

**10 METRES**      Shooters to the line    **LOAD**

Six shots target four 5 seconds.

Shooters ready,      **FIRE**

Three shots with each hand on target three in 8 seconds. Single hand only for each of the series of three shots, i.e. one hand only to be used when the shots are being fired.

Shooters ready,      **FIRE**

Three shots on targets one and two in 5 seconds.

Shooters ready,      **FIRE**

Unload, show clear and holster.      **Referees indicate any shooter not Holstered**

**7 METRES**      Shooters to the line    **LOAD**

Nominate two targets.

Twelve shots in 12 seconds with three shots on each of the two nominated targets. Reload and repeat in any order.

Shooters ready,      **FIRE**

Unload, show clear and holster.      **Referees indicate any shooter not Holstered**