



2025 4-H Shooting Sports

Spring Match Championships

General Rules

Updated: January 2025

2025 4-H Shooting Sports Kansas Championships

General Rules

IT IS THE SHOOTER'S RESPONSIBILITY TO KNOW AND ABIDE BY THE RULES!!!

All disciplines will be following the [National Minimum Standards & Best Management Practices](#) AND the governing body of that discipline as facilities will allow unless otherwise indicated.

Disqualification will occur if there is any violation of these rules.

The 4-H Shooting Sports Kansas State Championship Matches all follow Kansas 4-H Policy.

By entry in these events, the local Extension Agent and shooting sports program coordinator verify that those youth entered are *bona fide* members of the 4-H Shooting Sports Program in their respective local units, and that they are knowledgeable and proficient in the safe use of the equipment, and knowledgeable of the general rules of the events. Match and/or range officials may dismiss or disqualify any participant if he/she believes the participant does not demonstrate the basic proficiency and knowledge required. Violation of any of these policies and/or rules are grounds for disqualification and dismissal from the Championships.

Table of Contents

	Page
General Rules	2
Updated Minimum Standard	3
Participation	3
Conduct	4
Range and Facilities	4
Equipment and Firearms Check-in	4
Range Protocols	5
Health and Safety	5
Notice of Non-discrimination and Accommodations Process	6
Coaching	6
Protests	6
College Recruitment	7
Awards	7
Ties	7
Eligibility	7
Rule Books	7
National Team Selections	7
Qualifying Events	8
Spring Match	
Air Pistol	9
Air Rifle	11
BB Gun	12

Updated Minimum Standard

Each year, the National 4-H Shooting Sports Committee reviews both the Championship Rules and Regulations as well as the Minimum Standards and Best Management Practices of a 4-H Shooting Sports Program. Decisions to edit are based on the safety and education of our youth as well as the integrity of the 4-H Program. The committee has updated the minimum standard, listed below.

Any firearm built or modified to give the impression of a modern military style firearm such as an AR or AK is not allowed in the 4-H Shooting Sports Program. Front pistol grips, heat shield/shroud, suppressors, and magazines extending more than 2 inches below the receiver are prohibited. Below are visual examples of firearms that would not be permitted.



Synopsis of General Rules

I. Participation

- 1. 4-H Membership** – All 4-H Shooting Sports members in good standing and meeting the criteria below are eligible to compete in 4-H shooting sports events, subject to limitations imposed by the specific event and the rules for active membership instituted by their state. Official 4-H enrollment is required.
- 2. Age Requirements** – Participants must be 9 to 18 years of age before January 1st to compete at the State Championships. Participants who will be 19 years of age before January 1st of the year the National Championships are held are NOT eligible to make the National Team. Juniors are 13 and under; Seniors are 14-18, unless otherwise indicated.
- 3. Official Entry**– All registrations must be approved by the discipline instructor of the participant's unit to verify eligibility and then by the Extension Unit's 4-H Shooting Sports Coordinator & Extension Agent. All parties will work together to submit registration for state matches. The Match Steering Group will verify that all entrants have qualified to participate in the state match.
- 4. Individual Participation** – All individuals participating as team members are competing concomitantly as individuals. Where teams cannot be formed, individual participants may compete in the Championships for individual awards and recognition.
- 5. Team Composition** - All match teams will be automatically selected based on top aggregate scores shot at the state match event. 1. For County Extension units, there may only be one team from each county unit. 2. For Extension Districts, there may be as many teams as there are counties in the district, if the participants are registered as a district.
- 6. Post-Secondary Restriction** – Participants shall not have participated in any post-secondary (university, college, junior college, or technical school) competitive collegiate shooting sports event at any level. A competitive event is defined here as an event open to more than one educational institution (or its students) in which scores are kept and awards are offered to any or all participants.
- 7. Refunds** – No Refunds for cancellations.

II. Conduct

1. **4-H Image and Honor** - The State Matches are a youth events showcasing a major component of the 4-H program. The nature of events demands that all of us involved in the event from the match CRO's to the young people, parents and coaches participating must put forward the best image of the 4-H Shooting Sports Program and the 4-H program generally. To protect that public image, use of alcoholic beverages and any use of tobacco products by minors is not permitted on the grounds and the Kansas 4-H Code of Conduct should be followed. Violation of this policy is grounds for disqualification and dismissal from the event.
2. **Knowledge of Rules and Procedures** – Where possible, each event in this program has been associated with the appropriate National Governing Body (NGB) for that event. Exceptions to NGB rules are noted in the specific Match Rules. Participants and coaches are responsible for reading the rules, understanding procedures used in each event, and complying with the rules and standards involved. Questions are encouraged to clarify areas of confusion or misunderstanding. Ignorance of the rules does not negate their existence. Participants are responsible for knowing the rules of their events and complying with them. Learning the rules is part of the educational process for shooting sports participants.
3. **Dress Code** - Participants and coaches are expected to dress appropriately for the events in which they participate. Both young people and adults should wear attire appropriate for the weather while remaining modest. It is important to recognize and respect individual's choices which can at times bring unwanted attention either to an individual or to the group as a whole. All participants, coaches, parents, and family members must remember that they may be photographed or interviewed for use by local, regional, or national media. Let's do all we can to make sure that is a positive image for 4-H!
4. **Footwear Policy** - Participants in any shooting event or activity, while on the shooting line, are required to wear shoes that completely cover their feet, including soles. Examples of footwear that are not acceptable include, but are not limited to: sandals, clogs, flip-flops, slippers, house shoes, and bare feet.
5. **Behavior and Sportsmanship** - All participants, coaches, and spectators will demonstrate the highest levels of sportsmanship, supporting the objectives and ideals promoted by the 4-H program in general and the 4-H Shooting Sports Program in particular. Participants or coaches will render aid and/or testimony if asked to do so by any match official. All participants, coaches, and observers are expected to conform to appropriate state 4-H Codes of Conduct, expectations, or volunteer agreements, as well as to the Kansas 4-H and National 4-H Shooting Sports Code of Conduct, not only to the letter, but in its intent.

III. Range and Facilities

1. Only factory loaded ammunition may be used. On the Trap, Skeet, and/or Sporting Clays Ranges, sizes of 7½, 8, 8 ½, or 9 shot may be used. Teams must source and bring/ship their own ammunition.
2. All range and facility rules must be followed at all times by spectators, participants, and coaches.

IV. Equipment and Firearms Check-in

1. Please see Specific Match Rules or Match Bulletin for check-in requirements. A spot-check of equipment may take place before, during, or after the match.

V. Range Protocols – In this section, "firearm" is broadly defined to include all rifles, pistols, shotguns, and muzzleloading arms regardless of type or action, including air guns. Range safety protocols will be strictly and vigorously enforced.

1. Firearms will be the last piece of equipment brought to the range by the competitors and the first piece of equipment to be removed from the range at the end of each event. When moving among positions, e.g., to different firing points in silhouette, the action must be open, ECI or CBI in place, and the muzzle pointed in a safe direction. In shotgun events, a visibly open action is sufficient with care to the position of the muzzle in a safe direction.
2. All firearms will remain cased until the competitor prepares to take the range for their relay and the range officer has declared the range ready. ECIs or CBIs will be in place until the competitor is on the firing line and will be replaced in the action prior to leaving the firing line. This does not apply to shotguns where the open actions permit visual observation by range staff.
3. No competitor shall rest the muzzle(s) of a shotgun or any other firearm on a shoe, toe pad or similar device such that the muzzle points at any part of an individual's body.
4. Deliberate shooting or attempting to shoot any living animal while on competitive ranges is grounds for ejection from the event or from the match.

VI. Health and Safety

1. **Medical Consent Form and Adult Supervision** – It is the responsibility of each team to have the appropriate health consent and release forms for each participant. An adult supervisor or coach must be present at each event site with immediate access to those forms during events. They must also have access to them in off hours. The Kansas 4-H Shooting Sports Program and the host are not responsible for medical authorizations or health histories of the participants.
2. **Safety** – Safety is the first priority for range staff, participants, coaches, and spectators. Standard and accepted range and shooting safety rules will always be followed. Any site-specific safety considerations will be announced at the appropriate venues. Match Director, Range officers, or other event staff may caution, warn, or eject any person on any range for unsafe behavior. Such ejection may result in forfeited scores, disqualification, or ejection from the grounds. Any spectator contributing to unsafe behavior or rules violations may be barred from the ranges by Committee staff or event management at any level.
3. **Cell Phones and Other Electronic Devices** –
 - a. Except in emergency situations, NO cell phones, radios, ear buds, smart watches, or other electronic communication devices may be used by competitors or others on or in the immediate vicinity of competitive ranges during active competition.
 - b. **Ear Protection:** Adequate ear protection carrying an OSHA Noise Reduction Rating (NRR) of at least 25 dB is required for all participants in Muzzle Loading, Pistol, Rifle, and Shotgun disciplines. This includes Hunting and Western Heritage live fire events. Noise Canceling devices without an OSHA NRR rating are not adequate as they are designed to make listening more enjoyable, not reducing the dB of sound entering the ear. Coaches or spectators on or near firing lines are subject to the same requirements. In all disciplines, devices placed over, on, or into the ear are not allowed to receive wireless, communication, background noise or similar broadcasts that could interfere with range commands.
 - c. Essential communication may take place off the ranges where the process will not interfere with participants in any venue or compromise safe operation of the range.
4. **Eye and Ear Protection Requirement** –
 - a. **Eye Protection:** Adequate eye protection (shooting glasses, safety glasses or safety goggles, or hardened prescription glasses are required for all competitors in muzzleloading, air and small bore pistol, air and small bore rifle, and shotgun events. This includes Hunting Skills competitors during live fire events for rifle and shotgun. Coaches or spectators on or near firing lines are subject to the same requirements.

- b. **Ear Protection:** Ear Protection: Adequate ear protection carrying an OSHA Noise Reduction Rating (NRR) of at least 25 dB is required for all participants in Muzzleloading, Pistol, Rifle, and Shotgun disciplines. This includes Hunting and Western Heritage live fire events. Noise Canceling devices without an OSHA NRR rating are not adequate as they are designed to make listening more enjoyable, not reducing the dB of sound entering the ear. Coaches or spectators on or near firing lines are subject to the same requirements. In all disciplines, devices placed over, on, or into the ear are not allowed to receive wireless, communication, background noise or similar broadcasts that could interfere with range commands

VII. Notice of Non-Discrimination and Accommodations Process

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Language access requests and reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language), may be requested by contacting the event contact **Chandra Plate** four weeks prior to the start of the event at **620-388-7157**. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request. Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.

VIII. Coaching – See Discipline Rules for coaching instructions, information, and limitations.

IX. Protests

1. **Protests and Protest Fees** - Youth participants only (no coaches, parents, or other adults) may protest:
 - a. an injustice they feel has been done to them individually.
 - b. conditions under which another competitor was permitted to fire, or
 - c. equipment not meeting standards another competitor was permitted to use.
2. **Steps to Filing an Official Protest** - Only the competitor affected can make the protest – not parents, coaches, or other adults. A protest must be initiated immediately upon the occurrence of the protested incident. Failure to comply with the following procedure will automatically void the protest:
 - a. State the complaint verbally to the CRO. The youth who is the subject of the complaint should not be disturbed during active shooting. While the line is safe, during a changeover period, the CRO will investigate and render a decision without drawing attention to the youth accused, and if possible, without drawing that youth in to question unless absolutely necessary.
 - b. If the participant complainant is not satisfied with the decision of the CRO, then:
 - c. Immediately appeal the decision to the Assistant CRO with a \$20.00 fee, and request a jury. The Assistant Range Officer will call the Match Director for the event who will assemble the jury away from sight of the youth on the range, if possible. The jury will be three pre-determined people to assemble. Jury members must be familiar with the rules. It is the responsibility of the jury to interpret and apply the rules and resolve protests. Jury members may not rule on a matter in which they or their team are personally involved. Decisions by the jury must be based on applicable rules, or in cases not specifically covered by the rules, must be governed by the intent and spirit of the rules. Alternate jurors will also be pre-selected. The jury may hear verbal explanations from the CRO and the youth protesting. The youth who is being accused should not be made aware, so as not to disrupt their shooting, unless their testimony is necessary for determining facts.
 - d. If the jury decides in favor of the appeal, the cash protest fee will be returned. If the previous decision is upheld, the protest fee will not be returned.
 - e. Jury decisions are final.

X. College Recruitment – College recruiters are invited and welcome to attend the State Championships. Recruiters are not to interfere with any daily competitions during the event or a competitor’s daily schedule. All expenses related to their visit will be the college recruiter’s responsibility. A request for booth-type space will be honored with a fee.

XI. Awards

Awards will be given to the top 5 Senior and top 5 Junior individuals where applicable, and the top 3 teams in every discipline. Any awards and targets not picked up at the end of the match will be sent to the Kansas 4-H Headquarters. They will then be sent out through K-State Research and Extension offices. Results will be posted on the Kansas 4-H Shooting Sports Homepage of the Kansas 4-H website as soon as possible after the match.

XII. Ties

1. Ties will only be broken to determine the top 5 individual awards and top 3 team awards.

Eligibility

Shooters become eligible for State competition after earning the designated score during a single relay at a qualifying match. Contestants can only shoot once towards the qualifying score per discipline at a qualifying match.

RULE BOOKS

BB Gun: [NRA BB Gun Rules](#)

Air Rifle: [CMP National Standard Three Position Air Rifle Rules](#), [NRA Rifle Silhouette Rules](#)

Air Pistol: [NRA Pistol Silhouette Rules](#) , [USAS-NRA Air Pistol Rules](#)

NATIONAL TEAM SELECTIONS

Teams representing Kansas 4-H Shooting Sports at the National 4-H Shooting Sports Championship Match will be chosen based on **individual aggregate scores** at the state match and eligibility (4-H age and not previously competed in the discipline at Nationals). Eligibility for Air Pistol and Air Rifle is 4-H age 14-18.

Post-Secondary Restriction – **Participants shall not have participated in any post-secondary (university, college, junior college, or technical school) competitive collegiate shooting sports event at any level. A competitive event is defined here as an event open to more than one educational institution (or its students) in which scores are kept and awards are offered to any or all participants.**

Team Coach selection – Coaches are recruited based on counties the team participants are from, their rank, and coach availability. **Coaches must be 4-H certified discipline instructors.**

QUALIFYING EVENTS

1. All qualifying events must submit a *Request to Host Form, Match Bulletin, and Match Registration Form* to be approved by the state match committee a **minimum of 30 days prior** to the match or qualifying shoot being held.
2. Match Registration Forms must include the Coordinator and Extension Agent signatures, and a Discipline Instructor signature for each discipline youth may compete in.
3. Qualifying events are not required to be a competitive match as long as the correct state match rules are used to shoot for score.
4. All scores sent in must be approved by the local Shooting Sports Coordinator/Extension Agent and respective Discipline Instructor. **ALL scores MUST be sent in, both qualifying and non-qualifying within seven days of the match.**
5. Pre-shot targets will not be allowed for a qualifying score for the state match.
6. The match bulletin and registration form will be posted on the Shooting Sports website for all qualifying events.
7. When requesting to host a spring discipline-qualifying match, the date of the match must be after the last fall state match, and when requesting to host a fall discipline-qualifying match, the date of the match must be after the spring state match.
8. The use of Orion targets is encouraged at spring discipline-qualifying matches but is NOT required.
9. **For Air Rifle and Air Pistol – only .177 caliber flat-nose wadcutter pellets will be allowed.**

A yearly review of qualifying scores for each discipline by the Spring Match Steering Group is to occur.

SPRING MATCH

AIR PISTOL

Age requirements: 4-H age 10-13 year olds before Jan. 1 of current year = Juniors
4-H age 14-18 year olds before Jan. 1 of current year = Seniors

Teams will be automatically selected based on top scores shot at the state match.
The 2-member team may consist of Junior and/or Senior competitors.

Must have a current signed Hand Gun Permission Form on the firing line with shooter.

Clear Barrel Indicators (CBI) long enough to protrude from both ends of the barrel, or Clear Chamber Indicators (CCI) will be required for all qualifying matches and the state match.

Eye protection is required for anyone in front of the ready line.

Follow the current [USAS-NRA Air Pistol Rules](#) with the following exceptions/clarifications:

Rule 5.1 exception: All shooters will fire from a standing unsupported position. Juniors may use either one or two hands. Seniors must only use one hand.

Rule 5.2.2 exception: Coaching is allowed on the firing line during the sighting period only.

Rule 5.3 exception: The match will consist of unlimited sighters and 40 record shots in two segments with a changeover period. Sighting shots are allowed in Segment 1 ONLY.

- a. Segment 1 will include 5 minutes for sighters followed by 20 minutes for 20 record shots.
- b. Segment 2 will include 5 minutes for Preparation Time / Dry Fire followed by 20 minutes for 20 record shots.

Athletes may place pistol support stands or boxes on the bench or table to rest their pistols between shots. The total height of the bench or table with a support stand or box on it may not exceed 1.00 m.

All pistols (including repeaters) must be loaded with only 1 pellet at a time (single shot mode)

Shooting Positions:

1. 10 Meter Paper Match
 - a. Juniors will fire from an unsupported standing position using either a one-hand or two-hand hold with arms extended.
 - b. Seniors will fire from an unsupported standing position using a one-hand hold with the shooting arm extended for bulls-eye.
2. Silhouette Match
 - a. Only standing positions may be used, two-hand holds permitted but the hands and arms must be free of the body and may not touch beyond the wrists (NRA Pistol Silhouette Rule 5.8)

AIR PISTOL (continued)

Silhouette Match:

Silhouette Air Pistol will use the applicable sections of the latest edition of the [NRA Pistol Silhouette Rules](#). Junior and Senior divisions, teams, etc., will be the same.

Any air pistol, .177 caliber, equipped with any sights that do not project an image on the target and having a safe trigger. (Scopes or red dot optical sights allowed.)

Follow the **latest edition of the** [NRA Pistol Silhouette Rules](#) with the following exceptions/clarifications:

All silhouette scoring will award 10 points for a hit and 0 points for a miss.

Orion scorecards will be used to score air pistol silhouettes.

Course of Fire:

The course of fire will be 5 chickens at 10 yards, 5 pigs at 12.5 yards, 5 turkeys at 15 yards, and 5 rams at 18 yards in banks of 5 animals. The targets used will be 1/10 scale, freestanding metallic silhouettes (Daisy/Crosman type). Silhouette targets will be fired at varying distances - Exact ranges to be determined by space available). Breaking ties will be accomplished by number of hits in the following order: rams, turkeys, pigs, and chickens. If a tie still exists, a shoot off of rams will determine the winner, with shooters firing alternate shots until one shooter misses while the other shooter achieves a hit. **If a participant is absent for the tie-breaking session, they will be awarded the lower placing.**

Qualifying Course of Fire:

Shoot 40 shots at a State Match Committee approved event.

Refer to the current rulebook for information on targets and/or scoring.

Qualifying score: 280 points out of a possible 400.

Juniors: Choice of one- or two-handed, unsupported.

Seniors: One-handed, unsupported.

AIR RIFLE

Age requirements: 4-H age 9-13 year olds before Jan. 1 of current year = Juniors
4-H age 14-18 year olds before Jan. 1 of current year = Seniors

Teams will be automatically selected based on top scores shot at the state match.
The 4-member team may consist of Junior and/or Senior competitors.

Clear Barrel Indicators (CBI) long enough to protrude from both ends of the barrel, or Clear Chamber Indicators (CCI) will be required for all qualifying matches and the state match.

Follow the latest edition of the [National Standard Three-Position Air Rifle Rules](#).

Non-verbal coaching is anything that conveys a message to the athlete without the use of words, either spoken or written. Non-verbal communication would include body language, facial expressions, gestures, etc. (Clarification from CMP regarding 5.2.2)

Rule 2.3 exception: Either Clear Chamber Indicators or Clear Bore Indicators may be used.

Eye protection is required for anyone in front of the ready line.

Silhouette Match:

Silhouette Air Rifle will use the applicable sections of the latest edition of the [NRA Rifle Silhouette Rules](#). Junior and Senior divisions, teams, etc., will be the same.

Any .177 caliber sporter air rifle approved for 3P competition as defined in rules 4.2 of the [National Standard Three-Position Air Rifle Rules](#), equipped with any sights that do not project an image on the target (scopes or red dot optical sights allowed), and weighing no more than 11 pounds with scope.

Follow the latest edition of the [NRA Rifle Silhouette Rules](#) with the following exceptions/clarifications:

All silhouette scoring will award 10 points for a hit and 0 points for a miss.

Orion scorecards will be used to score air rifle silhouettes.

Course of Fire:

Due to range limitations, the course of fire will be 10 chickens at 20 yards and 10 pigs at 30 yards in banks of 5 animals. The targets used will be 1/10 scale, freestanding metallic silhouettes (Daisy/Crosman type). Breaking ties will be accomplished by number of hits in the following order: pigs then chickens. If a tie still exists, a shoot off of pigs will determine the winner, with shooters firing alternate shots until one shooter misses while the other shooter achieves a hit. If a participant is absent for the tie-breaking session, they will be awarded the lower placing.

Qualifying Course of Fire:

Shoot 60 shots in 3P at a State Match Committee approved event.

Refer to the current rulebook for information on targets and/or scoring.

Course of fire will follow the current ISSF format: Kneeling, Prone, then Standing.

Qualifying score: 450 points out of a possible 600.

BB GUN

Age Requirements: 4-H age 9-11 year olds before Jan. 1 of current year = Juniors
4-H age 12-Actual age 15 years old at 1st shot of the match = Seniors
Competitors may compete until their 16th Birthday. The eligibility of competitors is determined by the date of the first shot going down range.

Teams will be automatically selected based on top scores shot at the state match.
The 5-member team may consist of Junior and/or Senior competitors.

Follow the latest edition of the [NRA BB Gun Rules](#).

Clear Chamber Indicators should not be put in BB Guns as this is NOT SAFE.

Eye protection is required for anyone in front of the ready line.

Off-hand stands may be used to hold equipment and/or support the gun between shots in the standing position.

Qualifying Course of Fire:

Shoot 40 shots in 4P at a State Match Committee approved event.

Refer to the current rulebooks for information on targets and/or scoring.

Qualifying score: 335 points out of a possible 400.