

SWEFTA Bench Rest Rules - October 2023

For the most part these rules are based on BRUK rules and only a few small details have been changed in order to broaden the scope for the use by SWEFTA members.

Matches.

There will be up to nine matches held throughout the season with the best five matches to count towards the final. Some clubs may wish to hold less than nine matches. The matches will be held within calendar month i.e. March, April, May etc.. All competitors at a club will shoot their postal match on the same day. At the end of each match the chief marshal or designated scorer running the match will sign and date each competitors cards.

Match scores will be submitted to SWEFTA using a standard spreadsheet template, this will be provided by SWEFTA.

The final shoot of the season will be a live shoot, where all competitors from around the region who have submitted more than five match scores may attend. The winner of the live match will be the SWEFTA Bench Rest Champion.

Match Requirements:

1 All matches will be shot at 25m.

2 Matches will be shot outdoors. A covered shooting area does not constitute an indoor range if the targets are still in open air.

Bench:

A bench to be a solidly constructed table with chair or stool. Position on the bench:

The rifle shall be so placed that the muzzle extends forward of the bench and the entire receiver of the rifle is behind the firing line.

Firing Line:

The firing line shall preferably be coincident with the forward edge of the bench. If not, the line must be clearly marked on the bench.

Equipment:

Rifle.

Air Rifle - Rifles Chambered for .177, .20 or .22 and of power of no more than 12 foot pounds.

Ammunition:

Air Rifle ammunition must be a lead pellet in calibre .177 .20 or .22

Wind Flags.

Wind flags can be utilised. Flags must be no higher than level of bench top to bottom of target. Shooters must place wind flags in position before match begins. Wind flags cannot be moved or taken down until match is over. If a flag is in a shooter's line of sight, the Range Officer will lay the flag on the ground. This must be done before commence fire.

Rests:

A front rest shall only support the front portion of the rifle. The rear rest shall only support the rear portion of the rifle. Neither rest may be attached to the bench, the rifle or each other i.e.: Both parts shall be moveable independently of each other.

Bi-pods:

Bi-pods may be used, these to be commercially available items, fixed or locked during use, with a maximum height of 9" or 225mm.

Front Rest:

Generally the front rest or pedestal does not have restrictions in terms of weight, material and design for these devices. The front rest must incorporate a pliable bag containing sand or other suitable filling material, such as hardwood chips. The front portion of the rifle shall contact no portion of the rest (other than a stop at the front of the rest that can be used to locate the distance that the rifle is moved towards the target) other than the bag. The bottom of the fore end of the stock must form a 100% contact with the top of the pliable bag. The rest can incorporate vertical and horizontal adjustments, with any appropriate mechanism used to achieve this.

Rear Rest:

To be a bag containing sand or other suitable filling material. The rear bag can incorporate a vertical spacer (donut) as long as it does not contain horizontal or vertical adjustments. The vertical spacer shall not contain any protrusions which can be inserted into the bench top or the bag. The rear bag shall not be contained in any way.

Sand Bag:

Sand bags must be pliable, made of leather and/or cloth (i.e. Cordura) which are filled with sand, hardwood chips or other suitable filling material. The leather and /or cloth material will be a maximum of 3mm or 0.12 inches in thickness across its general surface, the base only can be thicker for stability. Thickness can be tested at the seams of the bag. Solid leather, plastic or wooden bags covered in leather / material are not permitted.

Anti slip surfaces on the bags may be utilised. Talc or non slip compounds can be used to aid tracking of the rifle.

Restraint of Rifles:

When rifle is raised straight up, the front and/or rear rest must not rise up with rifle (with the exception of a bipod). The Rifle can also be slid back and forward to determine if it's being clamped in the rest. Front and/ or rear rifle rest cannot be used to restrain recoil of rifle. In general none of the competitor's equipment may be attached to the bench. Tape on the sandbag is legal.

Guiding means:

Any device, addition, contour or dimension on a rifle, designed to co-act with any equipment to guide its return to the firing position, without the necessity to re-aim the rifle optically for each shot shall be deemed illegal.

Tuners:

Muzzle flip compensators, variable air strippers and custom brakes are permitted.

Course of Fire:

A match will consist of 3 cards. Each card will consist of an unlimited number of sighters and 25 scoring shots, one per diagram, to be completed within twenty minutes.

Eligibility of Competitors:

All competitors must be a registered member of a SWEFTA affiliated club.

Safety:

The Range Officer or Club Official will be responsible to see that appropriate safety precautions are taken. It is expected that all competitors will exercise their best judgment to keep our sport safe for all that participate. The Range Officer to go over basic safety rules if appropriate before a match if there is any question that anyone in attendance may not be familiar with the rules in effect at that range. Recognised Club safety rules will apply.

Sportsmanship:

There shall be no boisterous conduct on, or near, the firing line during the firing of any match. Everyone should treat all shooters as they would like to be treated if they were about to shoot a new record score.

Targets:

Only Official Benchrest UK targets to be used, these consist of 25 scoring diagrams plus additional sighting diagrams.

Target Marking Procedures: (All Scoring will be at .22)**Best Edge:**

Best edge scoring will be used throughout all score matches. If the hole/plug touches the border of the next highest ring, the higher score will be awarded. **10 ring to be obliterated to score an X count.** The score is to be written in the box provided. A shot in the target box but missing the largest ring will be scored as four (4) points. Tears or distortions on the target will not be counted. Perfect score: 250 and 25X's.

Missing Scoring box:

All shots that do not enter or touch the scoring box will be awarded a zero.

Scoring Plugs:

All shots which cannot be scored by visual scoring will be checked by a certified .22 plug and marked on the target with a "P" to indicate.

Multiple shots on Targets: *

Should multiple shots appear on a scoring target, only the lowest score will be counted and will be penalised by subtracting 1 point as a penalty.

Shots between target blocks:

Should a shot appear between target blocks, the shot will be plugged and assessed for within which target block appears the majority of the pellet hole. The box with the majority of the pellet hole will be recorded as having been shot.

First Shot error:

If the first shot on paper unintentionally hits a record target, the Range Officer must be informed before the second shot is fired. The Range Officer must visually check the target and make a note on target when same is recovered. No penalty will be incurred.

Bench Drawing:

If necessary a draw for bench assignments will be made before the first match of the day. Any fair method shall be allowed. Left hand and Right hand benches may differ in design and this is acceptable provided one design does not give any advantage over the other.

Tied Score:

If two, or more, competitors shoot the same score, the X-count will be used to break the tie. If, after including the X-count, the scores are still tied, then if more than one target is used during a competition go to the second target to decide the first miss.

Crossfire:

In case of a crossfire, if the person making the crossfire reports it first, or admits to it immediately after it has been reported by the person whose target was accidentally fired on, the crossfire will not be counted on the target that was accidentally fired on. The shot will be recorded as if it had impacted on the target of the person making the crossfire. Adjustment to the score of the person making the crossfire, including both the score on that target and the number of shots on the target, will be made, and additionally, a five point penalty will be subtracted for each infringement from the score of the person making the crossfire. If the crossfire impacts a bull on which a legitimate shot has also been fired, and it is not possible to determine which shot belongs to which shooter, the highest scoring hole will be counted for the legitimate shot, and the lowest scoring hole will be counted as the crossfire.

Classes

1. Light Varmint Air Rifle - is any rifle having a manually and mechanically (including electronic triggers) operated firing mechanism. The action can be either spring or pneumatic; any air regulator can be used as long as it is integral within the air cylinder. Any modification may be made to the rifle and any magnification scope may be used. Factory stock or stocks that meet 'Stock Clarification' rules may be used. Muzzle flip compensators, variable air strippers and custom brakes are permitted. There is no restriction on cylinder size or capacity as long as **15 Joules / 12 ft lbs maximum** power is retained and it is integral within the rifle. (Separate Air Cylinders are not allowed, the cylinder must be part of the rifle and the overall weight).

Stock Clarification

Light / Heavy Varmint Classes: the forearm of stock must be either convex or flat, maximum 76.2mm (3") or under at its widest point, this can be a specialist stock or via a flat plate attached to the bottom of the stock, any material can be used. The bottom of the butt of the stock that comes in contact with rear sandbag must be either convex or flat. If flat, the bottom of the butt of stock must be 25mm or under in width.