

Centrefire Benchrest Terminology

Short Range Information



Organisations

[NZDA](#) – Represents NZ for WBSF competition

[WBSF](#) – World Benchrest Shooting Federation (international group shooting competition)

[NBRSA](#) – National Bench Rest Shooters Association (USA)

[IBS](#) – International Benchrest Shooters (USA)



Short Range Distances

Usually 100-200 yards/metres but it does include 300 yards/metres as well.

Group Shooting

The original form of precision benchrest shooting.

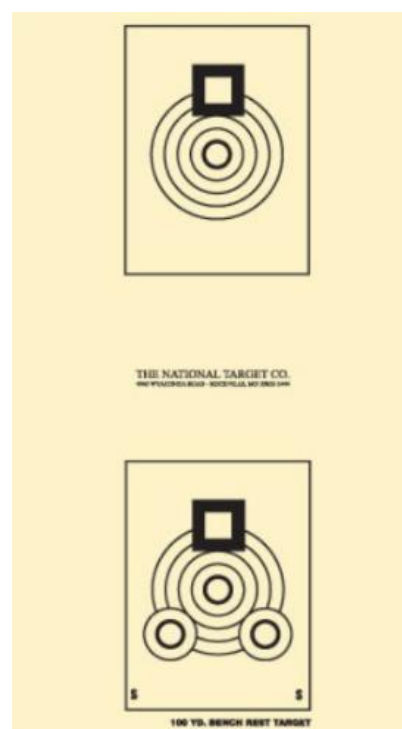
- 5 Record shots within 7 minutes, placed into a single group.
- A group's size is measured as an approximate minute of angle (where 1 MOA is expressed as 1 inch at 100 yards or 27.77mm at 100m).
- Aggregate – Usually multiple targets are shot for the distance. An aggregate is the average group size over all your targets.
- Small Group – The smallest group shot in an aggregate.
- Moth Ball – The 0.5 MOA centre target ring (0.500" at 100 yards).
- Screamer – A very good 5 shot group under a certain size (usually <0.100" at 100 yards).

The top box on the target is for your record shots. You can form your group anywhere inside this box. The lower box is for your sighter or practice shots.

When shooting for group a moving target backer system is often used. This is a separate piece of paper oscillating behind the target to track how many record shots were fired.

In benchrest depending on the rifle class and match you must fire 5 or 10 record shots for your group. So, it's a bit like Harry Callahan in a Dirty Harry, Clint Eastwood movie:

"Uh uh. I know what you're thinking. "Did he fire six shots or only five?" Well to tell you the truth in all this excitement I kinda lost track myself."



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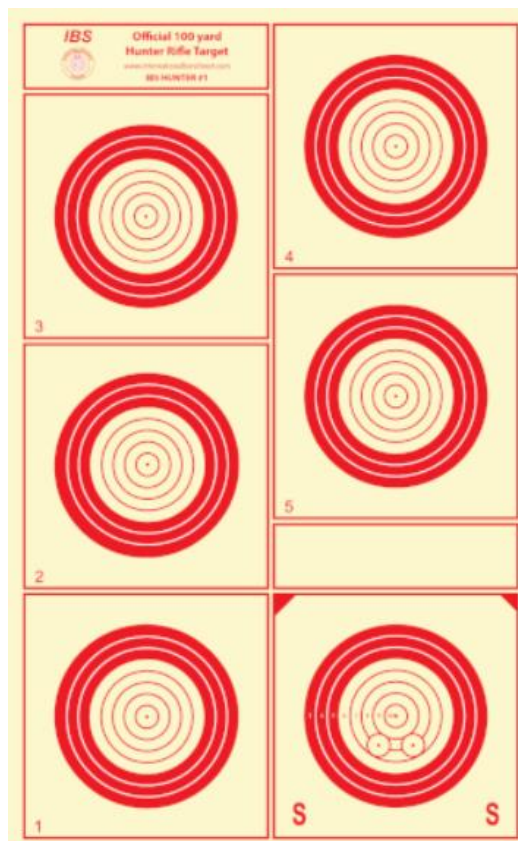
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The moving target backer tells no lies; we know exactly how many bullets went through that one hole 😊 .

Score Shooting

Shooting for points, where accuracy counts. This is fun shooting and a good way to get started in competitive target shooting.

- 5 Record shots within 7 minutes, at a target which has 5 separate bulls.
- The bull is 0.5 MOA (0.500" at 100 yards) and is worth 10 points. Inside the bull is a small dot and this is counted as an X if hit. A perfect score is 50-5X. A draw is broken by the X count and if needed by the amount of Wipe Outs (see below).
- Aggregate – Usually multiple targets are shot for the distance. An aggregate is the average score over all your targets.
- Cleaned The Target – A term for a perfect score.
- Wipe Out – A term used when the X dot has been completely shot out.
- Screamer – A very high aggregate score over 5 targets (250-20X or better at 100 yards).



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The NZDA-BOP [Peeking Wallaby Match](#) is based on benchrest score shooting.

NZDA Rifle Classes for Group & Score Shooting

- NZDA Heavy Varmint (HV)
- NZDA Light Varmint (LV)
- NZDA Factory Class (FC)
- NZDA-BOP Club Class (CC)



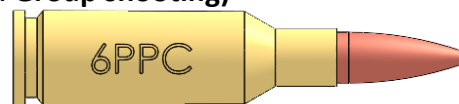
A Light Varmint (LV) rifle.
Photo acknowledgement to Tyrel Lynn

Popular Cartridges

Below are some well tested cartridges used for short range benchrest. Shooters are trying to manage recoil and rifle torque, while seeking out the most accurate combination of cartridge, primer, powder and bullet.

- .222 REM
- .223 REM
- 22-250 REM
- 22 BR
- **6PPC (using Norma cartridges or fire formed from Lapua .220 Russian brass, this is the most popular cartridge for 100/200 yard Group shooting)**
- 6mm ARC
- 6mm BR
- 6mm BRA
- 6.5mm Grendel
- **30 BR (fire formed from 6mm BR brass, this is the most popular cartridge for 100/200 yard Score shooting)**

TIP: To get started a factory rifle chambered in .223REM is a good choice.



Equipment

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As well as specialised competition rifles, what is under the rifle or attached to it also contributes to accuracy and precision.

Front rest

The front rest cannot be connected to the rifle. Co-axial front rests are very popular to move your point of aim precisely around the target. These must have at least 0.500" of exposed sandbag under the fore end of the rifle. Popular brands are SEB, Farley, Rodzilla, Lenzi etc.

Rear Rest

The rear rest also cannot be connected to the rifle. This must also be sand filled. Popular brands are Edgewood, Protektor-Safety, Lenzi, Dima etc.

Scopes

Scopes tend to be high magnification and target turret type. Most will be Second Focal Plane (SFP) with fine reticles and have 1/8" MOA adjustments. Popular magnification ranges are between 20x – 60x power, with adjustable parallax correction. Some may be fixed power to reduce scope weight. Popular brands are Leupold, March, Nightforce etc.

Triggers

Benchrest triggers are usually adjustable down to 1 ounce. This would be considered a hair trigger. Most hunting rifles would have a trigger pull of 16 – 24 ounces or more. Popular triggers are Jewell, Bix'n'Andy, Flavio Fare etc.

Barrel Tuners

Suppressors or muzzle brakes are generally not desired or allowed in most short range benchrest rifle classes. However, barrel tuners (also referred to as de-resonators) are allowed to tune group size. The penalty is increased weight which must be lost from elsewhere in the rifle. Popular brands are Ezell PDT Tuner, PMA Tool Tuner, EC Tuner etc.

Wind Flags

As soon as the bullet leaves the barrel is it affected by gravity and wind. In short range benchrest, lightweight wind flags are usually placed down range between the rifle and the target, below a line from the top of the bench to the bottom of the target. The flags show tell-tail wind changes allowing the shooter to try and get all their record shots off in the same conditions.



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Photo acknowledgement to
brtshooterssupply.com.au
& accurateshooter.com

IMPORTANT NOTE: On our 300m range you cannot put anything down range apart from a paper target unless the range is operated under a Restricted Operating Procedure authorised by the Range Committee and strictly supervised by a Nationally Qualified Range Officer.

A Word of Wisdom.

Benchrest is about consistency. You might have one good group or a bad group but events are won on the aggregate group size. As USA national and international award winning benchrest shooter Mike Ratigan says in his book *Extreme Rifle Accuracy*, "Agg' em to death!".