

Number	Entry	Category	Registration Requirements
701-707	Track Events	Performance, Athletics	Sign up on student registration form. Dates on website.

GENERAL GUIDELINES FOR ALL ATHLETIC COMPETITIONS

All students entering athletic events MUST enter at least two (2) other non-athletic events.

Implementing a sports program can be of tremendous benefit to the Christian school. Godly coaches can use sports to teach character and self-control. Sports can also be used as an instrument to create and promote school spirit.

On the other hand, a sports program has the potential of becoming an end in and of itself. Students and staff who hold sports above all else do themselves a disservice and do not honor the Lord. Schools that enter competition solely to compete in sports are missing a tremendous opportunity for their students to broaden their talents and abilities in other areas.

EXCEL Convention may refuse to accept teams or individuals:

1. Who are only interested in sports competition.
2. Whose coaches or players have demonstrated disrespect for officials and/or other teams and coaches.
3. Who have repeatedly displayed a negative attitude.

Schools desiring to enter any athletic competition must agree to abide by the rules as outlined in these Guidelines.

Athletics Dress Code

Male

- Contestants must wear loose fitting, full length, sweat pants, warm-up pants or trousers.
- Uniformity in dress is mandatory for team events.
- Students competing in basketball may wear their athletic attire during their event only.
- Non-marking soles are required for all athletic shoes worn on gym floors.
- Shorts, and sleeveless shirts will NOT be allowed. (Exception: a numbered tank top over a colored T-shirt is acceptable for athletics)

Female

- Loose-fitting skirts and tops are to be worn for competition. Skirts must be full and loose fitting. Skirts must touch the floor when the wearer is in an upright kneeling position.
- For modesty reasons is it recommended that:
 - white athletic clothing NOT be worn.
 - dark colored leggings be worn under the skirt.
- Non-marking soles are required for all athletic shoes worn on gym floors.
- Shorts, and sleeveless shirts will NOT be allowed. (Exception: a numbered tank top over a colored T-shirt is acceptable for athletics)

AIR RIFLES

(733) Air Rifle, Spring/Gas Piston

Equipment for this class may vary as listed. Any air rifle that uses spring piston or gas piston to shoot pellets may be used. A good example of this is a break-barrel or under-lever air rifle. For competition purposes pump air rifles (rifles that use a pump to fill up an air reservoir) and CO2 powered air rifles will not be allowed. BB guns are not allowed. Rifles cannot be over .22 caliber.



(734) Air Rifle, Pre-Charged Pneumatic

Equipment for this class may vary as listed. Any Pre-charged pneumatic (PCP) air rifle may be used. PCP air rifles use air stored in a high-pressure reservoir on the gun (usually under the barrel). These air reservoirs must be filled from a scuba tank, high-pressure hand pump or compressor. BB guns are not allowed. Rifles cannot be over .22 caliber.



Equipment:

Air Rifle

All air rifles must be in good condition. No air rifle may be used that is considered unsafe by convention officials. The maximum velocity is 1200 feet per second. No shooter will be allowed to compete with an air rifle with a velocity over 1200 fps. For optimal accuracy, a rifle should shoot no faster than 1050 fps. Velocities over 1050 fps break the sound barrier and cause pellets to become unstable in flight. Rifles cannot be over .22 caliber. No Shooter will be allowed to compete with an air rifle that has a caliber larger than .22. BB guns are not allowed.

Eye Protection

Eye protection must be worn while shooting. No shooter will be allowed to compete without eye protection.

Clothing

Shooting clothing may be worn (shooting jackets, gloves etc.) but must adhere to the dress guidelines. See Athletic Dress Code.

Pellets

For scoring purposes, only wadcutter pellets will be allowed. Wadcutter pellets, also called target pellets, have a flat nose to cut a perfect circle in the target paper. BBs are not allowed.



Correct



Incorrect

Sights

Sights must be fixed. Good examples of this are: iron, fiber optic and diopter sights. No magnification sights allowed.

Targets

All targets will be the standard NRA 10 Meter targets.

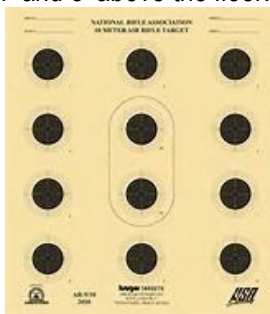
The (733) Spring/Gas Piston category will use NRA 10 Meter Air Pistol targets.

The (734) Pre-Charged Pneumatic category will use NRA 10 Meter Air Rifle targets

The bottom of the targets will be placed between 4' and 5' above the floor.



(733) Air Rifle, Spring/Gas Piston



(734) Air Rifle, Pre-Charged Pneumatic

Safety

The utmost care will be given to safety. An air rifle is a deadly weapon, not a toy. Horseplay can result in injury and property damage. Any student who does not follow all safety rules will be removed from the firing line. Any student who cannot safely load their gun will not be allowed to compete.

1. Never point your gun in a direction other than downrange.
2. Never load your gun until told to do so.
3. Never take the safety off or place your finger on the trigger until you are ready to shoot.
4. Never shoot until the Range Master says to commence firing.
5. Never shoot without proper eye protection.
6. Never shoot when the Range Master calls a cease fire.

Rules of Competition

1. Each student will comply with all orders given by the Range Master and judges.
2. No coaching from the sidelines.
3. Once on the line, shooters may talk only to the Range Master and judges.
4. Shooters may not distract other marksmen.
5. The decision of the judges are final.

Order of Competition

1. Contestants will be called by name to come up to the firing line.
2. The Range Master will say, "The line is clear, you may pick up your air rifle." Next, "The firing line is no longer clear. Commence firing." At this command, shooters may load their guns and shoot their target.
3. Each marksman will be allowed 2 sight in shots. The shooter's ten minutes will start with their first shot.
4. Each marksman will shoot 10 shots at a target from a standing position.
5. Once a shooter is finished, they will put their rifle down but remain on the line until all lanes are finished.
6. When all lanes are clear the Range Master will say, "Cease firing." Next, "Is the firing line clear?" Each judge will respond by raising his or her hand. When the Range Master is satisfied that the line is clear, he will say, "The firing line is clear. Contestants will gather their equipment and move away from the firing lane."

Scoring

Scoring will be from ten to zero with the center dot having a value of "10". Hits outside the scoring rings have a value of zero. Hits completely or partially inside a scoring ring receive that ring's value. Hits that touch a scoring ring receive that ring's value.

If there is a tie in scores, the number of "10" scores will be counted. The shooter with the most "10" scores will be the winner of the tie. If then there is a tie in number of "10" scores, the shooters sight in shots will be counted. If there is still a complete tie, the shooter will shoot three more shots until a winner can be declared.

Time

There will be a time limit of ten (10) minutes total once a shooter comes to a firing lane. Three minutes will be allowed for sighting in, and seven minutes to shoot all ten targets.

Resources for more information

http://youth.nra.org/documents/pdf/youth/NRA_HomeAG_web02.pdf

<http://compete.nra.org/how-to-get-started/air-gun-competition.aspx>