



## **IMPALA SHOOTING EXERCISE: WITHOUT REST**

### **1. Introduction**

The purpose of this exercise is to simulate hunting without the aid of a rest. It gives participants the opportunity to compete in an exercise where the finer skills of breath control and body position to enhance stability as well as the optimal application of rifle slings may be practised.

### **2. Target**

The Impala target of the SAHGCA will be used. Other targets may be introduced by the Shooting Committee from time to time. The head of the animal may point to the left or right.

### **3. Universal rules for shooting exercises**

See separate document "Universal Rules for Shooting Exercises" – document: J006.34.06E – for description of general (universal) items.

### **4. Shooting Range Safety Rules and Standard Commands**

See "Shooting Range Safety Rules for Participants" and Standard Commands on the Shooting Range" - document: J006.35.03E – for loading, unloading and safety procedures.

### **5. Caliber**

Any centre fire caliber.

### **6. Sights and telescopes**

No restrictions on sights and telescopes.

### **7. Exercise (item references refer to the document "Universal Rules for Shooting Exercises")**

- a. From **200m three shots** are fired in **120 seconds** in the prone position without any artificial support (refer to item 18.1.1).
- b. From **100m three shots** are fired in **120 seconds** in the sitting position without any artificial support (refer to item 18.2.1)
- c. From **50m three shots** are fired in **60 seconds** in the offhand standing position (refer to item 18.4.1).

### **8. Recognition**

Shooting badges are available with cut-off points for bronze, silver and gold at **27, 32 and 36** respectively with a maximum score of **45**.



Actual size of target: W x H = 750 x 1000mm

Target areas	W x H mm	Area cm <sup>2</sup>	vs Heart
Heart:	96 x 102	76	--
V-heart:	57 dia	25	33 %
Central heart/lung:	173 x 177	272	350%
Larger lung/ vertebra:	235 x 226	512	670%

Scores are printed on the target.

The actual lines on the target are thin red lines which are not visible from a distance.