

CMP Service Rifle Clinic

Nashua Fish & Game Association

Agenda

- 7:30 am - Registration
- 8:00 am – Presentation Starts
- 10:00 am – Position Practice at 200 Yard Line
- 11:00 am – 50 Round NMC Starts
- 3:00 pm – End for the Day

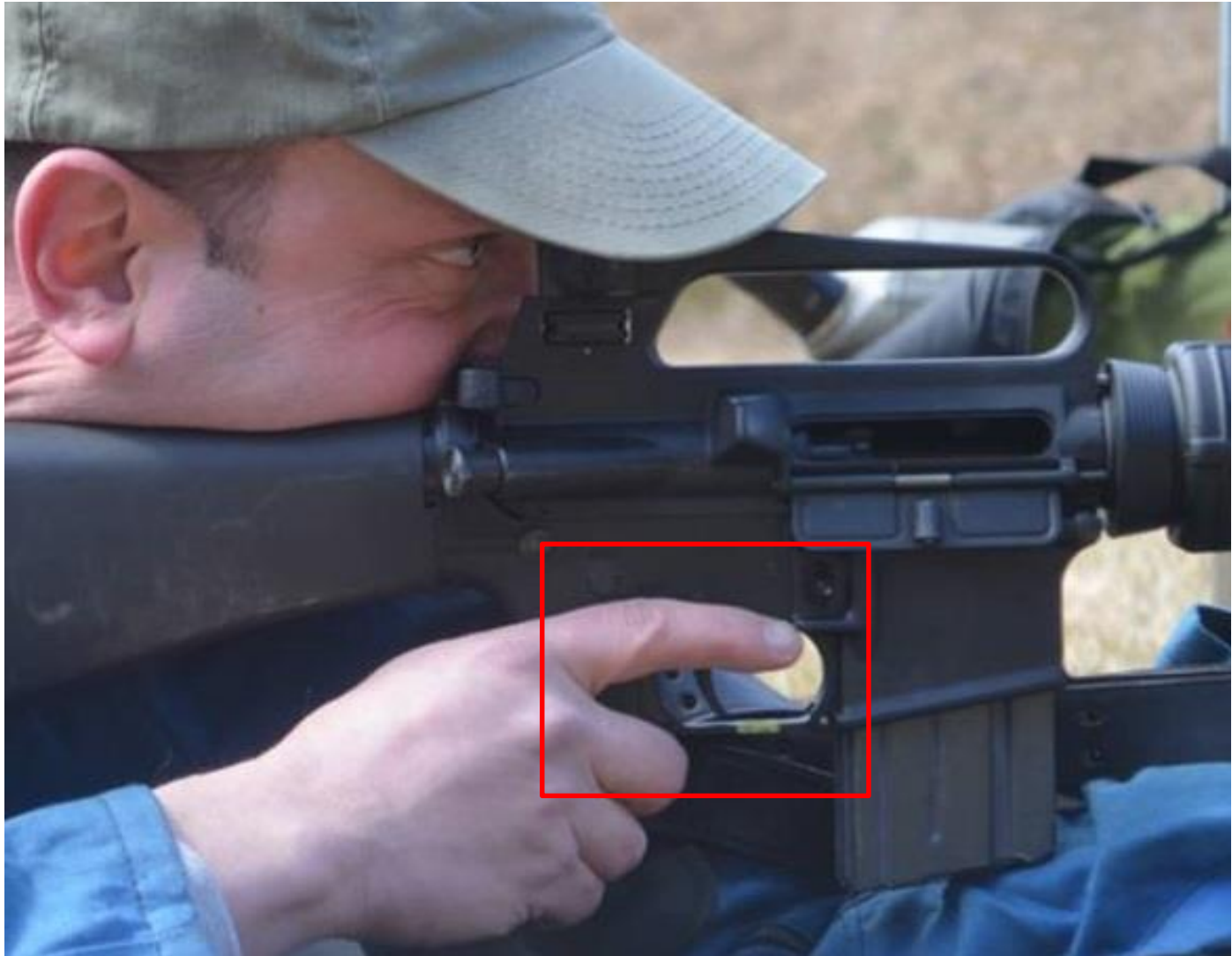
Firearm Safety Rules

- Assume all guns are loaded.
- Never let the muzzle point at anything you are not willing to destroy.
- Keep your finger off the trigger and outside the trigger guard until you are ready to fire.
- Be sure of your target. (and what is behind it)
- Keep the safety on until ready to fire.

Leveridge Range Rules

- Point the muzzle down when closing the bolt
- Empty Chamber Indicators (ECI) are mandatory when not firing
- Never go forward of the firing line when the line is hot. (Including the parking lot.) Check with the range officer if you are not sure about going forward of the firing line.

Finger off Trigger until sights on target



Service Rifle Rulebooks

NRA **HIGH POWER** **RIFLE** **RULES**



Official Rules and Regulations to govern
the conduct of all High Power Rifle Competitions
except Silhouette, Sporting Rifle, and International

**NATIONAL RIFLE ASSOCIATION
OF AMERICA**
11250 Waples Mill Road, Fairfax, Virginia 22030

REVISED APRIL 2012

CMP
COMPETITION RULES
FOR SERVICE RIFLE
AND SERVICE PISTOL
18th Edition—2014-2015

NLU # 776
\$3.00
1/24/14

*These Rules govern all CMP sponsored and sanctioned
Matches with Service Rifle and Service Pistol events,
including National Trophy Rifle and Pistol Matches,
Excellence-In-Competition (EIC) Matches,
and other CMP-sanctioned competitions*



© 2014, Civilian Marksmanship Program
Effective date 1 February 2014
This edition supersedes the 17th 2013 Edition and
will remain in effect through the 2015 competition year.

AR-15 Nomenclature

The AR-15 Service Rifle



Receiver – Right Side



Magazine Release Button



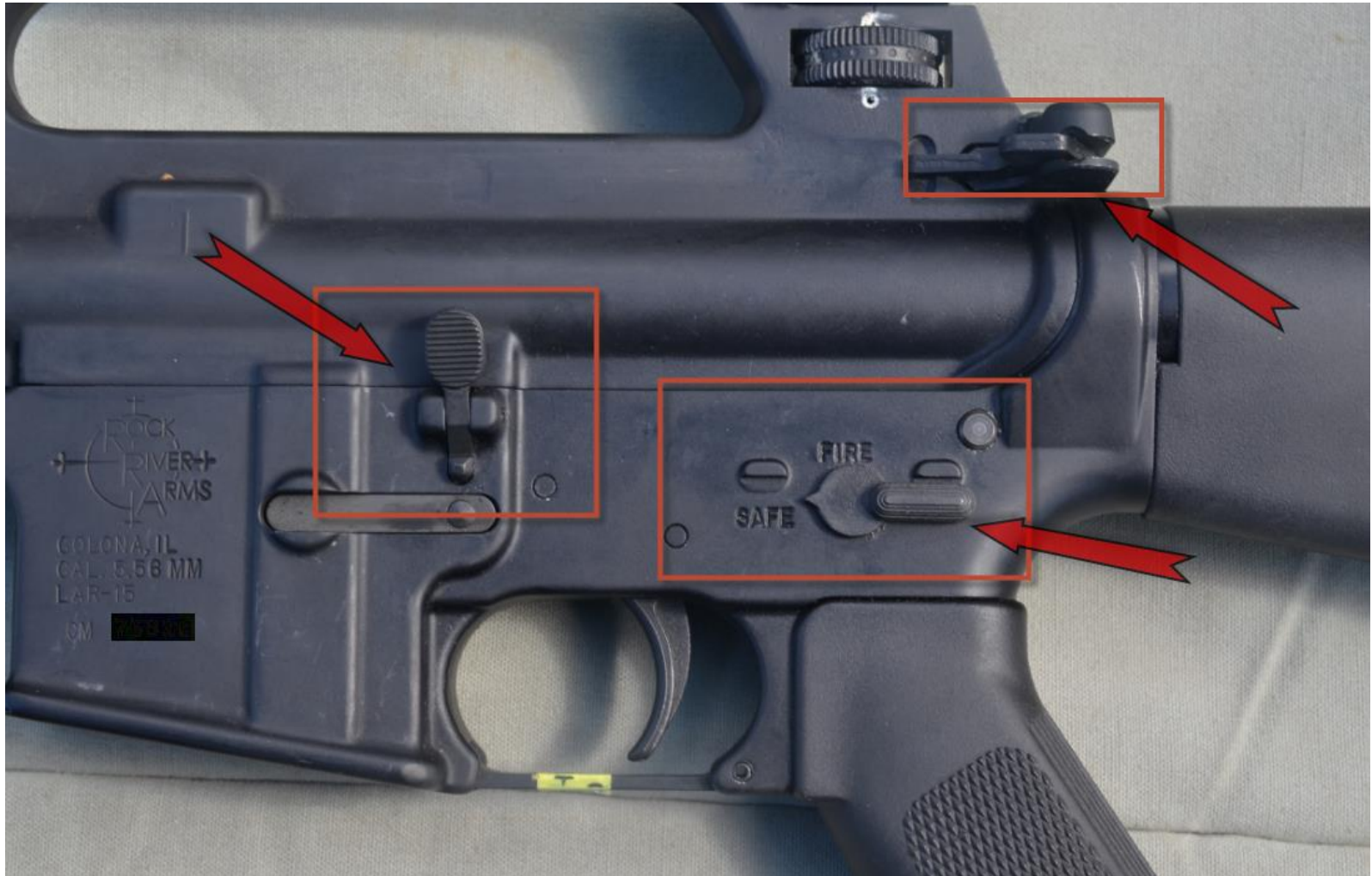
Sight Adjustment Knobs



Receiver – Left Side



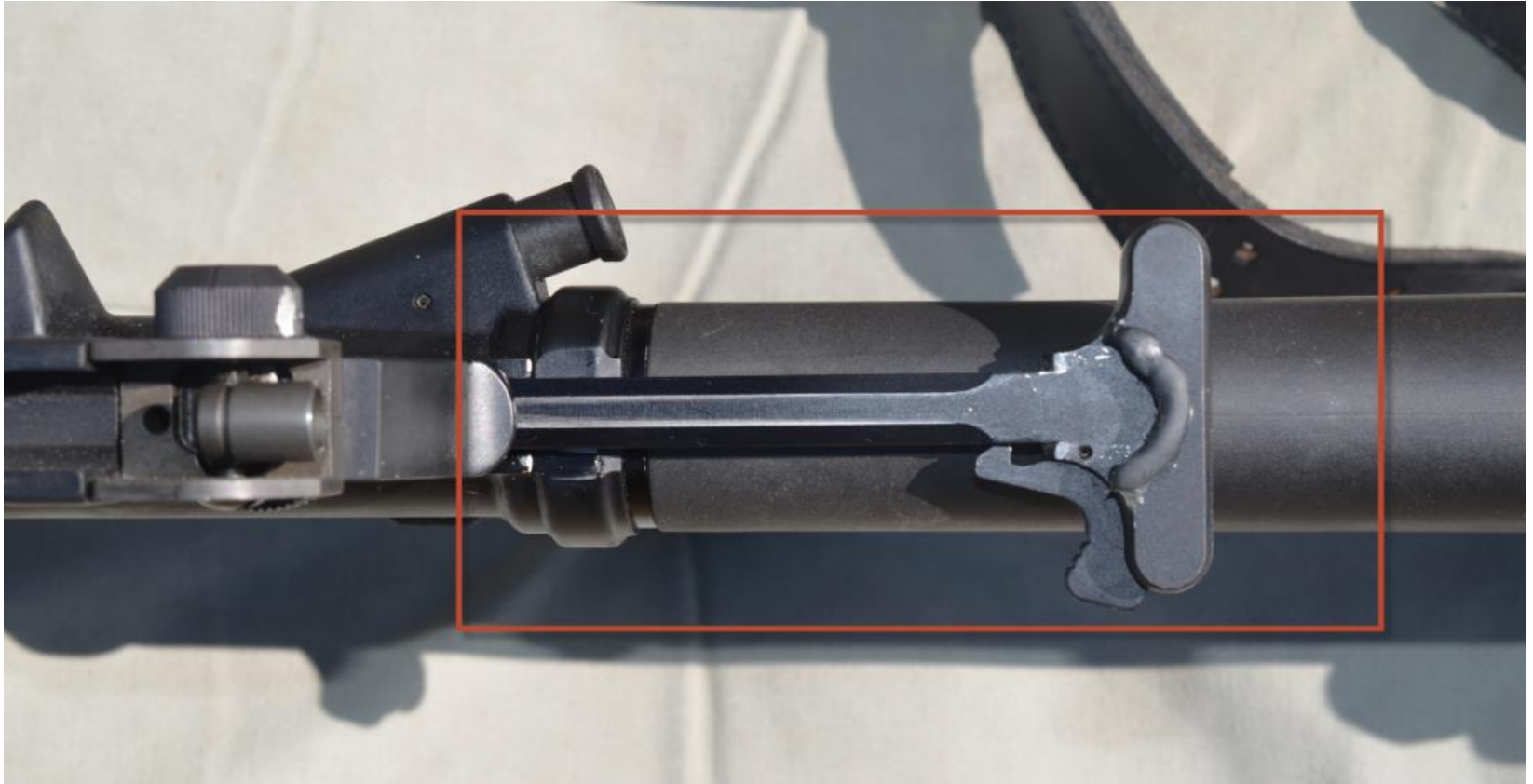
Bolt Release, Safety and Charging Handle



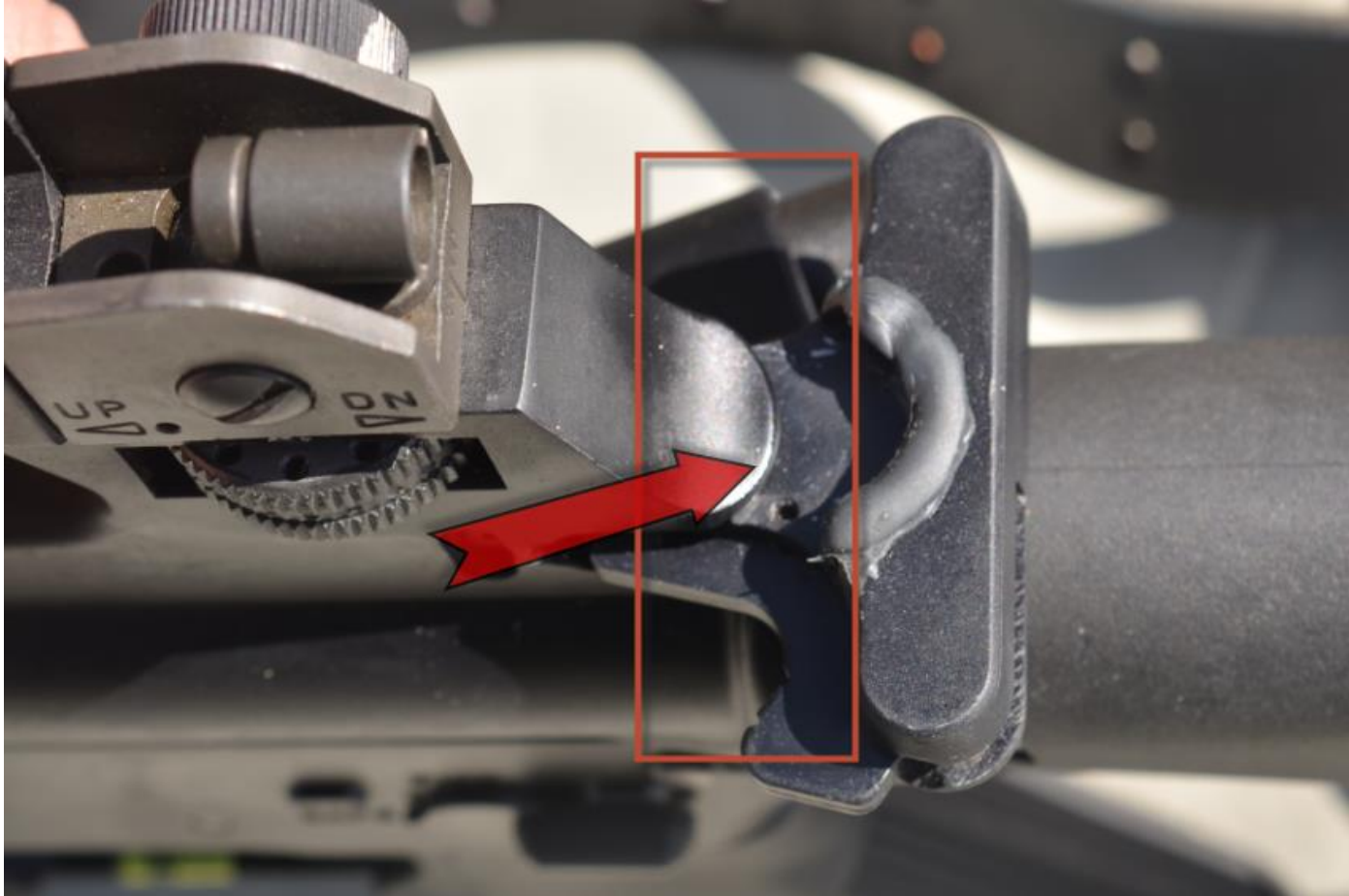
Safety set to Fire position



Charging Handle – Fully Extended



Charging Handle – Not Fully Retracted



Rear Sight – Elevation Adjustment



Rear Sight



What is your dominant Eye?



Figure 2-3 Determining the dominant eye

Aiming

Is a two part process

- Sight Alignment
- Sight Picture

Sight Alignment



Figure 2-1 Sight alignment

Sight Picture



Frame hold



Center mass



6 o'clock hold



Line of white

Figure 2-2 Sight picture techniques

Sight Adjustment

Rear Sight – Windage Adjustment

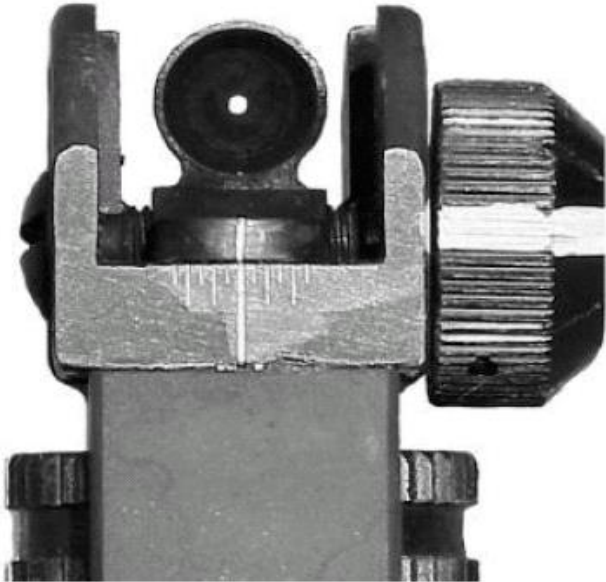
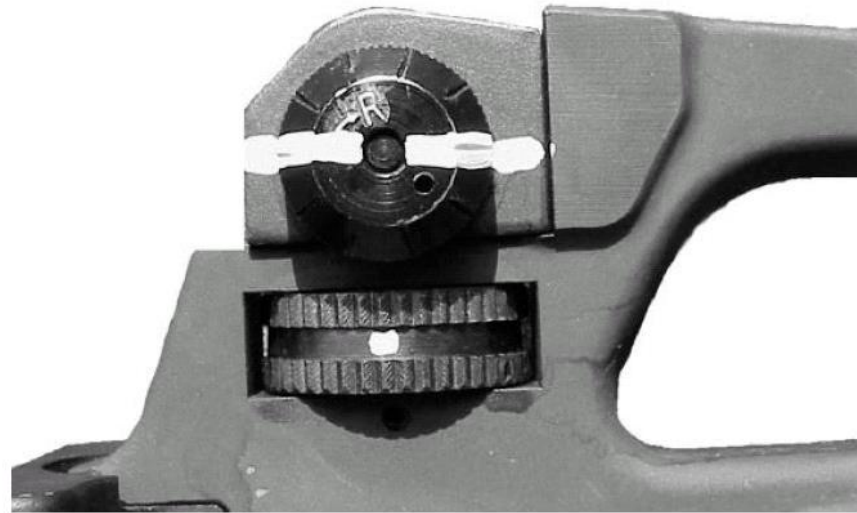


Figure 5-1 Mechanical zero rear sight



Rotate the windage knob clockwise to move the bullet impact to the right

Rear Sight – Elevation Adjustment



Principles of Shooting

- **Aim Rifle at target**
- **Pull trigger without moving rifle**

Mechanics of Shooting

- **Relaxed position**
- **Aiming rifle**
- **Breath Control**
- **Trigger pull**
- **Follow through**

Elements of a Steady Position

- **Support (bone and artificial)**
- **Muscular relaxation**
- **Rifle butt placement**
- **Hand placement**
- **Stock weld**
- **Sight picture**
- **Natural Point of Aim (NPA)**
- **Breath control**
- **Trigger Control**

3 Different Positions used in High Power Rifle Shooting

Prone



Offhand



Sitting



Prone Position

Prone Position



Rifle Butt Placement



Head Position – Cheek Weld – Trigger Finger



Non-Firing Hand and Sling Position



Trigger Finger Position



Elbow Placement



Non Firing Hand and Elbow Position



Sitting Position

Sling Attachment above bicep





Elbows in pockets formed by Knees





Rifle Butt Placement









Different Sitting Positions



Crossed Leg



Open Leg



Crossed Ankle

Sitting Position – Crossed Ankles



Offhand

Pick a spot of even ground without debris



Finger off trigger when muzzle is elevated











Placement of the non-firing hand



Rest Position



Never put down a loaded rifle.

You may cradle a loaded rifle so long as it is still pointed down range.

Equipment

Equipment

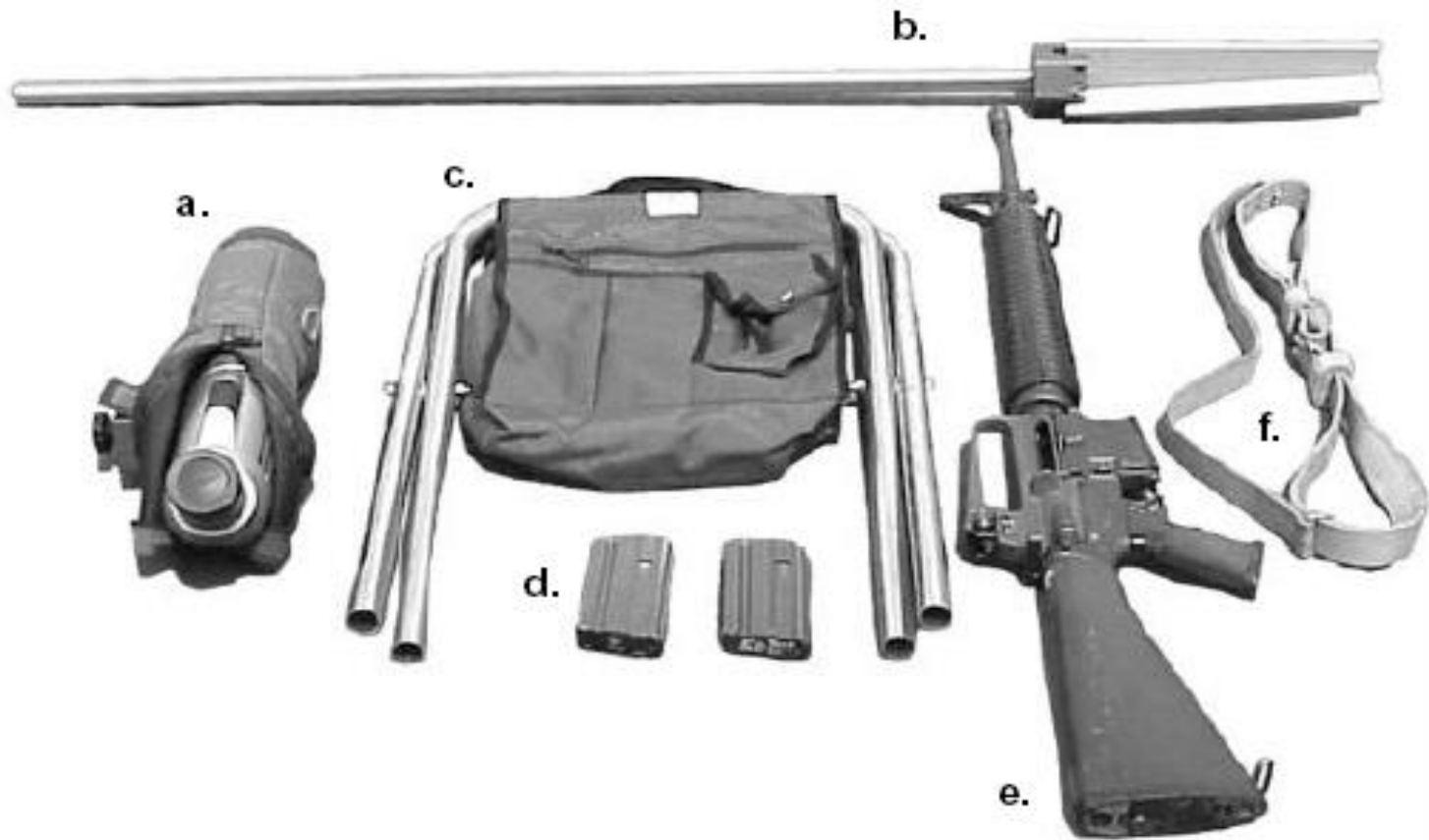


Figure 3-3 Additional equipment

Individual Equipment

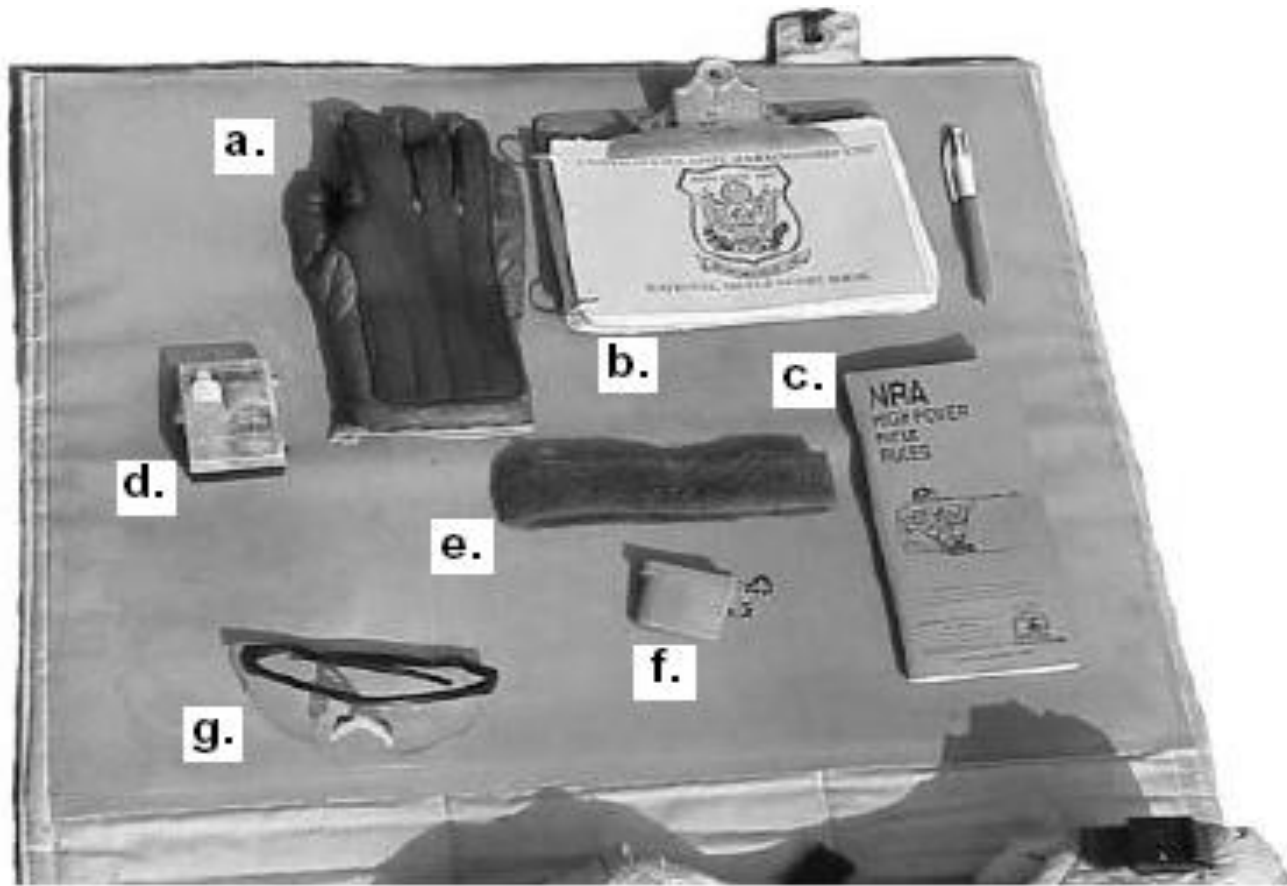


Figure 3-1 Shooting accessories

Shooting Apparel



Figure 3-2 Shooting apparel

More Information on the Web

- Nashua Fish & Game
 - www.nfga.org
- Civilian Marksmanship Program (CMP)
 - www.odcmp.com
- CMP The First Shot Magazine
 - www.odcmp.org
- NRA
 - www.nrahq.org/compete/highpower.asp

SAFETY

First, Last, Always

Appendix

Range Commands

- **RELAY (*number*), (*MATCH NAME*). TAKE YOUR POSITIONS ON THE FIRING LINE. YOUR PREPARATION PERIOD WILL BEGIN IN TWO MINUTES.**
- **YOUR PREPARATION PERIOD WILL BEGIN WHEN YOUR TARGETS APPEAR.**
- **THE PREPARATION PERIOD HAS ENDED. THIS STAGE WILL BE TEN/TWENTY SHOTS FOR RECORD IN A TIME LIMIT OF TEN/TWENTY MINUTES.**
- **WITH ONE ROUND LOAD... IS THE LINE READY? ... THE LINE IS READY.**
 - **THE LINE IS NOT READY**
- **YOUR TIME WILL BEGIN AND YOU MAY FIRE WHEN YOUR TARGETS APPEAR.**
- **IS ALL FIRING COMPLETED? ALL FIRING IS COMPLETED, CEASE FIRE, INSERT EMPTY CHAMBER INDICATORS AND GROUND YOUR RIFLES.**
- **IS THE LINE CLEAR? THE LINE IS CLEAR, RELAY(*number*) REMOVE YOUR EQUIPMENT FROM THE FIRING POINT AND POLICE YOUR BRASS AND TRASH.**
- **CEASE FIRE...REMAIN IN POSITION UNTIL THE LINE IS CLEAR...ARE THERE ALIBIS OR SAVED ROUNDS?**

Pit Commands

- **HALF MAST ALL TARGETS.**
- **STAND BY YOUR TARGETS....TARGETS UP.**
- **STAND BY YOUR TARGETS...TARGETS DOWN.**
- **VERIFY THE NUMBER OF HITS ON YOUR TARGET.**
- **SCORE ALL TARGETS THAT ARE NOT UNDER CONTENTION.**
- **PULL, PASTE, AND HALF MAST ALL TARGETS.**

NFGA – 600 Yard Line

