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NDSU | EXTENSION



North Dakota 4-H Shooting Sports Match Guidelines

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Shooting Sports Match Guidelines

All North Dakota 4-H Shooting Sports Invitational Matches will use the following rules. These guidelines follow those developed by the National and North Dakota 4-H Competitive Shooting Sports Program and supersede any other rules. For the rules of each individual contest event, a national governing body exists to govern match procedures. While 4-H modifies some aspects of the match event, the governing body's rules apply when 4-H rules are not enforced.

Contestant Eligibility

1. All active, North Dakota 4-H Shooting Sports members are eligible to compete in North Dakota 4-H shooting sports events. Enrolled youth must be under the supervision of a certified 4-H coach. Participants must be registered in county or state events, under the instruction of a certified coach (NASP, CMP, or nationally recognized certification), subject to any limitations imposed by the specific event. State-level national qualifying championships are open only to 4-H members.
2. Competitors must show basic proficiency in the division before competing. By entering these events, the guardian or team coach verifies that the youth participants are knowledgeable and proficient in the safe use of the equipment, range safety, and the fundamentals of the event. Matches should not be their first shooting experience. *Match and/or range officials may dismiss a participant if they believe the participant does not demonstrate the basic proficiency and knowledge required for safety or participation.*
3. Contestant must have passed their 8th birthday and not exceed 19 years old on January 1. Senior youth may not have passed their 19th birthday as of **January 1** of the year the National 4-H Championships are held. Minimum age for match participation is listed below:

	<u>Minimum Age:</u>	<u>Age Divisions</u>		
Small Bore Rifle:	11 years old	Junior (11-13)	Senior (14-18)	
Shotgun	11 years old	Junior (11-13)	Senior (14-18)	
Muzzleloader	11 years old	Junior (11-13)	Senior (14-18)	
Archery and Air Rifle	8 years old	Beg (8-10)	Jr (11-13)	Senior (14-18)

Firearm participants must be 11 years old and have taken a state hunter education/safety course.

Event Participation

County matches are open to all youth. State 4-H Championships require 4-H membership. Participants must be proficient in discipline and range safety before competing at any match level. Matches offering a hybrid format must provide an in-person component in addition to the postal option. Counties may opt out of offering the hybrid option at the local level if it creates difficulties with local practices or raises other concerns. This decision should be discussed openly with participants before match registrations.

Stipulations as follows:

Individual

Individuals may participate and are eligible for recognition and any subsequent events for which they may qualify. An enrolled 4-H member must be under the supervision of a certified 4-H instructor, even if one is not available in the county. Participants who are not 4-H members must be registered in county events, under the instruction of a certified (NASP, USA, NRA, CMP, or nationally recognized certification) coach in that discipline. Individuals who compete on an upper age division team will be calculated into that team's score as appropriate. They will remain a participant in their individual age division competition as long as the contest is the same. (Example: 3 Position air rifle, barebow indoor archery)

Team

Composition -- A whole team comprises three individuals, with a fourth member serving as an alternate. A county can have more than one team in any division. The first team will consist of the four highest-scoring individuals, and the second team will consist of the next four highest-scoring individuals. With advance notice given to the match coordinator, a county can request to move an individual up an age division or may add a member from another county to make a team (if there are not enough youth participating in the county). Teams that are comprised of more than one county (co-op) can be eligible for national competition. Teams consist of members from multiple counties for the sole purpose of team improvement and are not allowed.

Representation -- A shooter may not represent more than one county's shooting sports program. All members and teams participating in 4-H events must meet the eligibility requirements, including enrollment in the shooting sports program as specified by the sponsoring county. If the home county has enough members for a team in an age division, a participant in that age division cannot join or represent another county.

Dual-Enrollment Members – A participant can represent another county when no other discipline members are available in the home county. Members who enroll in more than one county must represent the county/club with which they practice. And, they must practice with the county they have joined. The participant must declare the county they represent in matches

at the start of the competition season for each discipline. A participant in a second discipline may represent the home county and is not required to use the declaration for dual enrollment. The home, joining county, and state program must approve the request to join another county.

Restrictions – An individual or team may participate in only one age division, provided it is the same age or older. A member can only participate in one team of the same event. A county may not replace a home county member with a member of another county. Counties with fewer than three competitors are not eligible for team awards.

National Contest Qualification

Participants must be enrolled as 4-H members and actively participate in 4-H activities. The National team will consist of the four highest-placing individuals from the state qualifying event. National qualification does not extend past the year the youth has qualified for. They must qualify each season for the next national contest.

Youth in the senior age division are eligible to qualify to represent North Dakota 4-H Shooting Sports in the 4-H National Shooting Sports Championships. Youth may compete in the senior division at 13 years of age, but must be 14 on January 1 of the national contest year. Qualifying individuals will be notified of their selection to the National Team within 30 days of the qualifying event. Selected individuals will have 60 days to confirm their commitment to the team. Failure to do so within this timeframe will result in forfeiture of their position to an alternate participant.

For disciplines with few participants, a youth or a county coach can request a qualifying contest comprising two of the three national events within the national championship. The contest must be approved by a state coordinator and conducted by a certified instructor unrelated to the youth. Generally, a score equal to that of the 12th-place national team or the 20th-place individual in the preceding year serves as the benchmark score. This is based on 25 national teams with 50 individuals competing. The qualifying contest must be conducted prior to October 1st of the year preceding the National Competition, to maintain consistency with other offered disciplines.

4-H National Team Coaching Commitment

Youth who accept a position on a North Dakota 4-H National Shooting Sports Team are making a year-long commitment to train in order to represent North Dakota 4-H at the National 4-H Shooting Sports Championships. As part of this commitment, the following guidelines apply:

1. Coaching Requirement

Youth selected to a National 4-H Shooting Sports Team are required to engage in coaching with their designated National Team Coach a minimum of three (3) times during the commitment year (from team selection through the National

Championships). If at all possible, their county coach should participate in these coaching sessions.

- Regular communication and training sessions are essential for skill development, team cohesion, and event preparation.
- It is **strongly recommended** that youth and their county coach meet or communicate with their national team coach **monthly** throughout the commitment period.

2. Coach Identification

Each National Team must have a designated coach identified by **October 1st of the qualifying year**.

- Coaches must meet North Dakota 4-H Shooting Sports volunteer requirements and be approved by the State 4-H Shooting Sports Coordinator.
- Once identified, coaches and team members should establish a training plan and communication schedule.

3. Compliance

Failure to meet the minimum coaching engagement requirement may result in a review of eligibility to represent North Dakota 4-H at the National Championships. Exceptions may be considered by the State 4-H Shooting Sports Specialist in cases of extenuating circumstances.

Physically Disabled Shooters

A shooter who, because of physical disability, cannot fire from one or more of the prescribed shooting positions outlined in these rules, or who must use special equipment when firing, is privileged to petition the match director for permission to assume a special position or to use modified equipment or both. This petition will be in the form of a written request from the person concerned to the match director, outlining in detail why the special position must be assumed or the special equipment must be used. The request should be made at least two weeks before the event.

Requests for accommodations to the 4-H Shooting Sports state coordinator are made by the match director as soon as the participant is registered. Still, they should be at least two weeks prior so that resources can be allocated for the event.

Event Awards

State-level awards will be presented to the top-scoring team from each event and to the five highest-scoring individuals in each age group and division. **County-level events can grant awards as they deem fit for their matches and will recognize the same placings and teams as the state-level events.**

General Match Rules

Behavior and Sportsmanship

All participants and spectators are expected to demonstrate the highest level of sportsmanship, supporting the objectives and ideals promoted by the 4-H program in general and the 4-H Shooting Sports Program in particular. Shooters or coaches will render aid and/or testimony if any match official asks them to do so. All participants and observers are expected to conform to the Code of Conduct as supplied, not only to the letter, but to the intent. Sportsmanship encompasses helping others, scoring accurately, acting courteously, and conducting oneself in a safe manner.

Coaching

Communication with participants will be conducted through the Range Safety Officer (RSO) or line judge. If a youth needs assistance from a coach or parent, they must first seek out the RSO or line judge before proceeding to the coaching area.

4-H certified coaches will be identified by a coach lanyard issued by the state specialist. Lanyards must be worn during the match to allow access to the coaching area. Those who are not 4-H certified instructors, or those not properly identified as such, will be required to stay in the spectator area. This is for safety and liability purposes and to encourage youth to be more independent and advocate for themselves.

Beginner and Junior Divisions:

As a general match rule, limited coaching is permitted for beginners and junior divisions. However, coaching must never disturb other participants or delay a match event. For indoor ranges, the coaching line is the waiting line located on the indoor range or off the firing line in air rifle, and it is separate from the spectator area. Except during preparation time, coaches are to stay behind the waiting line and in the coaching area. The majority of coaching should be done before the match. Coaching done during the match must be approved by the RSO or line judge. Parents may not interact with their youth without permission from the RSO or line judge for beginner and junior division shooters.

Senior and Master Divisions:

Coaches may assist the senior or master division shooters during prep time only. Once the shooting begins, no coaching is permitted. Any request for coaching assistance must be made to the range officer and initiated by the shooter; the coach may not initiate contact with the youth. The shooter will put down their equipment, make it safe, leave the line, receive permission from the RSO, and then may talk to their coach. Coaches may ask the line officer to have their youth return to speak, but they are not to initiate contact with the youth. Parents may not interact with their youth during the match period for senior and master division shooters.

Coaches may not handle firearms or equipment after the match begins, nor advance to the firing line unless authorized by the range officer. A coach may set up their own spotting equipment. Specific coaching instructions may be issued at the range for each event.

Exception: Spotters and scorers in silhouette matches--

State team members will be split into different relays to permit shooters to spot for one another. Teams with three competitors may have an additional person spot for the third team member. Quiet conversation between the spotter and the shooter is permissible. An official scorer from another team or an event official will be assigned as an official scorer. Match directors will provide instruction as needed for scorers.

Cell Phones and Other Electronic Devices

Except in an emergency, cell phones, radios, or other electronic communication devices may not be used on or in the immediate vicinity of competitive ranges during active competition. Participants should not bring electronic devices, including smart watches, to the shooting range during indoor matches. Electronic devices should be set to silent mode and carried only for emergency use on outdoor ranges. Wearing any device that obstructs vision or hearing during shooting is prohibited. Exceptions would be made for authorized medical monitoring devices, approved shooting aids, and other approved circumstances. Participant health forms should list any required medical devices that participants will need to use during the program.

Drug and Alcohol Policy

No illegal drug use, smoking or vaping is permitted on or near the shooting activity by youth or adults. No alcoholic beverages are permitted on the grounds during an event. Violation of this policy is grounds for disqualification, program probation or expulsion.

Match Requirements

Rules -- Knowledge of procedures and rules

Where possible, each state event has been associated with a National Governing Body (NGB), of which the guidelines are located at the end of this publication. 4-H reserves the right of our match directors to modify contests to accommodate age divisions, facility size, time constraints, safety concerns, or individual participants in the contest. The shooters' and coaches' responsibility is to read the NGB rule book, understand the procedures used in each event, and comply with the rules and standards of the events. The 4-H Match Guidelines serve as the definitive guidelines for all 4-H matches. Questions are encouraged in advance to clarify any areas of misunderstanding or ignorance. Participants are responsible for knowing the rules of their event and staying within them.

Integrity of the Match

Match directors should strive to provide a match in which all competitors compete under the same requirements and conditions. Indoor factors that may alter the match experience for some include excessive crowd noise, personal space, lighting, the height of the target, and

temperature. Outdoor experiences, which are often influenced by factors such as wind, rain, and cold, cannot be controlled, and youth are expected to adapt.

Medical Consent Forms

For 4-H youth not accompanied by a parent, the health/medical release forms must be with the coach or supervising adult when checking in at any North Dakota 4-H Shooting Sports Match. Each team coach is responsible for verifying with their local extension office that each 4-H participant has enrolled for state-sponsored events. This ensures that participants have completed the appropriate North Dakota health forms, code of conduct, medical and media releases, and shooting sports parent consent, liability waiver, and assumption of risk forms.

All volunteers accompanying the team must also have completed health forms. Range officers or other event staff at any shooting event must have immediate access to these forms when youth participate in an event.

Non-members attending county events must demonstrate that they are under the supervision of another accepted shooting sports program. Parents must sign a waiver of liability and a code of conduct to participate in the competition.

The North Dakota 4-H Shooting Sports Program is not responsible for obtaining the medical authorization and health history of non-member participants.

Dress Code

Participants are expected to dress appropriately. County team uniforms or shirts with the 4-H emblem prominently displayed will be required for participants competing at matches. Young people and adults should wear attire that is both weather-appropriate and modest, ensuring it remains socially acceptable. Safety equipment and closed-toed and closed-heeled shoes must be worn for all events. Participants are required to wear shoes that completely cover the foot. Examples of unacceptable footwear include, but are not limited to: open-toe shoes, sandals, clogs, Crocs, flip-flops, sock-only, and bare feet.

The 4-H emblem is trademarked, so its appearance cannot be altered. We cannot endorse sponsors. A team or sponsor name cannot be written across or through the logos. The sponsor's name or graphics cannot be the dominating feature of the shirt. Please consult the 4-H Name and Emblem Use Handbook for full details on the proper way to showcase the 4-H Emblem ([4-H Name and Emblem Use Handbook](#)).

Clothing with sexually suggestive or violent wording or graphics, and alcohol, vaping or tobacco advertisements are not appropriate. Range officials have the final word concerning the dress code and may announce or address specific cases. All shooters and coaches

should be aware that they may have their photographs taken or be asked to participate in an interview for the media.

Coaches

Each team shall be officially represented by only one coach or accompanying adult. The coach can represent more than one team within that county's program. This coach is the only adult permitted to contact range officials to obtain information. Coaches can notify range officers of an issue, but they cannot interact or interfere in the challenge or decision-making process regarding the issue involving youth.

Match Safety

Safety must be the top priority for range personnel, participants, and spectators. Standard accepted safety rules will always be followed; special safety considerations may be announced at each venue. The Match Director, Range officers, or other event staff may dismiss anyone from the range or crowd for unsafe behavior.

Safety Expectation for Matches:

Muzzleloader, rifle, shotgun, and pistol.

1. Coaches should inspect equipment before the match date. All shooting equipment must undergo a clear inspection at the site.
2. The equipment is cased until used and put away after the contest.
3. Clean Bore/Empty Chamber Indicator
The CBI or ECI must extend 3 inches beyond the muzzle with actions open or a device in the open action. These should be used in
It is expected that:
 - Muzzles** are pointed in a safe direction at all times.
 - Actions** are open and empty with ECI.
 - Trigger locks**, gun cased, and fingers off until on the range
4. A contestant may not uncase or handle air shooting equipment or a firearm for purposes other than competing in the match. At no time should a gun be loaded off the range.
5. Wadcutter/match pellets for air rifle, factory loads for shotgun, 50-grain pellets and round ball for black powder are legal ammunition.
6. Eye and ear protection are required for firearms—eye protection for air equipment. Closed-toed and heel shoes are required for all events.
7. All shooters and other persons on or in the immediate vicinity of the firing line, including coaches, range officials and spectators, must wear adequate eye protection (glasses or goggles) and ear protection. The equipment must protect both eyes.

Archery

1. Coaches should inspect equipment before the match date. All shooting equipment must undergo a clear inspection at the site.

2. The equipment is cased until used and put away after the contest.
3. Arrows must be straight and in good condition. The arrow diameter maximum is .422 inches.
4. Target/field points only. Absolutely no broadheads are allowed.
5. Lighted nocks are illegal.
6. 12 lb. is the minimum draw weight. Maximum is 55 indoors/60 lbs. outdoors.
 - a. During the match bow inspection, all freestyle bows must be drawn back by the youth with a poundage tester in a secure location with a blank bale backstop to ensure poundage is within the determined range.
 - b. Barebow may also be drawn back by youth to determine minimum poundage is met.
7. Under no circumstances is "sky-drawing" permitted. No archer shall draw a bow back with the bow hand above the top of the head when drawing on a horizontal plane, parallel to the ground. A warning will be given on the first instance. The second instance will require the removal of the archer from the event. (May also be referred to as sky-jacking)
8. Approved quivers for match use will be hip or floor quivers only; no back quivers will be allowed.
9. Arrow twirling on the line is prohibited and can be grounds for dismissal.

Match Objections

Match Committee

Membership must comprise a minimum of three and a maximum of five certified instructors in the discipline event. A committee should be identified before the event. The committee will work with the state coordinators to certify ranges, apply match guidelines and shooting sports policy, and address match challenges and protests. The match committee can convene at a match to make decisions on an issue. A member with a conflict of interest with the team or the individual bringing forth an issue must abstain from the process. The committee can use this publication or the risk management policy to make decisions. If there is a chance of a challenge or protest, notify the state coordinator immediately.

Disqualification and Suspension

A disqualification is determined when an intentional/unintentional act is performed to improve a participant's standing in the competition or to put another at a disadvantage.

Situations that warrant disqualification or program suspension:

- a. Altering scores.
- b. Unsafe range conduct.
- c. Altering equipment outside of match standards.
- d. Using ammunition or equipment outside of match standards.
- e. No use or refusal to use safety equipment.
- f. Exceeds age division limit.
- g. Unable to perform an effective and safe shooting process.

Challenges

Youth can present a challenge. A challenge will be considered a situation that cannot be easily resolved by all parties involved, including the match director, committee, and the youth participant, in a situation related to the competitor and an interpretation of an action or requirement. A written challenge will be presented to the supervising state coordinator for further action. The range officer should make photographic evidence or an example during the challenge.

In archery events, participants may review their partner's targets and ask for assistance with scoring with arrows remaining in the target. Assistance is not considered a challenge but a clarification. A line judge can verify any score and request assistance from another official. When clarifying a scoring arrow, the target or the arrow should remain untouched by both archers, the RSO and the Line Judge. Magnification devices and flashlights may be used for visual inspection. If the arrow cannot be clarified, the favor should be placed toward the archer and award them the higher score for the arrow in question. For archers, scoring must be reviewed by each archer before pulling the arrows at each end. Once an arrow is pulled or final signatures are placed on the score cards, it indicates agreement, and the scoring decision is final. An archer can ask for a correction if there is a calculation error. There will be a four-minute time limit per shooting end of 5 arrows. For archery matches using the Scantron scoring machine, scorecards will be made available for review after scoring is completed. Once scores are finalized, results will be available online for reference. If the machine cannot read a scorecard, it is up to the host location to manually enter it or disqualify the scorecard. If multiple arrow scores are in one scoring line on a scorecard, the lowest score will be recorded for that arrow. If extra arrows are shot during an end, the lowest five arrows will be the scoring arrows.

In air rifle, rifle, and muzzleloader events, targets scored by machine or hand will be available for review after the completion of the event. At that time, a participant may challenge or ask for clarification of a score. Scorecards can be re-scored by hand or machine, with the match director present; the score determined is the final decision. Once the review time has passed, the final score cannot be challenged.

A challenge for an air rifle may be the scoring of a shot. For a shotgun event, it may be the shooter's foot placement on the line that determines a valid shot score.

Protests

Only youth competitors may protest. Generally, protests are about a range of conditions, another's equipment, or behavior by another individual that may have given another competitor an advantage.

Situations that may call for protest include:

- a. Competitor feels injustice has been done to them individually.

- b. Conditions under which another competitor was permitted to fire.
- c. Equipment that another competitor was permitted to use.
- d. A range procedure that was not followed.

How to Protest

A protest is warranted when a situation brought to the attention of the range officer and committee by a competitor cannot be resolved by agreement at the time. It must be accompanied by \$25 fee and a written copy of the protest. It is refunded if deemed viable; otherwise, it is forfeited.

Official protests may be filed by youth in the following order:

1. Range Officer – The protest is made orally to the chief range officer or other official present on the range. If not satisfied or rectified with that immediate decision.
2. Match Coordinator – The protest may be stated orally to the match coordinator, indicating the decision of the range officer. The coordinator will investigate and provide a determination. If not rectified or satisfied with this decision.
3. Match Committee – The match coordinator may convene the match committee for determination and resolution. The match committee, with the match coordinator, will consider the protest statement and may ask questions of the shooter and range officials. The committee should review the match guidelines to discover if a written policy or rule governs the protest. If the protest directly violates the match guidelines or 4-H policy, the protest cannot be advanced. The \$25 is forfeited.
4. State Coordinator and Committee - A protest that may not yield a clearly defined answer and is not resolved during the match day must be submitted in writing, with any photographic examples, to the match coordinator and state coordinator, within 24 hours of the event's conclusion. The match committee, in conjunction with the state coordinator, will consider the protest, may ask questions of the shooter and range officials, and will expeditiously render a decision, not to exceed three days. The state coordinator will render the final decision, which is binding and without further appeal. The \$25 will be refunded.
5. Disqualification – a person can be disqualified from a match or the shooting sports program for unintentional or intentional acts. The degree of disqualification and the result will determine the consequences of the disqualification. Unsafe behavior or deliberate alteration of standards, equipment, or scoring are the most common grounds for disqualification.

INDOOR ARCHERY QUALIFYING SCORES FOR STATE INDOOR PARTICIPATION

In addition to participating in three county-level events (at least two of which must be attended in person), State Indoor Match Qualifying scores will again be utilized in the upcoming season. This decision was made to provide purposeful growth of archery participants throughout the season by creating goal-driven motivation for fundamental success in the program. The following benchmark scores will be adopted for the indoor season:

- | | | |
|---------------------------|-------------------------|-------------------------|
| ○ Beginner Barebow: 180 | ○ Junior Barebow: 230 | ○ Senior Barebow: 240 |
| ○ Beginner Freestyle: 100 | ○ Junior Freestyle: 125 | ○ Senior Freestyle: 260 |
| | | ○ Master Freestyle: 270 |

INDOOR ARCHERY:

North Dakota State 4-H 300 Round Guidelines

The program does not separate compound or recurve bow divisions, as there are not enough competitors in those divisions to hold quality contests.



Participants can shoot the single 40 cm spot face or the 5-spot target.

Scoring on the single-spot is X-5-4-3-2-1, and scoring on the 5-spot is X-5-4, with any arrow missing the scoring rings awarded a score of 0. An archer is not required to shoot an arrow at each of the five bulls. An archer may complete his end with any number of arrows placed as desired. An arrow that breaks the line of a ring is scored as the higher value of the next ring. Archers have the choice of 5 bull spots or a single 40 cm spot on the side of the target. Archers have four minutes to complete each end. The number

of hits in the X rings is used to break ties. Bounce-offs are not reshot. Arrows that glance off another are scored where they hit after the glance. Robin Hood is scored with the other arrow. The range officer must approve a scorecard change. The shooting partner must sign scorecards.

Range Operation and Setup:

During the round, a senior participant will shoot 65 arrows total - 5 for warm-up and 60 scoring arrows. Arrows are shot in a group of 5 called an 'end'. A perfect score is 300 with 60 X's.

The distances at which participants shoot are 20 yards for Seniors (14-18 years old), 15 yards for Juniors (11-13 years old), and Beginners (8-10 years old). Juniors and beginners shoot 35 arrows with a practice end of 5 arrows and six ends of 5 arrows for the score. A perfect score is 150 with 30 X's.

The shooting line spacing recommended by the 4-H program is 30 inches per target (targets butted together) for one archer. Two shooting lines (A and B) will be formed, each taking turns shooting their end. Targets should not be more than one arrow length from the backstop or curtain.

Whistle commands are the preferred method for controlling the range. Two whistle blasts are used to get the bow, one whistle blast to shoot, and three whistle blasts to retrieve the arrows. Five or more whistle blasts or a call to cease fire is used as an emergency signal on the archery range.

Equipment Standard for Indoor Contests:

Freestyle - includes all compound bows drawn by a release aid, with sights and stabilizers. Magnification is legal. Freestyle recurves are drawn by fingers, have sights, and stabilizers. No magnification. Minimum bow poundage is 12 lbs. Maximum poundage indoors is 55 lbs.



The arrow diameter maximum is .422 inches. No lighted nocks. Arrows with target/field points only.

A range officer or line judge must approve scorecard changes. The shooting partner and archer must sign scorecards.

North Dakota 4-H Barebow Indoor Guidelines



The indoor contest for barebow (recurve or compound) is on the 10-ring 80 cm target face. All archer age divisions shoot six ends of 5 arrows at 15 yards for a total score of 300. Each arrow is scored up to 10 points, with ties broken by the number of 10s scored (followed by 9s, then 8s, etc., until the tie is broken). An arrow that breaks the line of a ring is scored as the higher value of the next ring. The archers are given one warm-up end at the start of the match. Archers have four minutes to complete each end. Bounce-offs are not reshot and will be scored as a miss. Arrows that glance off another are scored where they hit after the glance. A Robin Hood is scored the same as the struck arrow.

Range Operation and Setup:

Targets are recommended to be spaced two arrows apart from the bullseye to the bullseye. The shooting line would have a minimum individual shooting lane of 30 inches for each archer at a time (with targets spaced).

The shooting line recommended by the 4-H program is 30 inches per target (targets butted together) for one archer. The minimum shooting lane width is $\frac{1}{2}$ the utilized target width, allowing up to two youths to shoot at a target simultaneously if needed. Two shooting lines (A and B) will be formed, each taking turns shooting their end. Targets should not be more than one arrow length from the backstop or curtain.

Whistle commands are the preferred method for controlling the range. Two whistle blasts are used to get the bow, one whistle blast to shoot, and three whistle blasts to retrieve the arrows. Five or more whistle blasts or a call to cease fire is used as an emergency signal on the archery range.

Equipment Standard for Indoor Contests:

Barebow Compound and Recurve – includes all bows drawn and fired by fingers, tabs, and gloves; no sights are allowed, but stabilizers are legal. Release aides are not permitted. Minimum bow poundage is 12 lbs. Maximum bow poundage is 55 lbs.

Arrows with target/field points only. No lighted nocks. Arrows must be all the same length and in good condition.

Arrow rests are not to extend more than $\frac{1}{4}$ inch above the arrow. We understand that some instructors have youth start with whisker biscuits. We will accept them, but youths are expected to be taught to draw the arrow successfully without pinching it or tilting the bow.

A range officer or line judge must approve scorecard changes. The shooting partner and archer must sign scorecards.

OUTDOOR ARCHERY

All three events are completed for the North Dakota State Outdoor Match

OUTDOOR ARCHERY- FITA ROUND

TARGET	122cm and 80 cm faces, full color FITA targets
DISTANCE	Seniors-60-, 50-, 40-, and 30-meters Juniors- 40-, 30-, 20-meters
COURSE OF FIRE	2 ends of 5 arrows each from each distance for the North Dakota state match. See 4-H National Championships for the national match.
TIME LIMIT	4 minutes per arrow end
SCORING	10 pts. -1 pt. from the center outward. Compound teams will score inner 10's as X's. Ties will be broken by the number of #10's first, then #X's, #9's, #8's, etc., until the tie is broken.
NGB RULES	World Archery Federation / Target
INFORMATION	https://www.worldarchery.sport/rulebook/article/3

OUTDOOR ARCHERY- FIELD ROUND

TARGET	NFAA targets of sizes selected by the management and appropriate to the course
DISTANCE	Senior distances within the range of 20 feet to 50 yards. Junior distance is 20 feet to 35 yards.
COURSE OF FIRE	10 targets with at least one fan and one walk-up target, four arrows per target
TIME LIMIT	Participants will move through the course expeditiously and avoid delays.
SCORING	5, 4, 3 from the center outward. Tie breaks will follow NGB rules.
NGB RULES	National Field Archery Association
INFORMATION	https://nfaausa.com/about/constitution/official-nfaa-rounds

OUTDOOR ARCHERY- 3-D ROUND

TARGET	3-D targets as selected and placed by the management
DISTANCE	<ul style="list-style-type: none"> • Freestyle Recurve maximum distance: 5 yards to 40 yards. • Freestyle Compound maximum distance: 5 yards to 50 yards • Freestyle Recurve distance for juniors: 5 yards to 30 yards. • Freestyle Compound distance for beginners: 5 yards to 25 yards. • Senior barebow distance is the junior freestyle distance. • Junior and beginner distance is the beginner freestyle distance.
COURSE OF FIRE	30 targets, one arrow per target
TIME LIMIT	Participants will move through the course expeditiously and avoid delays. 2 2-minute time limit to shoot once the archer has approached the shooting stake. Lost arrow search is limited to 2 minutes.
SCORING	<p>IBO scoring procedures depend on the type of 3-D targets available.</p> <ul style="list-style-type: none"> • 11 pts. 11-ring or "X" ring centered inside the 10-ring • 10 pts. 10-ring or heart • 8 pts. Vital • 5 pts. Body • 0 pts Glance off, miss or hit in horns or hoofs <p>Ties will be broken by the highest number of 11's, 10s, etc.</p> <p>Participants may glass the target before shooting, but are reminded of the time restriction for their shot.</p> <p>No adjustment of sights will be allowed after an archer has drawn and letdown.</p> <p>No adjustment of sights will be allowed after an archer has glassed the target while at the shooting stake.</p>
NGB RULES	IBO
INFORMATION	https://iboarchery.com/rules-and-regulations

AIR RIFLE

The 3 Position Match is the North Dakota State Match

TARGET	NC 5/10
DISTANCE	10 meters or 33 feet
COURSE OF FIRE	3 x 20. 20 shots each position: prone, standing, and kneeling in that order; (60 record shots)
TIME LIMIT	See Rule 5.3.3, Prone – 20 record shots in 20 minutes, Kneeling – 20 record shots in 20 minutes, Standing – 20 record shots in 25 minutes.
EQUIPMENT	.177 caliber air rifles may not exceed 7.5 pounds; metallic sights are permitted; trigger pull must be a minimum of 1.5 lbs.
APPROVED RIFLES	4.2.1, Approved Rifles/Air Rifles officially approved for Sporter Class air rifle competitions are the Air Force Air Guns Edge, Crosman CH2000 (CO2), Crosman CH2009 (CO2 or compressed air), Crosman CH2021 (CA), Daisy M599, Daisy M888/887 (CO2), Daisy XSV40 Valiant (compressed air), Air Arms T200 (compressed air, with nonadjustable cheek-piece and butt-plate) and the Champions Choice T200 (CZ 200T, compressed air, with adjustable cheek-piece and butt-plate). Daisy 887/888 rifles may have 2010 model replacement stocks.
CLOTHING	Shoes are restricted to soft, low-cut, athletic or street shoes that do not extend above the ankles. No boots are permitted. A shooting glove may be worn, but no shooting jackets are permitted. Up to two sweatshirts are allowed. A pin or button may be used as a sling keeper in the prone or kneeling positions. Shooting shirts and 4-H shooting sports vests are permitted. Compression clothing is not allowed.
NGB RULES	CMP 2024-2026 National Standard Three-position Air Rifle Rules, 15 th Edition
INFORMATION	https://thecmp.org/youth/air/national-standard-three-position-air-rifle-rules/

SPORTER AIR RIFLE EVENT (STANDING)

TARGET	NC 5/10
DISTANCE	10 meters or 33 feet
COURSE OF FIRE	40 shots standing
TIME LIMIT	See Rule 5.3.4, Two stages of 40 record shots in 50 minutes.
EQUIPMENT	177 caliber air rifles under 7.5 pounds with metallic sights are permitted. Trigger pull must be a minimum of 1.5 lbs.
APPROVED RIFLES See National Standard Three Position Air Rifle Rules, 4.2	Approved Rifles/Air Rifles officially approved for Sporter Class air rifle competitions are the Air Force Air Guns Edge, Crosman CH2000 (CO2), Crosman CH2009 (CO2 or compressed air), Crosman CH2021 (CA), Daisy M599, Daisy M888/887 (CO2), Daisy XSV40 Valiant (compressed air), Air Arms T200 (compressed air, with nonadjustable cheek-piece and butt-plate) and the Champions Choice T200 (CZ 200T, compressed air, with adjustable cheek-piece and butt-plate). Daisy 887/888 rifles may have 2010 model replacement stocks.
CLOTHING	Shoes are restricted to soft, low-cut, athletic or street shoes that do not extend above the ankles. No boots are permitted. A shooting glove may be worn, but no shooting jackets are permitted. Up to two sweatshirts are allowed.
NGB RULES	CMP 2024-2026 National Standard Three-position Air Rifle Rules, 15 th Edition –except for course of fire as noted.
INFORMATION	https://thecmp.org/youth/air/national-standard-three-position-air-rifle-rules/

NRA SPORTER AIR RIFLE SILHOUETTE

- NRA Air Rifle Silhouettes, only 10 Meter Sporter Air Rifles approved by the CMP Rule 4.2.1 for 10-meter matches will be allowed for Air Rifle Silhouettes.
- In Silhouettes, No shooting boots or shoes, per NRA Rules 3.18 and NRA Rule 3.19
- One sweatshirt will be allowed.
- No sighting shots before the Match. See NRA Rule 9.2
- No Rifle stands or Gloves allowed
- Butt plates and cheek pieces may be adjustable.

TARGET	1/10 scale, metallic silhouettes
DISTANCE AND COURSE OF FIRE	10 chickens at 20 yards, 10 pigs at 30 yards, 10 turkeys at 36 yards, 10 rams at 45 yards, in banks of 5 targets and shooting from left to right on each bank of targets
TIME LIMIT	15-second ready time and 2 ½ minutes firing time for each bank of 5 targets
APPROVED RIFLES	<p>Rifles that qualified for the 3-P and Standing events WILL be used for Silhouettes at the 4-H National Championships. Rifles will not weigh more than 11 lbs. with a scope—no restrictions on the power of the scopes. Optical devices cannot project a beam on silhouettes.</p> <p>National Invitational Match rules restrict this event to .177 caliber only.</p>
SHOOTING POSITION	<p>Rule 5.8 - Any standing position without artificial support. The hands and one shoulder will support the rifle. All parts of one hand must be forward of the pistol grip. The chin may not rest on top of the comb. The stock may not be hollowed, altered or manufactured to facilitate chin contact. This does not preclude the use of abrasive material or finish.</p> <p>All Air Rifle Silhouette shooters must load and cock their own rifles.</p>
SCORING	In proper sequence, targets knocked down or off the stand are scored as hits (1). Targets not knocked over or hit out of order will be scored as misses (0).
SPOTTER	<p>Each shooter may have one spotter on the firing line, who may use scopes and binoculars to advise the shooter on where shots are hitting.</p> <p>The spotter will also keep time and advise the shooter in a quiet voice. The spotter may be from the same team. The spotter may not touch the shooter or the shooter's equipment after the shooter assumes position on the firing line. Coaches cannot spot without clearance.</p>
NGB RULES	NRA Rifle Silhouette Rules (January 2023 Edition)
INFORMATION	https://competitions.nra.org/media/8911/2023-silhouette-rifle-rules.pdf

MUZZLE-LOADING RIFLE

GENERAL RULES

1. Rifles shall have a marked ramrod in the barrel except while loading or firing. Loading will take place at the loading line.
2. No direct loading from bulk containers, cans, bottles, powder horns, etc. is permitted.
 - Charges shall be transferred from the horn or flask to the muzzle using a powder measure or similar device at the loading table.
 - No pre-measured powder charges allowed.
 - Capping or charging will take place on the firing line.
 - Except while measuring a powder charge, no powder container shall be left open.
 - Any open container will be confiscated by range staff.
 - No wooden ramrods allowed.
 - Round balls only

MUZZLE LOADING- EQUIPMENT STANDARD

EQUIPMENT	Rifle: Any traditional or non-traditional NMLRA Conventional muzzle loading rifle (in-lines permitted); Sights: Metallic – non-traditional permitted (open or aperture); Position: Standing –no slings; Ignition: percussion cap, or flintlock. Number 209 primers are permitted; Maximum charge of 60 grains of black powder or its equivalent is allowable. Caliber has no limits. <u>All events are restricted to patched round balls only.</u> Spotting scopes are permitted.
NGB RULES	NMLRA Muzzle Loading Rifle, Pistol and Shotgun—except as noted. No rifle may be capped or primed until it is on the firing line and the command to fire has been given by the range officer.
INFORMATION	https://www.nmlra.org/rules

MUZZLE LOADING- 50 YARD BULLSEYE

TARGET	NMLRA 100-yard 8-ring targets (TG2406)
DISTANCE	50 yards
COURSE OF FIRE	20 shots standing. Sight-in shots permitted, but as part of the total running time.
TIME LIMIT	80 minutes total running time. May be run in 2 series of 10 shots - 40 minutes/series
PROJECTILE	Patched soft lead round ball only.
SCORING	The highest scoring area touched by the ball. Note: The latter is less stringent than standard NMLRA scoring.

MUZZLELOADING RIFLE SILHOUETTE

This 4-H " hybrid" event fits neither NRA Black Powder Silhouette nor NMLRA Silhouette. The steel silhouette and distances allow an NRA smallbore silhouette range and standard NRA targets. This contest can be age-adjusted for the junior age division. Paper or posterboard silhouettes, regulation size, can be used.

TARGET	½ scale metallic silhouettes (NRA Hunter Pistol) 20 targets
DISTANCE	5 Chickens at 40 meters, 5 pigs at 60 meters, 5 turkeys at 77 meters, 5 rams at 100 meters.
COURSE OF FIRE	5 targets at each distance, one shot per target fired upon in order from left to right.
TIME LIMIT	20 minutes per bank of 5 targets.
PROJECTILE	Patched soft lead round ball only.
SCORING	Target must be knocked over or from its stand to be scored as a hit (1). Targets not knocked over or hit out of order will be scored as a miss (0).
SPOTTER	Each shooter may have one spotter on the firing line, who may have scopes and binoculars to advise the shooter where shots are hitting. The spotter will also keep time and advise the shooter in a quiet voice. The spotter must be from the same team. The spotter may not touch the shooter or the shooter's equipment after the shooter assumes their position on the firing line. Coaches cannot be spotters without clearance.

SHOTGUN EVENTS

North Dakota State Match requires all three events to qualify for the National Match. Release triggers are NOT permitted at the 4-H Shooting Sports Invitational Shotgun events.

All shotguns must be opened immediately upon being uncased, with the muzzle(s) pointed in a safe direction until they are placed in the racks on the range. Shotguns must be carried from station to station with the action open and the muzzle(s) pointed in a safe direction.

SHOTGUN-SKEET

EVENT	Standard NSSA (American) skeet
COURSE OF FIRE	4 rounds (100 targets) consisting of singles and doubles from stations 1, 2, 6, and 7 and singles from 3, 4, 5, and 8.
SHOOT-OFFS	Doubles from stations 3, 4, and 5, miss and out by station.
TIME LIMIT	Participants will fire expeditiously, avoiding unnecessary delays; shooters should be prepared to take the field 45 minutes to 1 hour before any posted squadding time. Those who are not ready to fire when a squad is called may be denied entry later.
TIE-BREAKERS & SCORING	Ties will be broken by shoot-off (as described above) to establish only the top ten individuals and the top five teams. Team shoot-offs will follow the same procedure, each team firing as a squad at one station. Ties will be conducted as soon as possible once ties have been identified. Any team or individual failing to respond to a call for shoot-offs three times will be considered absent and placed behind the team or individual with whom they tied.
EQUIPMENT	Any shotgun 12 gauge or smaller, capable of firing two shots without reloading, may be used in skeet. The range facility requires only #9 size shot on the Skeet Range. Factory ammunition is required in this event.
NGB RULES	National Skeet Shooting Association
INFORMATION	http://mynssa.nssa-nsca.org/wp-content/uploads/sites/6/2016/03/2022-NSSA-Rule-Book-1.pdf

SHOTGUN- TRAP

EVENT	Standard ATA (American) trap (16 yards)
COURSE OF FIRE	4 rounds (100 targets) of five targets from each shooting station at 16 yards.
SHOOT-OFFS	Five targets each from stations 1 through 5 from the 21-yard line. Management may increase the distance to 27 yards if required to break ties.
DELAY OF MATCH	No shooter, coach, or spectator shall delay or interrupt the match. Shooters will take the field when called, call for targets, and fire expeditiously, avoiding unnecessary delay. Shooters must be available and ready to take the field 45 minutes to 1 hour before their scheduled time.
TIME LIMIT	Participants will fire expeditiously, avoiding unnecessary delay.
TIE-BREAKERS & SCORING	Tie break may be done by a shoot-off (as described above) to establish the top individuals and teams.
EQUIPMENT	Any shotgun 12 gauge or smaller, firing target ammunition for that gauge with a maximum load of 1 ⅛ ounce of size 7 ½, 8, 8 ½, or nine shot may be used in this event. Factory loads are required.
MOVING BETWEEN STATIONS	Shooters shall move to their next station upon completing the final shot on each station and the referee's command. In the rotation, all shooters shall move to the right except for the shooter on station 5, who will move to station 1. No shotgun will be loaded and closed until that rotation is complete.
NGB RULES	Amateur Trap Association (September 2024 Edition)
INFORMATION	https://shootata.com/portals/0/pdf/Rulebook.pdf

SHOTGUN- SPORTING CLAYS

EVENT	50-target course laid out in natural cover and meeting NSCA standards. Target presentations will remain the same throughout the match, and any sporting clays target may be thrown.
TARGETS	Any recognized sporting clays target may be used in this event.
COURSE OF FIRE	Any combination of single, double or true-pair targets, as determined by shoot management, may be thrown at each station on the course. One target and two pairs of doubles (simultaneous, following or report) may be thrown.
SHOOT-OFFS	Shoot-offs will be held on a second course with pre-set targets designed to break ties. Ties will be broken only as outlined below.
TIME LIMIT	Participants will fire expeditiously, avoiding unnecessary delay. Shooters should be prepared to take the field 45 minutes to 1 hour before their scheduled firing time.
TIE-BREAKERS & SCORING	Tie breaks may be done by shoot-off, as described above, to establish the top individuals and teams. Shooting order and positions will be determined by the match officials.
EQUIPMENT	Any shotgun 12 gauge or smaller, firing a shot charge, meeting the requirements of the NGB. Choke tubes may be changed between stands only. Factory loads are required.
NGB RULES	National Sporting Clays Association (April 2024 Edition)
INFORMATION	https://nsca.nssa-nsca.org/rule-book/

SMALLBORE RIFLE EVENTS

General Rules

- All smallbore rifles must have the action open and a CBI (Clear Barrel Indicator) in place when the rifle is not being fired and is uncased. Either commercial or personally made flags are permitted.
- Cased rifles will be the last equipment to be brought to the range and the first to be removed from it.
- The official weight of a rifle will be determined with the magazine inserted in the rifle.
- The CMP rifle trigger must be capable of lifting and supporting the 3.0 # weight without firing. Triggers that break as the weight is lifted will not pass.
- No cell phones on the firing line

NRA THREE-POSITION

TARGET	USA /A – 50
RANGE	Depending upon the host, it may be 50 yards or 50 feet.
COURSE OF FIRE	20 shots in each position – prone, standing, and kneeling – in that order at 50 meters (or 50 yards); 60 record shots
TIME LIMIT	One (1) minute per record shot prone; two (2) minutes per record shot standing; and one and one-half (1-1/2) minutes per record shot kneeling.
EQUIPMENT	Any safe .22 caliber rimfire rifle chambered for .22 short, .22 long, or .22 long rifle cartridge may be used in smallbore 3-position; no restriction on barrel length, overall weight of rifle or accessories or overall weight of rifle and accessories other than those laid out in NRA Smallbore Three-Position Rifle Rules.
SIGHTS	Metallic sights only
AMMUNITION	Solid point (40 grains) standard velocity; match or target ammunition
NGB RULES	NRA Smallbore Rifle Rules CR16750 (Most recent printing)
INFORMATION	NRA Smallbore Rifle Rules (Revised January 2024) https://competitions.nra.org/media/9391/2024-smallbore_rulebookpdf

SMALLBORE SILHOUETTE RIFLE (NRA Rule 3.2)

TARGET	1/5 scale metallic silhouettes
COURSE OF FIRE	10 chickens at 40 meters, 10 pigs at 60 meters, 10 turkeys at 77 meters and 10 rams at 100 meters
TIME LIMIT	15-second ready time and 2 ½ minutes firing time per bank of 5 targets
EQUIPMENT	NRA Smallbore silhouette rifle rules (rule 3.2) closely follow the high-power rule (rule 3.1). A synopsis follows: maximum weight – 10 pounds 2 ounces, including sights. Any sights, telescopic or metallic, scopes may not be placed more than 2 inches above the rifle (top of receiver to bottom of scope tube), any safe trigger, release triggers NOT permitted, stocks must be of conventional design, barrel no longer than 30 inches, “chin rest” stocks prohibited, combs may not extend above the center line of the bore, the toe of the stock may not extend more than 7 inches below the center line of the bore, butt plate or recoil pad cannot extend below the lower line of the stock.
AMMUNITION	Cartridges up to .22 rimfire long rifle standard or high velocity may be fired in this event. Hot or hyper-velocity loads, such as stingers, are NOT permitted.
SHOOTING POSITION	The standard standing position used in position shooting is permitted.
SHOOTING ORDER	Each shooter will be assigned a firing point and will rotate to the right upon animal changes.
SCORING	Targets knocked down or off the stand in proper sequence are scored as hits (+1). Any target shot out of order is recorded as a miss (0). If a target is unavailable, the shooter may go to the next available target or return to an earlier target with the scorer's knowledge and shoot it as a substitute. If no targets are available, the shooter will get an alibi target before the next stage begins.
SPOTTER	Each shooter may have one spotter on the firing line who may have scopes and binoculars to advise the shooter where shots are hitting. The spotter will also keep time and advise the shooter in a quiet voice. The spotter must be from the same team. The spotter may not touch the shooter or the shooter's equipment after the shooter assumes their position on the firing line. Coaches cannot spot without clearance.
NGB RULES	NRA Rifle Silhouette Rules (January 2023 edition)
INFORMATION	https://competitions.nra.org/media/8911/2023-silhouette-rifle-rules.pdf
EXCEPTION	There will be no exceptions to the NRA Rules.

11/2025 Update