

Air Guns – Postal Match



**Paralyzed Veterans
of America**



**NATIONAL VETERANS
WHEELCHAIR
GAMES**

AGENDA

**Classification
Home Range
Target box/Scoring
Trigger Adaptations
Shooting Tables
Spring Stands
Match Program
Scoring Targets
Resources**

Postal Matches



Postal Matches are currently held at the National level using the Orion Scoring System.

Allow competitors to shoot at their home range and compete against others across the country.

Orion targets must be used as these are scanned for scoring.



NRAEXPLORE
DISCOVER THE POSSIBILITIES

COMPETITIVE SHOOTING
PROGRAMS

Classification

SH1

- This classification applies to athletes who have the strength and ability to safely hold, load and fire an gun

SH2

- This classification applies to athletes who have limited use of one limb/hand.
- These athletes are permitted use of:
 - Loading assistant
 - Trigger adaptation, such as sip/puff trigger.
 - Spring stand

SH3

- This classification applies to athletes with vision impairment have reduced or no vision caused by damage to the eye structure, optical nerves or optical pathways, or visual cortex of the brain.

Assessment to Determine SH-1 or SH-2

Assessment of muscle power in the shooting arm:

- Assess muscle power in the shooting arm to determine SH-1 or SH-2
- Identify eventual use of a strong or weak spring on support stand

Assessment of trunk stability: Measure trunk stability for the purpose of identifying the level of the backrest support.

Trigger adaptation, loading assistant and loading device: a description of the Athletes entitled to use trigger adaptations, or loading assistant

SH1 or SH2

Scoring for Impaired Passive Range of Movement for the World Shooting Para Sport

Score	Impaired Passive Range of Movement
0	No movement
1	Less than 25% of movement possible
2	25% range of movement possible
3	50% range of movement possible
4	75% range of movement possible
5	100% range of movement possible

Functional range of joints in upper and lower limbs for Rifle and Pistol

Lower Limb			Upper Limb		
Joint	Movement	Range	Joint	Movement	Range
Hip	Flexion	0 – 90	Shoulder	Flexion	0 – 90
	Extension	0 – 10		Extension	0 – 20
	Abduction	0 – 20		Abduction	0 - 90
	Adduction	Anatomical range		Adduction	0 – 90
Knee	Flexion	0 – 90		Horizontal adduction	0 – 120
	Extension	0 – 10		Endorotation	0 – 90
Ankle	Dorsiflexion	0 – 30		Exorotation	0 – 90
	Plantarflexion	0 – 50	Elbow	Flexion	0 – 120
	Inversion	0 – 50		Extension	0 – 120
	Eversion	0 – 30		Supination	Anatomical range
				Pronation	Anatomical range
			Wrist	Dorsiflexion	Anatomical range
				Volarflexion	Anatomical range
			Metacarpal II – V	Flexion	Anatomical range
				Extension	Anatomical range
			Metacarpal I (thumb)	Opposition	Anatomical range
				Extension	Anatomical range

Source: World Shooting Para Sport, Classification Rules and Regulations, February 2019

Building a Home Range (1 of 3)

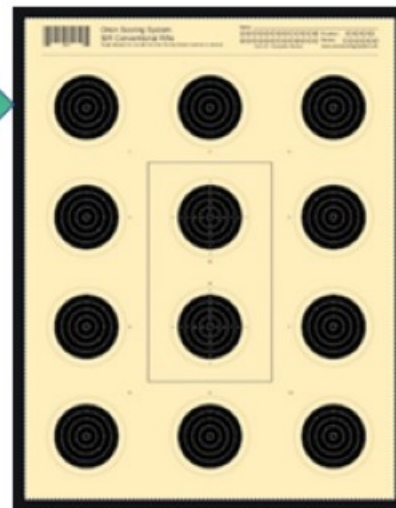


Firing Line

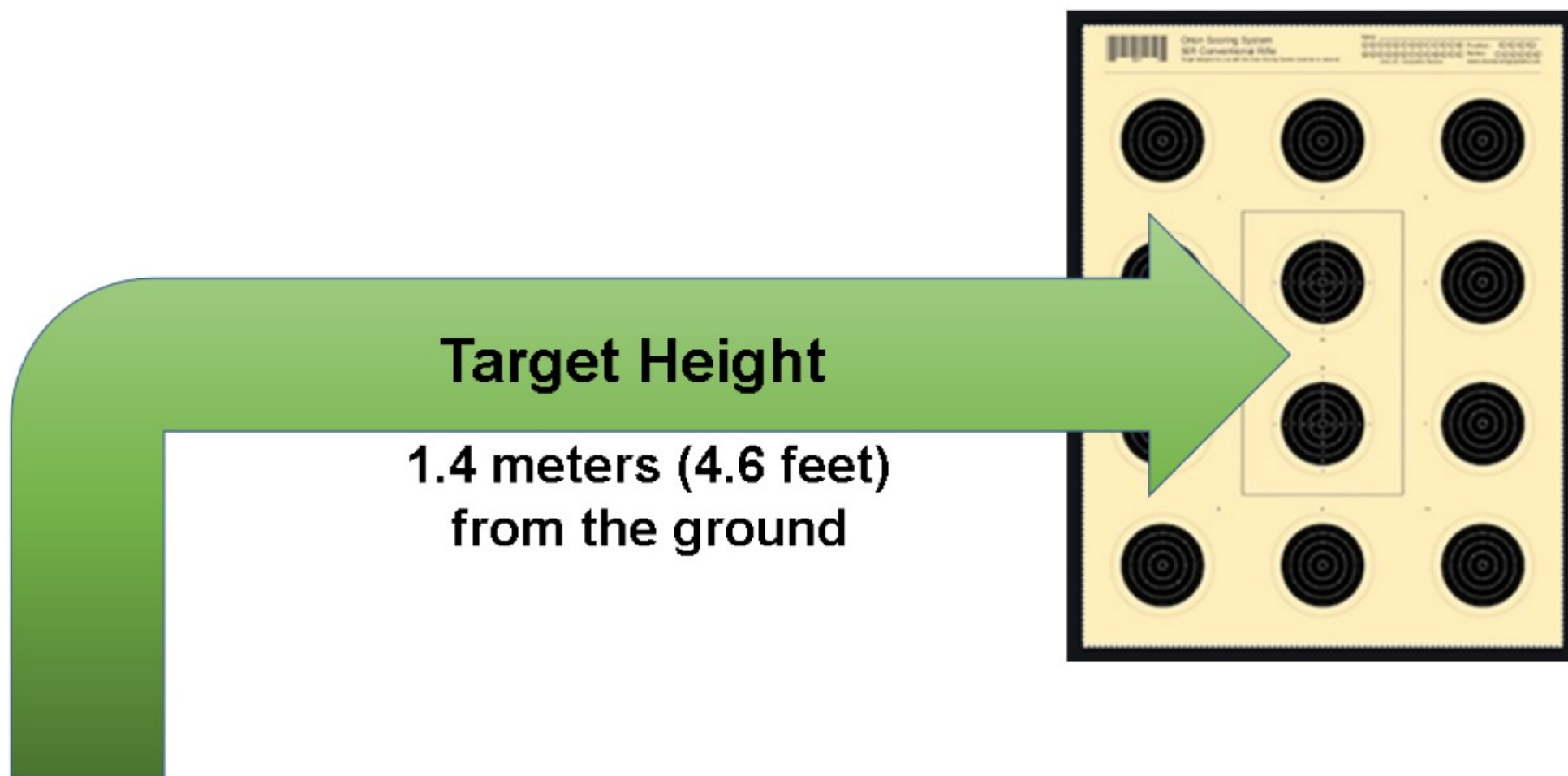
10 meters (32.8 feet)

There can be no physical contact with the ground beyond the 10 meter firing line.

- If shooting from a wheelchair, then the front caster can not pass the 10 meter line.
- If shooting from a table, then the table leg should be used.

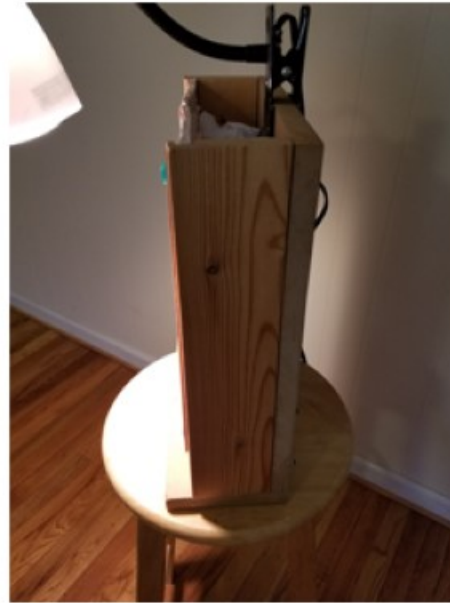


Building a Home Range (2 of 3)

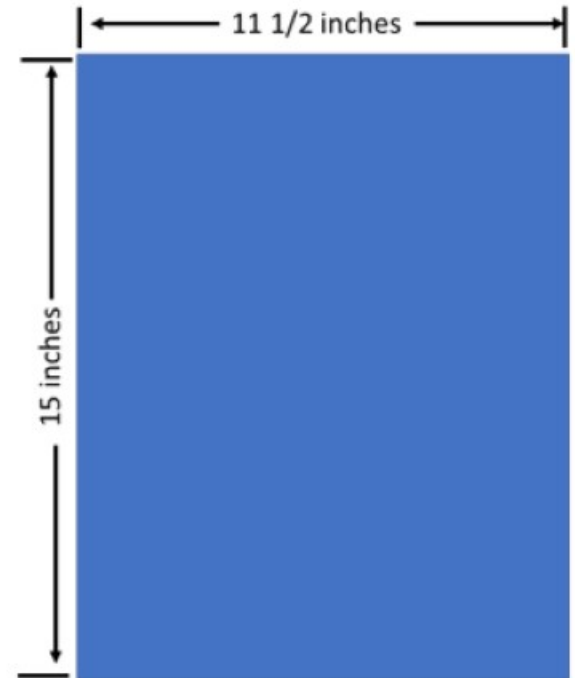


Building a Home Range (3 of 3)

Air Venturi Pellet Box



Ensure a pellet will penetrate the front of the box where the target attaches. If not, then the pellets will ricochet off the box.

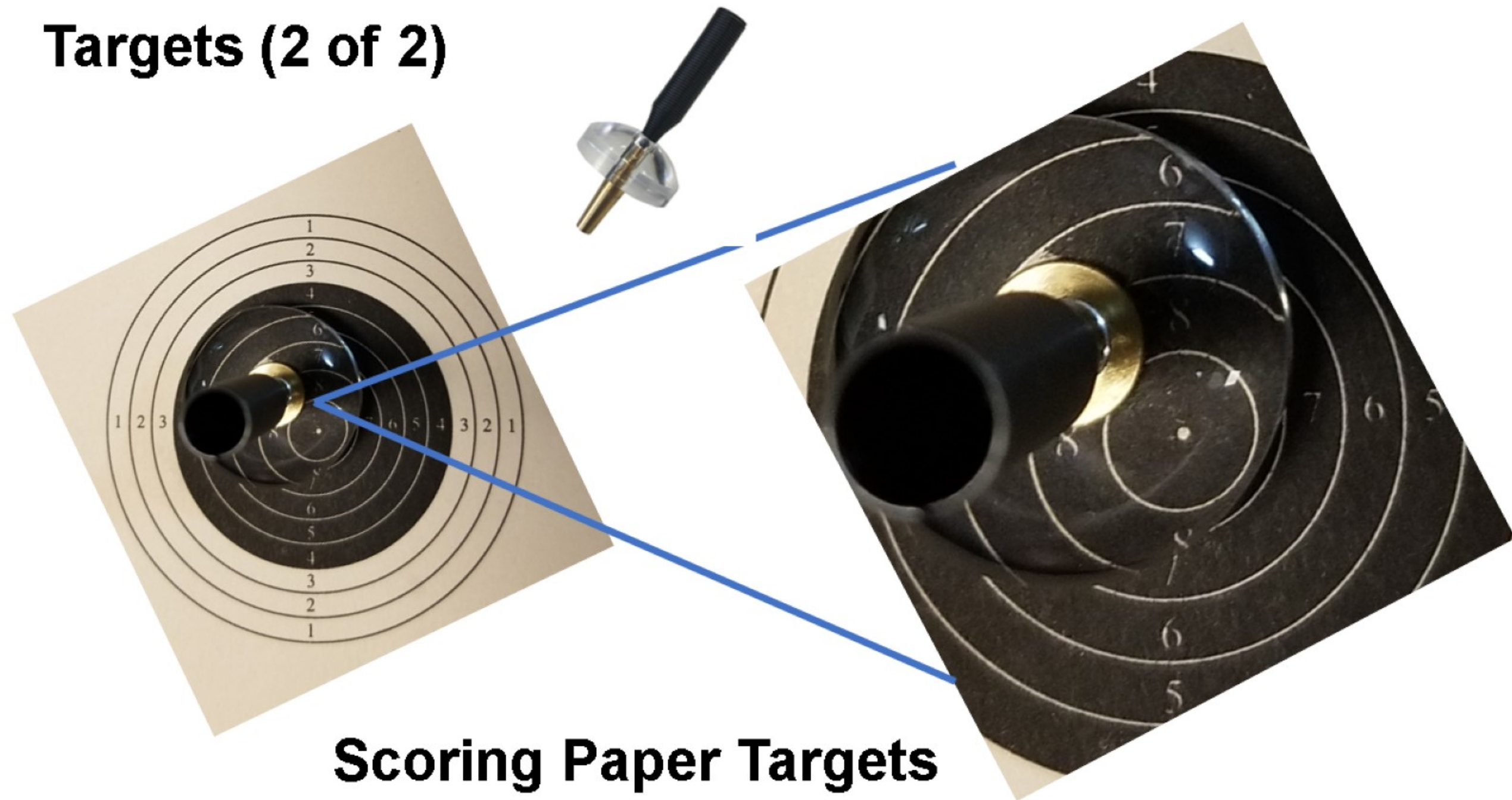


Targets (1 of 2)



Scoring Paper Targets

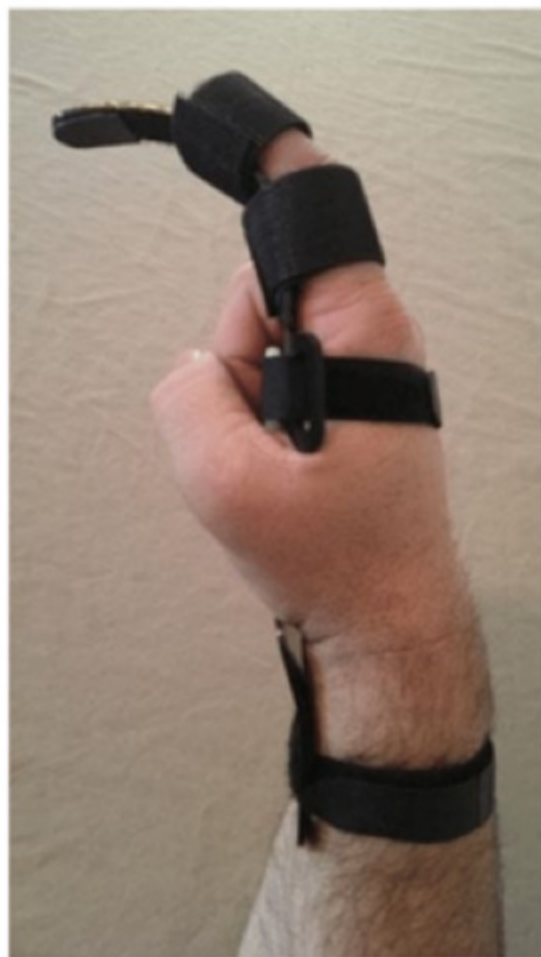
Targets (2 of 2)



Triggers (1 of 2)

BEADAPTIVE Triggers

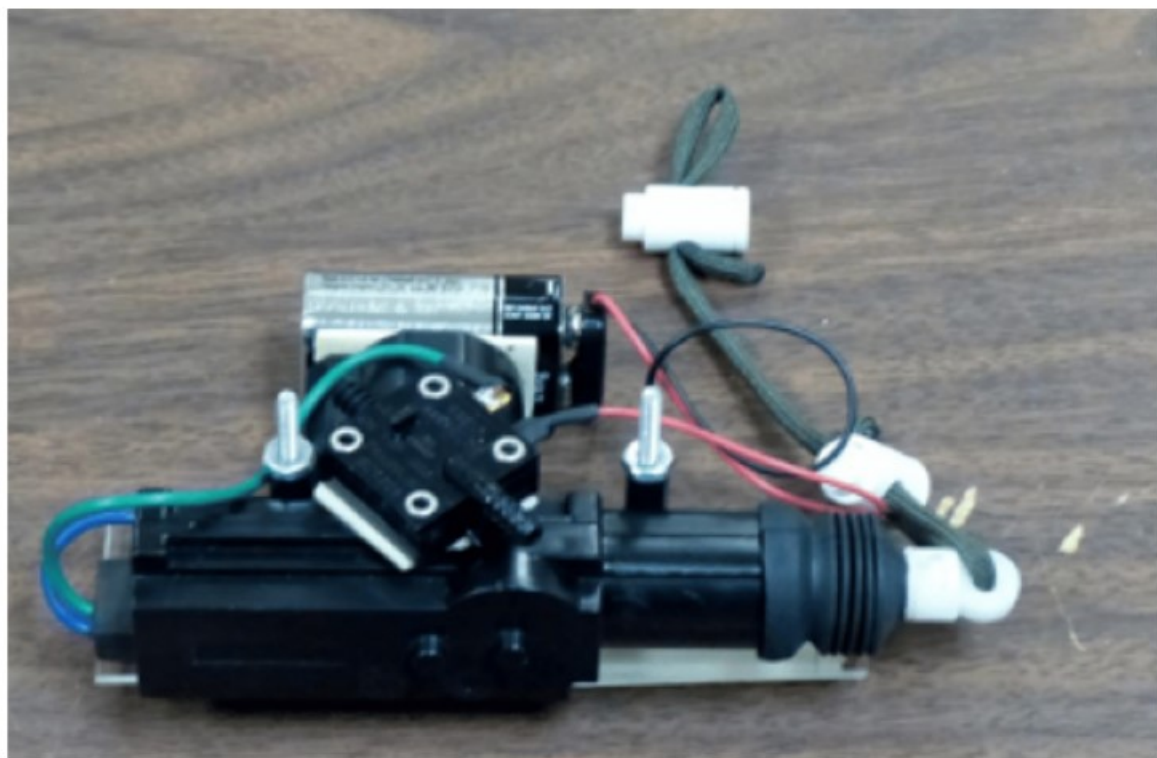
Model HD 200 (Right w/ wrist strap)
HD 250 (Left w/ wrist strap)



Triggers (2 of 2)

Sip/Puff Triggers

Quadshot Trigger



BEADAPTIVE Triggers



Shooting Tables (1 of 3)



Shooting Tables (2 of 3)

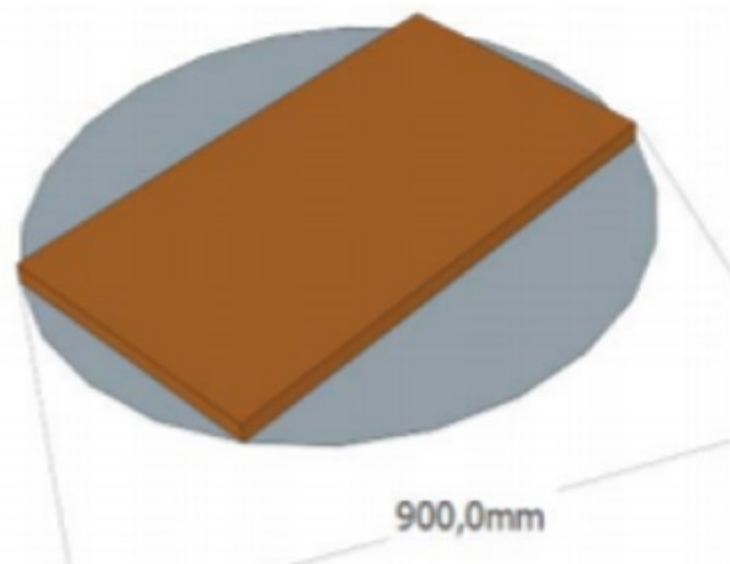
Size – all components of shooting table must fit within a 90cm diameter, and must remain inside your firing point.

Shape

- tables may have a small upstanding ledge to prevent items from falling off of the surface,
- there are no restrictions as to the shape of the table

Form – construction of the table

- table may be free standing, or attached to the chair
- consist of a single table, or multiple individual tables.
- if two, or more, individual tables are used:
 - they must be joined, or placed together in such a way as to provide one stable platform



Shooting Tables (3 of 3)

Angle

- Table must be horizontal, or at the same angle as the floor.
 - A variation of +/- 5 degrees is allowed.

Support

- The shooting table must not be used to gain support or stability for the body, except for in the prone position

Table Surface

- the table surface may be covered with compressible material, with a maximum thickness of 2cm.
- The material on the table must be of uniform thickness for both elbows

Spring Stand (1 of 2)

- All SH2 athletes will use an approved support stand to support the weight of the rifle.
- The Classifier will assess muscle power in the shooting arm for the purpose of identifying if the athlete may use a weak, or strong spring on the rifle
- Athlete's will be allocated a subclass – 'a' or 'b'

SH-2a or SH-2b

- a - Weak Spring (white insert) min flexibility 35mm
b - Strong Spring (black insert) min flexibility 25mm



Spring Stand (2 of 2)

- The athlete's hands must not be placed in front of the spring, or interfere with the operation of the spring when firing a shot
- May shorten the bottom part of the stand, however, the remaining length needs to be at least 20mm
- Spring stand may be attached to shooting table
- Spring and post must be in vertical position, forward and back

Yoke (rifle holder)

- Rifle may not contact both sides of the yolk at the same time
- It is allowed to add material inside the yoke as long as it is comparable to the surface of a shooting glove

Point of balance

- The point of balance must be marked at equipment check. The rifle must be placed +/- 5cm of its point of balance on the rifle stand.





Paralyzed Veterans
of America

Match Program



NATIONAL VETERANS
**WHEELCHAIR
GAMES**

Targets

- Each veteran will be sent two sets of targets:
 - One set of four targets is for the Preliminary round on **7 Jul**
 - Second set is for those making it to the Medal round on **15 Jul**
- They are required to legibly write their first and last name on the front of each target

Match Timing

- Each match, Prelim and Medal round, will be 40 shots.
- Match begins with a 15-minute sighter/preparation time
- They will then have 60-minutes for 40 shots



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NVWGatHome Scoring



- Must submit photograph, or scanned copy of each target by 5pm EST on July 7, 2020
- Top 10 finalist of each Classification will compete in the medal round at 3pm EST, July 15, 2020 through Zoom
- Photograph, or scanned copy of each target must be submitted at completion of match.

John Arbino, johnar@pva.org

LEAD PELLETS

Reminder that these are lead pellets

- Anyone handling the pellets should avoid placing their hands near their eyes, or mouth.
- Wash hands with cool water



Resources (1 of 3)

Crosman Challenger – Air rifle

<https://www.crosman.com/challenger-pcp-rifle-with-sights-177>

These are recommended for those new to shooting, and are not ready to invest in a higher end precision rifle.

Crosman 2300s – Air pistol

<https://www.crosman.com/2300s-silhouette-pistol-177>

Champions Choice - Air guns/supplies

<http://www.champchoice.com/store/main.aspx>

These are two vendors of air guns and equipment.

* Champions Choice is currently closed due to COVID-19

Pyramid Air - Air guns/supplies

<https://www.pyramydair.com/air-rifles>

Spring Stands – Armorit (Required for SH2 only)

Tommie Cassaday, tlcassaday@armorit.com, 941 360 2101

You must contact Ms. Cassaday directly to purchase a Spring Stand as they are built per order. The prices were \$85 (non-adjustable) and \$115 (adjustable), plus shipping.

Resources (2 of 3)

Target Box – Air Venturi Pellet Trap -

https://www.pyramydair.com/s/a/Air_Venturi_A_G_E_Quiet_Pellet_Trap_Incl_Ballistic_Putty/1018

QuadShot Triggers – rsackarc@gmail.com

BEADAPTIVE – www.beadaptive.com

Adaptive Sports USA – www.adaptivesportsusa.org

NRA Disabled Shooting Sports – <https://adaptiveshooting.nra.org/>

Paralympic Shooting Rules

(For those competing at the NVWGs; we follow these rules as closely as possible.)

<https://www.paralympic.org/shooting/rules>

Paralympic Shooting Sports Classification

<https://www.paralympic.org/shooting/classification>

Resources (3 of 3)

Zoom Class Schedule Air Gun 102 @ 3pm EST

28 May – Good v. Bad Training

4 Jun – Equipment & Classification

11 Jun – Developing a Shot Plan

18 Jun – Mental Component of Shooting Sports

25 Jun – Dry Fire Training & Match Preparation

John Arbino, johnar@pva.org



Backups

Equipment



Air Rifles



Crosman Challenger



Anschutz 9015

Air Pistols



Crosman 2300S



Feinwerkbau P 8X

Dominate Eye Test

