

VICTORIAN Junior / Youth DEVELOPMENT

*Training our next generation
of Pistol Champions!*

Newsletter

September 2026

August Junior Camp

It was great to see so many of you at the August junior camp at Bendigo Pistol Club. It was also a pleasure to meet three new comers to our coaching sessions, welcome!

Saturday was a busy day with discussions and videos in the morning on the fundamentals of shooting, as well as how to conduct your own training sessions, finishing with physical and mental exercises.

The afternoon was filled with some air pistol drills, as well as our finals competition which resulted in a couple of shoot off series for first place between Neli and Oscar C. Well done to everyone as it was a close game all the way through with the leaders changing after every target.

Despite being zero degrees overnight, everyone had a good sleep after last night's movie and got stuck into some more training drills, this time on the rapid fire (duelling) range this morning. I'm sure the skid shot on Neli's target would definitely gauge as an X-ring ten.

Some more rapid training after lunch, followed by some tips on how to strengthen muscles to help make a stable stance and hold. A debrief was the last call for the day, with some words of encouragement from Graeme and Erin.

Many thanks to Bendigo Pistol Club for supporting our junior training programs, including the Bendigo Academy of Sport program. Thank you so much.

We are planning to hold another training weekend before the end of the year. It will be especially important for those who have nominated for the State Team. We will send out expressions of interest when we get the date finalised.





Bendigo Academy of Sport Pistol Program

This year marks the third year of being part of the Bendigo Academy of Sport program. The purpose of the academy is to help and encourage young athletes to excel in their chosen sport until they reach 18 years of age.

We start our training in April and meet every fortnight until the end of November. These training sessions are held at the Bendigo Pistol Club for the Central Victorian region and are proving to be quite successful.

A few weeks ago, the Academy held its annual presentation night where pistol shooter Cloe Portwine was presented with an encouragement award for her efforts. Chloe is a member of the Pinegrove Gun Club and has been a supporter of the program since its inception.

Unfortunately, we will have to say goodbye to Chloe at the end of the year as she has recently turned 18. We will be looking for enrolments for next year's pistol program. If you know of any young shooters in the Central Victorian area, please let us know.



Grip Rule Change:..... The International Shooting Sport Federation (ISSF) is the global governing body for Olympic shooting events and several non-Olympic shooting disciplines. Headquartered in Munich, Germany, it oversees rules, safety standards, and world championships for rifle, pistol, and shotgun sports.

A new equipment rule, effective from January 1, 2026 is to enforce strict limits on pistol grip geometry, overhang length, and palm rest angles to ensure the wrist remains completely free without passive mechanical force. See next page for details.....

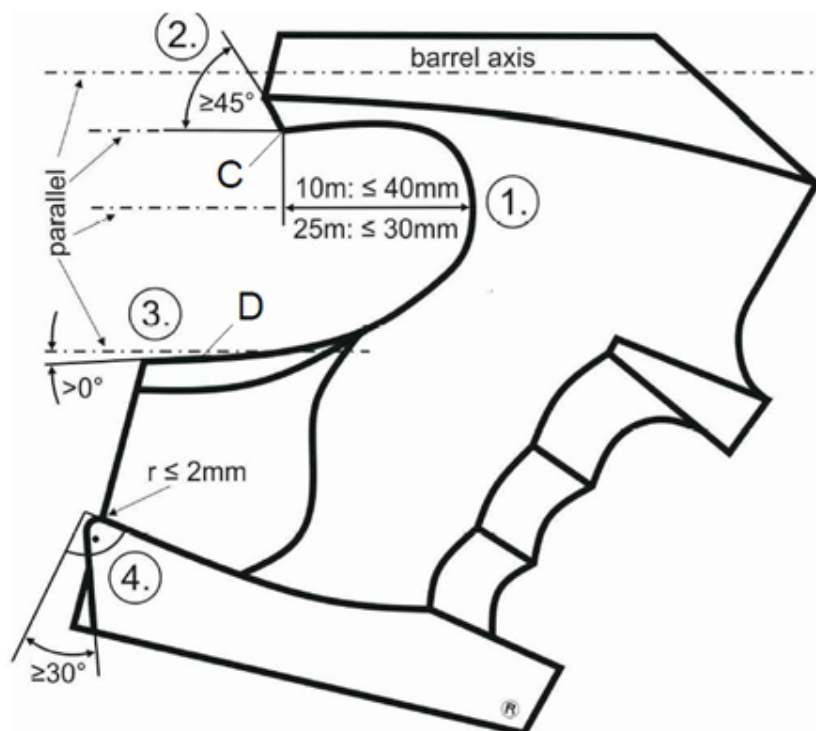


INTERNATIONAL SHOOTING SPORT FEDERATION
INTERNATIONALER SCHIESS-SPORTVERBAND E.V.
FÉDÉRATION INTERNATIONALE DE TIR SPORTIF
FEDERACION INTERNACIONAL DE TIRO DEPORTIVO

Additional explanation of New Pistol Grip Rule 2026

The Rule Explanation is marked with number on Picture

- 1.- The rear part of the frame or grip (Horn) which rests on top of the hand between the thumb and the forefinger, must not be longer than 40mm (for 10m pistol) or 30mm (for 25m Pistol) from the point where the grip first touches the top of the hand forward to the deepest part of the grip (C).
- 2.- The back (rear) part of the grip (horn) must be cut so that it angles upward from that point by not less than 45 degrees to center line of barrel.
- 3.- The curvature "D" must be in downward direction to the center line of the barrel from the deepest part of the grip and the grip must not encircle the hand. **Curvature must not raise or be parallel with the center line of the barrel at any point from the deepest part of the grip backwards. Curvature must be DOWNWARD DIRECTION!**
- 4.- On the side of the wrist, the end of heel rest (palm rest) must be cut by an angle of 30 degrees or more perpendicular to the end of the heel rest. **The end of heel rest can be rounded with a radius max 2mm. or smaller** to prevent injuries.



FATHER'S PRIDE



Know the Rules

Whilst you are competing on the line, whether it be a weekly match at your club, or at an open competition, or maybe the nationals, it would certainly be in your best interest to know the rules. I'm not saying you have to know each and every rule in the book, but an idea of the basic rules would be an advantage. All you need to do is make a poor decision without involving the Range Officer and valuable points could be lost because of it.

The next few pages have been produced by Target Pistol Australia to assist Range Officers in running ranges in 10m Air Pistol, and 25m Pistol. Please take the time to read them.

Support

Whilst you are a Junior/Youth athlete we can offer you ongoing support for your target shooting journey. Erin and myself have almost 60 years of combined experience of competitive level pistol shooting and are willing to help you improve your skills to make you a better shooter.

Whether you have had a great day at the range, or there are some things in your technique that you are not sure of, take photos of your targets and email them through with your thoughts on what is happening so we can analyse and discuss a solution to your question.

Erin:- blachforderin@gmail.com

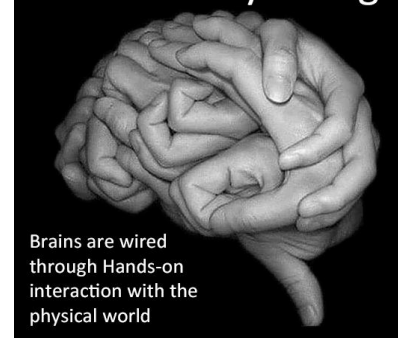
Graeme:- harv1@iinet.net.au

Note: If you are under 18, please include a parent in the conversation when you make contact.

Graeme Harvey



We Learn By Doing



Brains are wired through Hands-on interaction with the physical world

ISSF/IPC 10m AIR PISTOL – Paper Targets

Before the competition

- Your eye protection
- Your hearing protection
- Stopwatch
- Targets
- Range Incident Forms
- (for competition) check
 - Shooters in the correct bays
 - Pistols and other equipment approved
 - Shooters wearing Start numbers if provided

Preparation and competition:

“ATHLETES TO THE FIRING LINE”

- Competitors to be allowed *10 minutes to set up their equipment.
- Dry firing and aiming exercises are permitted. Range Officer checks must be completed during this time.

(*Note: all details must be allowed the same amount of time).

15 minutes before the competition time call...

“15 MINUTES PREPARATION AND SIGHTING TIME - START”

- Start stopwatch
- After 14½ minutes call....

“30 SECONDS”

- After 15 minutes call....

“END OF PREPARATION AND SIGHTING TIME ...STOP”

“CHANGE TARGETS”

Once all competitors have changed targets (about 30 seconds)

- Reset stopwatch & call.....

“MATCH FIRING...START”

At 80 minutes after Start call
10 MINUTES
At 85 minutes after Start call
5 MINUTES
At 90 minutes after Start call
STOP

- Announce bay numbers for random checks
- Clear all pistols for casing and removal
- Complete Range Report, and forward to the RTS Office

See reverse for common infringements and irregularities



Course of fire

Athletes should be allowed to occupy their bays 10 mins before the start of preparation time – RO checks to be carried out at this time, then

- 15 minutes, combined Preparation Time and Sighting shots
- 60 competition shots in 1 hour 30 minutes

Target



ISSF 10m Air Pistol Target

Note 1:

Targets are to be handed in in lots of 10 to ensure Classification can keep up to date.

(rule 4.1 – Paper Target Annex)

Note 2:

The 10 mins at the firing line prior to preparation and sighting time may need to be shortened at Open competitions – but every detail must be given the same amount of time.

Competitors MUST be discouraged from packing up while others are shooting – it is a courtesy to wait until the end of the match time.

COMMON IRREGULARITIES & INFRINGEMENTS**Malfunctions – rule 6.13**

Check whether it is **ALLOWABLE** (i.e. it is not something the competitor could have reasonably avoided)

- **If ALLOWABLE** – competitor may repair or replace the pistol but no extra time is given. Extra sighters may be allowed if requested.
- **If NON-ALLOWABLE** – while the competitor may be able to repair the pistol he will not be permitted to replace it, nor will any extra sighting shots be permitted.

Load two (2) pellets – rule 6.11.2.4

- **Unfired** - if the competitor realizes what has happened he must signal the RO who must then oversee the unloading of the gun. No extra time is allowed & there is no penalty.
- **Fired** - if the competitor does not realize until after he has fired the 2 pellets he must signal the RO. If there are 2 hits on the target the highest scoring value shot is credited to the shooter and second shot (i.e. the lowest scoring value shot) is annulled. If there is only one hit on the target it is counted. No extra time and no penalty.

Target falls out of the carrier

- If the target has been fired at then make a note for Classification and send it in with the next batch of targets for that competitor. At the end of the match retrieve the target and take it immediately to Classification for scoring.
- If the target has not been fired at then issue a new target (remember to number and initial it) – make a note on the Range report so that Classification are aware of what has happened.

Dry Firing – rule 6.11.2

Dry Firing without expelling propellant is permitted whenever pistols are able to be handled
Expelling propellant

- **Before the start of Preparation and Sighting** time will incur a warning for the first occurrence, a 2pt penalty for the 2nd time and may be disqualified if it happens again
- **During Preparation and Sighting time** – allowed
- **During the Match** – will count as a shot and be scored as zero.

Competitor does not hand in his cards after 10 shots - rule 4.1 – Paper Target Annex

- This comes under general rule violations (rule 6.12.6.1)
- If you are **ABSOLUTELY CERTAIN** that at least 10 cards have been shot you should ask the shooter to hand them in – take care not to interrupt the competitor whilst in the middle of firing a shot!
- If the competitor refuses an official Warning may be issued – if it happens again a 2pt penalty can be given.

ISSF/IPC 25m PISTOL/CF-PRECISION STAGE-Paper Targets

Before the competition:

- Your eye protection
- Your hearing protection
- Stopwatch
- Targets and Patches
- Score sheets (Registers)
- Range Incident Report forms
- Be familiar with operation of the timer
- (for competition) check:
 - Shooters in the correct bays,
 - Pistols and other equipment approved
 - Shooters wearing Start Numbers if provided

Athletes are to be permitted to occupy their bays *10 minutes prior to the start of preparation time. During this time all RO checks are to be completed. Athletes may handle their pistols (with RO permission) and MUST keep flags in the pistols. Aiming exercises and handling are permitted.

Preparation and sighting series:

Check the range is clear of personnel

3 minutes before the competition time, call...

"PREPARATION TIME BEGINS NOW"

- Start stopwatch

After 3 (three) minutes, stop stopwatch, and call...

"FOR THE SIGHTING SERIES ... LOAD"

After 1 minute, call...

"ATTENTION" and activate the targets
(or **"START"** for stationary targets).

After 4 minutes (the end of the series), call...

"UNLOAD"

- Clear all pistols
- Allow scoring personnel forward

Competition series:

After all personnel have returned, call...

"FOR THE FIRST (or NEXT) SERIES ... LOAD"

After 1 minute, call...

"ATTENTION" and activate the targets
(or **"START"** for stationary targets).

After 4 minutes (the end of the series), call...

"UNLOAD"

- Clear all pistols - flags to be inserted
- Allow scoring personnel forward

After all personnel have returned

Repeat this procedure for a total of six series

At the end of the relay and after all personnel have returned:

- Announce Bay numbers for random checks
- Clear all pistols for casing and removal
- Complete Range Report, and forward to the RTS Office



Course of Fire

Preparation Time

- 3 minutes

Sighting series

- 1 series of 5-shots in 4 minutes

Competition series

- 6 series of 5-shots, each series in 4 minutes

Target



ISSF 25/50m Precision Target
Targets are scored at target line

Pre-competition checks by Jury and Range Officers must be completed before the start of Preparation Time

NOTE that shooters are not required to be at the Ready position in the Precision Stage of the match.

*The prescribed reporting time of 10mins may need to be varied at a busy Open competition – remember, all details MUST have the same amount of set up time. A minimum of 2 minutes must be allowed.

COMMON IRREGULARITIES & INFRINGEMENTS**MALFUNCTIONS** – rule 8.9.1

Check whether it is ALLOWABLE (i.e. it is not something the competitor could have reasonably avoided)

In the sighting series – rule 8.9.1

- If ALLOWABLE – no additional time or sighting shots will be allowed.
- If NON-ALLOWABLE – no additional time or sighting shots will be allowed.

In a competition series – rule 8.9.3a & b

- If ALLOWABLE - the competitor is allowed one (1) re-shoot in the Precision Stage (8.9.1): 48 seconds per shot is allowed to complete the series. This will be fired with the next series.
- If NON-ALLOWABLE – there is no reshoot permitted

Pistol breaks (break and cease) – rule 8.9.2

If the pistol is broken – this must be verified by the RO – up to 15 minutes is allowed for the competitor to repair or replace the pistol. The malfunction is classed as allowable even if the shooter has tried to fix it themselves. However, if there has been a previous malfunction claim then this break is classed as non-allowable so that the interrupted series cannot be completed, but the remaining series may be fired. One additional sighting series is allowed.

INTERRUPTIONS – rule 8.8.1

If a competitor is interrupted for more than 15 minutes extra sighting shots are allowed.

The interrupted series may be completed – time allowed is 1 minute per shot for the number of remaining shots. Note that if the entire range is affected you will allow the amount of time remaining at the time of the interruption.

DISTURBANCES - rule 8.8.4

- If the claim is justified the shot may be annulled and the shooter may repeat the shot and complete the series.
- If the claim is not justified (including if the competitor has fired a shot after the alleged disturbance) then the series may be completed but a 2-pt penalty must be imposed.

ISSF/IPC 25m PISTOL / CF – RFS – Paper Targets

Before the competition:

- Your eye protection
- Your hearing protection
- Stopwatch
- Targets and Patches
- Range Incident Report forms
- Score sheets (Registers)
- Be familiar with operation of the timer
- (for competition) check:
 - Shooters in the correct bays,
 - Pistols and other equipment approved
 - Shooters wearing Start Numbers if provided

Athletes are to be permitted to occupy their bays *10 minutes prior to the start of preparation time. During this time all RO checks are to be completed. Athletes may handle their pistols (with RO permission) MUST keep flags in the pistols. Aiming exercises and handling are permitted.

Preparation and Sighting Series

Check the range is clear of personnel

3 minutes before the competition starts, call...

"PREPARATION TIME BEGINS NOW"

- Start stopwatch

After 3 (three) minutes, reset stopwatch, and call...

"FOR THE SIGHTING SERIES ... LOAD"

- Start stopwatch

After 1 minute, call...

"ATTENTION" and activate the targets

At the end of the series, call...

"UNLOAD"

Clear all pistols – flags to be inserted

Allow scoring personnel forward

After all personnel have returned, call...

"FOR THE FIRST (or NEXT) SERIES ... LOAD"

After 1 minute, call...

"ATTENTION" and activate the targets

At the end of the series, call...

"UNLOAD"

Clear all pistols – flags to be inserted

Allow scoring personnel forward

After all personnel have returned:

Repeat this procedure for a total of six series.

At the end of the relay and all personnel have returned:

- Announce bay numbers for random checks
- Clear all pistols for casing and removal

Complete Range Report, and forward to the RTS Office



The Course of Fire

Preparation Time

- 3 minutes

Sighting Series

- 1 series of 5 shots

Competition

- 6 series of 5 shots each

Target



- ISSF 25m Rapid Fire Target
- Targets are scored at the target line

*The prescribed time of 10mins may need to be varied at a busy Open competition – remember, all details MUST have the same amount of set up time. A minimum of 2 minutes must be allowed.

The Ready position



COMMON IRREGULARITIES & INFRINGEMENTS**MALFUNCTIONS** – rule 8.9.1

Check whether it is ALLOWABLE (i.e. it is not something the competitor could have reasonably avoided)

In the sighting series – rule 8.9.1

- If ALLOWABLE – no additional time or sighting shots will be allowed
- If NON-ALLOWABLE – no additional time or sighting shots will be allowed

In a competition series – rule 8.9.3a & b

- If ALLOWABLE - the competitor is allowed one (1) re-shoot to COMPLETE the series (8.9.1): This will be fired with the next series. Firing must start on the first exposure
 - o Penalty for loading more than required is 2 pts, PLUS
 - o Penalty for firing more shots than allowed is 2 pts per shot
- If NON-ALLOWABLE – there is no reshoot permitted

Pistol breaks (break and cease) – rule 8.9.2

If the pistol is broken – this must be verified by the RO – up to 15 minutes is allowed for the competitor to repair or replace the pistol. The malfunction is classed as allowable even if the shooter has tried to fix it themselves. However, if there has been a previous malfunction claim then this break is classed as non-allowable so that the interrupted series cannot be completed, but the unfired series may be fired. One additional sighting series is allowed.

INTERRUPTIONS – rule 8.8.1

Any shots fired in the series will be counted and the series will be completed. (this includes such things as the timer or targets failing).

If a competitor is interrupted for more than 15 minutes extra sighting shots are allowed.

DISTURBANCES - rule 8.8.4

- If the claim is justified the shot may be annulled and the shooter may repeat the shot and complete the series.
- If the claim is not justified (including if the competitor has fired a shot after the alleged disturbance) then the series may be completed but a 2-pt penalty must be imposed.