



BFTA MAIN SHOOT RULES 2026

1. AIRGUNS

Air rifles of any calibre, which comply with the Statutory Limitations and **BFTA** Limitation in force at the time of the event, may be used. In an event specified for Air pistols, the Statutory Limitations together with the **BFTA** Limitation for Air pistols shall apply. (Please see **Rule 4a.** below)

2. SIGHTS

Any form of sighting system may be used apart from Laser sights. No separate device, designed specifically for range-finding may be used.

3. WIND DETECTION

Only an indicator attached to the rifle (non-electronic) or pulling of the target string may be used to determine wind. Vapes, smoking, powders, mist bottles or any other devices are not permitted on or around the firing line by anyone (including spectators and marshals).

4. EQUIPMENT TESTING

The Organisers of any event, that is subject to the **BFTA** rules. reserve the right to Chronograph any Rifle or Pistol used at any shoot, to ensure compliance with **BFTA** requirements. This can be done before, during, or after the shoot at the Chief Marshal's discretion.

- a. The **BFTA** has declared a maximum pellet speed for rifles of 5fps below the 12 ft/lbs limit; this is for the actual pellet being used by the competitor on the day. 5fps below 6 ft/lbs will apply for pistols. Please see **ANNEXURE – 1** for additional information
- b. (Non-Grand Prix Series Competitions) A minimum of one registering shot and a max of 3 registering shots will be allowed over the chronograph, one registering shot must comply with 4a, and all other registering shots can be disregarded, no power adjustments are permitted once the competitor has started the competition. Failure of the gun to comply with 4a above will disqualify that gun for the whole event. Any competitor whose gun fails the chronograph test will have their card marked as void, but they may complete the course if they wish with another gun (See Rule 17 - FIRING LINE CONDUCT) to help maintain the group they are shooting in.
- c. (Grand Prix Series Competitions) A minimum of one registering shot and a maximum of 3 registering shots will be allowed over the chronograph, one registering shot must comply with 4a, and all other registering shots can be disregarded, if the gun registers over the Current Legal Limit the competitor will be asked to remove the gun from the course. If the gun registers over the **BFTA** Limit but under the Current Legal Limit the competitor will receive a YELLOW CARD. On the issue of the first YELLOW CARD the competitor will receive a warning and will be allowed to carry on with the Competition and his/her score will count. On the issue of a second or subsequent YELLOW CARD during the season the score will be void.
- d. Deformed pellets must not be used for the testing process (see Penalties, Rule 15) and to this end the Chronograph Marshal/Buddy Marshal may request visual examination of pellets before loading and/or after insertion into the Competitors Gun but before the breech is closed.

5. AMMUNITION

Any design of pellet that is completely made of lead, lead alloy, or zinc or zinc alloy may be used.

6. CHIEF MARSHALL & INTERPRETATION OF THE RULES

- I. Prior to each shoot, the organisers will appoint and clearly identify a Chief Marshal and, if required, a Deputy. The responsibility of this appointment is the implementation of these rules and the overall conduct of the shoot. The Chief Marshal or the Deputy will be present and contactable throughout the duration of the shoot. In any matters arising from, or not covered by these rules, the Chief Marshal's decision shall be final.
- II. The **BFTA** marshalling system shall be used on all **BFTA** events unless the **BFTA** rule otherwise, or the event's rules state an alternative marshalling system, e.g. Buddy.
- III. The following stipulations apply in the interest of firing line safety and as a means of identifying marshals
 - a. All marshals at **BFTA** events must wear high visibility vests or jackets.
 - b. At **BFTA** events no person shall cross the shooting line unless that person is wearing a high visibility vest or jacket. (This restriction does not apply before the event has started or when the event has ended).

7. MAIN EVENT TARGETS

Fall when hit targets shall be used. All targets shall be clearly and consecutively numbered both at the target and the firing line. The hit zones shall be circular and of a contrasting colour to the faceplate. Course builders should allow for competitors who are affected by colour blindness.

Targets are to have:

- Yellow faceplates with black hit-zones, or
- Black faceplates with yellow hit-zones, or
- White faceplates with black hit-zones, or
- Black faceplates with white hit-zones, or
- Blue faceplates with white hit-zones

The use of simulated hit zones on any other part of the faceplate is prohibited. Standard hit zones shall be between 40 and 45 mm in diameter. The course may contain targets with reduced diameter hit zones provided that they do not exceed 25% of the total number of targets in the course.

The following limitations shall apply to 'reduced hit zone' target:

- a. There may be a maximum of two 15mm hit zone targets set out to a maximum distance of 25 yards with the following restriction: An imaginary horizontal line is drawn from the feet of a competitor standing in the lane gate. 15mm targets must be positioned no more than ± 2 metre vertically of this line. (The intention of this rule is clear: to prevent 15mm targets being set high or low). 15mm hit zones will only be allowed on lanes with no enforced shooting positions and will form part of the 25% rule.
- b. All other reduced diameter hit zone targets shall be 25mm in diameter, set out to a maximum distance of 35 yards for freestyle lanes and 20 yards if used in a discipline lane. If a reduced hit zone target is used in a discipline lane, then this contributes to the maximum 25% rule.
- c. Please see separate 'MODIFIED LENGTH COURSE' Rules and recommendations for possible implementation at Regional and Club Level to enable Grading Standard Courses.

8. COURSE OF FIRE

A full course of fire shall consist of not less than 25 targets, except for the “Showdown”.

A full course of fire must be completed for a score to be deemed valid excepting any circumstance under Rule 16 or for any other reason deemed valid by the Chief Marshal.

The minimum distance for any target from the firing line shall be 10 yards and the maximum distances of any target from the firing line shall be 55 yards.

At BFTA events if a target (or targets) is set outside of the shoot rules then, providing that the target is safe, the target is still to be included within the course of fire.

The infraction should be brought to the attention of the BFTA Competition Manager who will document the details and bring the information to the next AGM for discussion and any necessary action.

Any target that is 20 yards or nearer to the firing line must be positioned so that the faceplate is parallel to the firing line.

All positional lanes must be situated on a flat area as is reasonably practicable. i.e., the shooting area between the lane pegs must be as flat as is reasonably practicable on the course.

All targets should be clearly visible down to a height of 21cm measured at the centre of the gate on firing line.

At the gate the lane must be clearly numbered, or the targets are cleared numbered.

At the target, the target number must be clearly displayed. It is insufficient to write the target number on the target faceplate.

The total number of targets designated as standing and/or kneeling must not exceed 20% of the total of targets on that course and these positional targets must be divided as equally as possible.

For example:

On a 30 target course (4 standing and 2 kneeling targets or 2 standing and 4 kneeling targets).

On a 40 target course (4 standing and 4 kneeling targets).

On a 50 target course (6 standing and 4 kneeling targets or 4 standing and 6 kneeling targets).

On a course of fire, it is permitted that only 1 target in one of the kneeling lanes and only 1 target in one of the standing lanes may be 25mm hit zone. The maximum distance for these targets is 20 yards.

All other enforced positional shots shall have a maximum distance of 45 yards.

9. TARGET SEQUENCE

From Rule 7: All targets shall be clearly and consecutively numbered both at the target and the firing line.

Feed on start: All targets must be shot in numerical order {1, 2, 3...}

Shotgun start: All targets must be shot in ascending order, from the competitors' start lane until the last target is reached. The competitors then move to the first target of the course and continue to shoot the remaining targets in ascending order.

Sanctions

For lanes shot out of sequence both targets in the lane are scored as missed.

In the correct lane any target that is shot out of sequence will be scored as a miss.

It is the responsibility of the competitor to ensure that the correct target is addressed.

10. SCORING

- a. Scoring shall be one point for each hit and zero for a miss. A hit shall be awarded when the target falls. Any movement of the plate which does not result in the target or the hit zone falling shall be scored a miss. A Hit shall be marked with an X and a Miss marked with a 0. Any declaration on a score card must be correctly filled in. The declaration shall state "To the best of knowledge and belief the equipment listed by me conforms to the current legal requirement".
- b. Definition of a shot: A release of air from the rifle counts as a shot, unless the competitor has requested permission from their buddy marshal to release an un-scoped shot, and a zero must be entered on the scorecard (unless the appropriate target is hit).

11. SHOOTING

- I. Any shooting position is allowed, but some lanes may be designated as 'standing' or 'kneeling'.
- II. Lanes designated kneeling may be shot from the standing position (Both targets must be shot using the same position).
- III. All shots, from whatever shooting position must be made with the rifle's muzzle wholly beyond the firing line and the rifle's trigger wholly behind the firing line.
- IV. On kneeling and standing lanes, the rifle must not be loaded until the competitor is in the correct position for the specified discipline lane. (For example: if on a kneeling lane the competitor chooses to range-find sitting then the rifle must not be loaded until the competitor has adopted the kneeling position).
- V. Fully adjustable Rifle Stocks are permitted to accommodate various shooting styles and positions with no limitation as to design. Additional attachments are not permitted to be added or removed during the event.
 - a. The use of a sling, single or double point, for any shot is allowed to steady the aim, as well as carrying a rifle between lanes.
 - b. Competitors shall not gain extra support by resting their feet against any post or similar object that forms part of the course. Equally, the back must not rest against any support that is not part of the competitor's seat.
 - c. Any type of clothing, glove, or footwear is allowed provided it is not a hazard to the competitor or others. Clothing may be padded to reduce the pressure of the rifle stock resting on the arm or knee. The padding may be: e.g. felt, or layers of cloth.
 - d. The surface of the pad on which the stock rests must be flat and not shaped to provide lateral support to the stock.
 - e. Separate pads may be worn over non-padded clothing if they conform to the above specifications.

Only one shot is allowed at any one target. Shots taken at any one lane shall not exceed the total number of targets in that lane with the following exceptions:

- a. Rule 9. (For the case when the 2nd target in a lane is mistakenly shot first, if this occurs then the 1st target is lost and the 2nd target is to be shot again irrespective of whether it was hit or not).

- b. Rule 14. (For the case when a target's function is disputed, and it is proven that the target was faulty).
- c. Un-sighted shots with the knowledge and consent of partner/s or Marshall.
- d. In a shoot-off situation.

Definitions of shooting positions:

For lanes that are designated kneeling or standing the shooting positions are defined as:

Kneeling: There shall be only 3 points of contact with the ground (2 feet and 1 knee).

Shooters may use an ankle roll to aid kneeling. The following rules apply:

- a. The roll must be placed between the ankle and the ground.
- b. The foot and knee must be in contact with the ground.
- c. Shooting the kneeling lane without using a kneeling roll is permitted.
- d. Competitors may additionally use a flat mat to keep their knee clean and protect it from objects in the ground.
- e. Competitors may not use a shooting bag during the kneeling shot, except to sit on whilst range finding.
- f. The kneeling roll:
 - i. Can taper from one end to the other (cone) and can be flatted, but its cross section must remain consistent in shape along its length.
 - ii. Must be a maximum diameter of 180mm (7.08").
 - iii. Can be of any length.

Standing: Any shot taken in a standing position without the aid of any support.

For lanes that are not designated kneeling or standing the competitor may use any shooting position that is safe and comfortable to the competitor and does not infringe rules 11iii and 11iv.

However, if competitors choose to shoot prone then they must adhere to this definition:

Prone: The competitor lays face down. The gun and forearm, from elbow to fingertips, must be clear of any artificial or natural support.

12. TIME PER LANE

Shooters are allowed 3 minutes in each lane. Immediately that the next lane is vacated by shooters, the next competitor should enter the lane without any delay. Timing starts when the shooter sits down/kneels or enters the lane if designated standing. Looking through the scope, Range finding, loading of rifle, checking of the wind are all part of the timing process. Once the shooter has taken their last shot, the timer should be reset for the next shooter and targets reset. The shooter should then vacate the lane immediately.

In the event of a ceasefire All timers are immediately stopped, and any loaded rifles are fired into the ground in front of the shooters and across the firing line. The timer will be reset to 2 minutes if 1 target remains and 3 mins if 2 targets remain.

NB Showdown event timing is 1 min started by buddy marshal as soon as the competitors eye reaches scope. In the event of a cease fire the buddy marshal must pause the timer and then resume once the competitors eye reaches the scope after shooting re commences.

At **BFTA** events if timing is being done by a shooter's Buddy Marshal, then at all times the clock must be clearly visible. If a Marshal observes that the Buddy Marshal is not timing their partner, then the following sanctions will apply to the Buddy Marshal: First offence – a verbal warning is given. Second or subsequent offences – both targets in the lane(s) are scored as missed, whether they have been shot or not. The Marshal will amend and sign the scorecard.

13. SEATING

The maximum height for any form of seating is 6 inches (150 mm), including any backrest. Beanbags should be measured when flattened between 2 boards. The seat may be used as an aid to sitting, kneeling, or standing shots using the above rules but for no other purpose.

14. DISPUTED SCORES

Any disputed score must be made prior to leaving the target. Under no circumstances should the competitor touch the reset cord until the dispute has been resolved.

Targets should be checked by the Chief Marshal or his/her deputy whose decision shall be final. Any target found to be defective should be repaired or replaced and re-shot.

Target checking – if a competitor claims that a target was hit but did not fall over then the Marshal will check the target is functional by using a Brian Samson type Target Checker:

The first thing to do is a visual check-up.

- i. Make sure the shooter hasn't touched the reset string.
- ii. Check that the reset string isn't stuck or in tension preventing the target to fall.
- iii. Check that the target inclination is appropriate.
- iv. Check that the target is properly secured.
- v. Check that there isn't anything in the surroundings of the target that prevents the target to operate correctly (bush, tree, branch etc.).
- vi. If the dispute is at the beginning of a session check for splits.
 - a. After passing the visual checks, the target will be tested at least 3 times in different hit zone target areas (ex. bottom, middle and top) using the Brian Samson type target checker.



- b. If no issue is identified, the shooter will have a zero (miss).
- c. If a target is found to be faulty, the target should be repaired or replaced immediately by a target with similar hit-zone size and will be re-shot by only the shooter who had disputed the shot.

Targets used must be tested, reliable and fit for purpose. Where testing means use in competition not simply tested with a target checker.

15. PENALTIES

The penalty for un-safe practice, or any form of cheating, is disqualification, with the governing bodies reserving the right to take further action.

16. LEAVING THE FIRING LINE

The competitors may only leave the firing line under the following conditions:

- a. Voluntary abandonment of the shoot, in which case the competitor's score to that point will be presented as a valid result.
- b. To affect a repair to equipment that has been rendered unsafe or incapable of firing a shot by whatever means. This does not include zero-shift of optical equipment or poorly zeroed systems.
- c. (Rule 16 b. is NOT applicable when a shot-gun start is employed; in this circumstance, please see shooting Rule 18 - FIRING LINE CONDUCT)
- d. For any other occurrence deemed valid by the Chief Marshal or Deputy.
- e. Note: In Rule 16 b, the competitor may replace the offending part or equipment with the permission of the Chief Marshal or Deputy. A visit to the zeroing range is not permitted by the competitor or any person on the competitor's behalf, using the repaired or exchanged equipment, before re-commencing the shoot. (Unless the Chief Marshal grants specific permission).
- f. In all the above cases the competitor's scorecard must be handed to the Chief Marshal or Deputy and his/her permission obtained to leave the firing line, with a stipulated time for return. The card will be marked with the time of departure. Any card not claimed within the designated time will be submitted for scoring.
- g. For competitors with medical needs:
 - Competitors that know that they will have to leave the firing line should inform the Chief Marshal before the event.
 - If the reasons for leaving the firing line are unexpected then the Chief Marshal shall decide upon what is an appropriate time away from the firing line.

17. TIED SCORES

For Individual GP rounds there will be gold, silver and bronze badges for each grade and class.

Only three badges will be awarded (or more if there are ties). Examples include:

- If three shooters tie for first place, then they will each be awarded a gold badge and no silver or bronze badges will be awarded.
- If the top the five scores are 45, 44, 43, 43, 43. Then one gold, one silver and 3 bronze badges will be awarded.

For Showdown qualification countback from target 1 will be used at individual GP rounds.

If a shoot-off is required, then the format of the shoot-off will be decided by the Chief Marshal.

Where multiple shoot-offs are required to decide different finishing positions in an event, the format of the shoot-offs do not need to be the same.

18. FIRING LINE CONDUCT

Coaching or persistent barracking of a competitor in competition is not allowed. Rifles and/ or equipment will NOT be shared on the firing line (except in the circumstances below). In the event of a 'cease-fire' order, guns will be discharged safely into the ground and the muzzle kept angled downwards. Targets must NOT be sighted during a cease fire. Guns will only be sighted, shouldered or discharged over a recognised firing line. Guns will always be kept un-loaded and un-cocked when not in use.

Should a competitor's gun, sight or any other equipment break down having begun a shotgun start competition, the following will apply.

- a. The competitor may not leave the firing line, but a replacement gun may be given to him/ her and the faulty gun etc. removed from the course. The replacement gun will be tested over the chronograph at the earliest opportunity.
- b. If the competitor's partner(s) are in agreement then he/she may continue by sharing a gun with one or more of them, again the faulted equipment shall be removed from the course.

Either a. and/or b. above must take place in agreement with the Chief Marshal.

(Coaching may be allowed by team members for certain Team events at the discretion of the Chief Marshal). All practise shooting or zeroing must be restricted to the zeroing range. No practise shots may be fired on the main course until all shoot-offs have been concluded. Whilst competitors are competing on the course, whether they be shooting or scoring, any form of audible equipment i.e. mobile phone or sound systems (whether or not they utilise earphones) must be switched off or muted.

Any auditory obstruction, e.g., earphones, ear defenders, ear plugs etc., shall not be worn unless agreed with the Chief Marshal for medical reasons.

There may be a necessity to make or take a mobile phone call whilst on the course, but the Chief Marshall should be informed at booking in.

19. CLASS OF ENTRY

If used, there will be classes of entry per the BFTA Grading system. Competitors may elect to shoot in a higher grade. This does not affect their listed grading unless results alter their grading percentage.

Supervision of competitors under the age of 17 years will be in accordance with legal requirements.

NOTE: A shooting partner in competition does not necessarily constitute supervision of a competitor under 14 years of age.

The above age limits are subject to variation if the law changes at any time during the shooting season.

Junior is defined as under the age of 18 on the first of January of that year. If a shooter turns 18 on 2nd January or later then they may shoot that year as a junior.

20. DRUGS & ALCOHOL

i. No alcohol is permitted anywhere along the course of fire (i.e. behind the firing line) for a BFTA event which includes spectators as well as those who are shooting or have shot the course during a BFTA competition

ii. Any competitor who is under the influence of alcohol or drugs, which may impair them, will not be permitted to take part in the competition.

iii. **Note:** The host club may already have such restrictions, but this will ensure that **BFTA** events set a standard for safe shooting.

21. DISPLAY OF RULES AND INSURANCE

A current copy of the BFTA Main Shoot Rules shall be clearly displayed at the booking-in point of all shoots, together with a current and valid Certificate of Insurance.

22. RULES

The above rules must be strictly adhered to.

Shaun Shore (Chairman) 2026

Section A

The Kneeling Position

General Clause:

Unless specified, it is accepted that when referring to parts of the body it includes the clothing adjacent to that part of the body.

Definitions:

Rear Foot:	This is the foot which is placed under the backside.
Front Foot:	This is the opposite foot to the Rear Foot.
Knee:	This is the kneecap, and the area directly below the kneecap, on the leg which ends in the Rear Foot.
Shin:	This is the area occupied by the shin-bone on the leg which ends in the Rear Foot.
The Trigger Hand:	This is the hand which is used to hold the pistol grip and operate the trigger.
The Leading Hand:	This is the opposite hand to the Trigger Hand.
The Leading Arm:	This is the arm below the shoulder which ends in the Leading Hand.
Ankle Roll:	Any ankle roll defined as legal by the BFTA rules.

1. The Position.

Only the Rear Foot, the Front Foot, the Knee and/or the Shin may contact the ground.

An Ankle Roll may be used: No part of the Ankle Roll can touch, or appear to touch, any of the following; Thighs, Buttocks or Front foot. If an Ankle Roll is used it must be placed under the ankle of the Rear Foot.

No other use of an Ankle Roll, when adopting the Kneeling Position, is allowed. The Knee may be protected from the ground by use of a flat mat.

2. The Hands

The Leading Hand will support the gun, and forward of the wrist should itself be unsupported (the wrist is deemed to be the hinged joint between hand and forearm). On the Leading Hand, in front of the wrist joint, only the Leading Hand or Glove should contact the rifle or appear to contact the rifle and it should not touch or appear to touch a part of the shooter's body.

On the Leading Hand and Leading Arm, any parts of the Glove and/or other clothing and/or arm behind the wrist joint should not contact the rifle or appear to contact the rifle.

3. The Rear Foot

The Rear Foot, when viewed from the rear should be vertical in appearance and not turned along the axis of the rear leg. The Rear Foot is allowed to be angled so the ankle joint can be closer or further from the ground as desired. The toes can be bent or flat. If an ankle roll is not used, then the ankle joint must not be in contact with the ground or appear to be in contact with the ground.

Please also see **BFTA Kneeling Rules 2020** for addition information.

ANNEXURE – 1

Table with the maximum Pellet Velocity allowed based on the pellet weight:

Weight (Grains)	BFTA FPS
7.9	823
8.4	795
8.6	785
10.3	718

Where other pellet weights are used the actual FPS will need to be calculated using an appropriate method.