

# St. Clair County 4-H

## Shooting Sports



### Rifle Projects

**.22 Field Rifle**

**.22 Target Rifle**

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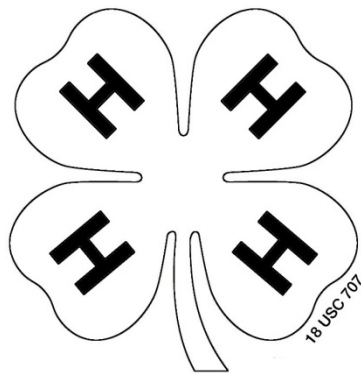
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Developed by:  
St. Clair County  
4-H Shooting Sports Committee

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# 4-H Basic Rifle Orientation



## .22 Field and Target Rifle

Name: \_\_\_\_\_

# 4-H Basic Rifle Orientation

## .22 Field and Target Rifle

**Range Officer** – is the person responsible for seeing the range is operated safely and for the safety of all participants/individuals.

**Range Commands** – are instructions given by the range officer to control those on the firing line, the sequence of events and to inform the shooters what they are to do next. These commands may vary slightly depending on the range officer and the type of shooting that is being done.

### **Key Range Commands:**

*Commence Firing*, means that the range officer has determined that the range is safe and you may begin firing.

*Cease Firing*, means that you MUST STOP firing immediately, put your safety on and wait for the next command on what to do next. In some cases you will be instructed to unload your gun; this will be determined by the range officer on duty.

### **5 SHOOTING FUNDAMENTALS:**

1. Position of body and body with Rifle
2. Sight alignment
3. Breath control
4. Trigger control
5. Follow through

### **4 STEPS TO LEARNING A NEW POSITION:**

1. Study the position
2. Practice the position without the rifle
3. Practice the position with an unloaded rifle
4. Align the position with the target and adjust to natural point of aim

# Parts of the Rifle

## 3 Major Parts:

1. Action (Lock)
2. Stock
3. Barrel

## Parts of Stock:

Butt - the rear portion of the stock which is designed to fit against the shoulder

Comb – the top portion of the stock, on which the shooter rests his cheek.

Grip – (also called the “Pistol Grip” or “Small of stock”) – the area where the hand grasps the stock when firing the rifle.

Fore-end (or “forearm”) – the part of the stock that extends underneath the barrel. This is where the non-shooting hand holds the rifle to support it while shooting. When separate from the rear of the stock, it is called the “forearm”.

## Parts of the Barrel:

Bore – the inside of the barrel

Muzzle – the front end of the barrel where the bullet exits

Sights – used to aim the rifle: Front sight=located on the muzzle end of the barrel; Rear sight=sight that is most near you.

Breech – the rear of the barrel (near the chamber)

Chamber – the part of the barrel, located at the breech end, which holds the cartridge at instant of firing.

Rifling – Composed of spiral “lands and grooves” cut into the bore. The rifling makes the bullet spin to give it stability.

## Parts of Action:

Receiver – the backbone to which all other parts are attached.

Bolt/Breech block – closes over the chamber to hold the cartridge in place for firing.

Trigger – when squeezed, activates the firing mechanism to fire the rifle

Trigger guard – designed to protect the trigger in order to reduce the possibility of an unintentional firing.

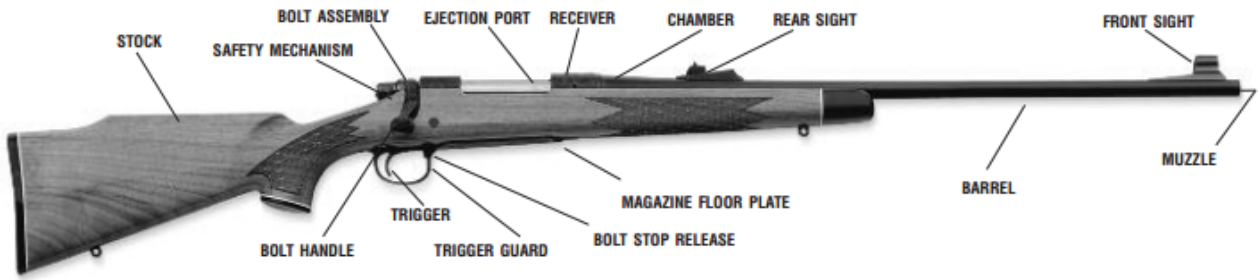
Magazine – holds cartridges ready for feeding into the chamber

Safety – a mechanical device designed to reduce the chance of an unintentional discharge.

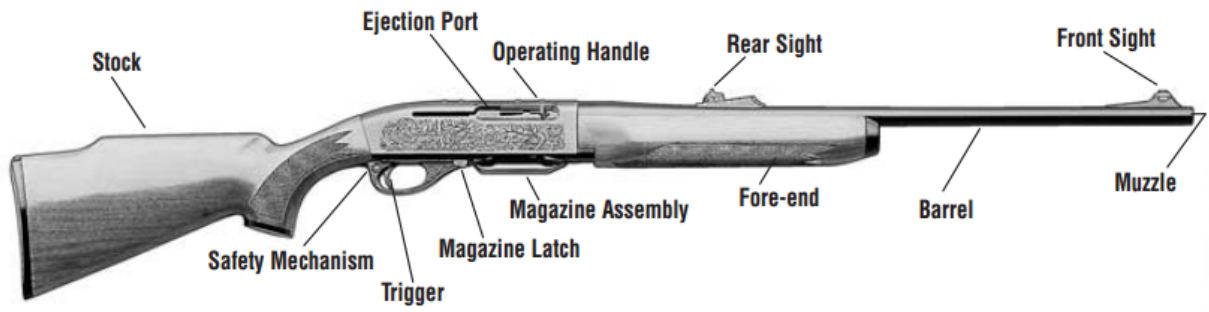
**Mechanical devices can fail and must be used ONLY as a supplement to safe gun handling practices!**

Action Release – (if applicable) allows a closed action to be opened.

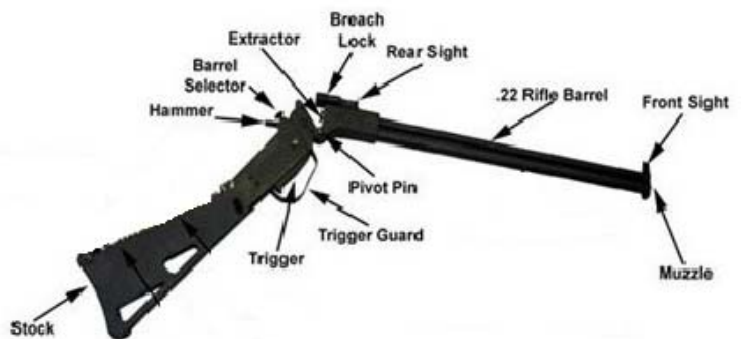
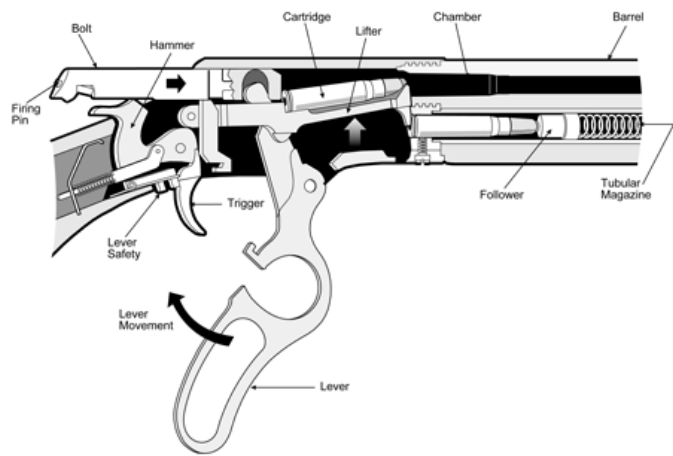
Bolt action rifle



Semi-automatic rifle



Lever action rifle



Break action rifle

## .22 Rifle Supplies

Supplies you will need now include::

- Shooter log notebook
- A container to keep rifle equipment in; small tackle box works well.
- Safety glasses
- Hearing protection
- Ammunition block
- Ground cloth or shooting mat (for outdoor practices)
- Pencil
- Optional – Binoculars or Spotting scope
- Kneeling roll
- Shooting Stand

When it is time to get your own equipment add:

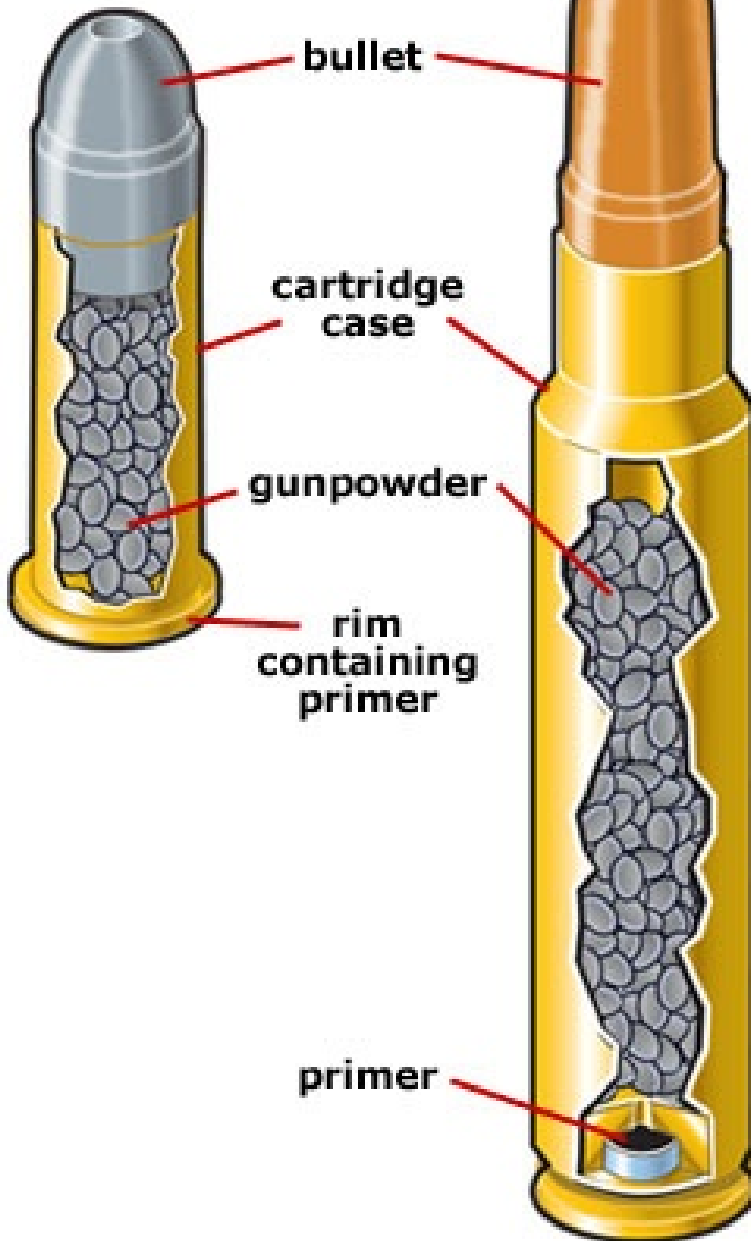
- Your own rifle
- Rifle case
- Ammunition – transport separate from your rifle.  
NOTE: It is illegal to transport your ammo in the same case you transport your rifle.
- Screw driver to adjust sights
- Open chamber indicator (can easily make)
- .22 caliber cleaning rod
- Cleaning supplies (cotton patches, cotton cloth, oil, solvent, toothbrush)

Talk to leaders before purchasing your own rifle so that you will not be disappointed. There are requirements that your equipment must meet in order to enter 4-H Competition

TRANSPORT – all shooting equipment (firearms) in cases, unloaded and in the trunk; or furthest point away from passengers if you do not have a trunk. Ammunition is to be in a separate container, NOT stored with firearms.

# Centerfire

## Rimfire



## Safety Rules

**YOU** alone are responsible for gun safety!

### 10 NRA Safe Gun Handling Rules

#### RULES FOR SAFE GUN HANDLING

1. **Always keep the gun pointed in a safe direction.** (NOTE: This rule is considered the “GOLDEN RULE”.)
2. **Always** keep the gun unloaded until ready to use.
3. **Always** keep your finger off the trigger until ready to shoot.

#### RULES FOR SAFE RIFLE USE AND STORAGE

1. Know your target and what is beyond.
2. Know how to safely use the gun.
3. Be sure the gun is safe to operate.
4. Use only the correct ammunition for your gun.
5. Wear eye and ear protection as appropriate.
6. Never use alcohol or drugs before or while shooting.
7. Store guns so they are not accessible to unauthorized persons.

**Be aware that certain types of guns and many shooting activities require additional safety precautions not listed above.**

The first thing you should do when arriving at a new shooting range is to learn the range rules for that range.

**ASK = Attitude \* Skill \* Knowledge**

It is important to have the proper ATTITUDE, develop the SKILLS and acquire the necessary KNOWLEDGE to be a safe shooter. Each shooter must be in control of his/her emotions and actions at all times.



# St. Clair County 4-H Shooting Sports Guidelines

Use 4-H Shooting Sports Rifle Manual as a guide to teach requirements

<b>RIFLE KNOWLEDGE REQUIREMENTS</b>		
	<b>Ages 9 through 11</b>	<b>Ages 12 through 19</b>
<b>Safe Gun Handling Rules</b>	Memorize 3 "Always" Rules.	Memorize all 10 NRA Safe Gun Handling Rules and be able to explain the importance of each.
<b>Parts of the Rifle</b>	Know: (Be able to point out) Stock    Trigger Butt     Trigger guard Fore-end    Rear sight Comb    Front sight Grip     Barrel Safety (mechanical device) Muzzle Bolt and/or Lever, depending on gun used	Know all parts previously listed and their function. ADD: Chamber Bolt/breech block Rifling Receiver Magazine
<b>Types of Rifle Actions</b>	Introduce types of actions they will be using – Bolt, semi-auto, lever and break action	Know all action types and their function.
<b>Ammunition Basics</b>	Know how they can be sure they are using the correct ammo & how to handle a misfire. <u>Check correct ammunition:</u> <u>Malfunctions:</u> Box, barrel and label              Hang fire on ammo                                Misfire	Know how they can be sure they are using the correct ammo in all types of guns. Know the components of a .22 caliber ammunition (casing, primer, powder, bullet) Know the firing sequence. Know how to safely handle a hang fire & misfire.
<b>Types of Sights and their uses.</b>	Introduce all types of sights	Know all types of sights and their uses.
<b>Dominate Eye</b>	Know how to determine their dominate eye and what their dominate eye is R or L Introduce why they use their dominate eye	Know how to determine, what their dominate eye is and why it is important to use it
<b>Safe Gun Handling Practical Exercise</b>	Show they can confidently handle rifle in a safe manner at all times; using the proper attitude.	Continue
<b>Transporting Firearms</b>	Know and demonstrate they can properly transport firearms safely	Continue
<b>SHOOTING FUNDAMENTAL REQUIREMENTS</b>		
<b>Range Safety Rules</b>	Know importance of eye & ear protection	Continue
<b>Basic Range Commands</b>	Know Terms and who can call them "Cease Fire" and "Commence Firing" Demonstrate that they can follow them.	Continue
<b>Sight Alignment &amp; Trigger Control</b>	Introduce on bench rest. Shooting for groups/clusters	Continue developing
<b>Sight Picture &amp; Breath Control</b>	Introduce on bench rest. Shooting for groups/clusters	Continue developing
<b>Sight Adjustment</b>	Introduce shooting for groups and the basics or zeroing sights to their eye.	Know how to adjust sights to zero to their eye.
<b>Shooter's Log</b>	Learn how to keep and the importance of using a shooters log.	Continue developing.
<b>Self-Control</b>	Learn and demonstrate the proper knowledge, skills & attitude required to be a safe shooter.	Continue developing
<b>POSITIONS</b>		
<b>Bench Rest Position</b>	Shooting for groups/clusters	
<b>Standing Position</b>	Shooting for groups/clusters	
<b>Sitting Position</b>	Shooting for groups/clusters	
<b>Kneeling Position</b>	Shooting for groups/clusters	
<b>Prone Position</b>	Shooting for groups/clusters	

## St. Clair County 4-H Shooting Sports

### Annual Rifle Project Participation Form

Shooter's Name:	4-H Age ____ Beg. Jr. Sr.
4-H Club Name:	Date Started Course:
Certified Rifle Instructor's Name:	Phone:
Equipment Used:	

Rifle Knowledge Requirements	Completion Date	Shooter's Initials	Instructor's Initials	Comments
Safe Gun Handling Rules (any time a gun is handled)				
Parts of the Rifle And their functions				
Types of Rifle Actions and their operations				
Ammunition Basics				
Types of Sights and their uses				
Dominate Eye Exercise				Left or Right (circle one)
Transporting Firearms				
Safe Gun Handling Practice Exercise				
Rifle Knowledge Verification			Certified 4-H Shooting Sports Instructor Signature:	

Shooting Fundamental Requirements	Completion Date	Shooter's Initials	Instructor's Initials	Comments
Range Safety Rules (Eye and ear protection)				
Basic Range Commands (Used to control range)				
Sight Alignment and Trigger Control				
Sight Picture and Breath Control				
Sight Adjustment				
<b>Positions:</b>				
Bench Rest				
Standing				
Sitting				
Kneeling				
Prone				
Self-Control				
Shooting Fundamentals Verification			Certified 4-H Shooting Sports Instructor Signature:	

This form must be completed and signed by a Michigan 4-H Shooting Sports "Certified Rifle Instructor". The instructor must be registered with the St. Clair County 4-H Office. Completed forms must be presented to fair registrar each year.

By signing this form the instructor is verifying that the above named shooter has successfully completed the "4-H Basic Rifle Course" as outline in the National 4-H Shooting Sports Curriculum and the training provided has been in compliance with the Michigan 4-H Shooting Sports Program "Safety Practices and Policies" document.