

MAY ALL OF YOUR SHOTS BE 10'S
A GUIDE TO B.B. RIFLE COMPETITION



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Introduction

4-H B.B. rifle competition consists of 40 shots fired from four positions: Prone, Standing, Sitting & Kneeling. To qualify for the state championship in Georgia, shooters must fire a minimum score of 300 out of a possible 400. Tift County 4-Hers often shoot scores of 360 to 380. To earn a spot on our first team, shooters must average 360 or more. With practice, patience and an understanding of the proper fundamentals, most kids can shoot a score of 300 and often much higher. You can also qualify for the state match if your team, which consists of from 5 to 7 members, fires a score of 1,500 or better. A team can have a maximum of 7 4-Hers with the top five scores at the competition counting toward the team score. Even if your score is not one of the top 5, the entire 7 member team qualifies.

Now is the time to decide what kind of shooter you want to be. Each 4-Her is required to attend at least 50% of the practices. Even a gifted competitor cannot reach their true potential by only attending half of the 30 scheduled practices. Not all kids are natural shooters, but keep in mind we record every target you shoot to track your progress and work on trouble areas. If you want to learn gun safety and have fun with the other 4-Hers, that's fine. However, if you want to succeed there's no substitute for hard work. The decision is yours, either way your coaches are excited to work with you.

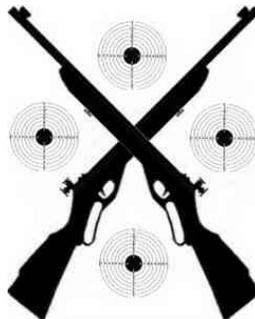
As you read this guide, know that it's written with 12 years of hard earned experience, experience gained from working with Tift County 4-Hers just like you along with their parents.

Let's get started with a sport that you can enjoy for a lifetime!!



Rules

1. Shooters must be 4-H boys or girls in grades 4-9.
2. All B.B. teams and individuals must shoot a qualification score at a district match to attend the State Match during the Shooting Sports Weekend at Rock Eagle 4-H Camp. A five to seven member team must shoot a score of 1,500 or better in order to qualify. The high scoring 5 shooters on the 7 member team constitute the team score. Individuals may also qualify at a district match with a score of 300 or better. Qualification scores do not include test scores. Once a 5-7 member B.B. team qualifies, those team members may not be rearranged into other county teams. **THE TEAM THAT QUALIFIES AT THE DISTRICT MATCH MUST BE THE SAME TEAM THAT COMPETES AT THE STATE CHAMPIONSHIP.**
3. There must be an adult coach on the firing line with the shooter.
4. Each county with a B.B team must provide one volunteer, not a coach, to assist in the running of the Shooting Sports Weekend.
5. More than 1 team from a county can compete in a district match and at the State Championship if they qualify.
6. Targets but not ammunition, shooting mats, kneeling rolls or target boxes will be furnished at the district or state level.
7. Once record fire has begun at a district or state match, there will be no firing off range for safety reasons.
8. The State Champion B.B. team is eligible to compete the year following their championship season.





Equipment

1. The Daisy Model 499B or similar smooth bore B.B. guns are allowed. In general, these rifles may not be modified in any way with the exception that the stock may be lengthened or shortened. Weights may be added internally to either the fore end or the stock. The total weight of an unloaded B.B. gun without the sling cannot exceed 6 pounds. No hooked butt plates or thumb hole stocks are permitted.
2. Any metallic receiver sights may be substituted for the Daisy sights. Adjustable rear apertures and eye cups are not permitted. A blinder for the non-shooting eye may be attached to the rear sight.
3. Slings may be used in all positions with the exception of the standing position. Slings may not exceed 1 ¼ inches in width.
4. A cylindrical cushion may be used in the kneeling position only. It may be a maximum of 9.84 inches (25cm) in diameter and made of soft and flexible material.
5. Ordinary clothing must be worn. No padded shooting jackets, unusually heavy clothing, or gloves are permitted. If boots or shoes rise above the ankle, they must be unlaced and loose above the ankle. Do not wear high top shoes or boots. A flat bottomed supportive tennis shoe is recommended.
6. A shooting mat such as a rug is permitted.
7. Sighting scopes or binoculars are permitted.
8. Safety glasses are mandatory.





Technique

Breath Control: Once the shooter has settled into their position and is breathing naturally, they should take a slightly larger than normal breath, exhale half of it and then hold their breath. *The shooter should also try exhaling their breath to see which method works for them.*

*Remember; don't breathe in and out while you're shooting, that will upset the sights. It is nearly impossible to have a steady hold and breathe at the same time. During the pause in which the shooter is holding their breath, they must fire the shot!!! If the hold does not settle enough to allow for the shot to be fired, the shooter **MUST** resume their normal breathing and start the process over. *You don't have to fire the shot just because you have the gun pointed at the target. The shooter should not hold their breath for more than 10 seconds; after that much time the shooter's hold is becoming unsteady. Don't wait for the perfect shot.... The shooter tends to think "one more second and it'll steady up," but it never does. Remember; hold your breath for 10 seconds or less.**

Trigger Control: Trigger control is one of the most important parts of being a good shooter. The area between the first joint and the tip of the finger should be used to fire the shot. When the sight picture begins to steady, the finger applies an even pressure to the trigger. When the sight picture becomes wobbly, the pressure is held or released immediately. Pressure is reapplied when the sight picture settles in. Pressure should be even and steady so that the firing of the shot comes as a surprise to the shooter!!! Again, the period from holding the breath to the break of the shot must be no longer than 10 seconds, perhaps even less.

Follow Through: Because of the slow speed of the B.B. the shooter must continue to hold the rifle on target after the shot has been fired. Good follow through will also allow the shooter to tell the coach where the B.B. hit. *Trust me, you'll do it in time!!!*



The Prone Position

The easiest of the four positions is where you begin an actual match. You have 10 minutes to shoot 10 shots for score, one in each of the 10 bullseyes. Notice that at the bottom of each target you have 2 bullseyes surrounded by a guard ring. These are your sighters; they give you a chance to adjust the sights, get into the proper position and hopefully get rid of those butterflies you may be feeling. **You must fire the ten shots for score and the sighters within the 10 minutes allowed!!!**

***** The key to good prone position shooting is relaxation, especially in the arms and shoulders. *****

To align the position, check natural point of aim by closing the eyes and then opening them to be certain the rifle is on target without muscling it into position. The shooter should be at a slight angle, about 10 to 15%. When the position is correct, you should be able to draw an imaginary straight line from the left hand, down the left arm, side and leg to the left foot. If the imaginary line is straight, the body is correctly aligned in relationship to the target.

The left hand does not grip the rifle; it is only used to prop up the rifle to the correct target height. The head is held upright with the back muscles relaxed. The right leg is bent comfortably. This lifts the chest off of the floor making it easier to breathe. A bent wrist or hand can act as a spring and cause muzzle jump.





The Standing Position

Standing is the easiest position to teach, but the hardest to learn. Feet should be shoulder width apart for good balance. The left shoulder is aligned with the target. The knees should be straight, but not forced back. The hips can be level or the forward hip can be shifted towards the target. The left arm rests on the left hip or side.

*****A motionless left arm and hand is critical for the correct hold in the standing position*****

Dry fire can be used to improve hold. Try to aim for 12 to 15 seconds. Relax and try to keep the bull on the target inside of the front sight ring.

Check your natural point of aim by closing the eyes, then opening them and looking through the sights to see if the rifle is pointing directly at the target. *If not, move the feet, keeping them in the same relationship to each other.*

Remember that your left hand should only be used to prop up the rifle. You can choose from a variety of left hand position. You can make your left hand, right hand for your left handed shooters, into a fist, a V, formed by the index and middle fingers our outstretched fingers, with thumb under the trigger guard and fingers forward under the forend. A flat hand is not recommended, nor any position which can bounce even slightly.

Your left elbow should be tucked against your side or slightly toward the front of your chest with no open space between your arm and torso. This keeps the left arm steady and allows you to keep the rifle motionless. Be sure and follow through, call the shot following proper sight alignment, sight picture and trigger control. *Shoot your hold. The trigger is squeezed as the hold comes in, hold at that point if the sights begin to move and then squeeze further as the hold improves until the shot is fired.*



The Sitting Position

In the sitting position, you have two positions to choose from; Crossed Legged (Indian style) or the Extended Crossed Ankle style. We have had the most success with the crossed legged style but some Tift County 4-Hers have done very well with the extended position.

Cross Legged: First cross your left ankle over your right ankle. Pull the crossed legs in close to the body. Now lean forward to rest both elbows in the V's formed by the bent knees. Relax and let your body weight fall forward onto your knees.

Keep the stock high enough on the shoulder to establish a good head position. The head should tip down towards the target only slightly. Proper head position also keeps the 4-Her from tiring as quickly.

Extended Sitting Or Crossed Ankle: The legs are extended out in front of the body. With the crossed ankles extended in front of the shooter, lean forward and place both elbows on the upper shins in front of the knee.





The Kneeling Position

Balance is the key to the Kneeling position. This position can be practiced at home, without the B.B. gun, while watching TV.

Right Foot: The foot should be vertical with the instep placed across the kneeling roll. The toe is required by the NRA Rules to touch the ground. The toe should not bend over. If the foot is vertical, the position is correct. *Note that not all 4-Hers like to use the kneeling roll. The same scores can be achieved by “sitting” on your right foot. You will have the chance to practice with and without the kneeling roll. You will have the choice whether to use the roll. Either way, practicing the position at home can help you learn to balance in a position that is very uncomfortable. Tift County 4-Hers have won district and state championships in this position...*

Body Position: The shooter should almost slump down or roll their shoulders forward. This helps to eliminate back strain.

Left Leg: The lower leg should be straight up and down, with the left foot parallel to the right thigh. Do not pull the left foot and lower leg back under the position. Again, it will take practice and patience to find the correct position for you. *Once you find the correct position, don't lose it! It may take months before you are finally comfortable in the Kneeling position. Even then you may find that your right foot will fall asleep.*



