

Nemaha County 4-H Shooting Sports Participant Guide



Nemaha County 4-H Shooting Sports Guidelines

1. 4-H Age: Nemaha County 4-H Shooting Sports is open to all youth who are age 8 & older before December 31, 2023.
2. Enrollment: Participants must be actively enrolled in the 4-H Shooting Sports project. Parents/guardians must sign the online Shooting Sports Participation Code of Conduct before youth are allowed to practice or compete in contests.
3. Safety First: No unsafe conduct or “horseplay” will be allowed. Any member can be sent home and expelled from shooting sports.
4. Practices: A minimum of 6 practices will be offered in each discipline. To be eligible to participate in each contest, 4-H'er must attend 3 practices per discipline. A participant becomes eligible for all pistol competitions by meeting the minimum practice requirements of at least one pistol discipline. A participant becomes eligible for all rifle competitions by meeting the minimum practice requirements of at least one rifle discipline. (Exception: Only 2 practices for BB Gun will be offered and only one rifle practice is required to compete. BB Gun practices will transfer but do not meet the minimum requirement for the other rifle competitions.)
5. Projects:
 - A. BB Gun, Archery, Air Pistol, Air Rifle—open to all youth 8 and older before December 31, 2023
 - B. Smallbore (.22) Rifle, Shotgun—open to all youth 12 and over before December 31, 2023

Youth Sports Injury Data

Sport	Injury Rate
Football	6.7%
Wrestling	4.8%
Basketball	3.7%
Softball	2.0%
Baseball	1.6%
Hockey	1.4%
Gymnastics	1.1%
4-H Shooting Sports	Less than 0.00004%

- 4-H Shooting Sports started in 1980. Between 1980-2013 there have been 4 documented injuries requiring emergency medical attention.
- Soccer vs. 4-H Shooting Sports: 42,500 times more likely to be injured
- Football vs. 4-H Shooting sports: 167,500 times more likely to be injured
- 4-H Shooting Sports is one of the safest activities for youth

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Goal of 4-H Shooting Sports

4-H Shooting Sports provides the high-quality programming necessary for Positive Youth Development by engaging youth in the safe, responsible use of firearms and archery equipment, in a variety of settings, through comprehensive education, life-long recreation, and healthy competition.

National Shooting Sports Objectives

To enable youth to:

1. Find and explore passions and interests
2. Engage in an effective 4-H program setting
3. Develop positive relationships with adults, youth and peers
4. Explore a vast array of 4-H educational, recreational and competitive activities
5. Thrive in multiple settings
6. Enhance developmental and long-term outcomes
7. Practice safe and responsible use of firearms and archery equipment, enhancing existing shooting, conservation and hunter education programs
8. Explore the three National Mission Mandates (STEM, Healthy Living, Civic Engagement)
9. Model safety, sportsmanship and ethical behavior
10. Strengthen knowledge and life skills

What makes 4-H Shooting Sports Unique?

The National 4-H shooting sports Program helps youth transition into adulthood by helping them develop in areas of citizenship, leadership, and life skills, through experiential learning with caring adult volunteers, the volunteers use firearms and archery equipment as the tools to reach these outcomes.

Rationale for Introducing Youth to Firearms

1. Teaching safe and responsible use of firearms
2. Significant adults in the life of a young person
3. Opportunity for quality family involvement
4. Positive peer groups for kids
5. Respect the power of firearms and archery equipment
6. Education that emphasizes respect of other people

We don't focus on making champion shooters, we focus on developing champion kids.

6. Parents: Adults are encouraged to attend all practices and meetings. An adult must be on the firing line with youth in the Junior division.
7. Firearms/Archery Equipment: Participants must provide their own Firearm/bow, ammunition, arrows, safety glasses and earplugs or arrange with instructors to use the club equipment as available.
8. Eye protection is required for all practices and competitions. Prescription glasses are permitted instead of safety glasses.
9. Hunter safety is required for youth to participate in Smallbore and Shotgun disciplines. A copy of 4-Her's Hunter Safety Card must be on file in the Extension Office by June 15th or before .22 or shotgun practices begin.
10. Firearms and bows must be transported unloaded, with safety on in a case, carrying bag or box.
PENALTY FOR NOT TRANSPORTING FIREARM OR BOW SAFELY: *Disqualification from shooting.*
11. Dress Code: Gray 4-H T-shirt or county approved 4-H Shooting Sports t-shirt, long blue denim jeans (no rips), hats, caps and headgear are allowed. **PENALTY FOR NOT WEARING 4-H ATTIRE WHEN REQUIRED:** *4-H member will be lowered one ribbon placing.*
12. Any participant while on the shooting line is required to wear shoes that completely cover their feet. Example of footwear that is NOT acceptable include, but are not limited to: sandals, flip-flops, crocks, clogs, and bare feet. **PENALTY FOR NOT WEARING APPROPRIATE FOOTWEAR:** *disqualify cation from shooting.*
12. Participants must follow dress code for practices and competitions. Exception: any shirt is ok for practices.

Archery

Competition: August 10th at 9:00 AM & 10:30 AM

Practices: Wednesday, July 10th, Saturday, July 13th, Saturday, July 20th, Wednesday, July 24th, Wednesday, July 31st, **Saturday, August 3rd.** Wednesday practices will be from 6:00—8:00 PM and Saturday practices from 9:00—11:00 AM.

Six practices will be offered before the competition, participating in three practices is required to participate in the competition.

Participants must provide their own bow, arrows and release aids or arrange to use club equipment as available. Bows must be transported in a case, box or bag; penalty will be disqualification from shooting.

Target used: 122 cm (centimeters) FITA (World Archery)

Explanation of Archery Classes

Freestyle Limited - Arrows must be drawn and released by hand. No limit on sights or stabilizers. Release aids limited to gloves, tabs and fingers.

Freestyle - Same as freestyle limited; also allows use of mechanical release

Recurve - arrows drawn by hand, no sights or marks on bow or string. No mechanical devices, stabilizers or counter balances are allowed. Only glove, tabs or fingers.

Longbow - arrows drawn by hand, no sights or marks on bow or string. No mechanical devices, stabilizers or counter balances are allowed. Only glove, tabs or fingers. Any person shooting Longbow will shoot distance one class lower than their age division. (Ex: Senior will shoot at Intermediate distance, Intermediate will shoot at Junior distance and Junior will shoot at Junior distance.)

Archery Contest will consist of:

Junior (8-11 years old)	20 arrows at 30 yards 20 arrows at 20 yards 20 arrows at 10 yards
Intermediate (12-14 years old)	20 arrows at 40 yards 20 arrows at 30 yards 20 arrows at 20 yards
Senior (15-18 years old)	20 arrows at 50 yards 20 arrows at 40 yards 20 arrows at 30 yards

Whistle commands will be used on the range.

Nemaha County Shooting Sports Instructors:

Archery: Cailyn Winkelman & Cory Leedom

Pistol: Todd Zimmerman

Rifle: Sheena Davidson & Penny Gerking

Shotgun: Cory Leedom

Shooting Sports Superintendent: Cory Leedom

Whistle Commands:

Two Whistles: Shooters to the line

One Whistle: Fire

Three Whistles: Retrieve Targets/Arrows

Six Whistles: Cease Fire

All contest and practice dates are subject to change. Please watch the Four Clover News and the Nebraska Extension—Nemaha County Facebook page for updates.

Smallbore (.22)

Competition: Sunday, June 30th

Practices: Wednesday, June 5th, Sunday, June 9th, Wednesday, June 12th, Wednesday, June 19th, Sunday, June 23rd, Wednesday, June 26th. Wednesday practices are from 6:00—8:00 PM & Sunday practices are from 2:00—4:00 PM.

Six practices will be offered before the competition, participating in three rifle or pistol practices is required to participate in the competition.

Participants are required to wear eye and ear protection. Participants must provide their own firearm and ammunition or arrange to use club equipment. No tripods or rests allowed. Participants must have a copy of their Hunter Safety Card on file at the County 4-H

Office before practices begin.

Scope and open sight classes. Rifle's must be transported in a case, carrying bag or box; penalty will be disqualification from shooting.

SMALLBORE (.22) RIFLE CONTEST

Prone - Standing - Sitting - 50 feet, 10 shots in each position Target used: A-17 No scopes allowed.

SMALLBORE (.22) PISTOL CONTEST

Standing – 50 feet, 10 shots each at 4 targets/40 shots total Target used: B-33

SMALLBORE (.22) RIFLE SILHOUETTE CONTEST

Standing – Hunter Pistol Steel Targets - 1 shot each target/40 shots total 10 Chickens at 40 meters/10 Pigs at 60 meters/10 Turkeys at 77 meters/10 Rams at 100 meters

Whistle commands will be used on the range.

Air Pistol/Air Rifle

Competition: Sunday, February 18th

Practices: Sundays, January 7, 14, 21, 28, February 4, 11
1st flight: 3:00-4:30 PM, 2nd flight: 4:30-6:00 PM

Six practices will be offered before the competition, participating in three rifle and three pistol practices is required to participate in the competition.

Rifles and pistols must be transported in a case, box or bag; penalty will be disqualification from shooting.

Air Pistol

Juniors & Intermediate – Seated. Rests the grip (and hands) on supporting material.

Seniors (15-18 years old) – Free standing, without support, completely within the firing point. The complete pistol must be held and fired with one hand only. Bracelets, wristbands, or similar items that might provide support are prohibited on the hand and arm which holds the pistol.

10 meters – 10 shots at 4 targets/40 shots total Target used: B-40 and B-40/4

AIR Rifle (Peep & Open Sights) No CO powered rifles allowed.

Junior & Intermediate: Seated. Rests the grip (and hands) on supporting material. 3 rounds of 10 shots total

Seniors: Prone - Standing - Kneeling - 10 shots in each position **10 Meters**-target used AR 5/10

Whistle commands will be used on the range.

BB Gun

Competition: August 14th at 11:00 AM & 12:30 PM

Practices: Saturday, July 27th @ 10:00 AM & Sunday, August 4th @ 4:00 PM

Two BB gun practices will be offered before the BB gun competition. Participation in one rifle practice is required to compete.

-Participants must provide their own rifle and ammunition, or arrange to use the club equipment as available. Eye protection is required. A mat or blanket is needed to use for the prone, sitting and kneeling positions. Parents/guardians are required to assist youth in Junior division with loading and cocking rifles on the firing line. Firearms used for the BB Gun Contest will use BB ammunition and will be limited to 2 pumps. Pump or lever rifles only, no CO powered rifles allowed. Rifles should be loaded with only one BB at a time and reloaded after each shot. Rifle's must be transported in a case, carrying bag or box; penalty will be disqualification from shooting. Participants will take 10 shots from 5 meters in each position Prone, Kneeling, Standing and Sitting. Target used: AR-4/10

Explanation of Sights

Open Iron – Rear sight is adjustable with a notch of variable shapes, typically a "v" notch.

Peep – Rear sight is adjustable, is a round disc with a small hole (peep) in the center.

Whistle commands will be used on the range.

Shotgun

Competition: TBD

Practices: TBD

Six shotgun practices will be offered before the competition, participating in three practices is required to participate in the competition.

Participants are required to wear a hat (baseball style), boots, eye and ear protection. Participants must provide their own firearm and ammunition or arrange to use club equipment as available. 20 or 12 gauge shotguns can be used. Participants must have a copy of their Hunter Safety Card on file at the County 4-H Office before practices begin. Shotguns must be transported in a case, carrying bag or box; penalty will be disqualification from shooting. Guns must be unloaded and the actions kept open at all times, except when on the firing line. Loading is performed only when it is the shooter's turn to shoot. Break action shotguns may be closed for storage in a rack but must be opened immediately after being removed from the rack. All firearms must be opened and unloaded immediately after shooting and before the shooter turns to leave the shooting station. Only one shotshell is to be loaded at a time, unless doubles are to be thrown. Only one shot allowed per clay thrown.

Trapshooting - 16 yards, 2 rounds, 50 shots total

Five-Stand - 2 rounds, 50 shots total

Sporting Clays – 2 rounds, 50 shots total

Skeet - 2 rounds, 50 shots total