

Forced Shooting Positions

The range may be set up to require use of a forced position on designated targets. A sign declaring a forced shooting position must be used at a shooting lane. Regardless of any prescribed position, the shooter may opt to shoot the target offhand (standing). Aids such as straps, harnesses, monopods, shooting sticks, or bipods are not allowed on forced position shots.

- A. **KNEELING:** There shall be only 3 points of contact with the ground (2 feet and 1 knee). The rifle will be supported by both hands and one shoulder only. The arm supporting the rifle must rest on the knee or leg. The rear foot shall be upright and straight in line with the knee. A legal seat may be used to support the rear foot and/or ankle, provided that the foot and knee have contact with the ground. The leading hand shall support the gun, and be unsupported forward of the wrist joint.



Note: This is a typical kneeling position.

- B. OFFHAND (Standing): No rigid support from the ground to the rifle or the hand/arm supporting the rifle is allowed. Other than using a sling, the gun is to be supported solely by the hands, shoulder, and cheek.



Note: This is a typical standing position.