

# California 4-H Shooting Sports Proficiency Rifle Level I - Explorer

Date  
Completed

- \_\_\_\_ 1. Explain the definition of the acronym "MAT".
- \_\_\_\_ 2. Describe the actions taken when you hear the range command "Cease Fire".
- \_\_\_\_ 3. Demonstrate how to use your safety equipment when firing a rifle.
- \_\_\_\_ 4. Demonstrate how to safely handle a rifle, including muzzle control, loading and unloading, and passing a rifle to another person.
- \_\_\_\_ 5. List at least 3 ways you can demonstrate safety and courtesy on the range.
- \_\_\_\_ 6. Point out and name the 3 major parts of a rifle.
- \_\_\_\_ 7. Explain the function of an action and list 5 different rifle action types.
- \_\_\_\_ 8. Explain the term "caliber".
- \_\_\_\_ 9. Name the 4 components of a rifle cartridge.
- \_\_\_\_ 10. Explain the difference between a rimfire cartridge and a centerfire cartridge.
- \_\_\_\_ 11. Explain the different types of sights available for a rifle.
- \_\_\_\_ 12. Take time to tell one or more of your friends about the things you are learning and doing in the shooting sports project and report back to the leader or group.
- \_\_\_\_ 13. Participate in 3 live fire exercises utilizing the 3 Fundamentals of Firearms Safety, observed by the shooting sports leader.
- \_\_\_\_ 14. Keep a shooting diary with notes and observations from at least 3 live fire exercises.

Member's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Project Leader's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**KEEP IN YOUR RECORD BOOK WITH PROJECT RECORD**

# California 4-H Shooting Sports Proficiency Rifle Level II - Producer

Date  
Completed

- \_\_\_\_ 1. Demonstrate and explain the 4 rifle shooting positions that are allowed in competition.
- \_\_\_\_ 2. Explain the importance of sight alignment and sight picture and its effect on bullet placement on the target.
- \_\_\_\_ 3. Create a poster of 10 or more practical rules for safety related to shooting sports activities and find a way to share them with others outside the project.
- \_\_\_\_ 4. Demonstrate how to zero a rifle by adjusting the sights.
- \_\_\_\_ 5. Describe the different types of bullets (lead, hollow point, jacketed, etc.) and explain how and why they are used.
- \_\_\_\_ 6. Explain the different types of qualification and competition targets and their uses.
- \_\_\_\_ 7. Describe the terms misfire, hangfire, and squib. Explain the different steps you would take when these things occur.
- \_\_\_\_ 8. Shoot at least 200 rounds and log the scores in your shooting diary.
- \_\_\_\_ 9. Reviewing the fundamentals of rifle shooting, identify 2 faults in your shooting that are causing missed targets and develop a drill to correct these faults.
- \_\_\_\_ 10. List and explain at least 3 ways firearms can be secured and made safe from unauthorized users.
- \_\_\_\_ 11. Describe in sequence what occurs from when you pull the trigger to when the bullet exits the muzzle. (report, poster or talk)
- \_\_\_\_ 12. Participate in one activity where you promote 4-H and the shooting sports to the public.
- \_\_\_\_ 13. Participate in a range set-up and clean-up.
- \_\_\_\_ 14. Demonstrate how to properly clean a rifle.

Member's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Project Leader's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**KEEP IN YOUR RECORD BOOK WITH PROJECT RECORD**

# California 4-H Shooting Sports Proficiency Rifle Level III - Consumer

Date \_\_\_\_\_  
Completed \_\_\_\_\_

- \_\_\_\_\_ 1. Report on the history of one aspect of rifles.
- \_\_\_\_\_ 2. Interview someone whose profession involves or is related to shooting sports and report on an industry related career opportunity that interests you.
- \_\_\_\_\_ 3. Invite a guest speaker to one of your meetings and introduce them to the group.
- \_\_\_\_\_ 4. Shoot at least 50 rounds in each of the four different rifle positions (prone, sitting, kneeling, standing), and document in your shooting diary.
- \_\_\_\_\_ 5. Give a presentation on some technical aspect of rifle shooting.
- \_\_\_\_\_ 6. Contact a local, state or national association related to your project. Explain to your project group what this association has to offer to its members and other interested individuals.
- \_\_\_\_\_ 7. Set at least 3 specific goals related to your shooting skills and develop a plan of action to accomplish these goals. Chart your progress in your shooting diary.
- \_\_\_\_\_ 8. Give a demonstration, talk or poster presentation on some aspect of shooting sports outside of 4-H.
- \_\_\_\_\_ 9. Keep a personal reference library of literature (books, magazines, etc.) that will be helpful in your project.
- \_\_\_\_\_ 10. Describe four ways to save money and be economical while participating in your project.
- \_\_\_\_\_ 11. Design an "ideal" gun for you to use in a specific application. Come up with as many details as you can (including dimensions, weight, materials, action, etc.) and explain why you chose each one.
- \_\_\_\_\_ 12. Alone, or in a group, plan and complete a community service activity related to your project.
- \_\_\_\_\_ 13. Participate in at least three rifle competitions and document them in your shooting diary.

Member's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Project Leader's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**KEEP IN YOUR RECORD BOOK WITH PROJECT RECORD**

# California 4-H Shooting Sports Proficiency Rifle Level IV - Leader

Date  
Completed

- \_\_\_\_ 1. Serve as a Junior or Teen leader in this project for one year.
- \_\_\_\_ 2. Prepare teaching materials for use at project meetings.
- \_\_\_\_ 3. Arrange a field trip for your project members to a location that has some significance to rifle marksmanship or the shooting sports in general.
- \_\_\_\_ 4. Assist at least 5 younger members in setting shooting specific goals and developing a plan on how to achieve them.
- \_\_\_\_ 5. Assist the leader in observing and evaluating other member's fundamentals and shooting technique and recommend actions for improvement.
- \_\_\_\_ 6. Demonstrate proficiency in detecting and correcting rifle shooting errors.
- \_\_\_\_ 7. Speak on a rifle related subject before an organization other than your 4-H group.
- \_\_\_\_ 8. Develop and put on a presentation or judging event or train a junior team for an event.
- \_\_\_\_ 9. Assist a leader/adult in developing, organizing and/or putting on a shooting sports activity in the community (hunter education, youth day for NWTF, DU, etc.)
- \_\_\_\_ 10. Develop your own special rifle event. Create a plan, chart progress, analyze successes and/or problems and report results.

Member's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Project Leader's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**KEEP IN YOUR RECORD BOOK WITH PROJECT RECORD**

# California 4-H Shooting Sports Proficiency Rifle Level V - Researcher

Date \_\_\_\_\_  
Completed \_\_\_\_\_

- \_\_\_\_\_ 1. Report on the results of a demonstration comparing measurable differences in some aspect of rifle shooting. (Experiment)
  
- \_\_\_\_\_ 2. Prepare a paper of 300 words or more on one of the following topics:
  - ❖ Evolution of rifle techniques or rifle competitions
  - ❖ History of a specific topic related to rifles
  - ❖ Markets and methods of marketing rifle products
  - ❖ Development of rifles and equipment
  - ❖ Cultural influences in a specific topic related to rifles
  - ❖ Ecological impact of rifle shooting
  - ❖ Other
  
- \_\_\_\_\_ 3. Prepare a speech or illustration talk to orally summarize your findings and present at a club project meeting, presentation day, or other educational event.

Member's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Project Leader's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**KEEP IN YOUR RECORD BOOK WITH PROJECT RECORD**

# Certificate of Achievement

*This certifies that*

---

*has completed the Shooting Sports Proficiency - Rifle  
in Solano County.*

*Explorer*

*Producer*

*Consumer*

*Leader*

*Researcher*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Initials*

\_\_\_\_\_  
*Initials*

\_\_\_\_\_  
*Initials*

\_\_\_\_\_  
*Initials*

\_\_\_\_\_  
*Initials*

