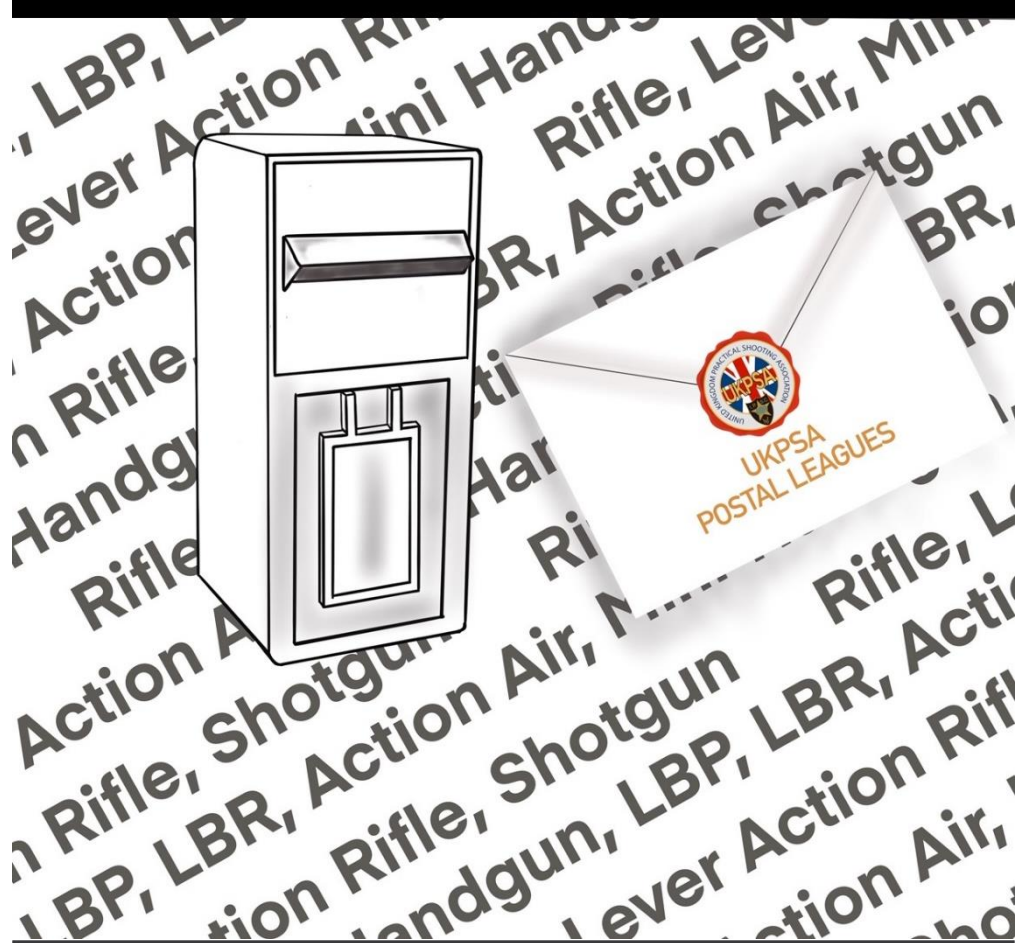


UKPSA Postal Leagues Winter 2019/2020



UKPSA Winter Postal Leagues 2019/20

UKPSA Winter Postal Leagues

Sponsored by Practical Shooting Supplies

The UKPSA Winter Postal Leagues are open to all shooters and run for the months of November, December, January & February. The Leagues are free to enter and all shooters are welcome to participate. These are all standard exercises that are designed to be simple to set up and run at any club shoot. Team entries are also free.

The stages may be shot at any time over the four month period. The stages do not have to be completed in one go. Your club may choose to shoot a few stages each week. Register your scores after you have shot all the stages.

These are standard courses of fire, shot to IPSC Rules. Shooters may enter all the leagues and within each discipline they may compete in more than one division.

At the end of the four months, scores are calculated and UKPSA Medals will be awarded across the disciplines. The number of medals awarded depends on entry numbers.

Scoring will be online via the Shoot and Score It (SSI) programme. Clubs may apply to have a nominated stats officer who will sign up their club members and enter their scores. This can be done by emailing postalleagues@ukpsa.org stating the competition(s), the name of the stats officer and your club.

Each discipline will have a dedicated match on SSI, where you enter and submit your scores.

All the leagues are shot to IPSC/UKPSA rules and all stages will be comstock scored.

Targets - The Birdshot Competition will be shot on metal plates. All remaining competitions will be shot on IPSC Mini Targets except Mini Rifle which will use Micro Targets. Targets are available via the UKPSA Shop. <https://www.ukpsa.co.uk/ukpsa-shop/>

This publication is divided into three sections.

- Holstered Firearms – Hand Gun, LBP, LBR & Action Air
- Rifle – Mini Rifle and Lever Action Rifle
- Shotgun – Birdshot & Slug Competitions.

Each discipline has unique start positions, please make sure you understand them. Distances - will be measured from targets to the front of the shooting box or rear of a table. Metal plates will be placed on the ground and Cardboard targets placed approximately 1.3 meters from the ground.

Each competition is designed so that a shooter can shoot several stages one after the other, depending on the range space you have available, two or more target arrays can be set up next to each other. Please read the stage briefings carefully. A score sheet for each match is provided.

Muzzle Angles – Each club may use the default 90/90/90 or use local muzzle angle restrictions.

UKPSA Winter Postal Leagues 2019/20

Holstered Firearms

This section covers the following disciplines – Handgun, LBP, LBR and Action Air.

The divisions for each discipline are listed on the dedicated Shoot and Score it programmes.

For Handgun go to <https://shootnscoreit.com/event/22/9535/>

For LBP & LBR go to <https://shootnscoreit.com/event/22/9551/>

For Action Air go to <https://shootnscoreit.com/event/22/9540/>

Targets – all competitions will be shot on the IPSC Mini Rifle Target. These should be placed alongside each other with a gap of 10cm between them. The bottom of the targets to be placed 1.2m from ground. (Or if required placed to ensure rounds impact in backstop)

The distance is measured from the targets to the front of the shooting box or the rear of the table.

Action Air is shot at a shorter distance and the distance is shown in **RED**.

Each League requires a minimum of 100 rounds to complete.

Start Positions – There are two start positions for Holstered Firearms.

SP1 – Gun in holster, standing upright with arms hanging naturally by your side.

SP2 – Gun placed in the centre of a table, pointing directly down range.

Start Conditions – These are given within each stage.

Reloading – where a course of fire requires a reload, this must be done by at least one round being inserted into the firearm. Ammunition may be loose or in magazines or speed loaders. In SP1 magazines and speed loaders should be carried in holders on the belt. For SP2 magazines or speed loaders are placed on the table.

Major Minor Calibre. All LBP and Action Air will be scored as minor. For LBR and Handgun please select major or minor when you register.



UKPSA Winter Postal Leagues 2019/20

Holstered Firearms Courses of Fire

	Rounds
Stage 1 Targets – 3. Distance 20m. (12m) SP1, gun loaded. On audible start signal, shoot targets with a minimum of two rounds on each. Freestyle	6
Stage 2 Targets – 3. Distance 15m. (10m) SP1, gun loaded. On audible start signal, shoot targets with a minimum of two rounds on each. Freestyle	6
Stage 3 Targets – 3. Distance 10m. (8m) SP1, gun loaded. On audible start signal, shoot targets with a minimum of two rounds on each. Strong Hand unsupported	6
Stage 4 Targets – 3. Distance 10m. (8m) SP1, gun loaded. On audible start signal, shoot targets with two rounds only on each. Carry out a compulsory reload and again shoot the targets with a minimum of two rounds on each. Freestyle.	12
Stage 5 Targets – 2. Distance 10m. (8m) SP1, gun loaded. On audible start signal, shoot targets with one round on each. Carry out a compulsory reload and again shoot the targets with two rounds on each. Carry out a second reload and engage the targets with a minimum of three rounds on each. Freestyle.	12
Stage 6 Targets – 3. Distance 10m. (8m) SP1, gun loaded. On audible start signal, shoot targets with two rounds only on each. Freestyle. Carry out a compulsory reload and again shoot the targets with a minimum of one round on each, strong hand only.	9
Stage 7 Targets – 3. Distance 10m. (8m) SP1, gun loaded. On audible start signal, shoot targets with two rounds only on each. Freestyle. Carry out a compulsory reload and again shoot the targets with a minimum of one round on each, weak hand only.	9

Stage 8

Targets – 3. Distance 10m. (8m) SP2, gun unloaded.
All ammunition for the stage anywhere on the table. On audible start signal, shoot the targets with a minimum of two rounds on each. Freestyle. 6

Stage 9

Targets – 3. Distance 10m. (8m) SP2 gun loaded, with an empty chamber.
On audible start signal, shoot the targets with a minimum of two rounds on each. Freestyle 6

Stage 10

Targets – 3. Distance 10m. (8m) SP2 gun loaded.
On audible start signal, shoot the targets with a minimum of two rounds on each, weak hand only. 6

Stage 11

Targets – 1. Distance 10m. (8m) SP2, gun unloaded.
All ammunition required for the stage on the table. On audible start signal, shoot the target with a minimum of six rounds, freestyle. 6

Stage 12

Targets – 1. Distance 10m. (8m) Start Condition Loaded. Flat on table.
On audible start signal, shoot the target with a minimum of six rounds. 6

Stage 13

Targets – 5. Distance 10m. (8m) SP1 gun loaded.
On audible start signal, shoot the targets with one round on each.
Carry out a compulsory reload and again shoot the targets with a minimum of one round on each. 10

Be A UKPSA Match Official

At the heart of our sport are the 'red shirts,' the UKPSA match officials who help ensure the world-class events we put on for competitors, are built and run safely and to the highest standards laid out in the IPSC rules. Always on range first and last, delivering the sport to our members in rain and in sun, there is a unique camaraderie that you share as a UKPSA match official.

You will gain a unique insight into the IPSC disciplines and see first-hand some of the best competitors in action. Last, but not least, you will have many tales to tell and lasting memories of great times on and off the range.

Once you qualify as a UKPSA official your friends and club will benefit from your experience and you will be recognised as someone able to conduct practical shooting safely on any range.

To find out more contact nroi@ukpsa.org

UKPSA Winter Postal Leagues 2019/20

Scoresheet for Holstered Firearms

Name **Category** Regular/Junior/Super Junior/Lady/Senior/Super Senior

Handgun Division Open/Standard/Production/Production Optics/Revolver (LBR)/
 Classic Rimfire (LBP) Open / Rimfire (LBP) Standard **Handgun PF** = Major / Minor

Action Air Division Open/Standard/Production/Classic

STAGE 1 (6 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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STAGE 2 (6 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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STAGE 3 (6 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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STAGE 4 (12 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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STAGE 5 (12 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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STAGE 6 (9 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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STAGE 7 (9 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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STAGE 8 (6 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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STAGE 9 (6 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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STAGE 10 (6 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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STAGE 11 (6 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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STAGE 12 (6 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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STAGE 13 (10 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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Comp Sign RO Sign

Mini Rifle & Lever Action Rifle

This section covers the following disciplines – Mini Rifle and Lever Action Rifle

The divisions for each discipline are listed on the dedicated Shoot and Score it programmes.

For Mini Rifle go to <https://shootnscoreit.com/event/22/9539/>

For Action Air go to <https://shootnscoreit.com/event/22/9546/>

Targets – The Lever Action competition will be shot on the IPSC Mini Rifle Target. The Mini Rifle Competition will be shot on IPSC Micro targets. These should be placed alongside each other with a gap of 10cm between them. The bottom of the targets to be placed 1.2m from ground. (Or if required placed to ensure rounds impact in backstop)

The distance is measured from the targets to the front of the shooting box or the rear of the table.

Each League requires a minimum of 100 rounds to complete.

Start Positions – There two start positions for Rifles.

SP1 – Standing upright holding the gun in two hands as per rule 8.2.2.

SP2 – Gun placed **flat** in the centre of a table, pointing directly down range.

Start Conditions – These are given within each stage.

Reloading – where a course of fire requires a reload, this must be done by at least one round being inserted into the firearm. Ammunition must be reloaded from your belt for Start position 1, or in the case for Lever Action Rifle, also from rounds on your forearms. For Start Position 2 ammunition can be loose, in magazines, ammunition holders or speed loaders and are placed on the table. **No coupled magazines allowed.**

Major Minor Calibre. Mini Rifle will be scored as minor. For Lever Action Rifle please select major or minor when you register.

Mini Rifle & Lever Action Rifle Courses of Fire

	Rounds
Stage 1 Targets – 3. Distance 20m. Start condition Loaded SP1. On audible start signal, shoot targets with a minimum of two rounds on each. Freestyle	6
Stage 2 Targets – 3. Distance 15m. Start condition Loaded SP1. On audible start signal, shoot targets with a minimum of two rounds on each. Freestyle	6
Stage 3 Targets – 3. Distance 10m. Start condition Loaded SP1. On audible start signal, shoot targets with a minimum of two rounds on each from your weak shoulder.	6
Stage 4 Targets – 3. Distance 10m. Start condition Loaded SP1. On audible start signal, shoot targets with two rounds only on each. Carry out a compulsory reload and again shoot the targets with a minimum of two rounds on each. Freestyle.	12
Stage 5 Targets – 2. Distance 10m. Start condition Loaded SP1. On audible start signal, shoot targets with one round only on each. Carry out a compulsory reload and again shoot the targets with two rounds only on each. Carry out a second reload and engage the targets with a minimum of three rounds on each. Freestyle.	12
Stage 6 Targets – 3. Distance 10m. Start condition Loaded SP1. On audible start signal, shoot targets with two rounds only on each. Freestyle. Carry out a compulsory reload and again shoot the targets with a minimum of one round on each.	9
Stage 7 Targets – 3. Distance 10m. Start condition Loaded SP1. On audible start signal, shoot targets with two rounds only on each, freestyle. Carry out a compulsory reload and again shoot the targets with a minimum of one round on each from your weak shoulder	9

Stage 8

Targets – 3. Distance 10m. Start Condition Unloaded, SP2.

All ammunition for the stage on the table, loose, in magazines, belts or speed loaders. On audible start signal, shoot the targets with a minimum of two rounds on each.

6

Stage 9

Targets – 3. Distance 10m. Start Condition Loaded, with empty chamber.

SP2. On audible start signal, shoot the targets with a minimum of two rounds on each. Freestyle

6

Stage 10

Targets – 3. Distance 10m. Start Condition Loaded, SP2. On audible start signal, shoot the targets with a minimum of two rounds on each, from your weak shoulder.

6

Stage 11

Targets – 1. Distance 10m. Start Condition unloaded. SP2 All ammunition required for the stage on the table. On audible start signal, shoot the target with a minimum of six rounds, freestyle.

6

Stage 12

Targets – 1. Distance 10m. Start Condition Loaded. SP2.

On audible start signal, shoot the target with a minimum of six rounds.

6

Stage 13

Targets – 5. Distance 10m. Start Condition Loaded. SP1.

On audible start signal, shoot the targets with a maximum of one round on each. Carry out a compulsory reload and again shoot the targets with a minimum of one round on each.

10



UKPSA Winter Postal Leagues 2019/20

Scoresheet for Rifles

Name **Category** Regular/Junior/Super Junior/Lady/Senior/Super Senior

Mini Rifle Division Open/Standard

Lever Action Rifle Division Open/Standard **Rifle PF** = Major / Minor

STAGE 1 (6 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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STAGE 2 (6 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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STAGE 3 (6 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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STAGE 4 (12 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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STAGE 5 (12 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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STAGE 6 (9 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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STAGE 7 (9 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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STAGE 8 (6 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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STAGE 9 (6 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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STAGE 10 (6 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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STAGE 11 (6 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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STAGE 12 (6 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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STAGE 13 (10 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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Comp Sign RO Sign

Shotgun Birdshot & Slug

This section covers the shotgun discipline with two competitions, one for Birdshot ammunition requiring 100 rounds and one for Slug ammunition requiring 50 rounds

The divisions for each discipline are listed on the dedicated Shoot and Score it programmes.

For the Birdshot competition go to <https://shootnscoreit.com/event/22/9541/>

For the Slug competition go to <https://shootnscoreit.com/event/22/9545/>

Targets – The Birdshot competition uses IPSC metal plate targets, maximum size 8”x4”. The Slug competition uses IPSC Mini Targets. The distance is measured from the targets to the front of the shooting box.

Target Arrays for the Birdshot competition are shown below. For the Slug competition the targets are placed along side each other with a distance of 10cm between them. The bottom of the targets to be placed 1.2m from ground. (Or if required placed to ensure rounds impact in backstop)

Start Position 1 (SP1) – IPSC Rule 8.2.2.1. Standing erect with shotgun in the ready condition held in both hands, stock touching the competitor at hip level, trigger guard downwards, muzzle pointing down range and with fingers outside trigger guard.

Except stage 10 in the birdshot competition - see stage description.

Start conditions will be given in each stage.

Option 1 – Gun fully loaded with safety applied.

Option 2 – Gun Loaded but chamber empty, safety may be applied.

Option 2 – Gun unloaded, safety may be applied.

Maximum loads for Option 1 & 2

Standard or Standard Manual – 9 Rounds

Modified – 14 rounds

Open – Magazine fed = 10 rounds, tube fed = 14 rounds.

Shooting - All shooting must take place from within the shooting box.

Loading - All ammunition must be loaded from your belt in clips, caddies or in magazines or speed loaders, (as per division rules). **No ammunition may be on the gun.**

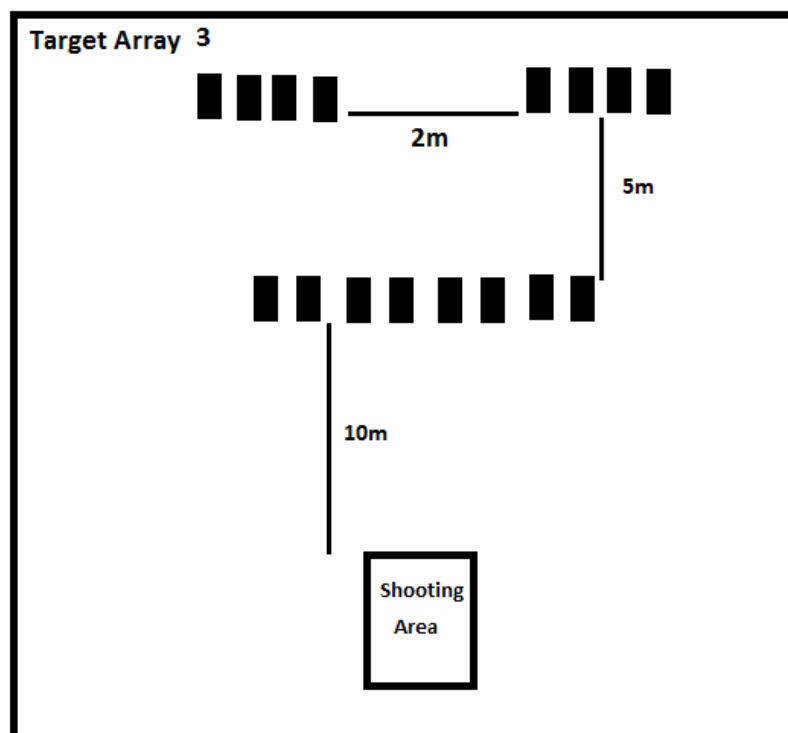
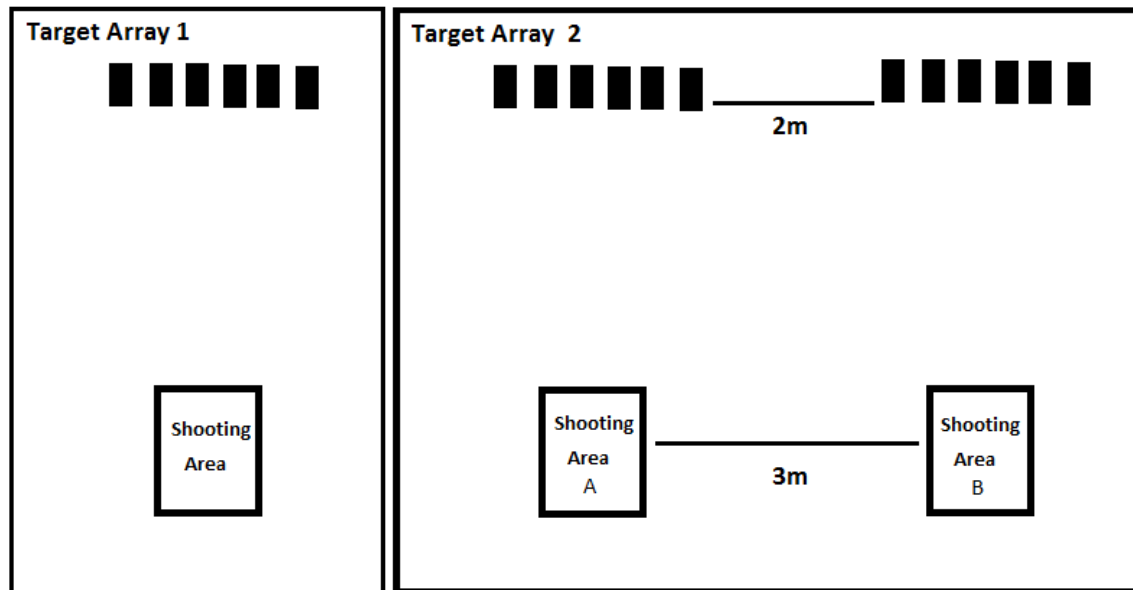
Reloads. At least one round must be inserted into the gun. Speed loaders or magazines may be used in Open division, but must be the removal of the magazine and replaced by another. **No reloading from ammunition on the gun.**

Gun Divisions. Standard, Standard Manual, Modified & Open and for the birdshot competition only Section 2, which can be either a Semi-Automatic or Manual Action shotgun.

UKPSA Winter Postal Leagues 2019/20

Target Arrays for the Birdshot Competition

All targets are 20 cm apart within each array.



Shotgun Birdshot Courses of Fire

Stage 1	Rounds
Target Array 1 - Distance 15m. Start condition Option 1 SP1. On audible start signal, shoot the targets freestyle.	6
Stage 2 Target Array 1 - Distance 10m. Start condition Option 1 SP1. On audible start signal, shoot the targets freestyle.	6
Stage 3 Target Array 1 - Distance 7m. Start condition Option 1 SP1. On audible start signal, shoot the targets freestyle.	6
Stage 4 Target Array 1 - Distance 10m. Start condition Option 3 SP1. On audible start signal, shoot the targets load 1 shoot 1.	6
Stage 5 Target Array 1 - Distance 10m. Start condition Option 3 SP1. On audible start signal, shoot the targets freestyle	6
Stage 6 Target Array 1 - Distance 10m. Start condition Option 2 SP1. On audible start signal, shoot the targets freestyle	6
Stage 7 Target Array 1 - Distance 10m. Start condition Option 3 SP1. On audible start signal, shoot the targets from your weak shoulder	6
Stage 8 Target Array 1 - Distance 10m. Start condition Option 2 SP1. On audible start signal, shoot the targets from your weak shoulder	6
Stage 9 Target Array 1 - Distance 10m. Start condition Option 1 SP1. On audible start signal, shoot the targets from your weak shoulder	6
Stage 10 Target Array 1 - Distance 10m. Start condition Option 2 Seated on chair, with gun held in two hands across thighs. On audible start signal, shoot the targets whilst remaining seated. Note – chair may be facing left or right and is placed inside shooting box.	6
Stage 11 Target Array 2 – Distance 10m. Start Condition loaded. Option 1. SP1 Shooter may start in Box A or Box B. On audible start signal shoot targets 1 – 6, Move to the other box, carry out a reload and shoot targets 7 – 12, Freestyle.	12

Stage 12

Target Array 2 – Distance 10m. Start Condition loaded. Option 1. SP1

Shooter may start in Box A or Box B.

On audible start signal shoot targets 1 – 6, freestyle. Move to the other box

Carry out a reload and shoot targets 7 -12 from your weak shoulder only. 12

Stage 13

Target Array 3 – Distance 10m & 15m. Start condition Option 1. SP1

On audible start signal shoot Targets 1 – 4. Carry out a reload and

shoot targets 5 - 8. Carry out another reload and shoot targets 9 – 16.

All freestyle 16

Does your club want its own UKPSA Instructor?

Participation in dynamic shooting at grassroots level is paramount to the future of our sport, therefore the provision of training in the safe use and handling of sporting firearms is a fundamental part of the UKPSA's mission. We need committed individuals who wish to share their knowledge and love of the sport with the wider shooting community, both benefitting the Association by acting as ambassadors for IPSC shooting, but also supporting local clubs where 99.9% of sports shooting takes place.

IPSC is a fast paced dynamic test of an individual's marksmanship ability, it is literally a game of 'points per second', whilst this is an exhilarating and addictive sport there are inherent risks that need to be managed and the UKPSA has helped both individuals and clubs do this for over 40 years by providing 'Safety Courses' led by UKPSA trained and qualified instructors.

The UKPSA wishes to increase access to safety training for all club shooters, but rather than simply sending a UKPSA instructor to you, we want to assist every club in growing their very own UKPSA qualified instructors so training is easily accessible and readily available to your membership.

If you would like to know more about what UKPSA Training has to offer, please contact the UKPSA Training Chairman via training@ukpsa.org



Shooting Excellence Through Training

UKPSA Winter Postal Leagues 2019/20

UKPSA Winter Postal League for Shotgun Birdshot

Score Sheet

Name	
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Name	
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Division – Std / Std Man / Mod / Open / Sec 2
Category – Lady / Jun / Sup Jun / Sen / Sup Sen

Division – Std / Std Man / Mod / Open / Sec 2
Category – Lady / Jun / Sup Jun / Sen / Sup Sen

St	Time	Hit	Miss	Proc
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				

St	Time	Hit	Miss	Proc
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				

Comp Sign

Comp Sign

RO Sign

RO Sign

The UKPSA Winter Postal League for Shotgun Slug Courses of Fire

	Rounds
Stage 1 Targets – 3. Distance 25m. Start condition Loaded Option 1. On audible start signal, shoot targets with a minimum of two rounds on each. All freestyle.	6
Stage 2 Targets – 3. Distance 20m. Start condition Loaded Option 2. On Audible start signal, shoot targets with a minimum of two rounds on each. All freestyle.	6
Stage 3 Targets – 3. Distance 15m. Start condition unloaded Option 3. On audible start signal, shoot targets with a minimum of two rounds on each. All Freestyle	6
Stage 4 Targets – 3. Distance 15m. Start condition Loaded Option 1. On audible start signal, shoot targets with two rounds only on each. Carry out a compulsory reload and again shoot the targets with a minimum of one round on each. All Freestyle	9
Stage 5 Targets – 3. Distance 15m. Start condition Loaded Option 1. On audible start signal, shoot targets with two rounds only on each, freestyle. Carry out a compulsory reload and again shoot the targets with a minimum of one round on each target from your <u>WEAK</u> shoulder.	9
Stage 6 Targets – 3. Distance 15m. Start condition unloaded Option 3. On audible start signal, shoot targets with a minimum of two rounds on each, load one shoot one. All Freestyle	6
Stage 7 Targets – 4. Distance 15m. Start condition Loaded Option 1. On audible start signal, shoot targets with one round only on each. Carry out a compulsory reload and again shoot the targets with A minimum of one round on each. All Freestyle.	8

Scoresheet for Shotgun Slug

Name Category Regular/Junior/Super Junior/Lady/Senior/Super Senior

Shotgun Division Open / Standard / Standard Manual / Modified

STAGE 1 (6 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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STAGE 2 (6 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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STAGE 3 (6 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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STAGE 4 (9 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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STAGE 5 (9 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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STAGE 6 (6 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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STAGE 7 (8 rounds)

Time:	A =	C =	D =	Miss =	Proc Error =
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Comp Sign RO Sign



UKPSA Winter Postal Leagues 2019/20