential for the target shooting athlete and stretches such as those shown here should be completed before every shooting session. For standing shooting, some core work is also very important. Some simple stretches are:



LINKS TO: 1

ADVANCED COACHING - THE MIND

Once the basic shooting techniques have been mastered, mental control assumes more importance. How you think about your shooting, and yourself is important.

At the highest level, about 90% of the athlete's attention and effort is directed towards this area.

Once an athlete can complete one "good" shot, the challenge is to repeat the performance as many times as required in a match. To achieve this, the shooter must have mastered the elements of technique and be particular about:

Preparation	Hold
Position	Sighting
Relaxation	Trigger release
Breathing	Follow through

To succeed, target rifle shooters need a combination of determination, confidence and mental rehearsal. Self-discipline and visualisation are some of the mental tools used by top level athletes.



Photo David Wright



Champion Checklist:

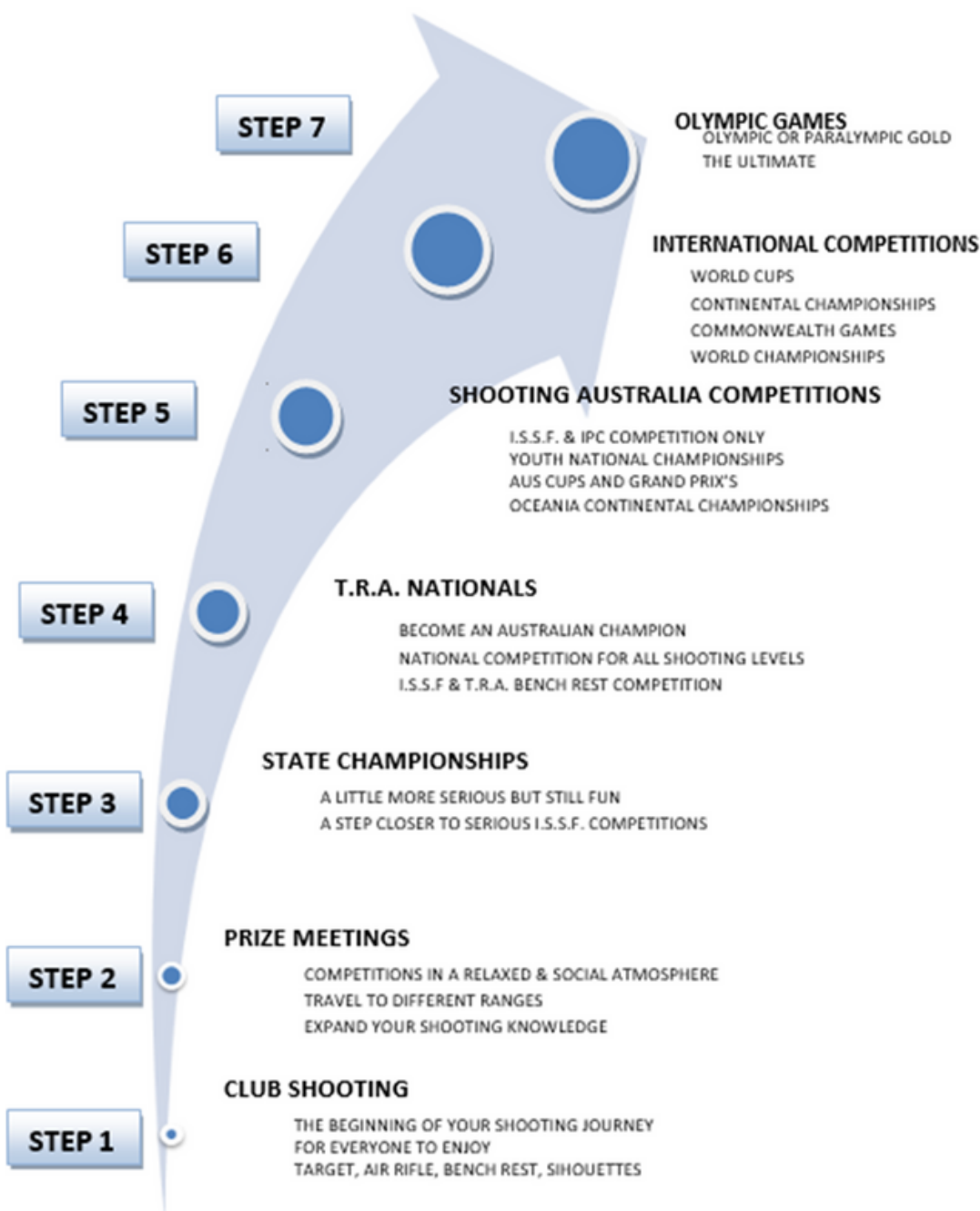
- Champions have desire. The will to work and chase improvement. They pursue excellence.
- Champions assess their potential for greatness – they know themselves, their strengths (and how to capitalise on them) and their weaknesses.
- Champions establish goals, they make them challenging to achieve yet attainable.
- Champions have dedication and determination. They know what they are willing to sacrifice to attain the goals they have set themselves.
- Champions have pride in themselves. Confidence comes with pride, and confidence implies that you have mastered your task and dispelled doubt and anxiety.
- Champions have (or develop) a willingness to work tirelessly – they never give up.

All clubs have experienced athletes who will help you improve your skills. There are also accredited coaches in many clubs—or see your State Coach.

LINKS TO: 1

DEVELOPMENTAL PATHWAY FOR SMALL-BORE SHOOTING

A clear pathway exists for ambitious athletes, which starts with weekly club practice! The next step is entering local competition prize meetings.



LINKS TO: 2

ORGANISATIONAL STRUCTURE - SMALL-BORE & AIR RIFLE SHOOTING

Small bore Rifle and Air Rifle are the only rifle disciplines shot at the Olympic and Paralympic Games.

The world bodies controlling these disciplines are the International Shooting Sport Federation (I.S.S.F.), the International Paralympic Committee (I.P.C.) and the World Rimfire and Airgun Benchrest Federation (W.R.A.B.F.).

Each affiliated country has a National Federation and states or provinces have Associations which govern clubs within them. In Australia, the overall controlling body is Shooting Australia.

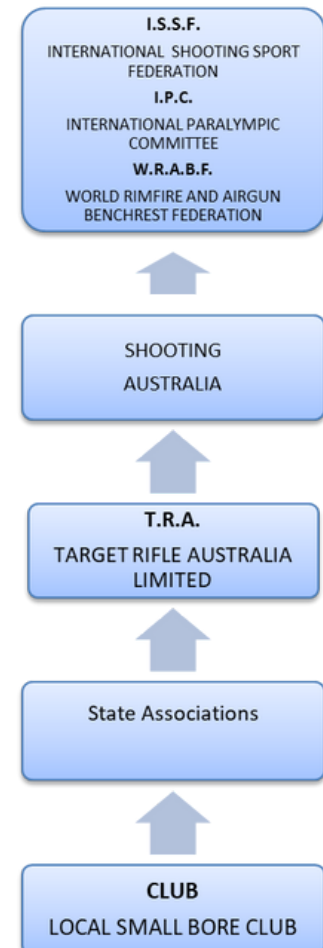
Shooting Australia is responsible for selection of Australian Teams to contest international events such as the Olympic and Commonwealth Games, World Championships and World Cup events as well as the Oceania Continental Championships.

The National Federation here is Target Rifle Australia Ltd., (T.R.A.).

www.tra.org.au

which has 6 State Member Bodies:

- *New South Wales Small bore and Air Rifle Association Inc. (N.S.W.S.A.R.A.I.)*
<http://www.nswsarai.com.au>
- *Queensland Target Sports Inc. (Q.T.S.)*
<http://targetsports.org.au>
- *Target Rifle Victoria Inc. (T.R.V.)*
<http://www.trv.org.au>
- *Target Rifle South Australia Inc. (T.R.S.A.)*
<http://www.targetriflesa.com>
- *Tasmanian Small bore and Air Rifle Association Inc. (T.S.A.R.A.)*
<http://www.tra.org.au/tsara.htm>
- *West Australian Small bore and Air Rifle Association Inc. (W.A.S.R.A.)*
<http://www.wasra.asn.au>



These State Member Bodies are underpinned by each of their affiliated clubs.

No matter if your club is a strictly I.S.S.F. Club, Bench Rest or a Prone Silhouette Club, the club you have just joined provides you with the opportunity to participate in the events of your choice.

Club officials and other club members will be able to assist you with all aspects of small-bore shooting such as coaching, equipment, ammunition, opportunities etc.

LINKS TO: 3

FIREARM LEGISLATION AND AMMUNITION

Firearms laws

Each Australian State and Territory has laws and regulations concerning the storage and transportation of firearms and ammunition. Whilst there is some consistency between States, it is important to familiarize yourself with the requirements for your area. For information about licences and registrations, contact your local firearms registry.

	Website	Email address	Phone	Fax
ACT	http://www.police.act.gov.au/crime-and-safety/firearms.aspx	actfirearmsregistry@afp.gov.au	02 6133 2122	02 6133 2188
NSW	https://www.police.nsw.gov.au/online_services/firearms	firearmsenq@police.nsw.gov.au	1300 362 562	02 6670 8558
NT	https://pfes.nt.gov.au/police/firearmsweapons	firearmsregistry@pfes.nt.gov.au	08 8922 3543	08 8922 3540
QLD	https://www.police.qld.gov.au/units/weapons-licensing	weaponslicensing@police.qld.gov.au	07 3015 7777	07 3015 7788
SA	https://www.police.sa.gov.au/services-and-events/firearms-and-weapons	sapol.firearmsbranch@police.sa.gov.au	08 7322 3346	08 7322 4182
TAS	https://fas.police.tas.gov.au/	firearms.services@police.tas.gov.au	03 6173 2720	03 6230 2765
VIC	https://www.police.vic.gov.au/firearms-licensing	licensingregulation@police.vic.gov.au	1300 651 645	03 9247 6485
WA	https://www.police.wa.gov.au/About-Us/Our-Agency/Police-Licensing-Services/Firearms-Licensing	licensingservicesfirearms@police.wa.gov.au	1300 171 011	08 9454 1522

LINKS TO: 4

RIFLE EQUIPMENT AND SUPPLIERS

There are many equipment suppliers both in Australia and overseas.

Some recommended rifle manufacturers

- Anschütz - WWW.ANSCHUETZ-SPORT.COM
- Feinwerkbau - WWW.FEINWERKBAU.DE/EN/HOME
- Walther - WWW.WALTHERARMS.COM
- Bleiker - WWW.BLEIKER.CH
- STEYR - [HTTPS://WWW.STEYR-ARMS.COM/](https://WWW.STEYR-ARMS.COM/)

Suppliers

- Target Rifle South Australia - WWW.TARGETRIFLESA.COM.AU
- Q-Store - WWW.Q-STORE.COM.AU
- Clever Combination - HTTP://SHOOTING.CLEVERCOMBINATION.COM.AU
- Potfire - WWW.POTFIRE.COM.AU
- Gun World - WWW.GUNWORLD.COM.AU
- Forbes WS - WWW.FORBESWS.COM.AU
- QLD Gun Exchange - WWW.QLDGUNEXCHANGE.COM

Suggested reading

- | | |
|---------------------------------|--|
| • ISSF Rule Book | |
| • WRABF Rule Book | |
| • TRA Ltd. Supplementary Rules | |
| • Olympic Target Rifle Shooting | <i>Ralf Horneber</i> |
| • Successful Rifle Shooting | <i>Pullum & Hanenkrat</i> |
| • Ways of The Rifle | <i>Buhlmann G., Reinkemeier, H., Eckhardt M., Murray, B.</i> |
| • Position Rifle Shooting | <i>Pullum & Hanenkrat</i> |
| • Air Rifle Shooting | <i>Buhlmann G., Reinkemeier H., Eckhardt M., Kulla C & Linn U.</i> |
| • With Winning In Mind | <i>Bassham, L.</i> |
| • Mental Training in Shooting | <i>Jeppesen A.G. & Pensgaard A.M.</i> |