

# Rifle Safety & Marksmanship Training Test

## THE SPORT

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

Date: \_\_\_\_\_

School: \_\_\_\_\_

Read each question and write answer in space provided on the right. >>>>>>>

ANSWER

1. The challenge of shooting is to continually \_\_\_\_\_.

- A. outscore the champions
- B. improve endurance
- C. hit the center of the target
- D. advance to larger rifles

\_\_\_\_\_

2. In competitive shooting, males and females compete \_\_\_\_\_.

- A. on a handicap scale
- B. on an equal basis
- C. based on experience
- D. based on age

\_\_\_\_\_

3. Young females comprise approximately \_\_\_\_\_ of the sport.

- A. 20%
- B. 30%
- C. 40%
- D. 50%

\_\_\_\_\_

4. Of the \_\_\_\_\_ Olympic shooting events, \_\_\_\_\_ are air rifle and smallbore.

- A. 8,2
- B. 17.2
- C. 8,4
- D. 17,6

\_\_\_\_\_

5. State high school athletic associations in \_\_\_\_\_ states recognize rifle as a varsity sport.

- A. most
- B. no
- C. some
- D. about half of the

\_\_\_\_\_

6. The sport of competitive youth shooting has a(n) \_\_\_\_\_ safety record.

- A. excellent
- B. good
- C. fair
- D. poor

\_\_\_\_\_

7. Young shooting athletes succeed because of \_\_\_\_\_.

- A. practice
- B. ability
- C. equipment
- D. chance

\_\_\_\_\_

8. Safe gun handling is focused on the letters MAT. What does MAT stand for?

- A. muzzle, always, toward ground
- B. most, accurate, target
- C. materials, ammo, target
- D. muzzle, action, trigger

\_\_\_\_\_

# Rifle Safety & Marksmanship Training Test

## SAFETY AND GETTING STARTED

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

Date: \_\_\_\_\_

School: \_\_\_\_\_

Read each question and write answer in space provided on the right. >>>>>>

ANSWER

1. Which two factors may help you determine which type of rifle you should begin shooting?

- A. cost and travel distance
- B. competition and travel distance
- C. age and size
- D. cost and power of rifle

\_\_\_\_\_

2. Which range command permits shooters to move their rifle or gun and equipment to their shooting position?

- A. commence firing
- B. cease firing
- C. preparation period
- D. call to firing point

\_\_\_\_\_

3. Which line of a range separates shooters from spectators?

- A. target line
- B. firing line
- C. safety line
- D. forward line

\_\_\_\_\_

4. The very first time you shoot an air or smallbore rifle, you should use a(n) \_\_\_\_\_ target.

- A. competition
- B. beginner
- C. intermediate
- D. any

\_\_\_\_\_

5. Which rifle uses a powdered cartridge to propel a bullet toward a target?

- A. .177 pellet
- B. .177 BB
- C. .181 pellet
- D. smallbore

\_\_\_\_\_

6. What does a shooter see as he or she aims the rifle and aligns the front and rear sights on the target?

- A. a + (cross) on the center of the target
- B. only the center of the target
- C. a sight picture
- D. a line down the barrel pointing to the target

\_\_\_\_\_

7. A shot group is \_\_\_\_\_ .

- A. a pair of shooters on the firing line
- B. the number of rounds shot in one position
- C. a group of shots on the target
- D. the stack of targets to be judged

\_\_\_\_\_

8. By using a(n) \_\_\_\_\_ you are signaling to others in the range that your rifle is safe.

- A. open bolt indicator
- B. waving hand signal
- C. sling to carry your rifle
- D. red cap on your muzzle

\_\_\_\_\_

# Rifle Safety & Marksmanship Training Test

## POSITIONS

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

Date: \_\_\_\_\_

School: \_\_\_\_\_

Read each question and write answer in space provided on the right. >>>>>> ANSWER

1. If the kneeling roll is placed under the instep of the right foot, the foot may not be turned at an angle of more than \_\_\_\_\_.

- A. 25 degrees
- B. 45 degrees
- C. 15 degrees
- D. 90 degrees

\_\_\_\_\_

2. In standing, which part of your body is allowed to cross the firing line?

- A. your elbow
- B. left foot
- C. right arm
- D. no part of the body is allowed to cross the firing line.

\_\_\_\_\_

3. In the prone position, for a right-handed athlete, most of your weight should be \_\_\_\_\_?

- A. on your stomach
- B. on your legs
- C. on your trigger arm
- D. on the left side

\_\_\_\_\_

4. In the standing position, if a line were drawn across your toes it should point toward \_\_\_\_\_.

- A. the scope stand
- B. others on the firing line
- C. the target
- D. none of the above

\_\_\_\_\_

5. In the prone position, a competitor's sling arm must form an angle of \_\_\_\_\_, measured from the horizontal?

- A. 45 degrees
- B. not less than 30 degrees
- C. 25-30 degrees
- D. 90 degrees

\_\_\_\_\_

6. In the kneeling position, your forearm and thigh should form a \_\_\_\_\_.

- A. 30 degree angle
- B. right angle
- C. straight line
- D. "S" shape when viewed from the side

\_\_\_\_\_

7. The best support hand position to use in standing \_\_\_\_\_.

- A. is a fist
- B. depends on your body and the rifle
- C. is split fingers
- D. is the heel of your hand

\_\_\_\_\_

8. If you are right handed, the kneeling roll would be placed \_\_\_\_\_.

- A. under your right ankle
- B. under your left foot
- C. in the crease of your left knee
- D. between your head and right shoulder

\_\_\_\_\_

# Rifle Safety & Marksmanship Training Test

## TECHNIQUES

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

Date: \_\_\_\_\_

Read each question and write answer in space provided on the right. >>>>>>

ANSWER

1. \_\_\_\_\_ is the squeeze of the trigger while acceptable hold movement is centered and steady.  
A. Follow through  
B. Hold control  
C. Trigger control  
D. None of the above  
\_\_\_\_\_
  
2. Three phases in a shot plan are the preparation phase, \_\_\_\_\_, and shot phase.  
A. pre-shot phase  
B. post-shot phase  
C. position phase  
D. initial firing phase  
\_\_\_\_\_
  
3. \_\_\_\_\_ is the first step in shot analysis and is a key to improvement.  
A. Calling your shot  
B. Trigger squeeze  
C. Sight alignment  
D. Hold control  
\_\_\_\_\_
  
4. A \_\_\_\_\_ is a step by step technique of firing the shot.  
A. firing plan  
B. record day  
C. sight adjustment  
D. shot plan  
\_\_\_\_\_
  
5. During the pre-shot phase you should be thinking about aiming and \_\_\_\_\_.  
A. holding  
B. relaxing  
C. follow-through  
D. trigger control  
\_\_\_\_\_
  
6. For prone and kneeling, reload \_\_\_\_\_ if possible.  
A. in less than five seconds  
B. in position  
C. and relax before resuming position  
D. immediately after the trigger squeeze  
\_\_\_\_\_
  
7. Check your natural point of aim and \_\_\_\_\_ before every shot.  
A. hold technique  
B. position consistency  
C. balance  
D. none of the above  
\_\_\_\_\_

# Rifle Safety & Marksmanship Training Test

## EQUIPMENT

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

Date: \_\_\_\_\_

Read each question and write answer in space provided on the right. >>>>>>>

ANSWER

1. BB guns have limited accuracy because of their \_\_\_\_\_.

- A. smooth bore
- B. open sights
- C. round projectile
- D. short cocking lever

\_\_\_\_\_

2. Rifling in a barrel causes the projectile to \_\_\_\_\_.

- A. slip out of the barrel with only a forward motion
- B. spin for increased speed
- C. spin for increased accuracy
- D. cool faster to increase friction

\_\_\_\_\_

3. Most sport shooting with a BB gun is limited to \_\_\_\_\_.

- A. 2.5 meters
- B. 5 meters
- C. 10 meters
- D. 15 meters

\_\_\_\_\_

4. The size of competition flat-nosed pellet is \_\_\_\_\_.

- A. .175 inches
- B. 1.75 inches
- C. .177 inches
- D. 1.77 inches

\_\_\_\_\_

5. The gas in a CO<sub>2</sub> cylinder is \_\_\_\_\_.

- A. mixed with gun powder
- B. ignited to fire
- C. not compressed
- D. compressed

\_\_\_\_\_

6. Which rifle fires a projectile that can travel a mile?

- A. .22 caliber rifle
- B. air rifle
- C. BB gun
- D. compressed air rifle

\_\_\_\_\_

7. Ammunition should be stored in a \_\_\_\_\_ container and inaccessible to unauthorized persons and young children.

- A. warm and moist
- B. cool and moist
- C. cool and dry
- D. warm and dry

\_\_\_\_\_

8. The powder in a .22 cartridge \_\_\_\_\_ to create hot gases to propel the bullet down the barrel.

- A. explodes slowly
- B. explodes rapidly
- C. burns slowly
- D. burns rapidly

\_\_\_\_\_

# Rifle Safety & Marksmanship Training Test

## COMPETITION

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

Date: \_\_\_\_\_

Read each question and write answer in space provided on the right. >>>>>>

ANSWER

1. Shoulder-to-shoulder competitions require competitors to \_\_\_\_\_.

- A. mail targets to a match official
- B. compete with teams of four members
- C. fire in the same range at the same general time
- D. be ranked in their league

\_\_\_\_\_

2. Which rule describes how many shots you will fire (by position) in competition?

- A. squadding
- B. course of fire
- C. preparation time
- D. relay

\_\_\_\_\_

3. A 3x20 event consists of a total of \_\_\_\_\_ shots

- A. 3
- B. 20
- C. 60
- D. 10

\_\_\_\_\_

4. Depending on the event, talking to a coach during junior competition is \_\_\_\_\_ allowed.

- A. never
- B. sometimes
- C. frequently
- D. allowed based on experience

\_\_\_\_\_

5. How many athletes typically advance to competition finals in a rifle event?

- A. five
- B. six
- C. seven
- D. eight

\_\_\_\_\_

6. Which type of competition has only one national championship for junior shooters?

- A. air rifle
- B. BB gun
- C. smallbore
- D. all of the above

\_\_\_\_\_

7. Moderate \_\_\_\_\_ training leading up to a match for maximum performance.

- A. mental
- B. range
- C. physical
- D. rifle

\_\_\_\_\_

# Rifle Safety & Marksmanship Training Test

## TRAINING

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

Date: \_\_\_\_\_

Read each question and write answer in space provided on the right. >>>>>>>

ANSWER

1. When training, you should \_\_\_\_\_ your activities.  
A. repeat exactly  
B. focus only on the most difficult of  
C. vary  
D. work alone through  
\_\_\_\_\_
  
2. As a beginner, you should practice \_\_\_\_\_.  
A. one hour per day  
B. one or two days per week  
C. two hours, everyday  
D. three days per month  
\_\_\_\_\_
  
3. Aerobic conditioning is a benefit of \_\_\_\_\_.  
A. range training  
B. physical training  
C. mental training  
D. none of the above  
\_\_\_\_\_
  
4. Eating \_\_\_\_\_ before shooting can improve your performance.  
A. candy  
B. ground beef or chicken  
C. immediately  
D. easily digestible foods  
\_\_\_\_\_
  
5. Tobacco effects your hold control by \_\_\_\_\_.  
A. depressing your respiratory system  
B. decreasing the amount of oxygen in the lungs  
C. increasing your pulse rate  
D. none of the above  
\_\_\_\_\_
  
6. A good mental training program helps by developing emotional control, good concentration, and by \_\_\_\_\_.  
A. providing a means for relaxing  
B. establishing a stretching routine  
C. refining your hold control  
D. improving your aerobic conditioning  
\_\_\_\_\_
  
7. Emotional control involves the use of \_\_\_\_\_.  
A. meditation  
B. quiet settings  
C. stress  
D. positive thinking  
\_\_\_\_\_
  
8. The contracting and relaxing of a certain group of muscles in order to relax is \_\_\_\_\_.  
A. flexing  
B. progressive muscle relaxation  
C. pulse  
D. meditation  
\_\_\_\_\_