



**CONSTITUTION,
GENERAL REGULATIONS
&
COMPETITION RULES**

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PART I - CONSTITUTION

1. NAME

This federation of clubs will be called:

“THE GUERNSEY AIR RIFLE ASSOCIATION” hereinafter referred to as GARA.

2. OBJECTS

The objects of the association will be to foster Air Weapon shooting by the promotion of team and individual contests and by organising inter team and individual contests over which it will have full jurisdiction.

3. LIFE MEMBERS

Any member of an affiliated club may be created by Council as a Life-Member of the Association and such member will be entitled to address any meeting but will have no vote unless holding Association Office or voting as delegate of a member club.

4. MANAGEMENT

The Association will be managed by a Council consisting of a President, two Vice Presidents (One currently holding the post for life), an Honorary Treasurer, an Honorary Competition Secretary, an Honorary Administration Secretary and one Delegate from each Club affiliated to the Association.

The President, two Vice Presidents (One currently holding the post for life), the Honorary Treasurer, the Honorary Competition Secretary and the Honorary Administration Secretary who will be known as “The Executive” do not have a vote at Council meetings, each affiliated Club has one vote. In the event of equality of voting a casting vote will be vested in the President or either of the Vice Presidents when acting as Chairman.

In the absence of the President and Vice Presidents the meeting will elect a Chairman, who will retain his original vote and hold the Chairman’s casting vote. Minutes in writing will be taken at all Association meetings.

5. ELECTIONS

The Executive of the Council will be elected at the Annual General Meeting and will remain in office until the end of the following Annual General Meeting. They will be eligible for re-election. For the purpose of such election any member club may nominate a candidate by notice in writing to the Administration Secretary not less than 21 days before the meeting. If there is not more than one nomination for any office the candidate will be declared elected. If there will be two or more candidates a secret ballot will be held.

6. CASUAL VACANCIES

The Executive will have the power to appoint an affiliated member to fill any casual vacancy on the Executive until the next Annual General Meeting, such member being eligible for election as a member of the Executive at such meeting.

7. NOTICE OF MEETINGS

A minimum of seven days notice will be given to each Club Secretary in respect of Meetings in Council, and the Annual General Meeting, together with a copy of the Agenda in respect of such meetings. A minimum of three days notice will be given for an Emergency meeting.

8. ANNUAL GENERAL MEETING

The Annual General Meeting will be held on the third Wednesday in September and will be open to the Council and member clubs in the proportion of two voting delegates per each member club. All members of the clubs may attend but only delegates may vote. The President, Vice Presidents, Honorary Treasurer and Joint Honorary Secretaries having no vote at this meeting, unless acting as a delegate of a member club, the President or Chairman will have a casting vote.

At the Annual General Meeting the following business will be conducted.

- a) The roll call.
- b) The minutes of the previous Annual General Meeting.
- c) The presentation and (if accepted) the passing of the statement of accounts.
- d) The Auditors' report.
- e) The Secretaries reports.
- f) The election of:-
 - i) The Executive in accordance with rule 5.
 - ii) Two Auditors.
 - iii) Fixtures Committee.
 - iv) Association Gaugers
 - v) A delegate to the Guernsey Island Games Association LBG
 - vi) A Delegate to the Commonwealth Games Committee.
 - vii) Child Protection Officers
- g) Business of which notice has been given in accordance with rule 9 including rule alterations (see rule 37) and any suggested alterations to the affiliation levy (see rule 11).
- h) Any other business

9. BUSINESS OF WHICH NOTICE HAS BEEN GIVEN

Business may be brought forward by member clubs for inclusion under sub-paragraph (g), provided details of such business have been supplied to the Administration Secretary, in writing at least 21 days before the Annual General Meeting. No vote can be taken on any matter brought forward, including alterations, unless seconded by another club.

10. QUORUM

Two thirds of the resident affiliated clubs must be represented to form a Quorum at any General or Council meeting. A fine of five pounds will be imposed on each resident member club not represented at General or Council meetings.

11. SUBSCRIPTION AFFILIATION FEE

The annual subscription for affiliation will be determined at the current AGM in the form of a levy on each individual member on the clubs books by December 31st of the current season. A list of the names of members and associate members of affiliated clubs will be supplied to the Association Treasurer together with the affiliation fees when due. Affiliation fees will be paid to the Honorary Treasurer within 30 days of receipt of the account. Penalty of non-payment will be at the discretion of the Council. The Association will, at the end of the current season, carry forward any credit balance to the next season account. In the event of a deficit this will be made good by a further levy on each individual member. The financial year will be from July 1st to June 30th, subject to two weeks extension at the discretion of the Treasurer.

12. CLUB SUBSCRIPTIONS - REGISTER OF DEFAULTERS

A register of defaulters will be kept and clubs will send in the names of such members who do not pay club subscriptions. Members whose names appear on such lists to be debarred from taking part in any Association competition, until such time as they are reported to have paid the amount due to the club concerned. Club secretaries may send in the name of any such defaulter by September 1st each year, and the list of defaulters will be circulated to all club secretaries.

13. ASSOCIATION LIABILITIES

In the event of the Association being unable to meet its debts, any liabilities incurred by the Association by the act or default of any members of the Executive in the proper pursuance of instructions or decisions of the Council will be met fully and equally by each and every member club of the Association.

14. DISSOLUTION

In the event of the Association being wound up, the property of the Association and its assets will belong in equal parts to the member clubs at the time of winding up, or failing this, be made over to a body devoted solely to the support of shooting, to be applied by them for the benefit of the sport.

PART II - GENERAL REGULATIONS

The spirit and intent of these regulations is to achieve uniformity in the conduct of all Association shooting so that such will be a test only of personal skill and effort not influenced by advantages of equipment or conduct.

1. All guns will be .177(4.5mm) calibre for all Association competitions.
2. Paper targets will be used for all Association competitions
3. Targets will be set at 1.40 metres with an allowable variation of +/- 0.20 metres in height measured from the centre of the target to the floor.
4. Clubs or Competitors will sign for all trophies. All Association trophies to be handed in to the Competition Secretary on written request for same, signed by the President or Vice President and Secretaries.
5. No club having once started in an Association competition will be permitted to withdraw without the permission of Council.
6. Clubs not resident in Guernsey may compete on a postal basis, but all ties and finals to be fired in Guernsey unless Council decides otherwise.
7. Shooting in all Association league team competitions (except postal) will be fired shoulder to shoulder with opposing teams or members.
8. Only an official ISSF approved gauge, be it manual or electronic, will be used to gauge any Association competitions. Wherever possible the Association's RICA Electronic gauge will be utilised.
9. No official gauger will gauge a final in which he is shooting unless permission has been given by Council.
- 10(a) All competition targets submitted to an official Association gauger must be witnessed and signed by an affiliated Club member, the witness having, to the best of his ability, endeavoured to see that the rules were complied with.
- 10(b) In shoulder-to-shoulder competitions where targets are gauged immediately after shooting, the targets need only bear an identification of the shooter.
- 11(a) In all Association competitions .If a shooter fires more shots in the event than are provided for in the programme the extra shot(s) must be annulled. If the shot(s) cannot be identified, the highest value shot(s) must be annulled on the target in question. The shooter must also be penalised by a deduction of 2 points for each excessive shot fired, deducted from the lowest value shot(s) in the first series.
- 11(b) If a shooter fires more shots at one of his match targets than are provided for in the program, he must not be penalised for the first 2 such occurrences. For the third and all succeeding such misplaced shots he must be penalised by a

deduction of 2 points for each one in the event. He must also fire a correspondingly fewer number of shots at a succeeding target.

12. If less than the required number of scoring shots appear on a target, the deficient shots will be scored as zero.
13. A competitor firing a shot and failing to hit the scoring ring will be ruled to have missed, scoring zero.
14. Pads and artificial rests and attachments to assist the normal hand grip, other than those permitted in the spirit of ISSF rules, are strictly prohibited. A box, stool or sling may be used only with the consent of Council. The Council has approved the use of 'eagle-eye' foresights for local G.A.R.A competitions only, where the ISSF rules do not apply.
15. Clubs will supply their own targets whenever shooting in knockouts or when firing on a neutral range and in ten metre leagues when the home and away system is not in use.
16. Matches will commence not later than the time fixed by the fixture committee. Shooting will continue without undue delay between batches. Any club failing to keep the fixtures drawn up by the fixture committee will be fined five pounds and be adjudged to have lost the match, which will be credited as a win to the opposing club, unless the team cancelling can prove to Council unavoidable problems. Clubs failing to furnish the required number of members in a team will be fined five pounds.
17. In all competitions the team captains will act as Range Officers' or alternatively appoint a Range Officer, except in such cases where Range Officers are appointed by Council. The Range Officer will see that the shooting is carried out under the conditions applying to the competition and will have complete control of the match. In individual finals the Range Officer will stay in the range till each batch has been completed.
18. No bad language, betting, gambling or any person under the influence of drugs or alcohol will be allowed at Association fixtures under any circumstances. Any member aiming a rifle at another person at league matches or other competitions governed by the Association will be guilty of misconduct and will be reported by the Range Officer to be dealt with by the Council. The Range Officer will have the power to deal with such matters as he may deem expedient.
19. Clubs wishing to enter a Protest will notify the Competition Secretary, in writing, within 48 hours, such notification accompanied by a deposit of £5.00 which will be returned if the protest is upheld. All protests will be brought before the Council at the earliest opportunity.
20. The Council will be the sole authority for the interpretation of these rules or any regulation and will give rulings in all cases or disputes and upon any matter affecting the Association and not provided for in these rules, and its

decision will be binding on the member clubs. Provided that any club or combination of clubs adversely affected by such decision may, on giving notice of appeal at the Council meeting at which the decision is made and ratifying the appeal in writing within 48 hours, have their appeal heard by an appeals board composed of the Executive and its decision will be final. A deposit of £5.00 is payable on lodging the appeal, returnable should the appeal be upheld.

21. The Council will be empowered to make temporary regulations to deal with matters not expressly provided for in these rules. Such temporary regulations to be in force until ratified amended or annulled at the next Annual General Meeting or Emergency meeting.
22. These rules and regulations may only be added to, repealed or amended by resolution at the Annual General Meeting or Emergency meeting,, provided that no such resolution will be said to have been passed unless it is carried by a majority of at least two thirds of the delegates present.
23. These rules will be available for inspection at all times at all premises of member clubs. Clubs failing to comply with this rule will be subject to a fine of £5.00.
24. Anything (rifles, device, equipment accessories, etc.) which may give an individual advantage over others and which are not mentioned in these rules, or which are contrary to the spirit of these rules and regulations, are prohibited. The Range Officer or GARA nominated official will have the right at any time to examine a shooter's equipment and apparel. The responsibility will be upon the competitor to submit equipment and apparel for official inspection and approval in sufficient time prior to the beginning of a match so that it will not inconvenience either the competitor or the official. Team Captains are held equally responsible for the competitor to have only equipment and apparel which meets these rules and regulations.
25. Any shooter who has fired for the Island at 10 metres or 6 Yards cannot fire in the 3rd or 4th Division competitions unless approved by Council.
26. Team Captains to inform the Competition Secretary of any cancelled matches by the time they would normally give in results, noting who has asked for a rearrangement.
27. Phone numbers and addresses to be given in for Team Captains, or a team contact number with team registrations.
28. Official GARA. score sheets to be used for league competitions.

29. FIXTURES

It is the responsibility of the Fixtures Committee to produce a draft set of fixtures for circulation to member clubs within 7 days of receipt of all team entries.

Once the fixtures are approved it is the responsibility of the Fixtures Committee to circulate to all member clubs and Executive Committee within 7 days of them being ratified at the relevant Council Meeting.

Fixed dates for GARA. competitions to be:-

A) First week of October start season

First Friday of November 1st round L'Anresse Pairs

Second Friday of November Herbert Bowl

Third Friday of November 2nd round L'Anresse Pairs

Last Friday November 1st round Derek Humby

Last week November 1st round Air Pistol IIC

First Friday of December 1st round Lewis Simms

Second Friday of December Final Derek Humby

The Wednesday after Derek Humby for 6 yd teams of 6 handicap KO

Third Friday of December 2nd round Lewis Simms

North United Trophy (IIC 10 m.) Anytime during January.

Second Friday of January 1st round ET Henry

Third Friday of January final Lewis Simms

Last Wednesday of January for Webley Scott

Last Friday of January 2nd round ET Henry

First week February 2nd round Air Pistol IIC

First Friday of February Stranger Cup final

Second Wednesday of February for St Saviours

Second Friday of February 1st round Capper Cup (IIC 6 yd)

Third Friday of February North United Trophy Final (IIC 10 m)

Last Friday of February final ET Henry & 1st round Intermediate

Last Monday of February or 1st of March depending on how it falls

2nd round Capper Cup (IIC 6 yd)

Last Saturday of February final Air Pistol IIC Class B

First Friday of March Don Clark 10 metre final (juniors)

First Saturday of March final Air Pistol IIC Class A

Third Friday of March IIC 10 m Junior final

Third Friday of March 2nd round Intermediate

Last Wednesday in March Capper Cup final (IIC 6 yd)

First Friday of April Intermediate final

(Deleted Second Wednesday of April North United final (IIC 10 m)

Meal nearest Saturday to start of May

B) The above dates to be allowed a fluctuation of one week depending on how many weeks fall within the set layout for the months and also having regard for National / International Competitions.

30. SELECTION CRITERIA FOR INDIVIDUALS OR TEAMS REPRESENTING THE ISLAND IN AIR RIFLE OR AIR PISTOL

Any Air-Rifle or Air-Pistol shooter who is registered with a resident Member Club can register an interest to shoot for the Island.

It is the responsibility of the Executive Committee to ensure that a shooter is suitably experienced for the competition he or she expresses a wish to compete in. They will have regard to the respective criteria and guidelines outlined below.

The Executive Committee has absolute discretion in the selection of an individual or team representing the Island.

COMMONWEALTH GAMES SELECTION CRITERIA

Members will be eligible for selection for the Commonwealth Games upon showing they merit such consideration.

The competitor must achieve three (3) scores that equal or better the qualifying score set by the Association, within two (2) years prior to the games and before the final entry date, these scores to be achieved at competitive shoots of at least National or International level.

The Competitor will submit a portfolio to the Association showing his/her ability.

The Association will decide on the qualifying scores before the two (2) year qualifying time, so that competitors know the standard that they must reach

COMMONWEALTH SHOOTING FEDERATION

Members will be eligible for selection for the Commonwealth Shooting Federation upon showing they merit such consideration.

The Association will decide on the process by which selection will be made within 7 days of the Association's closing date of entries.

ISLAND GAMES

Members will be eligible for selection for the Island Games upon showing they merit such consideration.

The Association will decide on the qualifying scores one (1) year ahead of the games, so that competitors know the standard that they must reach.

The Association will decide on the process by which selection will be made within 7 days of the Association's closing date of entries.

If it is decided that selection is achieved by selection shoots then these will be in the form of three (3) shoots, shot to the same rules as the actual competition. There will also be an Olympic final at the end of the third shoot. The average of

the three shoots plus the Olympic final score will be used to determine the selection.

In respect of a tie break the order of ranking will be resolved within the ISSF rules

INTER-INSULAR

The Association will encourage all members to attain a place within the two Island Teams.

The Executive Committee will select the team members and reserves based on the number of shooters wishing to compete and also on their standard of shooting.

31. The results of all GARA individual competitions will be circulated by the authorised gauger within 14 days of the closing deadline of the competition/round to the competition secretary and all affiliated clubs.
32. Any shooter selected to represent GARA or the island, and where payment of the entry/registration has been paid on his/her behalf by GARA, for whatever reason, such payment **MUST** be reimbursed to GARA within one month of the date the payment is made.

In the event of non-reimbursement, the committee shall have the power to:

- (a) refuse the competitor from taking part in the competition
- (b) ban the competitor from putting his/her name forward for future selections.

PART III – COMPETITION RULES

6 YARD (5.5 METRES) LEAGUES COMPETITION RULES

- (A) Clubs may enter teams in the Association Challenge Shield and the “BSA” Cup. The Shield to be a non-handicapped competition with the “BSA” being shot under individual team member handicaps. The Harrison Cup and the Hermitage Cup to be utilised as the entries warrant.
- (B) All league matches to be shot on league principle, two points being awarded for a win and one point for a draw. In the event of a tie in points in any division, at the end of the season such ties to be determined by an extra match between the teams concerned on a neutral range to be arranged .
- (C) Each team to be composed of three bona-fide members of an affiliated member club.
- (D) Matches to be decided at 5.5 metres, standing position, on Targets approved by council.
- (E) In all 5.5 metre shooting in league matches each competitor will fire 30 shots to count.
- (F) Unlimited sighters are permitted at the start of a shoot. No sighters are permitted after the first shot to count has been fired: provided that a competitor suffering a gun malfunction may be permitted further sighters and an additional period of time to shoot, at the discretion of both team Captains or the Range Officer in charge. Cards for sighters to be clearly marked.
- (G) A competitor will be permitted a maximum 60 minutes to shoot, including sighters. A verbal warning will be given by the team Captains or their nominees when five minutes remain and again when 1 minute remains. Shots fired after time up is called will not count.
- (H) All clubs will furnish one gauger for each of their matches, inward gauging to both gaugers satisfaction. Any disputed shot to be decided by a referee nominated by both team captains, whose decision will be final.
- (I) The Home team will supply the official score sheet of the Association for all league matches and will be responsible for its delivery, duly signed by the team Captains, to the Competition Secretary of the Association within 3 days of the match. Failure to do so will incur a £5.00 fine.

Where neutral ranges are used, the first drawn team will be considered in this instance the Home team.

Home clubs will supply targets for both teams. When utilising a neutral range each team to supply their own targets.

Lighting on the range will be under Home clubs conditions, and will remain unaltered for the entire match.

- (J) League teams will be registered with the Competition Secretary of the Association and to be ratified by Council before commencement of such a league.

A reserve will be allowed to shoot twice only in a higher league, on the third occasion they will automatically be registered in that team.

All alterations to registered teams to be in writing. Any re-registrations to take effect 7 days after applications received and approved by the Competition Secretary. Clubs to be notified immediately if not approved.

- (K) It will be within the power of the Council or Executive (within the provisions of (J)) to re-adjust the registrations of league teams by the promotion or relegation of members during the season.

- (L) The Association will provide the winning team of each league with an appropriate award.

All trophies to be engraved annually with winner's name.

- (M) League and team entries to be at discretion of Council.

- (N) Individual team member's handicaps to be worked out at the beginning of the season and reviewed periodically.

10 METRE LEAGUES COMPETITION RULES

- (A) Clubs may enter teams in the first division, for the H.F. GAUDION CUP. The second division for the IRON STORES CUP, the third division for the BUCKTROUT CUP and the fourth division for the J.H. CARRE CUP. Each team to be composed of three bona-fide members of such clubs.
- (B) Matches will be decided at the 10 metre range, in the standing position, on 10 metre targets as approved by the GARA.
- (C) In 10 metre league matches each competitor will fire 40 shots to count. Unlimited sighters.
- (D) A team member will be permitted 1 hour 15 minutes to complete his shoot including sighters and target changes. Five minute and 1 minute warnings will be given as in Part III 6 Yard (5.5 metres) leagues competition rules (G).
- (E) Conditions as in Part III 6 Yard (5.5 metres) leagues competition rules F, H, I, L, M will apply.
- (F) All league matches to be shot on league principle, four points being awarded for a win and two per team for a draw. In addition individual team members will score one point for equalling or bettering their average, and one point for scoring a win over an opponent. In the event of a draw against opponent, the point to be shared equally.

Opponents will be drawn prior to the commencement of gauging

KENITEX CUP
(10M CHANNEL ISLANDS CHAMPIONSHIP)

- | (A) A competition whereby the top two shooters from Guernsey compete against the top two shooters of Jersey and Alderney. The Guernsey shooters to be picked based on the results of the North United Trophy (Island Championship).

- (B) The Kenitex final to be of sixty shots, with unlimited sighters, with a time limit of 1 hour 45 minutes. Finals to be shot alternately in Guernsey, Jersey and Alderney with the hosts providing replicas or medals etc.

- (C) The Kenitex competition final will be fired on single diagram targets

- (D) The competition to be conducted in the spirit of the ISSF rules.

KNOCK-OUT COMPETITIONS

WEBLEY & SCOTT TROPHY - (6 Yard Knockout)

The competition will be open to any member affiliated to GARA.

- (A) Clubs may enter more than one team, but a member is cup-tied after his first shoot.
- (B) The competition to be a shoulder to shoulder competition
- (C) The competition to be fired under the knockout system.
- (D) Teams will consist of three members
- (E) Members will fire 30 shots to count at 5.5 metre at targets approved by council, in the standing position.
- (F) In the event of a tie, each member of each team will fire a further sighter and five shots. If still a tie, a further five shots, until a winner has been decided.
- (G) The Association will provide the winning team with an appropriate award. The trophy to be engraved annually with club's name

ST SAVIOURS TROPHY - (6 Yard Team Handicapped Knockout)

The competition will be open to any member affiliated to GARA.

- (A) Clubs may enter more than one team, but a member is cup-tied after his first shoot. A member must have a bonafide handicap approved by the Competition Secretary.
- (B) The competition to be a shoulder to shoulder competition
- (C) The competition to be fired under the knockout system.
- (D) Teams will consist of three members
- (E) Members will fire 30 shots to count at 5.5 metre at targets approved by council, in the standing position. The member's handicap will be added to the member's gun score, subject to a maximum score of 300 ex 300
- (F) In the event of a tie, each member of each team will fire a further sighter and five shots. The gun score plus of 1/6th of the handicap (rounded down to the nearest whole number), subject to a maximum score of 50 ex 50. If still a tie, a further five shots, until a winner has been decided.
- (G) The Association will provide the winning team with an appropriate award. The trophy to be engraved annually with club's name.

STRANGER CUP

- (A) The competition will be open to any member affiliated to GARA or Southampton Air Rifle Association (SARA).
- (B) Clubs may enter more than one team, but a member is cup-tied after his first shoot.
- (C) The competition to be a shoulder to shoulder competition.
- (D) The competition to be fired under the knock-out system.
- (E) Teams will consist of five members.
- (F) Members will fire 20 shots to count, in the standing position on Targets approved by council, at 5.5 metres. Sighters as in Part III 6 Yard (5.5 metres) leagues competition rules (F)
- (G) In the event of a tie, each member of each team will fire a further sighter and five shots. If still a tie, re-shoot the match another evening.
- (H) Each member will be permitted a maximum of 40 minutes to shoot 20 shots, including unlimited sighters.
- (I) Slings are not permitted and must be removed from the rifle.
- (J) The final will be fired in Guernsey
- (K) Finalists to receive appropriate mementoes. A memento will be awarded to the reserve.
- (L) Rules as in competition Part III 6 Yard (5.5 metres) leagues competition rules H and I apply.

HERBERT BOWL

- (A) The competition will be open to any member affiliated to GARA or SARA.
- (B) Clubs may enter more than one team, but a member is cup-tied after his first shoot.
- (C) The competition to be a shoulder to shoulder competition.
- (D) The competition to be fired under the knock-out system.
- (E) Teams will consist of five members.
- (F) Members will fire 20 shots to count at 5.5 metre at Targets approved by council, in the standing position. Rule Part III 6 Yard (5.5 metres) leagues competition rules (F) will apply.
- (G) In the event of a tie, each member of each team will fire a further sighter and five shots. If still a tie, re-shoot on another evening.
- (H) Each member will be permitted a maximum of 40 minutes to shoot 20 shots inclusive of unlimited sighters.
- (I) Rules I (I) will apply.
- (J) Final to be fired in Southampton.
- (K) Prizes will be awarded to winners and runners-up. Where the home side has a reserve and/or the visiting side brings a reserve, a prize will be awarded in each case to that reserve.

CAPPER CUP
ISLAND INDIVIDUAL 6 YARD CHAMPIONSHIP

Presented by Major-General Sir J. E. Capper, K.C.B., K.C.V.O.
(Lieut. Governor of Guernsey 1920-1925)

- (1) A competition for individual Air Rifle championship of Guernsey, open to all members of the Association, will be held annually.
- (2) The competition will be decided in three rounds and the championship will be determined by the competitors' aggregates in all three rounds.
- (3) First and second rounds - General Regulations 10(a)
- (4) The first round will be fired on the competitor's home range and the score will be carried forward to the next round.
- (5) In all rounds the competitor will fire 20 shots to count plus unlimited sighters. League rules (I) D, and will also apply.
- (6) The second stage and final will be supervised by a Range Officer who will collect the targets and deliver them to the Island Championship official gauger. Ranges to be decided by the Council.
- (7) Sixteen places will be available for the final where the top shooters after the first two rounds will qualify. A maximum of 3 places for the top ladies in the Ladies Championship and 3 places for the top 3 juniors in the Junior Championship to be made available in the final.
- (8) The competitor with the highest aggregate in the three stages, after any tie shooting that may be necessary, will be the Champion for the season and be holder of the Capper Cup for the current season. The competitors placing in the first three places in the final will receive appropriate mementoes. The mementoes will be engraved with the position attained.
- (9) No spectator will stand within 6 feet of any competitor during all stages while shooting is in progress.
- (10) In the event of a tie in the first three places positions will be determined by shooting a sighter and 5 shots to count, and if still a tie shot for shot until decided.
- (11) The highest second round score will receive the Guernsey (NSRA) medal, but no competitor may win more than once.. Ties to consist of 10 shots plus 5 sighters, then if still a tie, 5 shots, then shot for shot, on a range to be decided by Council
- (12) Veterans will receive appropriate award.

THE JUNIOR 6 YARD CHAMPIONSHIP

- (1) Competition to be shot concurrently with the Capper Cup with the following additions.
- (2) Qualifying age, under 18 on 1st December, prior to the first round.
- (3) The top three juniors will be included in the final round of the Capper Cup.
- (4) Ties for places in both competitions to be fired concurrently.
- (5) The first three placings will receive mementoes engraved with their positions attained.

E.T. HENRY MEMORIAL TROPHY

- (A) The cup will be competed for by individual Air-Rifle shooters and will be open to any member affiliated to GARA or SARA.
- (B) The competition will be fired on an elimination system, consisting of 20 shots to count at 5.5 metres, standing position, on Targets approved by council with a time limit of 40 minutes inclusive of unlimited sighters. Rule 10(a)
- (C) The qualifying round will be fired on competitor's home ranges. The area final will consist of no more than 16 nominated shooters. Shooters not qualifying for the final will be put into Class B. The area final will be shot on a range to be decided by Council. The final to be scratch with the 2 winners going forward to meet the 2 qualifiers from the other area final, the final round to be held in Guernsey.
- (D) In the event of a tie a further sighter and 5 shots will be fired and then shot for shot to decide placings.
- (E) The winners will receive a memento engraved with the position attained.
- (F) Winner of class B will receive an engraved memento.

LEWIS SIMMS INDIVIDUAL COMPETITION

- (A) The cup will be competed for by individual Air-Rifle shooters and will be open to members of affiliated league teams of SARA and GARA.
- (B) The competition will be fired on an elimination system, consisting of 20 shots to count at 5.5 metres, standing position on Targets approved by council with a time limit of 40 minutes inclusive of sighters. Sighters as Rule Part III 6 Yard (5.5 metres) leagues competition rules (F)
- (C) The qualifying round will be fired on competitors' home ranges. The area final will consist of no more than 16 nominated shooters. The area final will be fired on a range to be decided by Council. The final to be scratch with the 2 winners going forward to meet the 2 qualifiers from the other area final, the final round to be held in Southampton. Shooters not qualifying for the area final will be put into class B.
- (D) In the event of a tie a further sighter and 5 shots to be fired and then shot for shot to decide the placings.
- (E) The winner of Class B will receive an engraved memento.

All local rounds to be fired in accordance with the above regulations and also to incorporate the GARA. General Regulations 10(a) and Rule Part III 6 Yard (5.5 metres) leagues competition rules (D).

LEWIS SIMMS FINAL to be fired in Southampton as follows:

- (a) In the Final competitors will fire 20 shots to count with unlimited sighters within a time limit of 40 minutes. In the event of a tie, a further 10 shots will be fired to decide placings. If still a tie single shots to be fired until a result is achieved. Final to be fired on targets approved by council.
- (b) The winner will receive a miniature engraved replica, and will hold the cup for one year and then return it to the SARA Secretary in time for next season's presentation.

NORTH UNITED TROPHY
ISLAND INDIVIDUAL 10 METRE CHAMPIONSHIP

- (A) The cup will be contested for by individual Air-Rifle competitors affiliated to the GARA.
- (B) The competition shall consist of one qualifying round of 60 shots to be fired anytime in January on home ranges in a time limit including sighters to be 1 hour 45 minutes, fired at 10 metres on 10 metre targets as approved by the GARA in the standing position. Sighters as in Part III 6 Yard (5.5 metres) leagues competition rules (F). Warnings on the time to be given as in I(G). Single diagram targets to be used in the final.
- (C) The final will be fired in February and will consist of no more than one batch of 6 nominated shooters. Shooters not qualifying for the final will be put into Classes B and C, each Class not to exceed 1 batch of 6 nominated shooters.
- (D) The qualifying round will be fired on members' home ranges. See Rule 10(a). Competitors to provide their own GARA approved targets.
- (E) The final will be fired on a range to be decided by Council.
- (F) In respect to the Class A Final, the top four finalists will be automatically entered in the Olympic Final. The Olympic Final will be run in the spirit of the ISSF rules.'
- (G) In respect of a tie break the order of ranking will be resolved within the ISSF rules
- (H) The winner will receive an engraved memento. Appropriate awards will be made to the runners up. The top places in classes B and C will receive appropriate awards dependent upon number of competitors.
- (I) Veterans will receive appropriate award.
- (J) The first and second placed competitors in Class A would represent the Association in the Kenitex competition.

THE L'ANCRESSE PAIRS TROPHY
DONATED BY MR R SHEPPARD

- (1) The competition will be open to all members of the Southampton and Guernsey Air-Rifle Associations.
- (2) The competitions will be fired on a knock-out system.
- (3) Individual entry to the competition will be a round of 15 shots within a time limit of 30 minutes, fired by the date fixed.
- (4) The best 32 scores in the opening round will be paired together as drawn. Should there be less than the required number of entrants the highest scores of such lower even number of entrants as is practicable.
- (5) Matches between pairs will be decided by each member firing 15 shots to count at 5.5 metres, standing position, on Targets approved by council. A maximum of 5 sighters may be fired before the match commences.
- (6) In the event of a tie, in any round, each member of each Pair to fire 2 deciding shots
- (7) The winning pair from the GARA will fire against the winning pair from the SARA. The final will be fired alternate years in Southampton and Guernsey.
- (8) Outward gauging will apply in all rounds.
- (9) The name of the winning pair will be engraved on the cup. Winners and runners up will receive engraved awards, to be supplied by the SARA.

RULES FOR INTER INSULAR COMPETITION

To apply to Air Rifle only

- (1) The competitions will be known as the Grasset-Neame and the Le Riche.
- (2) It will be open to teams drawn from bona-fide shooting members of clubs affiliated to the JSBRA and GARA.
- (3) Teams will consist of 8 members.
- (4) Matches will be fired each year alternately in Jersey and Guernsey.
- (5) The whole match, .22 and air-rifle will be fired on the same day, the place to be determined by the home association.
- (6) The air-rifle and .22 scores will be added together for each trophy and the Island with the highest scores will hold the trophy for one year.
- (7) Every shot reaching leaving the rifle will count
- (8) The Grasset-Neame will remain the property of the GARA, the Le Riche will remain the property of the JSBRA. The holders of both trophies will be responsible for their safekeeping.

AIR RIFLE RULES

- (A) The matches in both Jersey and Guernsey will be fired with .177 Air-rifles on Targets approved by council in the standing position at 10 metres, 40 shots to count with unlimited sighters. No more sighters will be allowed once first competition shot has been fired. A time limit of 1 hour 15 minutes will be allowed, including sighters. A verbal warning will be given when 5 minutes remain and again when 30 seconds are left. Shots after the time up is called will not count. Shots missing the scoring rings will count as zero.
- (B) Gauging will be done by one representative from Jersey and Guernsey with National Small-bore Rifle Association (NSRA) outward (inward scoring) gauge. Where the gaugers cannot agree on a shot, a third party, agreed by both gaugers will have the deciding say, this will be final.

THE DEREK HUMBY MEMORIAL TROPHY

- (1) The trophy is open to all members of teams affiliated to the SARA and the GARA.
- (2) To be fired in 3 stages on Targets approved by council. First stage will be 15 shots on own ranges with a qualifying score of 135.
- (3)
 - (a) The second stage, local final, will be 20 shots fired on one selected range in Southampton and one selected in Guernsey.
 - (b) All past holders of the Trophy will be exempt from stages one and will enter the competition at this local final stage.
 - (c) The highest two from the SARA. and the highest two from the GARA will fire in the Final Stage.
 - (d) Should there be a tie at this stage, a further 10 shots will be fired. If still a tie single shots until superiority is obtained.
- (5)
 - (a) The final stage will be 40 shots. The range to alternate between SARA and GARA.
 - (b) Should there be a tie at this stage, a further 20 shots will be fired. If still a tie single shots until superiority is obtained.
- (6) The Final to be fired in conjunction with GARA visit to Southampton or SARA visit to Guernsey.
- (7) A time limit including sighters will be 20 minutes for 15 shots, 30 minutes for 20 shots and 60 minutes for 40 shots, due allowance being given for mechanical breakdown.
- (9) All pellets discharged by a competitor when in the aiming position during the progress of a match will count. Warming shots or “blow off shots” will not be allowed. Difficulty in getting off particular shots will not be considered a reason for firing them into the surround.
- (10) The winner will receive a miniature engraved replica, and will hold the Trophy for 1 year and return it to the Secretary of the Association holding the final in time for the presentation. The runner up to receive an award. The third and fourth finalists to receive a medal. The awards to be supplied by the SARA.

THE GUILBERT TROPHY

- (1) The trophy to be presented to the member who has scored the best average taken from all team competitions at the end of the season.
- (2) The member must register a score in 10 metre and 6 yard league competitions.
- (3) The member must fire at least two-thirds of the league matches fired.
- (4) League scores will be taken from the division the member was registered in at the close of the season.

D CLARK TROPHY

- (A) Open to all members who will be 16 or under on the night of the final.
- (B) The competition to be fired on 10 metre targets, 20 shots to count with unlimited sighters within the time limit of 40 minutes.
- (C) In the event of a tie, count back will decide the final places, i.e. most numbers of 10s then 9s etc. If still a tie, the most inner 10s
- (D) The winner and runner-up will receive appropriate mementoes engraved with their position attained.

INTERMEDIATE TROPHY

- (A) The cup will be competed for by individual Air-Rifle competitors affiliated to GARA, subject to (G) below.
- (B) The competition will consist of 20 shots to count at 5.5 metres, on Targets approved by council with a time limit of 40 minutes inclusive of sighters. Sighters as rule Part III 6 Yard (5.5 metres) leagues competition rules (F).
- (C) The qualifying round will be fired on competitors' home ranges. Targets as General Regulations 10(a).
- (D) The final will be fired on a range decided by Council.
- (E) In the event of a tie a further sighter and 5 shots will be fired and then shot for shot to decide placings.
- (F) The winner and second and third placed competitors will receive mementoes engraved with their positions attained.
- (G) No previous winner or someone who has shot in the Inter Insular may enter, except with the consent of the Council.

NOMINATED TEAM HANDICAP

- (A) Clubs may enter more than one team, but a member is cup-tied after his first shoot.
- (B) The competition will be shoulder to shoulder.
- (C) Teams will consist of 6 members.
- (D) Members will fire 10 shots to count with a maximum of 3 sighters at 5.5 metres on Targets approved by council.
- (E) Team members will nominate their own handicap before each match. The handicaps can be changed for each match, except when a tie shoot is needed.
- (F) Each shot must score. Any member not scoring with a shot will retake that shot
- (G) In the event of a tie the match will be re-shot.
- (H) The winning team will receive engraved mementoes.

ISLAND INDIVIDUAL JUNIOR 10 METRE CHAMPIONSHIP
(ST PIERRE TROPHY)

- (A) The trophy will be contested for by individual Junior Air-Rifle competitors affiliated to the GARA. Juniors are shooters who will be under the age of 21 on December 31st in the year of the competition.
- (B) To enter, a Junior will have to complete the qualifying rounds of the North United Trophy. The final will be fired on a different date to the North final, to accommodate any shooter who may qualify for both the North and Junior finals.
- (C) The final will consist of no more than one batch of 6 nominated shooters. Shooters not qualifying for the final will be put into classes B and C, each class not to exceed one batch of 6 nominated shooters.
- (D) The qualifying rounds will be fired as per North United rules. The final will consist of 60 shots with a time limit of 1 hour and 45 minutes, in the standing position. Sighters as in Part III 6 Yard (5.5 metres) leagues competition rules (F). Single diagram to be used in the final. Time warnings as Part III 6 Yard (5.5 metres) leagues competition rules (G).
- (E) In the event of only one person shooting in any final, he/she will have to beat their recorded average for Association or Club competitions.
- (F) In respect of a tie break the order of ranking will be resolved within the ISSF rules.
- (G) The winner will receive an engraved memento.
Appropriate awards will be made to the runners up.

PISTOL 10 METRE LEAGUE

- (A) Clubs may put forward Individual names and averages where they will be arranged into as equal as possible teams according to score not necessarily club. Each team will consist of three shooters.
- (B) Matches will be fired at 10 metres on Air 4 targets. Shot shoulder to shoulder, Team Captains to act as Range officers.
- (C) In 10 metre league matches, each competitor will fire 40 shots to count with unlimited sighters. Sighters can only be taken before the first competition shot is fired.
- (D) A team member will be permitted 1 hour 15 minutes including sighters and target changes. A time warning will be given as per ISSF rules. Shots fired after the time up has been called will not count.
- (E) The winning team will receive engraved mementoes.

PISTOL 10 METRE INDIVIDUAL WINTER LEAGUE

- (A) Competition to consist of divisions, with a maximum of 8 in each division, dependent upon entries.
- (B) Matches will be fired at 10 metres in the spirit of ISSF rules, 40 shots in 1 hour 15 minutes with unlimited sighters prior to the first competition shot.
- (C) Number of rounds to be governed by the number of shooters taking part. Each shooter to fire against other competitors at least once. If necessary, because of uneven numbers, competitors to fire against average at least once.
- (D) The winner and runner up in each division will receive an engraved memento.

ISLAND INDIVIDUAL 10 METRE PISTOL CHAMPIONSHIP

- (A) The trophy will be contested for by individual air-pistol shooters affiliated to the GARA.
- (B) The competition will be fired on an elimination system consisting of two rounds of 40 shots as in ISSF competitions. Final to be 60 shots, time limit according to ISSF. In rounds 1 and 2 five shots per card to be fired, in the Final two shots per card to be fired.
- (C) The final will consist of no more than one batch of 8 nominated shooters. Shooters not qualifying for the final will be put into classes B and C, each class not to exceed one batch of 8-nominated shooters.
- (D) Rounds 1 and 2 will be fired on members' home ranges. The final will be fired on a range decided by Council.
- (E) Rounds 1 and 2 to count for aggregate competition. The 60 shot final to stand alone, with an Olympic final.
- (F) In respect to the Class A Final, the top four finalists will be automatically entered in the Olympic Final. The Olympic Final will be run in the spirit of the ISSF rules.
- (G) In respect of a tie break the order of ranking will be resolved within the ISSF rules'
- (H) The winner will receive an engraved memento. Appropriate awards will be made to the runners up. The top three places in other classes will receive appropriate awards.

GARA. INDIVIDUAL 10 METRE AIR RIFLE LEAGUE

- (1) To comprise 7 rounds of 40 shots on 5 diagram cards, 1 shot per aiming mark.
- (2) Each round to be completed in one consecutive session and targets to be submitted to the League Gauger by 28 October, November, December, January, February, March and 21 April. Late receipts will result in No score.

League Gaugers to be appointed at the beginning of the season.

- (3) Entry fee £3.00 to be submitted with First Round Cards.
- (4) Cards to be supplied by participants at their own cost.
- (5) The competition to be competed for on a league basis divided into divisions of shooters graded according to ability. The League Gauger will have discretion on the make up of each division, utilising the First Round Cards and known official averages. Each division will have a maximum of 8 shooters
- (6) Points to be awarded from 6 to 1 based on the scores recorded each month i.e. highest score in division - 6 points, lowest score - 1 point.
- (7) Targets to be completed with shooter's name, club, signature and witnessed and dated, all cards to be completed, failure to complete will lead to No score
- (8) GARA rules for 10 metre Air Rifle competitions to apply.
- (9) Divisional winners to receive a medal at GARA annual awards.
- (10) Results will be despatched to Club Secretaries by the 14th day of the following month detailing scores, league position and aggregate scores..

PART IV - POLICIES

APPENDIX I

GUERNSEY AIR RIFLE ASSOCIATION – DRUGS POLICY

The Association is governed by the rules laid down by the ISSF, the International governing body of shooting, as far as all national and international competitions are concerned. Therefore the detection of drugs during national and international competitions will be dealt with according to these rules.

In local competitions the Association will take the following action:

- 1 when illegal drugs are taken because of the perceived ‘high’ feeling and which would not assist the person’s ability in their shooting, they will be warned officially on the first occasion, banned from competing for 3 months on the second occasion, banned for 6 months on the third occasion, then banned indefinitely on any subsequent occasion – reinstatement to be at the discretion of the Council of the Association.
- 2 when illegal drugs are taken with the intention of feeling high but which could also enhance performance they will be banned from competing for 1 month on the first occasion, banned for 6 months on the second occasion, 1 year on the third occasion, then banned indefinitely on any subsequent occasion - reinstatement to be at the discretion of the Council of the Association.
- 3 when performance enhancing drugs which are clearly taken to allow the person an unfair advantage in their sport they will be banned from competing for 3 months on the first occasion, for 6 months on the second, 1 year on the third occasion, then banned indefinitely on any subsequent occasion - reinstatement to be at the discretion of the Council of the Association.

At the present time information will only be available from observation of behaviour, as there is no testing facility available locally. If a member’s behaviour is markedly different from normal, quiet seeking of information will take place. Where a junior member is concerned, the Association will ask parents/guardians to be present to support the person concerned if it is felt that illegal substances have been used.

If a member is taking medication, prescribed by a doctor, which is listed as an illegal substance in the Olympic Movement Anti-Doping Code, the member must inform the Association before taking part in local competitions. The member will not be able to represent Guernsey in inter-insular or national competitions if the medication is on the prohibited list of the ISSF.

A list of illegal substances will be posted in each club and all members will be made aware of the Association’s Drug Policy.

APPENDIX II – CHILD PROTECTION POLICY

The following guidance has been prepared and issued by the Great Britain Target Shooting Federation ('GBTSF') and has been adopted by the National Small Bore Rifle Association ('NSRA').

INTRODUCTION

The GBTSF believes that child protection is everyone's responsibility.

Abuse can occur anywhere there are children at any time, as school, in the park, at the club. Sadly, there are some people who will seek to be where children are, simply in order to abuse them.

We believe that everyone in the GBTSF member governing bodies has a part to play in looking after the children with whom we are working. This is both a moral and legal obligation. The Children Act 1989 indicates that anyone who has the care of a child should 'do what is reasonable in all the circumstances for the purpose of safeguarding or promoting the child's welfare.' This obviously has a great impact on coaches and officials who work with children at any time.

These child protection procedures stem from the following principles:

- The child's welfare is the first consideration
- All children, regardless of age, any disability they may have, gender, racial origin, religious belief and sexual identity have a right to be protected from abuse.

We know that if the procedures are to help to protect children, everyone involved in shooting needs to see and discuss them. We are, therefore, asking coaches and officials to make sure that they are widely distributed and discussed at club, county, region and national level.

If there is any doubt about the procedures and what constitutes good practice in this area please contact the GBST. The GBTSF would like to thank the Amateur Swimming Association and the National Coaching Foundation for their assistance in producing this document.

TYPES OF ABUSE

It is generally acknowledged that there are four main types of abuse: Physical, Sexual, Emotional and Neglect.

Physical Abuse is just what the name implies – hurting or injuring a child, for example, by hitting or shaking them. It might also occur if a child is forced to train beyond his / her capabilities. Bullying is likely to come into this category.

Sexual Abuse occurs when a child knowingly or unknowingly takes part in something that meets the sexual needs of the other person or persons involved – it could range from sexual suggestive comments to full intercourse.

Emotional Abuse occurs when a child is not given love, help and encouragement and is constantly derided or ridiculed or, perhaps even worse, ignored. Conversely, it can also occur if a child is over-protected. It is present in the unrealistic expectations of parents and coaches over what a child can achieve. Racially and sexually abusive remarks constitute emotional abuse and it can be a feature of bullying.

Neglect usually means failing to meet children's basic needs such as food, warmth, adequate clothing, medical attention etc. It could also mean failing to ensure they are safe or exposing them to harm.

INDICATIONS OF CHILD ABUSE

Recognising child abuse is not always easy – even for the experts. The examples listed below are not a complete list and they are only indicators – not confirmation.

Information: The child says that she or he is being abused, or another person says they believe (or actually know) that abuse is occurring.

Injuries: The child has an injury for which the explanation seems inconsistent.

Behaviour Changes: The child's behaviour changes, wither over time or quite suddenly, and he or she becomes quite and withdrawn, or alternatively becomes aggressive

Reactions to Others: The child appears not to trust adults, e.g. a parent or coach with whom she or he would expect to have, or once had, a close relationship, and does not seem to be able to make friends.

Appearance: The child becomes increasingly neglected-looking in appearance, or loses or puts on weight for no apparent reason.

Sexual Awareness: The child shows inappropriate sexual awareness for his / her age and sometimes behaves in a sexually explicit way.

Bear in mind that physically disabled children and children with learning difficulties are particularly vulnerable to abuse and may have added difficulties in communicating what is happening to them.

IF YOU HAVE CONCERNS ABOUT THE WELFARE OF A CHILD

Please remember, it's not your responsibility to decide whether a child is being abused but we are asking you to act on your concerns. Make a detailed note of what you've seen or hear but don't delay passing on the information.

If you are a member, or the parent / carer or friend of a member of a shooting club you should:

Tell a club official such as a club secretary, chairperson, coach or any committee member, or at an event the Chief Range Officer – unless of course you suspect them of being involved.

Or

If you are a club official or at an event the Chief Range Officer you can:

- Talk to the child's parent / carer about the concerns if you think there may be an obvious explanation such as bereavement or pressures from studies or exams
- Contact your governing body for guidance
- Contact the NSPCC Child Protection Helpline
- Contact your local Social Services Department or, in an emergency, the Police

If you're working with shooters away from home, at a training camp perhaps, or a national or regional competition, tell the team manager or the chief coach.

If you're working with a school – tell the head teacher.

If you're working with a local authority, refer to your local Child Protection procedures.

If you're working with Scouts, CCF etc refer to their Child Protection procedures.

Again, remember to make a detailed note of what you've seen or heard but don't delay passing on the information. It is also advisable to write to your members governing body and / or GBTSP to advise them of your concern and to whom you have reported it.

IF A CHILD TELLS YOU HE OR SHE IS ABUSED

- Stay Calm
- Don't promise to keep it to yourself
- Listen to what the child say and, please, take it seriously
- Only ask questions if you need to clarify what the child is telling you – don't ask the child about explicit details
- Make a detailed note of what the child has told you but, as advised in the previous section, please don't delay passing on the information

GOOD PRACTICE WHEN DEALING WITH CHILDREN IN SHOOTING

Avoid situations where the coach / club official and child are alone. The GBTSF acknowledges and occasionally there may be no alternative – for example, a child may fall ill and have to be taken home. We would stress however, that one-to-one contact must never be allowed to occur on a regular basis.

When coaching children on or off the firing point avoid physical contact as much as possible. If physical contact may be necessary (say when learning new shooting positions etc.) ascertain the child's and the parent's / carer's views on this.

If it is necessary to do things of a personal nature for children who are young or who are disabled, make sure you have another adult accompanying you. Get the child's consent if at all possible and certainly get consent from the parent / carer. Let the child know what you are going to do and why.

Ask parents / carers and / or nominated club officials to be responsible for children in changing rooms or overnight accommodation. Get teachers / coaches / club officials to work as pairs if classes or groups of children have to be supervised in a changing room or overnight accommodation.

Ensure that mixed teams are always accommodated by male and female coaches / club officials.

If the procedures and guidance contained here are implemented properly, they can offer safeguards to everyone involved in shooting and in doing so help maintain the credibility of the GBTSF and its constituent bodies. Most of all, though, they can help to prevent children being abused.