



TARGET SHOOTING NZ

OUTDOOR GUIDELINES

TSNZ Members who have nominated for inclusion on the NZSF Ranking Lists should comply with ISSF Rules regarding equipment and clothing when shooting TSNZ Designated Matches.

Those who do NOT wish to be included on the NZSF Ranking Lists may use equipment and clothing that complies with TSNZ Indoor Rules.

Gear Checks and Drug Tests may take place at TSNZ events, and it is up to each shooter to be aware of the rules that relate to their specific situation.

This booklet provides summarised information on relevant equipment and clothing rules, as well as some event and competition procedures and scoring information.

In all cases the original Rules current at the time of the match will apply.

Section One – TSNZ Outdoor Rules

Section Two – ISSF Rules

Section Three – TSNZ Indoor Rules

Section Four – Anti-Doping Rules

SECTION ONE

TSNZ OUTDOOR RULES

3.4 RIFLES, AMMUNITION, EQUIPMENT & CLOTHING STANDARDS (Ref ISSF 7.4,7.5)

3.4.1 Refer to ISSF Rule 7.4 RIFLES AND AMMUNITION and 7.5 CLOTHING REGULATIONS.

3.4.2 Shooters who want to be included on the NZ Shooting Federation Ranking Lists and be eligible for selection to compete in International events should comply with ISSF Rules.

3.4.3 Shooters who want to be included on the NZSF ranking lists should advise the TSNZ Office by 31 December or other such date as the Executive may from time to time determine. Any shooter who fails to nominate before the start of the selection period may apply to TSNZ to have their name included, and TSNZ may approve such applications provided the shooter's equipment and clothing complies with ISSF Rules 7.4 and 7.5.

3.4.4 Prone shooters not intending to compete internationally and who do not require their name to be listed on the NZSF ranking lists may use equipment and clothing which complies with the TSNZ Indoor Rules.

3.4.5 Shooting Mats

3.4.5.1 Refer to ISSF Rule 6.4.7.2 FIRING POINT EQUIPMENT.

3.4.5.2 Shooters are permitted to use private mats.

3.4.5.3 Private mats may be smaller than the minimum dimensions but must not exceed the maximum dimensions in ISSF Rule 6.4.7.2 b.

SECTION TWO

ISSF RULES

6.7 COMPETITION CLOTHING AND EQUIPMENT

6.7.1 The ISSF establishes specific standards for competition clothing and equipment that athletes may use in ISSF Championships and for Equipment Control testing to check those standards in order to safeguard the principles of equal and ethical competition where no athlete can gain an unfair advantage over other athletes.

6.7.2 Athletes are responsible for ensuring that all items of equipment and clothing used by them in ISSF Championships comply with ISSF Rules.

6.7.3 All athletes' equipment is subject to checks by the Equipment Control Jury and an Equipment Control Section established by the Organizing Committee as well as by the respective Competition Juries.

6.7.6 Equipment Control

6.7.6.1 The Organizing Committee must establish an Equipment Control Section to perform equipment control checks under the supervision of the Equipment Control Jury. An Equipment Control checking service must be available to all athletes so that they may have their equipment checked prior to the competitions. To ensure compliance with ISSF Rules, the Equipment Control Jury and Equipment Control Section must conduct random post-competition testing (6.7.9).

6.7.6.2 Equipment Control Procedures

a) The Organizing Committee must inform team officials and athletes where and when they may have their equipment inspected prior to or during the competitions;

b) The Equipment Control Section must be open to provide voluntary inspections for athletes' equipment, starting with the Official Training day and continuing through the last day of Rifle-Pistol-Running Target competition;

c) ISSF calibration test equipment must be used to check testing instruments before each day of testing and when a disqualification is considered during post-competition testing;

d) Athletes are encouraged to bring any items of equipment to the Equipment Control Section for checking if they are not certain if they will pass a post-competition check;

e) The Equipment Control Section must ensure that all Rifle shooting jackets and shooting trousers are identified with a seal bearing a unique serial number that is registered to the athlete. The seal must be designed so that it cannot be removed without breaking the seal. Seals previously issued for one-time-only clothing inspections (2013 and prior) fulfill this requirement.

Jackets and trousers with no seal must be checked for compliance with ISSF Rules and have seals affixed to them that are registered for the athlete. The Equipment Control and Rifle Juries will use the jacket and trouser seals to conduct random checks for compliance with Rule 7.5.1.2;

- f) The Equipment Control Section must keep a register of the guns, shooting jacket and trousers that they check, with the name of the athlete, the make (manufacturer), serial number and caliber of each gun checked on an Equipment Control Card;
- g) It is the athlete's responsibility that any air or CO2 cylinder is within manufacturer's validity date (maximum of ten (10) years); this may be checked by Equipment Control and advisory recommendations may be given;
- h) One copy of the Equipment Control Card is given to the athlete who must retain this card with his equipment at all times. If an athlete loses his Equipment Control Card, there is a EUR 10.00 fee to replace it; and
- i) If a Rifle clothing item is resubmitted for a second or subsequent test during the same Championship, a reinspection fee of EUR 20,00 will apply.

6.7.9 Post-Competition Testing

6.7.91 Post-competition checks must be conducted after Elimination and Qualification competitions and during the reporting time before Finals according to procedures specified in the "ISSF Equipment Control Guidelines." The Equipment Control Jury is responsible for supervising the conduct of all post-competition checks. Judges of the same gender as the athletes must be available for clothing and taping checks. Failure of the following specific post-competition checks must result in disqualification (DSQ):

- a) Rifle: Shooting clothing, underclothing, taping and rifle specifications (trigger weighing when applicable);
- e) All disciplines: Failure to report for a post-competition check after being given written notice to report.

6.7.9.2 If an athlete fails a post-competition check, the Chairman of the Equipment Control Jury or one other Equipment Control or Competition Jury Member must confirm that the test was performed correctly and that the athlete is disqualified. The confirmation procedure must include using ISSF calibration testing equipment to confirm that the testing instruments are measuring accurately.

6.7.9.3 Appeals against a post-competition test disqualification may be submitted to the Jury of Appeal. The Jury of Appeal must decide if the test was performed correctly, but it may not repeat the test. The Jury of Appeal can overturn a post-competition check disqualification only if it finds that the test was performed incorrectly.

6.7.9.4 Targeted testing (selection of athletes on a non-random basis) may be done when a Jury has credible evidence that an athlete has altered or attempted to alter his gun, clothing or equipment.

6.7.4 Standards for Clothing and Equipment

6.7.4.1 Rules governing specific equipment used by athletes in a particular discipline are found in the Rules for that discipline.

6.7.4.2 The use of any special devices, means or clothing, including the use of Kinesio, medical or similar taping, which immobilizes or unduly reduces the movement of the athlete's legs, body or arms, is prohibited for Rifle, Pistol and Running Target athletes in order to ensure that athletes' performance skills are not artificially improved.

6.7.4.3 Radios, iPods, or any similar type of sound producing or communication systems are prohibited on the FOP during competition and training, except when they are used by competition officials.

6.7.4.4 Mobile phones or other hand-held communication devices (i. e. tablets, etc.), electronic devices or wrist-worn devices (i. e. smart watches) may not be used by athletes on the firing line.

6.20 THE ISSF DRESS CODE

ISSF Rule General Technical Rule 6.7.5 states:

“It is the responsibility of athletes, coaches and officials to appear on the range dressed in a manner appropriate for a public sports event. Clothing worn by athletes and officials must comply with the ISSF Dress Code.”

This Rule is the foundation of the ISSF Dress Code.

6.20.1 GENERAL

All sports are concerned with the images they present to youth, the public and media. Olympic sports, in particular, are judged by whether their athletes, coaches and officials present professional images that demonstrate their best qualities. Shooting's ability to grow as a sport, to attract new participants and fans and to secure its status as an Olympic sport are affected by how its athletes and officials dress. This ISSF Dress Code provides regulations and guidelines for the implementation of Rule 6.7.5.

6.20.2 DRESS REGULATIONS FOR ATHLETES

6.20.2.1 All clothing worn by athletes in Training, Eliminations, Qualifications and Finals must be clothing that is appropriate for wear by athletes in international-class sports competitions. Athletes' clothing must convey positive images of shooting athletes as Olympic sport athletes.

6.20.2.2 When they appear in competitions, Rifle, Pistol, Shotgun and Running Target athletes should wear sports-type clothing that incorporates or displays national, NOC or National Federation colors and emblems. Appropriate clothing for wear during competitions includes training suits, tracksuits or warm-up uniforms, etc. as issued by National Federations or NOCs.

6.20.2.3 Members of a team participating in a Team event should wear the same uniform reflecting the nation they represent.

6.20.2.4 During Victory Ceremonies or other ceremonies, athletes are required to be dressed in their official national uniform or national training suits. For teams, all members of the team must wear appropriate national uniforms. If an athlete reports for a Victory Ceremony without a national team uniform, a Jury member may delay the ceremony and require the athlete to change into appropriate clothing before the ceremony can proceed.

6.20.2.5 Rifle athletes' clothing must comply with Rifle Clothing Regulations described in Rule 7.5. If they do not wear special shooting trousers or shoes, the clothing worn during competitions must comply with this ISSF Dress Code.

6.20.2.8 If shorts are worn during competitions, the bottom of the leg must be not more than 15 cm above the center of the knee cap. Skirts and dresses must also comply with this measurement.

6.20.3 PROHIBITED ITEMS

6.20.3.1 Prohibited clothing items for competitions and Victory Ceremonies include blue jeans, jeans or similar trousers in non-sporting colors, camouflage clothing, sleeveless T-shirts, shorts that are too short (see 6.19.2.8), ragged cut-off shorts, trousers with patches or holes as well as shirts or trousers with non-sporting or inappropriate messages (see Rule 6.12.1, no propaganda is permitted). Sporting colors should be national uniform colors. If national colors are not worn, non-sporting colors that should be avoided are camouflage, plaids, khaki, olive or brown.

6.20.3.2 Athletes may not wear sandals of any type or remove their shoes (with or without socks).

6.20.3.3 Changing clothes must be done in designated areas and not on the field of play. Changing on the firing points or in the ranges is not permitted.

6.20.3.5 All clothing must comply with ISSF Eligibility, Commercial Rights, Sponsorship and Advertising Rules regarding the display of manufacturer and sponsor marks. During the Olympic Games compliance with IOC Rule 50 is required.

7.5 CLOTHING REGULATIONS

See the General Technical Rules for general standards regarding clothing and the testing of clothing (Rule 6.7).

7.5.1 General Standards for Rifle Clothing

7.5.1.1 All shooting jackets, shooting trousers and shooting gloves must be made of flexible material that does not materially change its physical characteristics, that is, become stiffer, thicker or harder, under commonly accepted shooting conditions. All lining, padding and reinforcements must meet the same specifications. Any lining or padding must not be quilted, cross-stitched, glued or otherwise affixed to the outer clothing layer other than at normal tailoring points. All lining or padding must be measured as a part of the clothing.

7.5.1.2 Only one (1) shooting jacket and only one (1) pair of shooting trousers may be used by each athlete in all Rifle events in any ISSF Championship. All Rifle shooting jackets and shooting trousers must have a seal with a unique serial number issued by ISSF Equipment Control and registered in an ISSF database. Athletes with jackets or trousers that do not have a seal must bring them to Equipment Control to have a seal attached and registered in the ISSF database. Only one jacket and one trouser may be registered to each athlete. Athletes with more than one jacket or trousers with ISSF seals must inform the ISSF Equipment Control which item will be used in future competitions and only one seal per item will remain. Athletes that change jackets or trousers or any with no seal (new or changed) must bring them to Equipment Control to obtain a seal and retire the previous seal (6.7.6.2.e). When an athlete is selected for post-competition testing, the test must confirm that the seal number registered to that athlete was the seal number on the clothing used by that athlete.

7.5.1.3 Ordinary athletic type training trousers or normal athletic type training shoes may be worn in any event or position. If shorts are worn during competitions, the bottom of the leg must be no more than 15 cm above the center of the kneecap. Sandals of any type may not be worn.

7.5.1.4 Athletes are responsible for ensuring that all items of clothing used by them comply with these Rules. The Equipment Control Section must be open to make voluntary inspections of athletes' clothing from the Official Training day until the last day of Rifle competition and athletes are encouraged to bring their Rifle clothing items for an Equipment Control check before the competitions to be sure they comply with these Rules. In preparing jackets and trousers for competitions, athletes must make allowances for any measurement variations that may occur because of changes in temperature, humidity or other environment conditions.

7.5.1.5 Post-competition checks will be made of all Rifle clothing items after Elimination and Qualification Round competitions to ensure compliance (6.7.9).

7.5.2 Clothing Measurement Standards

7.5.2.1 Clothing Thickness Standards Table

Rifle competition clothing must comply with these thickness measurement standards:

Measurement Location	Thickness	Jackets	Trousers	Shoes	Gloves	Underwear
Normal	Single	2.5mm	2.5mm	4.0mm	-	2.5mm
Normal	Double	5.0mm	5.0mm	-	-	5.0mm
Normal	Total	-	-	-	12.0mm	-
Reinforcements	Single	10.0mm	10.0mm	-	-	-
Reinforcements	Double	20.0mm	20.0mm	-	-	-

No measurement greater than the thickness measurement standards in the chart may be approved (zero tolerance).

7.5.2.2 Stiffness Measurement Standards

Rifle competition clothing must comply with these stiffness measurement standards:

- a) If the measuring cylinder is depressed at least 3.0 mm, the material is acceptable;
- b) If a measurement below 3.0 mm is displayed, the material is too stiff. No measurement below the minimum measurement of 3.0 mm may be approved; and
- c) Every part of the jacket or trousers must be capable of being measured with the 60 mm measuring cylinder. If a part is too small for normal testing (no flat area 60 mm or larger), measuring must be done over the seams.

7.5.3 Shooting Shoes

Normal street type or light athletic shoes are permitted in all positions. Special shooting shoes not exceeding the following specifications may be worn only in 10m and 50m and 300m 3 Positions events. Special shooting shoes must not be worn in Rifle Prone events.

7.5.4 Shooting Jacket

7.5.4.1 The body and sleeves of the jacket, including the lining, must not exceed 2.5 mm in single thickness and 5.0 mm in double thickness at any point where flat surfaces may be measured. The jacket must not be longer than the bottom of the balled fist (see Shooting Jacket Measurements, 7.5.4.9).

7.5.4.2 Closure of the jacket must be only by non-adjustable means e.g. buttons or zippers. The jacket must not overlap more than 100 mm at the closure (see Jacket Table). The jacket must hang loosely on the wearer. To determine this, the jacket must be capable of being overlapped beyond the normal closure by at least 70 mm, measured from the center of the button to the outside edge of the button hole. The measurement will be taken with the arms at the sides. A measurement must be made with an overlap gauge with a tension of 6.0 kg to 8.0 kg. The area

surrounding the button hole is limited to a maximum of 12 mm, and this area may exceed the permitted 2.5 mm thickness.

7.5.4.3 All straps, laces, bindings, seams, stitching or devices which may be construed as artificial support are prohibited. However it is permitted to have one (1) zipper or not more than two (2) straps to take up loose material in the area of the shoulder pad (see Shooting Jacket Measurements, 7.5.4.9). No other zipper or other closing or tightening device is permitted other than those specified in these Rules and Diagrams.

7.5.4.4 The construction of the back panel may include more than one (1) piece of material provided this construction does not stiffen or reduce the flexibility of the jacket. All parts of the back panel must comply with the thickness maximum of 2.5 mm and the stiffness minimum of 3.0 mm.

7.5.4.5 The construction of the side panel may not place any seam or seams under the elbow of the support arm in the standing position within a seam-free zone that extends 70 mm above the tip of the elbow and 20 mm below the tip of the elbow. This must be checked with the athlete wearing the jacket fully closed and while holding the rifle in the standing position.

7.5.4.6 The athlete must be capable of fully extending both arms (straighten sleeves) while wearing the buttoned jacket. In the prone and kneeling positions, the sleeve of the shooting jacket must not extend beyond the wrist of the arm on which the sling is attached. The sleeve must not be placed between the hand or glove and the fore-end of the stock when the athlete is in the shooting position.

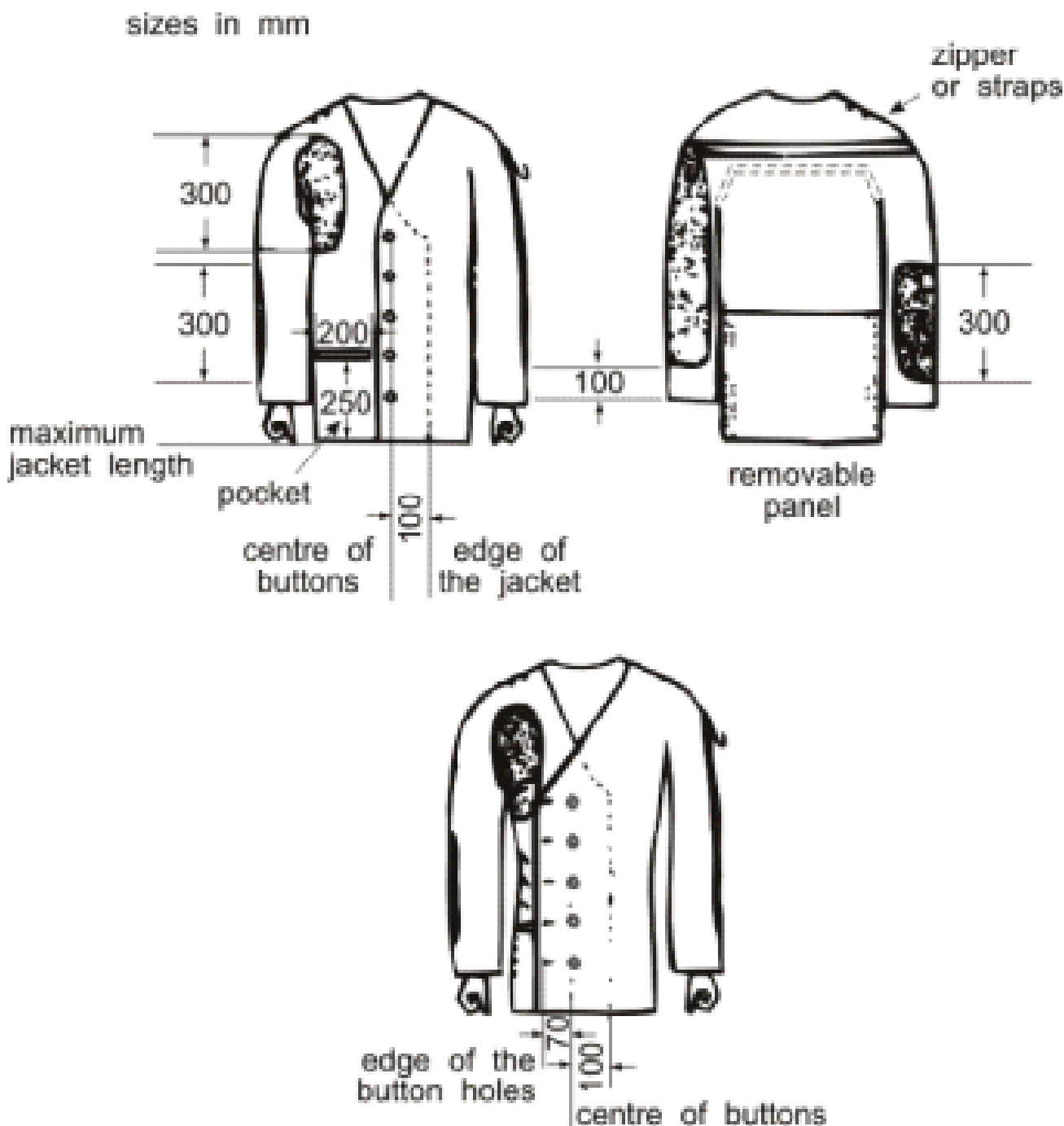
7.5.4.7 No Velcro, sticky substance, liquid, or spray may be applied to the outside or inside of the jacket, pads or shoes and/or floor or equipment. Roughening the material of the jacket is permitted. Violations will be penalized according to the Rules.

7.5.4.8 Shooting jackets may have reinforcement patches added only to their outside surfaces subject to the following limitations:

- a) Maximum thickness, including jacket material and all linings: 10 mm single thickness or 20 mm when measured as a double thickness;
- b) Reinforcement may be added on both elbows but must not extend to more than half (1/2) of the circumference of the sleeve. On the arm which holds the sling, the reinforcement may extend from the upper arm to a point 100 mm from the end of the sleeve. The reinforcement on the opposite arm may have a maximum length of 300 mm;
- c) Only one (1) hook, loop, button or similar device may be fastened to the outside of the sleeve or shoulder seam on the sling arm to prevent the sling from sliding;
- d) Reinforcement on the shoulder where the butt-plate rests must not be longer than 300 mm in the longest dimension (see Rule 7.5.4.9);
- e) All inside pockets are prohibited; and
- f) One (1) external pocket is permitted, located on the right front side (left front side for left hand athletes) of the jacket. The maximum size of the pocket is 250 mm high from the lower edge of the jacket and 200 mm wide.

7.5.4.9 Shooting Jacket Measurements

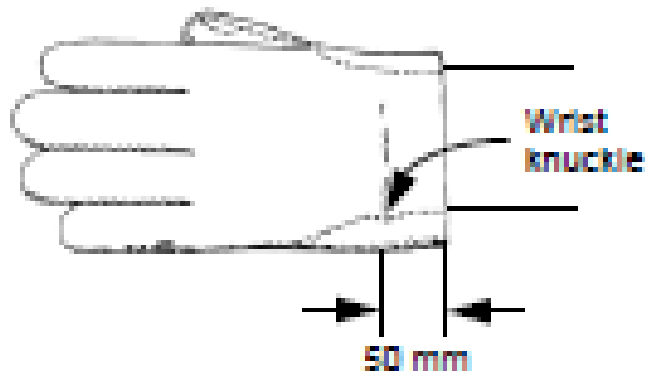
Shooting jackets must comply with the specifications shown in the drawing



7.5.6 Shooting Gloves

7.5.6.1 The total thickness must not exceed 12 mm when measuring front and back materials together at any point other than on seams and joints.

7.5.6.2 The glove must not extend more than 50 mm beyond the wrist measured from the center of the wrist knuckle (see drawing). Any strap or other closure device at the wrist is prohibited. However, a portion of the wrist may be elasticated to enable the glove to be put on, but it must leave the glove loose around the wrist.



7.5.7 Underclothing

7.5.7.1 Clothing worn under the shooting jacket must not be thicker than 2.5 mm single thickness or 5 mm double thickness. The same applies to all clothing worn under the trousers. Jeans or other ordinary trousers cannot be worn under shooting trousers.

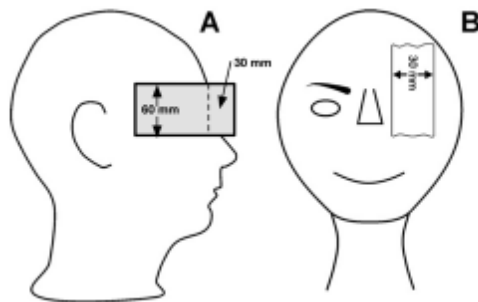
7.5.7.2 Only normal personal undergarments and/or training clothing that does not immobilize or unduly reduce the movement of the athlete's legs, body or arms may be worn under the shooting jacket and/or trousers. Any other undergarments are prohibited.

7.5.8.8 Visor or Cap

A cap or visor may be worn, but it must not touch or rest on the rear sight (must be visibly free of the sight) while the athlete is shooting. The cap or visor may extend forward of the athlete's forehead no more than 80 mm and may not be worn in a way that makes it a side blinder.

6.7.8 Blinders

6.7.8.1 Side Blinders (on one or both sides) attached to the hat, cap, shooting glasses, or to a headband, not exceeding 60 mm deep are permitted for Shotgun athletes only (Rule 9.13.4) (A). The front edge of a side blinder, when viewed from the side, must not extend more than 30 mm forward of the center point of the forehead. Side blinders must be made of plastic material only.



6.7.8.2 One Front Blinder to cover the non-aiming eye that is not more than 30 mm wide is permitted for all athletes (B).

6.7.7 Bib (Start) Numbers and Items Worn by Athletes

6.7.7.1 All athletes must be provided with a Bib Number (Start Number) to wear on the back of the outer garment above the waistline during the entire competition. Bib Numbers must display the athlete's allocated number for that Championship, family name, initial and nation (IOC abbreviation only). If a flag of the nation is used, it must be placed to the left of the IOC abbreviation. The height of the letters in names should be as big as possible, but no letters or numbers may be less than 20 mm (for Shotgun, see 9.13.2, 9.13.3).

6.7.7.2 Bib Numbers must be worn by all athletes, on their backs and above the waist, at all times while participating in Pre-Event Training and competition. If the Bib Number is available and not worn, the athlete may not compete.

6.7.7.3 All athletes must comply with ISSF Eligibility, ISSF Commercial Rights and ISSF Sponsorship/Advertising Rules. These rules govern such matters as emblems, sponsorship, advertising and commercial markings on clothing together with controls and sanctions.

7.5.8 Equipment and Accessories

7.5.8.1 Spotting Telescopes

The use of telescopes not attached to the rifle to locate shots and judge wind is permitted for 50m and 300m events only.

7.5.8.2 Slings

Maximum sling width is 40 mm. The sling must be worn only on the upper part of the left arm and from there be connected to the fore-end of the rifle stock. Slings may be attached to the fore-end of the rifle at a single point only. The sling must pass along one side of the hand or wrist only. No part of the rifle may touch the sling or any of its attachments except at the sling swivel and hand stop.

7.5.8.4 Shooting Box or Bag

The shooting box or bag must not be placed forward of the athlete's forward shoulder on the firing line, except that in the standing position a shooting box or bag, table, or stand may be used as a rifle rest between shots. The shooting box or bag, table or stand must not be of such size or construction as to interfere with athletes on adjacent points or to constitute a wind break.

7.5.8.6 Bipod

Bipods may be used to support the rifle before and after shooting or during position changes, but bipods, whether fixed or folding, must be removed from the rifle during all MATCH firing times.

7.4 RIFLES AND AMMUNITION

7.4.1 Standards for All Rifles

7.4.1.1 Single Loader Rifles. Only single shot rifles that must be manually loaded before each shot may be used, except that in the 300m Standard Rifle event a rifle that is legal for use in International Military Sport Council (CISM) 300m Rifle events may be used if it is checked by Equipment Control before the event.

7.4.1.2 One Rifle Per Event. Only one (1) rifle is allowed to be used in the Elimination, Qualification and Final Rounds of one (1) event. The action, barrel and stock may not be exchanged, except that a detachable butt-stock may be exchanged. Accessories attached to the action, barrel or stock may be exchanged. A rifle that becomes disabled may be replaced according to Rule 6.13.3, if the Jury approves.

7.4.1.3 Movement or Oscillation Reduction Systems. Any device, mechanism or system that actively reduces, slows or minimizes rifle oscillations or movements before the shot is released is prohibited.

7.4.1.4 Pistol Grips. The pistol grip for the right hand must be constructed in such a way that it does not rest on the sling or on the left arm.

7.4.1.5 Barrels and extension tubes must not be perforated in any way. Compensators and muzzle brakes on rifles are prohibited. Any construction or device inside the barrel or tubes, other than rifling and chambering for the cartridge or pellet, is prohibited.

7.4.1.6 Sights

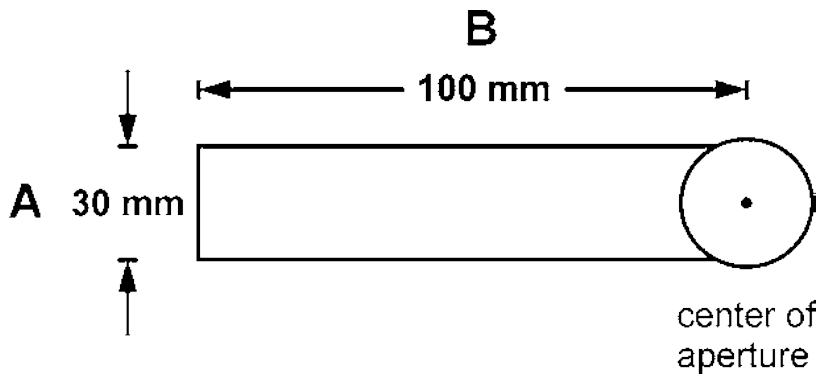
a) The front or rear sights may have light or tinted lenses or a polarizing filter, but the sights may not have any system of lenses;

b) No Light enhancing system, optical sight, optical system or telescope may be attached to the rifle;

c) A single corrective lens may be attached to the rear sight only; or the athlete may wear corrective or tinted lenses;

d) Any aiming device programmed to activate the firing mechanism is prohibited;

e) A blinder may be attached to the rifle or to the rear sight. The blinder must not be more than 30 mm deep (A) nor extend further than 100 mm (B) from the center of the rear sight aperture on the side of the non-aiming eye. A blinder must not be used on the side of the aiming eye; and a prism or mirror device may be used when shooting from the right shoulder while aiming with the left eye, providing it does not have a magnifying lens system. It must not be used when shooting from the right shoulder when using the right eye.



Rear Sight Blinder

7.4.1.7 Electronic triggers are allowed providing:

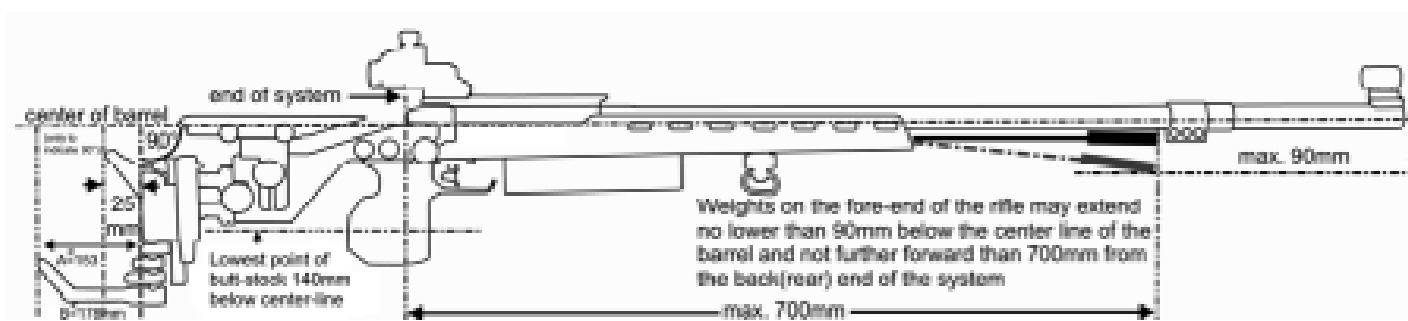
- a) All components are firmly attached to and contained within the action or stock of the rifle so that the battery and wires are not visible externally;
- b) The trigger is operated by the right hand of a right-handed or the left hand of a left-handed athlete;
- c) All components are included when the rifle is submitted for inspection by Equipment Control; and
- d) The rifle with all components installed complies with the rules governing dimensions and weight for that event.

7.4.5 Standards for 50m Rifles

All rifles chambered for rimfire 5.6 mm (.22" cal.) long rifle cartridges are permitted:

- a) The weight of the rifle for men and women may not exceed 8.0 kg with all accessories used, including the palm rest and hand stop;
- b) Weights on or in the lower part of the stock or buttstock may not extend horizontally (laterally) further from the center-line of the barrel than the distance of the maximum extension of the cheek-piece from the center-line of the barrel;
- c) Weights cannot extend further to the rear than a line perpendicular to the deepest point in the butt-plate;
- d) Weights attached to the butt-stock must be rigidly attached and may not be taped to the butt-stock;
- e) Weights on the rifle fore-end may extend no lower than 90 mm below the center-line of the barrel and not further forward than 700 mm from the back (rear) end of the system; and

f) The lowest point on the butt-stock may not extend down more than 140 mm from the center-line of the bore. This limit does not apply to wooden stocked rifles.



7.4.5.1 Hook Butt Plate

- a) A hook butt-plate that complies with the following restrictions may be used;
- b) The butt hook projecting rearward from the bottom of the butt-plate must not extend more than 153 mm (A) past the rear of a line that is perpendicular to a line drawn through the axis of the bore of the rifle, and that is tangent to the deepest part of the butt-plate depression that normally rests against the shoulder;
- c) The butt hook projecting from the bottom of the butt-plate must have a total outside length around any curve or bend of not more than 178 mm (B);
- d) The top projection of the butt-plate must not extend more than 25 mm to the rear of this perpendicular line; and
- e) Any devices or weights projecting forward or laterally from the lower part of the butt-plate are prohibited.

7.4.5.2 Palm Rests

A palm rest is any removable attachment or extension below the fore-end that aids the support of the rifle by the forward hand. Such extensions must not extend more than 200 mm below the center-line of the barrel.

7.4.5.3 Pistol Grips

No part of the pistol grip may be extended or constructed in any way that would allow it to touch or support the back of the hand or the wrist.

7.4.6 Ammunition

For 50m Rifle – 5.6mm (.22) calibre, Rimfire Long Rifle. Only bullets made of lead or similar soft material are permitted.

7.6 SHOOTING EVENT PROCEDURES AND COMPETITION RULES

7.6.1 Shooting Positions

7.6.1.2 PRONE

- a) The athlete may lie on the bare surface of the firing point or on the shooting mat;
- b) He may also use the mat by resting his elbows on it.
- c) The body must be extended on the firing point with the head toward the target;
- d) The rifle may be supported by both hands and one shoulder only;
- e) The cheek may be placed against the rifle stock.
- f) The rifle may be supported by the sling, but the fore-end behind the left hand must not touch the shooting jacket;
- g) No part of the rifle may touch the sling or its attachments;
- h) The rifle must not touch, or rest against, any other point or object;
- i) Both forearms and sleeves of the shooting jacket forward of the elbow must be visibly raised from the surface of the firing point;
- j) The athlete's sling (left) forearm must form an angle not less than 30 degrees from the horizontal, measured from the axis of the forearm;
- k) The right hand and/or arm may not touch the left arm, shooting jacket or sling; and
- l) Shooting trousers must not be worn in the Rifle Prone events.

6.11 COMPETITION PROCEDURES

6.11.1 Rules for 10m and 50m Rifle and Pistol Events

6.11.1.1 Preparation and Sighting Time

Athletes must be given 15 minutes Preparation and Sighting Time before MATCH firing starts to make their final preparation and fire unlimited sighting shots.

- a) The Preparation and Sighting Time must be timed to end approximately 30 seconds before the official starting time for MATCH firing.
- b) Sighting targets must be visible at least 15 minutes before the Preparation and Sighting Time starts;
- c) Athletes may not place their guns and equipment on their firing points until the Chief Range Officer has called the athletes to the line;
- d) The Chief Range Officer must call athletes to the line at least 15 minutes before the Preparation and Sighting Time starts;
- e) If there is more than one relay, each relay must be allowed the same amount of time to bring their equipment to the firing line;
- f) After the Chief Range Officer calls athletes to the line, they are permitted to handle their guns, dry fire (safety flags may be removed for dry firing) or carry out holding and aiming exercises on the firing line before the Preparation and Sighting Time starts; in Finals, athletes may not remove safety flags or dry fire until the Preparation and Sighting Time starts;
- g) Pre-competition checks by the Jury and Range Officers must be completed during the 15 minutes before the Preparation and Sighting Time starts;
- h) The Preparation and Sighting Time begins with the command "PREPARATION AND SIGHTING TIME...START;" No shot may be fired before the command "START;"
- i) An athlete who fires a shot or shots before the "START" command for the Preparation and Sighting Time may be disqualified if safety is involved. If safety is not involved (6.2.3.5), the first competition shot must be registered as a miss (0);
- j) After 14 minutes, 30 seconds have elapsed in the Preparation and Sighting Time, the Range Officer must announce "30 SECONDS."
- k) At the end of the Preparation and Sighting Time, the Chief Range Officer must command "END OF PREPARATION AND SIGHTING...STOP." There must be a brief pause of approximately 30 seconds when the Target Officer will reset the targets for MATCH firing; and
- l) If an athlete fires a shot after the command "END OF PREPARATION AND SIGHTING...STOP" and before the "MATCH FIRING...START" command, the shot must not be counted as a MATCH shot and a two (2) point penalty must be applied to the first competition shot.

6.11.1.2 START of MATCH Firing

- a) When all targets are reset for MATCH firing, the Chief Range Officer will command "MATCH FIRING...START." MATCH firing is considered to have started when the CRO has given the command "START;"

- b) Every shot fired after the start of MATCH firing must be recorded as a MATCH shot, however, dry firing is allowed;
- c) After the start of MATCH firing, no further sighting shots are allowed, except for position changes in 50m and 300m Rifle 3-Position events (see Rule 7.7.3) or when permitted by the Jury in accordance with these Rules;
- d) Any further sighting shot(s) fired in contravention of this rule must be scored as miss(es) in the competition;
- e) The CRO must inform athletes by loudspeaker of the time remaining at both ten (10) minutes and five (5) minutes before the end of the competition time;
- f) A shot or shots that are not fired during the MATCH firing time must be scored as miss(es) on the last competition target(s), unless the CRO or a Jury Member has authorized extra time; and

6.11.1.3 "STOP" COMMAND

The competition must stop at the command "STOP."

- a) If a shot(s) is fired after the command "STOP," that shot(s) must be scored as a miss; and
- b) If the shot(s) cannot be identified, the best hit(s) must be deducted from the score of that target and scored as miss(es).

6.11.3 Interruptions in 10m Events, 50m Rifle and Pistol Events and 300m Rifle Events

6.11.3.1 If an athlete must stop firing for more than three (3) minutes through no fault of his own and this interruption was not caused by a malfunction of his gun or ammunition, he may demand extra time equal to the amount of time lost, or the time remaining when the interruption occurred, plus one (1) minute, if during the last five (5) minutes of the competition.

6.11.3.2 If an athlete is interrupted for more than five (5) minutes through no fault of his own and this interruption was not caused by a malfunction of his gun or ammunition, or if the athlete is moved to another firing point, he may have additional unlimited sighting shots at the beginning of his remaining shooting time together with any time extension granted plus an additional five (5) minutes.

- a) Range Officers or Jury Members must ensure that a complete explanation is recorded on a Range Incident Report; and

b) Any extension of time allowed by the Jury or Range Officers must be documented, stating the reason on a Range Incident Report.

6.11.4 Late Arrival By Athlete

If an athlete arrives late for a competition, he may participate but will not be given any extra time. If an athlete arrives after the Preparation and Sighting Time, no additional sighting time will be given. When it can be proven that an athlete's late arrival was due to circumstances beyond his control, the Jury must grant extra time, including time for Preparation and Sighting if this does not delay the start of the Final or disrupt the overall shooting program. In this case the Jury will determine when and on which firing point the late athlete may start.

6.11.5 Irregular Shots -- Too Many Shots in an Event or Position

If an athlete in a 10m, 50m or 300m event fires more shots in the event or position than are provided for in the program, the extra shot(s) must be annulled on the last competition target(s). If the shot(s) cannot be identified, the highest value shot(s) must be annulled on the last competition target. The athlete must also be penalized by a deduction of two (2) points for each excessive shot fired, deducted from the lowest value shot(s) in the first series.

6.11.6 Crossfires

6.11.6.1 Crossfires of competition shots must be scored as misses.

6.11.6.2 If an athlete crossfires a sighting shot on the sighting target of another athlete no penalty is incurred.

6.11.6.3 If an athlete crossfires a sighting shot on the MATCH target of another athlete, he must be penalized by the deduction of two (2) points from his own score deducted from the first series.

6.11.6.4 If an athlete receives a confirmed crossfire shot and it is impossible to determine which shot is his, he must be credited with the value of the highest undetermined shot.

6.11.6.5 If there are more hits on an athlete's MATCH target than are provided for in the program, and if it is impossible to confirm that another athlete(s) fired the shot(s), the hit(s) of the highest value must be nullified.

6.11.6.6 If an athlete wishes to disclaim a shot on his target, he must report this immediately to a Range Officer.

6.11.6.7 If the Range Officer confirms that the athlete did not fire the disputed shot(s), he must make the necessary entry on a Range Incident Report and on the Range Register and the shot must be annulled.

6.11.6.8 If the Range Officer cannot confirm beyond all reasonable doubt that the athlete did not fire the disputed shot(s), the shot(s) must be credited to the athlete and must be so recorded.

6.11.6.9 The following must be considered as reasons to justify the annulment of a shot:

- a) If a Range Officer confirms by his observation of the athlete and the target that the athlete did not fire the shot;
- b) If a missing shot is reported by another athlete or a Range Officer at approximately the same time, and from within the neighboring two or three firing points; and

6.11.7 Disturbances

If an athlete claims that he was disturbed while firing a shot, he must keep his gun pointed downrange and immediately inform the Range Officer or Jury Member. He must not disturb other athletes. If the claim is considered justified, the shot(s) must be annulled and the athlete may repeat the shot(s) or series. If the claim is not considered justified, the shot(s) must be credited to the athlete and he may continue shooting; no penalty will be applied.

6.11.8 Special Competition Regulations

- a) During the Preparation and Sighting Times for all competitions, announcements and/or visual displays may be used to inform spectators about the event. During Preparation and Sighting and Match Firing Times for Elimination and Qualification competitions, music may be played. Music must be played during Finals (6.17.1.11).
- b) It is not permitted to put any substance on the floor of the firing point to gain an unfair advantage or to wipe the firing point without permission;
- c) It is not permitted to place non-removeable tape or draw lines with a permanent marker on the floor;
- d) No one may change or modify any range structure or equipment;
- e) Smoking is prohibited in all areas used by athletes and officials as well as in the spectator areas of the ranges;

- f) The use of mobile phones, walkie-talkies, pagers or similar communication or electronic devices by athletes, coaches and team officials while on the field of play is prohibited. All mobile phones etc. must be switched off or placed on silent mode;
- g) Flash photography is prohibited until after competitions are completed; and
- h) Notices must be displayed to inform spectators that mobile phones must be placed on silent mode, that smoking is not permitted and that flash photography is prohibited until competitions are completed.

6.12 RULES OF CONDUCT FOR ATHLETES AND OFFICIALS

6.12.1.4 The athlete is responsible for:

- a) Reporting to his firing point, ready to shoot, at the correct time, with equipment that complies with these rules;
- b) Taking his firing position on his designated firing point so that he does not disturb adjacent athletes; and
- c) Conducting himself so that he does not disturb or adversely affect the performances of other athletes. If, in the opinion of the Jury, an athlete's behavior or actions disturbs other athletes, the athlete may be given a warning, penalty or disqualification, depending upon the circumstances.

6.12.5 Coaching During Any Event

6.12.5.1 In all events, non-verbal coaching is allowed. In 50m Three-Position Finals, verbal coaching is allowed only during changeover times. While on the firing line, an athlete may speak only with Jury Members or range officials. Coaching during training is permitted, but such coaching must not disturb other athletes.

6.12.5.2 If an athlete wishes to speak with his Coach or Team Official during an Elimination or Qualification, the athlete must unload his gun and leave it in a safe condition on the firing line with the action open and a safety flag inserted. An athlete may leave the firing line only after notifying a Range Officer and without disturbing other athletes.

6.12.5.3 If a coach or team official wishes to speak with a team member on the firing line, the team official must not contact the athlete directly or talk with the athlete while he is on the firing line. The team official must obtain permission from a Range Officer or Jury Member, who will call the athlete off of the firing line.

6.12.5.4 If a team official or athlete violates the rules concerning coaching, a warning must be issued the first time. In repeated cases, two (2) points must be deducted from the athlete's score and the team official must leave the vicinity of the firing line.

6.12.6 Penalties for Rule Violations

6.12.6.1 Deciding Open and Concealed Violations

The Jury must decide violations according to these standards:

- a) In the case of an open violation of the Rules, a Warning (Yellow Card) must first be given so the athlete may have an opportunity to correct the fault. Whenever possible, the warning should be given during training or the Preparation and Sighting Time. If the athlete does not correct the fault as instructed by the Jury, two (2) points must be deducted from his score. If the athlete still does not correct the fault after receiving a Deduction (Green Card), Disqualification (Red Card) (DSQ) must be imposed; or
- b) In the case of a concealed violation of the Rules, when the fault is deliberately concealed, Disqualification (Red Card) (DSQ) must be imposed; or
- c) If, when asked to give an explanation for an incident, an athlete consciously and knowingly gives false information, two (2) points must be deducted or in serious cases, disqualification may be imposed.

6.12.6.2 In cases of a violation of ISSF Rules or the instructions of Range Officers or Jury, the following penalties may be imposed on the athlete by a Jury Member or the Jury.

- a) Warning (Yellow Card). A warning must be expressed in terms that will leave no doubt that it is a Warning and the yellow card must be shown. However, it is not necessary to precede other penalties with a warning. This must be recorded on a Range Incident Report and noted on the Range Register. A warning may be given by an individual Jury Member;
- b) Deduction (Green Card). Deduction of points from the score, expressed by a minimum of two (2) Jury Members, showing a Green Card with the word "Deduction." This must be recorded on a Range Incident Report Form, marked on the printer strip, and noted on the Range Register. A deduction may be given by an individual Jury Member; and
- c) Disqualification (Red Card) (DSQ). An athlete must be disqualified (DSQ) for failure to pass a post-competition check (6.7.9.1) or for a violation of Shotgun Rule 9.4.1.1 or 9.4.3.2 c). Disqualification for any other reason may only be given by the decision of a majority of the Jury. The disqualification of an athlete is expressed by the Jury by showing a Red Card with the word "Disqualification." If an athlete is disqualified during any phase of an event (Elimination, Qualification or Final), the results for that athlete for all phases of that event must be deleted and the athlete must be listed at the end of the results list with an explanation regarding why the athlete was disqualified.

d) Unsportsmanlike Behavior (DQB). If an athlete is disqualified for an anti-doping violation, for a serious safety violation or for the physical abuse of a competition official or another athlete (Rule 6.12.6.4) as decided by a majority of the Jury, all results for that athlete for all events in the Championship must be deleted and the explanation(s) must indicate DQB.

e) Penalties should be expressed both with a verbal explanation and with the display of yellow, green or red cards. The size of penalty cards should be approximately 70 mm x 100 mm.

f) A team, of which a member has been disqualified, must not be ranked and must be shown in the result list with the remark "DSQ."

g) When there is a penalty or disqualification, a Jury Member must provide or approve remarks for the Results Lists to explain the penalty or disqualification.

6.12.6.3 Serious Safety Violations

a) If the Jury determines that an athlete has handled a gun or violated a safety rule in a dangerous manner, the athlete must be disqualified (DSQ) (see 6.2.2).

6.13 MALFUNCTIONS

6.13.1 A malfunction occurs when a gun fails to fire a projectile when the trigger is pulled.

6.13.2 Malfunctions may be either ALLOWABLE or NON-ALLOWABLE.

6.13.2.1 Allowable Malfunctions are:

- a) A cartridge fails to fire;
- b) A bullet or pellet is lodged in the barrel; or
- c) The gun fails to fire or function properly and the trigger mechanism has been released.

6.13.2.2 Non-Allowable Malfunctions are:

- a) The athlete has opened the action of his gun;
- b) The safety was engaged;
- c) The athlete did not properly load his gun;
- d) The athlete did not pull the trigger; or
- e) The malfunction is due to any cause that could reasonably have been corrected by the athlete.

ISSF ANNEX - RULES FOR PAPER TARGET SCORING

4.2 Handling 50m Rifle and 50m Pistol Paper Targets

- a) If automatic target carriers or changers are used, the athlete may control target changing or target changing may be controlled by the Register Keeper;
- b) In either case, the athlete is responsible for shooting on the correct target; and
- c) If the athlete considers the marking or target changing to be too slow, he may report this to a Range Officer. If the Range Officer or the Jury considers the claim justified, they must correct the situation. If the athlete or a team official considers there is no improvement, the athlete or a team official may protest to the Jury. The Jury may grant a time extension up to a maximum of 10 minutes. Such claims cannot be made in the last 30 minutes of MATCH firing except in unusual circumstances.

4.3 Too many shots per paper target

- a) If an athlete fires more shots at one of his MATCH targets than are provided for in the event, he must not be penalized for the first two (2) shots;
- b) For the third and all succeeding such misplaced shots he must be penalized by a deduction of two (2) points for the third and subsequent misplaced shots in that event;
- c) The two (2) point deduction must be taken from the series in which the third or any subsequent misplaced shots occur. He must also fire a fewer number of shots at the remaining targets so that the number of shots does not exceed that provided for in the program;
- d) The scoring process in this situation requires the transfer of the value of the excessive shot(s) to targets with less than the originally programmed number of shots, thus bringing each target to the full number of shots designated in the program and the Rules;
- e) If the actual shot(s) to be transferred cannot be clearly established, the shot(s) with the lowest value must be transferred forward to the next target(s) or the shot(s) with the highest value must be transferred back to the previous target(s) so that the athlete will gain no advantage in a "count back" situation;

4.4 When Sighting Shots Are Authorized. When sighting shots are authorized during a competition because an athlete is interrupted or moved to another firing point and the use of automatic paper target systems makes it impossible to provide a new sighting target, the sighting shots should be fired on the next unused competition target. Two (2) competition shots should be fired at the next competition targets according to the instructions given by the Range Officer or Jury Members.

5.5 Paper Target Score Protests

5.5.1 When using paper targets, an athlete or team official who considers that a shot was scored or recorded incorrectly may protest that score, except that decisions made regarding the value of shots by using gauges are final and cannot be protested. A protest can only be made for one specific shot. Should other shots be protested, a separate fee is payable.

5.5.2 Scoring protests may only be made on scores that have been decided without using a gauge or when incorrect entries in the result list or score card appear to have been made.

5.5.3 The protest fee (50,00 EUR) must be paid when the protest is made.

5.5.4 When paper targets are used and scored in the RTS Office, the team official or athlete has a right to see the protested shot hole(s), but is not permitted to touch the target(s).

SECTION THREE

TSNZ INDOOR RULES

EQUIPMENT AND CLOTHING STANDARDS

2.1.1 General

- 2.1.1.1 All specified equipment, apparel and accessories shall comply with the standards set out in these rules.
- 2.1.1.2 Any member of the Range Committee, or the Range Officer, may inspect any item of a competitor's equipment, apparel or accessories specified in these rules. Any item found to contravene these rules shall be barred from competition.

2.1.2 Rifles

- 2.1.2.1 Any rifle chambered for 5.6mm (.22 cal.) long rifle rimfire cartridges is permitted, provided it is of a type that can be loaded singly. A magazine, if fitted, may not be used.
- 2.1.2.2 A free trigger is permitted where this has been specifically provided for at the point of manufacture, or by the fitting of a custom trigger. Any rifle unable to withstand the normal handling and operation associated with the sport without any risk of accidental discharge must be barred from use until judged safe by the Range Committee.
- 2.1.2.3 The use of a butt plate and butt hook conforming to the standards set out in Section 2 APPENDIX A is permitted.
- 2.1.2.4 The weight of the rifle with all other attachments used by the competitor, but excluding the sling, shall not exceed 8 kilograms.
- 2.1.2.5 The use of a muzzle brake or compensator is prohibited.

2.1.3 Sights

- 2.1.3.1 Any form of 'open' or 'aperture' sight, fixed or adjustable, is permitted.
- 2.1.3.2 Foresight elements of plastic or metal, iris foresights, and all neutral diopter light filters, are permitted.
- 2.1.3.3 No magnifying combination of lenses is permitted, except that one lens not exceeding 0.5 diopter (1.5 magnification) may be fitted to either the front or the rear sight. In specific cases a dispensation may be granted. Refer to Rule 2.7.5.
- 2.1.3.4 Corrective glasses or contact lenses may be worn, or a corrective lens may be fitted externally to the rear of the rear aperture sight, either alone or in addition to any lens used as specified in Clause 2.4.3.3.
- 2.1.3.5 A blinder may be attached to the rifle or the rear sight.
- 2.1.3.6 Telescopic or electronic sights, including light emitting devices, are prohibited.

2.1.4 Ammunition

2.1.4.1 Rimfire 5.6mm (.22 cal.) long rifle. Only solid projectiles made of lead or soft lead alloy material are permitted. Hollow nose, ballistic tip and other similar projectiles are prohibited.

2.1.5 Slings

2.1.5.1 A sling may be made of any flexible material and shall have a maximum width of 40 mm.

2.1.5.2 The sling may be attached to the rifle at not more than two points.

2.1.6 Spotting Scopes

2.1.6.1 A spotting scope may be used to determine shot position.

2.1.7 Clothing and Padding

2.1.7.1 All shooting clothing, gloves, linings, padding and reinforcements must be made of soft, flexible and pliable material.

2.1.7.2 Padding is permitted only on the outside of the shooting coat, in the following places:

(i) On the shoulder that supports the butt;

(ii) On the sling arm from the armpit to a point 100mm from the end of the sleeve;

(iii) On the other elbow at a length not exceeding 300 mm.

2.1.7.3 The total thickness of padding (including the jacket and lining) shall not exceed 10mm compressed. Strap-on elbow pads may be worn provided the 10mm total compressed thickness is not exceeded.

2.1.7.4 Padding on the sleeves may not exceed one-half of the circumference of the sleeve.

2.1.7.5 Only one hook, loop, button or similar device may be fastened to the outside of the sleeve or shoulder seam on the sling arm to prevent the sling slipping down the arm.

2.1.7.6 A padded glove may be used on the hand of the sling arm. The cuff of the glove shall not extend more than 50mm above the wrist knuckle. The glove must be fully flexible, containing no material that may provide additional support. Total glove thickness, front and back combined, shall not exceed 12mm compressed.

2.1.7.7 No additional padding of any type may be attached or used on the person in any form.

2.1.8 Shooting Mats

2.1.8.1 Portable rectangular mats, made of material that conforms to Rule 2.4.7.1, and not more than 850mm wide, may be used in addition to permanent mound padding and elbow padding.

2.1.8.2 The front portion of the mat, not exceeding 500mm by 750mm, may be made of a compressible material not more than 50mm thick uncompressed.

A shooting mat shall not cause interference to any other competitor on the firing point.

SECTION FOUR

ANTI-DOPING RULES

Target Shooting New Zealand adopts Sports Anti-Doping Rules in accordance with the guidelines as set by Drug Free Sport New Zealand. In addition, TSNZ Designated Matches are carried out as much as possible under ISSF Rules and as such are also governed by the ISSF Anti-Doping Rules.

Checks by Drug-Free Sport NZ may take place following TSNZ Matches, and all TSNZ members must comply with directions given by Drug-Free Sport NZ staff in the event of them being selected for a check.

New Zealand's Sports Anti-Doping Rules reflect those of the World Anti-Doping Agency (WADA) and its World Anti-Doping Code. WADA's Code and Standards are recognised throughout the world.

There are ten key anti-doping rules - you should not:

- test positive for a prohibited substance
- use or attempt to use a prohibited substance or method
- evade testing or refuse to provide a sample for drug testing
- fail on three occasions within twelve months to provide whereabouts information or miss a test (if you're Registered Testing Pool athlete)
- tamper or attempt to tamper with any part of the doping control process
- possess prohibited substances or methods
- traffick or attempt to traffick a prohibited substance or method
- administer a prohibited substance or method
- cover up an anti-doping rule violation
- associate with someone, such as a coach or medical professional, who has been found guilty of an anti-doping rule violation or equivalent.

The Prohibited List

The Prohibited List is published by the World Anti-Doping Agency (WADA) and details all substances and methods which are prohibited or banned in sport. It is updated every year on January 1.

A substance or method may be included on the list if it meets any two of the following criteria:

- it has the potential to enhance sporting performance
- it presents an actual or potential health risk to the athlete
- it violates the spirit of sport.

You can view the full WADA Prohibited List at www.wada-ama.org

Advice on supplements

Supplements such as protein shakes, pre-workouts, energy drinks, herbal remedies and vitamins continue to be a serious issue for New Zealand athletes. In the past few years a number of athletes have tested positive to prohibited substances believed to have been ingested through nutritional supplements. Each of those athletes faced a ban from all sport of up to four years.

As an athlete you are solely responsible for every substance in your body. By taking a supplement, you accept the risk that it could contain a banned substance, and the possibility of a ban from sport.

DFSNZ or the World Anti-Doping Agency (WADA) does not approve or endorse ANY supplement.

Recreational drugs

All illegal recreational drugs are banned in sport. If you use them, you're taking a risk.

Part of being an athlete involves respecting your body and your health and taking recreational drugs does not show this respect.

Here's some key points you need to be aware of about recreational drugs:

- cannabis and all its synthetic forms is prohibited in-competition
- other recreational drugs, including cocaine, BZP, and amphetamines are banned in-competition
- cannabis and other drugs can be stored in the body for an extended period of time
- passive inhalation of cannabis or other drugs is unlikely to result in a positive test, but you should try to avoid this if you can.

Medications

The use of some medications is prohibited in sport. If you're an athlete and you get sick or injured or you need regular treatment for an ongoing condition, you need to check whether your medication is permitted in sport.

Athletes and support personnel can check medications via the Drug-Free Sport NZ website to find out whether the most commonly prescribed and over-the-counter medicines in New Zealand are permitted or prohibited in their sport.

If your medication is Prohibited, you'll need to apply for a **Therapeutic Use Exemption (TUE)**.

Drug Testing

If you're selected for testing, you'll be advised of your rights and responsibilities. You'll be offered a copy of Drug Free Sport NZ's Athlete Handbook which gives you further information about the testing process.

Throughout the doping control process you have the **RIGHT** to:

- have a representative (parent, coach or friend) with you
- have an interpreter if required
- ask for additional information about the sample collection process
- request a delay in reporting to the doping control station for valid reasons, such as attending a medal ceremony, further competition commitments, fulfilling media commitments, needing medical treatment
- request modifications if you have a disability or you're a minor under 18 years of age
- record any concerns or comments you have on the doping control form.

And you have the **RESPONSIBILITY** to:

- report to the doping control station as soon as possible
- remain in sight of the doping control official at all times
- produce valid identification at doping control
- comply with the sample collection process
- recognise that if you eat or drink anything just prior to providing a sample that you do so at your own risk.

What happens during a drug test?

Sample collection for doping control will be carried out by a trained and accredited Drug Free Sport NZ official.

You will be told by the official that you've been selected for doping control and asked to provide a urine sample, a blood sample or both.

Providing a urine sample:

- you will choose a container in which to provide your urine sample
- when you're ready you will provide a sample in front of the Drug Free Sport NZ Official (who will be the same gender as you)
- you will have to provide a urine sample by peeing into the container in front of a doping control official
- you pour your urine sample into two sample collection bottles (A and B)
- you seal the samples in tamper-proof container
- you let the Drug Free Sport NZ official know about any medications or supplements you've taken in the past seven days
- you check and sign the relevant paperwork and take a copy with you.

Providing a blood sample:

- you choose a kit for sample collection
- you sit down and rest for ten minutes
- a trained professional draws blood from your arm
- you seal the samples in a tamper-proof container
- you let the doping control officer know about any medications or supplements you've taken in the past seven days
- you check and sign the relevant paperwork and take a copy with you.

Your sample is then transported to an accredited laboratory for analysis. Drug Free Sport NZ will notify you of the results in a few weeks.

**You can get more information,
check if your medications are prohibited or not,
find out how to apply for a TUE,
and take a Virtual Reality Drug test
from the Drug-Free Sport NZ website**

www.drugfreesportnz.org.nz