Rifle Safety & Marksmanship Training Test
THE SPORT

Name: ___________________________ Date: _________
School: ___________________________

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

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: ___________________________ Date: __________
School: ___________________________

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: ___________________________ Date: ____________
School: __________________________

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 CO₂ 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: ____________________________ Date: _________
School: ____________________________

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

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: ___________________________ Date: __________
School: __________________________

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
   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