



# UTAH 4-H RIFLE LEADER SUPPLEMENT



## UTAH 4-H SHOOTING SPORTS

Empowering Youth Through Rifle:  
A Step-by-Step Guide to Skill Development and Achievement

Extension

UtahStateUniversity®



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### 4-H Pledge:

I pledge my head to clearer thinking,  
my heart to greater loyalty,  
my hands to larger service, and  
my health to better living,  
for my club, my community, my country  
and my world.

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Revised 2025

# INTRODUCTION

In the 4-H Shooting Sports Rifle discipline members will accomplish the following learning experiences:

- Follow safety regulations when on the shooting range, including following all the range officer's instructions.
- Care and safety of shooting sports equipment.
- Demonstrate safe use of rifle through practice, demonstrations, and exhibits.
- Explore other 4-H project areas.
- Get involved with other rifle groups and practice with them throughout the year.

## Equipment Required:

- rifle
- ammo
- eye protection
- ear protection

.22 Rifle Shooting Discipline consists of three sections:

1 - NRA Smallbore Silhouette

2 - CMP Sporter

3- NRA Three Position

## State Requirements:

- 4-H Youth 3rd grade-18 years old of that year can compete at 4-H State Shooting Sports competition.
- Hunters Education Blue Card (or approved equivalent) is required to compete at State.
- At State, you can participate in one or multiple disciplines - archery, .22 rifle & shotgun.
- At State you will take a General Outdoor and Animal Identification Test.

## National Requirements:

- To compete at the 4-H Shooting Sports National competitions, Utah participants must be Senior age youth regardless of birthdate.
- National is held the 3rd week of June.
- To compete at the 4-H Shooting Sports National competitions, Utah participants must be Senior age youth regardless of birthdate.
- Utah 4-H will take one team in each discipline.

More information: <https://extension.usu.edu/utah4h/programs/shooting-sports>

- Study Guide
- Rank Advancement
- Contest Dates
- Training



Scan for UTAH 4-H  
State Shooting Sport  
Resources

## GOALS OF THE NATIONAL 4-H SHOOTING SPORTS PROGRAM

- Teach decision-making, teamwork, self-discipline, self-confidence, and problem-solving.
- Promote the highest standards of safety, sportsmanship, and ethical behavior.
- Encourage and appreciate an understanding of natural resources.
- Develop leadership abilities.
- Build character and willingness to assume citizenship responsibility.
- Furnish enjoyable, positive relationships with peers and adult instructors.
- Strengthen families through participation in lifelong recreational activities.
- Build awareness of related career opportunities.

Identifying goals and objectives helps you become more skilled and knowledgeable as well as tracks your growth and progress. Goals are statements of things you want to achieve or improve. Objectives are the things you need to do to reach your goals. List two goals for your rifle project this year. For each goal, list three objectives you need to accomplish to reach the goal.

Your Goals and Objectives for the Year—What do you want to achieve by participating in the 4-H Rifle Project?

**Goal 1** \_\_\_\_\_

**Objective 1** \_\_\_\_\_

\_\_\_\_\_

**Objective 2** \_\_\_\_\_

\_\_\_\_\_

**Objective 3** \_\_\_\_\_

\_\_\_\_\_

**Goal 2** \_\_\_\_\_

**Objective 1** \_\_\_\_\_

\_\_\_\_\_

**Objective 2** \_\_\_\_\_

\_\_\_\_\_

**Objective 3** \_\_\_\_\_

\_\_\_\_\_

# Rifle Range Rules

- Know and obey all range commands and instructions.
- Eye and ear protection must be worn while on the Range.
- Firearms are to remain unloaded until you are on the firing line and have received instruction from the range instructor
- Always keep your rifle on safety until told by the range officer to shoot or that the range is "open".
- Always keep your rifle pointed downward or at the target.
- Only aim and shoot at your target downrange.
- When not shooting a firearm- it will be placed in a gun rack or stored in a case.
- If you drop a bullet across the shooting line, leave it on the ground until you are told to retrieve all your bullets.
- Always walk when you are on the rifle range.
- Always be courteous to the shooter next to you.
- Stand behind the waiting line when you are finished or not shooting.
- Walk back to the waiting line and return to your rifle after reviewing the target.
- Transporting firearms- When not shooting the firearm- the firearm is to remain unloaded and the action is to remain open.

## **SAFETY IS ALWAYS THE FIRST PRIORITY!** **Range Commands**

1. RANGE IS HOT
2. SHOOTERS TO THE LINE
3. IS THE LINE READY
4. COACHES REMOVE CBI
5. LOAD THE ROUND
6. TAKE OFF SAFETY
7. FIRE WHEN READY
8. SAFETY ON
9. OPEN ACTION
10. CEASE FIRE
11. MAKE RIFLES SAFE
12. CBI IN PLACE
13. RANGE IS CLEAR
14. YOU MAY GO DOWN RANGE  
AND RETRIEVE YOUR TARGET
15. LOAD AND MAKE READY
16. ARE YOU READY?

# Rifle Glossary

**.22 Long Rifle:** A long-established variety of .22 caliber rimfire ammunition.

**Action:** The parts that load, fire, and unload the firearm.

**Accuracy:** Shots fired from a firearm to a shooter's intended point of aim.

**Ammunition:** The bullet, "Ammo".

**Automatic firearm:** Continuous rounds as long as the trigger is pressed.

**Barrel:** The part of the firearm that the bullet travels down.

**Barrel Muzzle:** Front of the barrel.

**Bolt:** Part of a firearm that blocks the barrel chamber while a round is fired.

**Bolt action:** Type of firearm, where loading and extraction of cartridges.

**Bullet:** Firearm ammunition that exits the barrel during firing.

**Caliber:** Diameter of a barrel's bore, measured in inches or millimeters.

**Cartridge:** Contains the bullet, shot, slug, gunpowder, and primer.

**CBI:** (Clear Bore Indicator) safety device inserted into the barrel and chamber of a firearm to indicate that it is unloaded and safe.

**Cease Fire:** Command to immediately stop firing firearms and to make them safe.

**Centerfire Ammunition:** A primer located in the center of the cartridge.

**Chamber:** A portion of the firearm barrel that contains a cartridge before being fired.

**Chambered:** The cartridge has been loaded into a chamber being ready to fire.

**Discharge:** Firing of a firearm.

**Downrange:** Direction and location away from the firing position.

**Ejector:** Spring-loaded component of a firearm that throws a spent round out.

**Extractor:** Firearm action that removes a spent round from the chamber.

**Firing line:** A position in which a shooter is stationed to fire upon targets.

**Hammer:** Part of the firearm that strikes the primer or firing pin.

**Lever-Action:** Type of firearm uses a lever located around the trigger guard.

**M.A.T.:** (Muzzle, Action, Trigger) Three Fundamental Rules of Firearm Safety.

**Magazine:** Stores ammunition and pushes it into the chamber of the firearm when the action is worked.

**Muzzle:** Front end of a firearm barrel which a projectile exits toward the target.

**Muzzle Discipline:** The practice of keeping the muzzle pointed in a safe direction.

# Rifle Glossary

## (continued)

**Repeating Marksman:** A person who is skilled in precision shooting.

**Operator:** The individual carrying and using a given firearm.

**Pistol:** Short-barreled, a stockless firearm designed to be held in one hand with the other supporting.

**Point of impact:** The location in which a bullet impacts after being fired from a firearm.

**Primer:** A combustible chemical used to initiate combustion of a cartridge.

**Prone:** Body position in which a shooter lies flat with chest down and back up.

**Recoil:** Backwards movement.

**Rifle:** A long-barreled firearm that has stock.

**Rimfire:** Primer is contained in a protruding rim at the base of the cartridge.

**Safety:** Mechanical device that prevents the firearm from firing until it's released or pushed to the off position.

**Stock and forearm:** The parts of the gun that you grip.

**Semiautomatic:** A firearm that fires one bullet for an individual trigger pull.

**Sight:** Used in aiming a device, used to assist in visually aligning a firearm toward the target.

**Stance:** Body positions assumed to aim and fire a firearm.

**Trigger:** That part of the action that releases the firing mechanism.

**Trigger Control:** Keeping finger off the trigger until ready to shoot.

**Trigger Guard:** Loop surrounding the trigger of a firearm to protect the trigger.



# 4-H Rifle Contest

## NRA Smallbore Silhouette

### Target:

- 30-40 Total Rounds
- 3-4 different steel silhouettes
- Distance will range from 25 to 100 yards.

Position: Standing for all targets

### Procedure:

- Shoot left to right
- Bottom row, then top row
- One-shot at each silhouette
- Targets must be knocked off the stand
- Turned target doesn't count
- (Targets may be altered to swinging targets)



## CMP Sporter

### Target:

- 60 Rounds shot at this event
- TaB-19 CMP Rimfire Sporter Target
- Distance: 25 Yards & 50 Yards

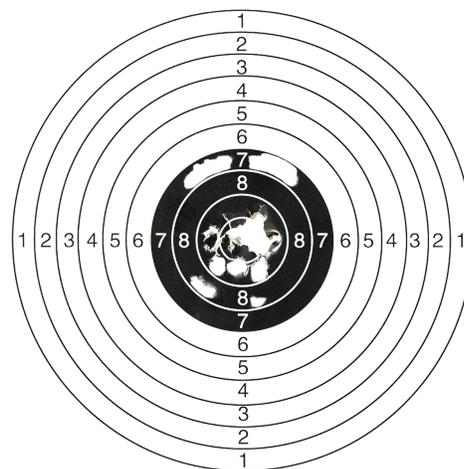
### Position:

- Prone
- Sitting/Kneeling
- Standing

### Procedure:

- 10 slow and 10 Rapid at each position

Limitation: Rifle scope must be set at 6X or less



## NRA Three Position

### Target:

- A-51 Paper Target
- Each shooter will have 3 separate targets to shoot at, one per position.
- The top two bulls on each target are sighters (practice bulls)

### Procedure :

- 20 shots each position
- Must be in shooting position before loading round into the chamber

### Limitation:

- ONLY Iron sights, Open Sights or Peep Sights





**The information on the following pages is to supplement your  
Level 1 Shooting Sports Rifle Discipline Training.  
This is not a complete Lesson Guide.**

**All 4-H Shooting Sports Leaders must be certified through the State  
Training Team in order to Lead a 4-H Shooting Sports Club.**

**Please call you county 4-H Program Coordinator for more information on  
becoming a Utah 4--H Shooting Sports Instructor.**

**If at any time, information in this guide conflicts with the National 4-H  
Rifle Rules or Rifle Instructor Manual, please use the National Standards as  
your guide and make the Utah 4-H Shooting Sports Coordinator aware of  
the discrepancy.**

**Thank You**

# Lesson 1 – Supplemental Activities

- What are the major safety rules of shooting?
  - Muzzle control.
  - Finger off the trigger until ready to shoot.
  - Know your backstop.
- Determine your eye dominance.
  - Step 1-Stretch your arms in front of you and, by placing your thumbs and forefingers together, make a triangular opening around the center of your visual field. Try to keep your hands out at about a 45° angle or “flat” relative to your eyes.
  - Step 2-Keep both eyes open and center the triangular opening between your thumbs and forefingers on some distant object. It doesn't matter what the object is – make sure it's some meters away and not right in front of you.
  - Step 3-Next, close your left eye. If the object in the center of your triangle remains centered – that is, if it doesn't disappear or otherwise change position – then your right eye is dominant because it's the only eye still open. In contrast, if the object moves or disappears behind your hands, then your dominant eye is your left eye. This test takes advantage of our natural and instinctual positioning.
- Name six range commands (listed on page 5). These are safety commands that the leader will use at the range.
- Demonstrate how to safely handle a rifle.
  - <https://youtu.be/mK7uihP5oMY>
- Describe the actions to take when you hear the words "cease fire."
  - Immediately stop firing.
- Demonstrate the safety practices to follow when picking up a rifle and when passing it from one to another person.
  - Acknowledge them.
  - Say a word you both know that means "I got it"
- Explain what you should do when you see a rifle or another firearm in public or at a friend's house.
  - Treat all guns as if they were loaded.
  - Ask them to make sure it's unloaded.
  - Explain that they don't know if it's loaded.
  - Ask nicely to put it away.
  - NEVER PLAY WITH IT!
- Demonstrate safe range and shooting procedures:
  - Watching surroundings.
  - Keep the muzzle pointed in a safe direction.
  - Identify the basic parts of a rifle.
    1. Stock-allows the shooter to control the rifle.
    2. Action-consists of a firing mechanism, trigger, and safety.
    3. Muzzle-the front end of the gun, where the bullet comes out.
- What does Trigger control mean?
  - The act of moving the trigger and firing the gun without disturbing the aim.

# Lesson 2 - Supplemental Activities

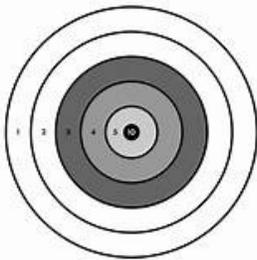
- Learning to build a good shooting position, in the three positions, hinges on the youth's ability. When learning each position, the first step is to study the position through pictures or demonstrations.
- After thoroughly studying the position, the youth assumes the position without a rifle. The youth should then turn his/her attention to how the position feels, and where each part of the body is placed.
- A good position is balanced—it puts the center of gravity of the body rifle unit over the support points of the position.
- A good position should have a head position that achieves balance and allows proper use of the eyes.
- A good position requires little use of muscle with the weight of the body-rifle unit supported by the participant's bone structure.
- A good position provides a small area of hold.
- A good position allows good circulation and unhindered breathing.
- A good position should be reasonably comfortable.
- A good position provides a good natural point of aim.

**Remember to practice each position as you are practicing for each contest.**

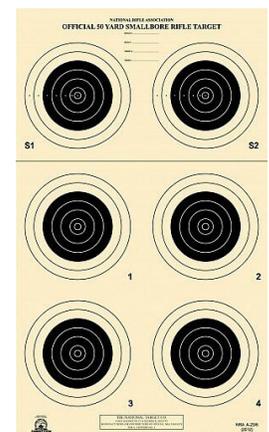


# Lesson 3 - Supplemental Activities

- Explain the difference between rimfire and center-fire cartridges.
  - The difference is where the primer is located. The easiest way to tell them apart is to see if you can see a circular primer in the center at the base of the casing.
  - The primer in the center = centerfire!
  - If you see a smaller cartridge with no overt primer, it is likely rimfire.
- Demonstrate how to carry a firearm with someone in the different positions around you.
- Post flyers about your Rifle Club.
- Explain rifle targets and talk about them.



- Explain the different parts of a rifle and what they are used for.
- Help set up and clean up (pick up more shells than you shot).
- Help watch for safety.
- Start off getting familiar with the rifle, while unloaded, safety is on. Always keep the muzzle pointed in a safe direction.
- Define "ethics" and "sportsmanship."
  - Hunting ethics is a term that defines the true standards, conduct, and moral judgment of a sportsman.
  - Sportsmanship refers to fair, respectful, and gracious behavior in a sport or contest
- Describe ethical and unethical shooting practices
  - Not being respectful to those around you.
  - Being a good example.
  - Making fun of someone who is struggling to hit the target.
- As a club write a paragraph up to put in the newspaper about your experience in Shooting Sports.
- Start at 25 yards, if all the youth can shoot here comfortably and make a good score with an understanding of each position (standing, sitting or kneeling, prone), move to 50 yards.



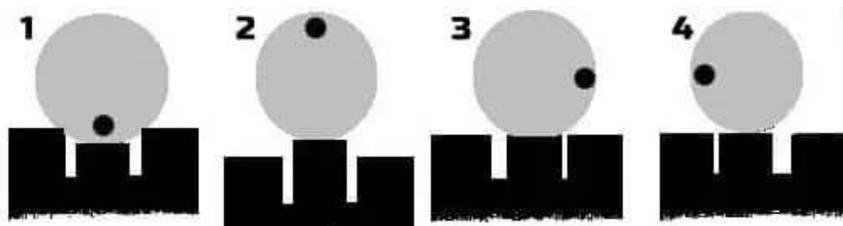
**BEFORE SHOOTING MAKE SURE EACH YOUTH HAVE EYE AND EAR PROTECTION!**

# Lesson 4 - Supplemental Activities

- Explain how the rifle makes the ammunition come out.
  - Rifling is the process of making helical grooves in the barrel of a gun firearm, which imparts a spin to a projectile around its long axis.
- As a youth, help your leaders write a paragraph about safety and post to your local 4-H social media.
- What does it mean by different calibers, and name 5 different rifle calibers?
  - Caliber is a measure of barrel diameter from the lands.
  - Caliber is the nominal bore diameter of a firearm. It is measured in inches or millimeters.
  - The term also applies to the diameter of a bullet.



- What is a firing line and what does it do?
    - The line of positions from which gunfire is directed at targets.
    - It shows the shooter where to stand and not go in front of it.
  - Help a leader plan a club meeting including set up and clean up.
  - Determine what the Pittman-Robertson Act is and how is it important.
    - The Federal Aid in Wildlife Restoration Act, also commonly known as the Pittman-Robertson Act, has been in place since 1937 and is a key funding source for wildlife management, habitat, conservation, and hunter-education programs for state wildlife agencies.
- Invite someone to the club and help them participate.
  - Shoot from the 50 & 60-yard distance practicing all three positions.
  - Demonstrate sight alignment.
1. Front Sight is **TOO LOW**—so **LOW** hit on Target
  2. Front Sight is **TOO HIGH**—so **HIGH** hit on Target
  3. Front Sight is **SKEWED** to **RIGHT**—so **RIGHT** hit on Target
  4. Front Sight is **SKEWED** to **LEFT**—so **LEFT** hit on Target



# Lesson 5 - Supplemental Activities

- Explain how to clean a rifle and store it.
  - Wipe down the action, trigger guard, scope, barrel, and all exterior metalwork of the rifle with a light coat of gun oil.
  - Run one last patch dabbed with a light coat of oil into the bore to prevent rust.
  - To further avoid rust, firearms should be stored in an environment that stays around 70 degrees F year-round with humidity of 50 to 55 percent.
  - It is best to lock all your firearms and ammunition in a gun safe.
- Describe how is best to store firearms, and keep them safe from unauthorized users.
  - Clean.
  - Unload.
  - In a gun safe.
- Explain what happens inside the .22 rifle ammunition when the trigger is pulled.
  - Ballistics has three parts: interior, exterior, and terminal.
  - When you pull the trigger, the hammer or striker hits the firing pin, which strikes the primer at the back of the bullet. This causes the primer to explode, sending hot gas into the case, which lights the gunpowder.
  - The burning gunpowder creates high pressure, pushing the bullet down the barrel. As it moves, the grooves inside the barrel make the bullet spin for accuracy.
  - When the bullet leaves the barrel, the leftover gas escapes with a loud bang.
  - The pressure drops, and the empty case can be ejected.
- Demonstrate how to zero a rifle by adjusting the sights.
  - A bullet tip or small tool can make adjusting the front sight easier.
  - Look for the arrow which points to the way it should spin. Moving it in that direction would raise the POI and front sight post.
  - Fire a last group of shots to confirm your iron sight zero. Again, your zero is only good for your chosen distance.
- Participate in range clean-up.
- As a club write a paragraph up to put in the newspaper about your experience in shooting.
- What does "backstop" mean?
  - A device constructed to stop or redirect bullets fired on a range. This is usually an earthen structure, placed between 16 and 20 feet in vertical height, built per NRA-recommended standards.





# Lesson 7 - Supplemental Activities

- Name four components of a rifle cartridge.
  - Casing: The container that holds all the components together. The case can be made of brass, steel, or copper for pistols and rifles. Shotgun “shells” are plastic cases, with the base covered in a thin brass covering.
  - Primer: The primer is an explosive chemical compound that ignites gunpowder when struck by a firing pin. Primer may be placed either on the rim of the case (rimfire) or in the center of the base of the case (centerfire).
  - Powder: Gunpowder is an explosive consisting of a powdered mixture of saltpeter, sulfur, and charcoal.
  - Bullet: The projectile is typically made of metal-containing lead, cylindrical and pointed, that is expelled from the barrel.
- Explain the different types of sights available for rifles.
  - Open Sights- or iron sights, rear sight on the rifle’s receiver that consists of some sort of window. The point is that you look through the rear sight to see the front sight located at the end of the rifle barrel. The front sight is usually a narrow pin that needs to be lined up with the target.
  - Dot sights-projecting a small laser beam onto a piece of glass or clear plastic (complete breakdown here). This dot functions similarly to the front pin on the design of the open sight.
  - Laser Sight- has a laser that is on top of the rifle
  - Telescopic Sights- small tubes attached to the top of the rifle’s receiver and provide anywhere between 1.5 and 80 times magnification, which makes them incredibly useful for long-distance shots.
- Explain the different actions and their function of them.
  - Break- The shooter pushes a switch or lever on the rifle, and the barrel swings open on a hinge, “breaking” the firearm and exposing the breach so you can load and unload the firearm.
  - The bolt shooter manually feeds and ejects each round by directly manipulating the bolt by rotating, pulling, and pushing a bolt handle on the side of the rifle. Rotate, pull, push, rotate, fire, repeat.
  - Pump-load the shells into a tube that runs below the barrel and then “pump” the fore-end back and forth to load the first shell into the battery.
  - Lever- push the lever down and forward, which pushes the rifle’s bolt back, locking the hammer back and opening the breach. Pulling the lever back to its original position pulls the bolt closed, chambering a round.
  - Semi-gases released by the round going off do that job for you. This is known as direct impingement.



Bolt Action



Lever Action



Pump Action



Semi-Automatic Action



Break (Hinge) Action

# Rank Advancement



The shooting sports program teaches young people essential life skills, boosts self-worth, promotes conservation ethics, and fosters effective environmental stewardship. The curriculum is designed for all participants and includes advancements that help youth:

- Learn about rifle equipment
- Improve their shooting skills
- Advance based on their abilities and efforts
- Gain recognition for their achievements.

## WHAT ARE RANK ADVANCEMENTS?

Rank advancements serve as benchmarks throughout the 4-H experience, with each youth's journey being unique. Progression depends on age, personal development, and prior achievements. Skills should be demonstrated in different contexts to maximize learning. Youth engaged in multiple disciplines can maintain separate advancement books.

### **TO INCORPORATE RANK ADVANCEMENTS:**

Complete them in order. It should take multiple years to pass off all levels.  
Senior youth are allowed to pass multiple ranks annually.

Ensure that skills passed off at each level have not been used previously. Members may use the same requirements when passing off multiple disciplines.

Volunteers from chartered 4-H Shooting Sports clubs or 4-H staff can sign off on all ranks.

Contact your county office for more information on becoming a 4-H Shooting Sports leader and available resources.

## AWARDS AND RECOGNITION

Youth will receive recognition for each rank that is completed and an award for completing all five ranks

### **Note to Club Leaders:**

Please ensure that the information taught to youth is current and accurate as you oversee rank advancements.

## Rifle: Level 1 Rank Advancement

<b>Safety - (Complete all requirements)</b>	<b>Date</b>	<b>Initials</b>
Name six range commands. These are safety commands that the leader may use at the range.		
Describe the actions you should take when you hear the words "cease fire".		
Demonstrate the safety practices to follow when picking up or receiving a firearm and when passing it from one to another person.		
Explain what you should do when you see a firearm in public or at a friend's house.		
Determine your eye dominance.		
<b>Natural Resources Conservation and Use (Complete 3)</b>	<b>Date</b>	<b>Initials</b>
Start a shooting journal.		
Name and describe 2 big game animals. Record them in your journal.		
Name and describe 3 waterfowl. Record them in your journal.		
Name and describe 4 upland game species. Record them in your journal.		
Name and describe 5 furbearing species. Record them in your journal.		
<b>Sportsmanship, Ethics and Responsibility (Complete 1)</b>	<b>Date</b>	<b>Initials</b>
Name 3 reasons for game laws.		
Complete a state sponsored hunter education course,		
<b>Youth Leadership (Complete 4)</b>	<b>Date</b>	<b>Initials</b>
Organize in a community, park, roadside, campground, or stream clean-up.		
Tell one or more friends about the things you are learning and doing in shooting club and invite them to come.		
Demonstrate that you can ask for help.		
Encourage other members when on the field shooting.		
Demonstrate that you can help clean up after club meetings.		
Lead the Pledge of Allegiance at clubmeeting		
Lead the 4-H Pledge at club meeting		
Work with your leader to come up with your own personal Leadership goal.		

**RIFLE: Level 1 Rank Advancement  
(Cont.)**

<b>History - (Complete 1)</b>	<b>Date</b>	<b>Initials</b>
Research and report an early 1900s history of the use of guns in harvesting meats and furs. Share with your club.		
Identify the types of firearms or archery equipment used by the early Native Americans in Utah. Record your findings in your journal.		
<b>Rifle - (Complete All)</b>	<b>Date</b>	<b>Initials</b>
Demonstrate safe rifle handling practices and procedures.		
Recognize, identify, and describe the basic parts of a rifle.		
Demonstrate how to use your safety equipment when firing a rifle.		
Participate in the at least 6 4-H club meetings/practices for rifle.		

**RIFLE: Level 1 Rank Advancement**

**This rank covers the very basics of handling and safety. This rank should be easily achieved by all ages, 8 - 18.**

**By signing this form, I am verifying that the 4-H Shooting Sports Member has completed these requirements in a satisfactory manner and is ready to move on to the next level.**

**Shooting Sports Member** \_\_\_\_\_

**Club Leader** \_\_\_\_\_

**Phone** \_\_\_\_\_

**County 4-H Coordinator** \_\_\_\_\_

**Phone** \_\_\_\_\_

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

## RIFLE: Level 2 Rank Advancement

<b>Safety - (Complete All)</b>	<b>Date</b>	<b>Initials</b>
Give five examples of when you should unload firearm.		
Explain what the most important safety rules are when getting ready to shoot.		
What does "backstop" mean?		
Explain a "Hunting Plan" and what it entails.		
<b>Natural Resources Conservation and Use - (Complete 3)</b>	<b>Date</b>	<b>Initials</b>
Identify 5 five wildlife and their tracks. Record in your journal.		
Identify 3 waterfowl by their wing patterns. Record in your journal		
Explain what habitat means. Record in your journal.		
Identify and describe 3 birds of prey. Record in your journal.		
Identify 5 forest plants, trees and wildflowers. Record in your journal.		
<b>Sportsmanship, Ethics and Responsibility - (Complete 1)</b>	<b>Date</b>	<b>Initials</b>
Research and report on why hunting licenses are important in modern game management and wildlife conservation.		
Make a collage showing ethical shooting practices. Present it to your club.		
Report on the need for daily and possession limits in game laws for waterfowl.		
<b>Youth Leadership - (Complete 4)</b>	<b>Date</b>	<b>Initials</b>
Lead the American Flag Pledge		
Lead the 4-H Pledge		
Demonstrate your ability to work in groups for a group project.		
Demonstrate your ability to communicate effectively and encourage others.		
Run for club officer- and help keep others informed of meetings.		
List 10 people you consider leaders in your journal. Describe what you admire about each of them.		

## RIFLEI 2 Rank Advancement (Cont.)

History - (Complete 1)	Date	Initials
Describe the general history of firearms in the 1860s.		
Report to your 4-H club on the history of hunting in your area of the state.		
Rifle - (Complete All)	Date	Initials
Explain "caliber"		
Name four components of a rifle cartridge.		
Explain the difference between rimfire and centerfire cartridges.		
Identify at least three types of rifle actions.		
Participate in Utah 4-H Top Shot Series Rifle Event or State Shooting Sports Contest.		

### RIFLE: Level 2 Rank Advancement

**This rank covers the very basics of handling and safety. This rank should be easily achieved by all ages, 8 - 18.**

**By signing this form, I am verifying that the 4-H Shooting Sports Member has completed these requirements in a satisfactory manner and is ready to move on to the next level.**

**Shooting Sports Member** \_\_\_\_\_

**Club Leader** \_\_\_\_\_

**Phone** \_\_\_\_\_

**County 4-H Coordinator** \_\_\_\_\_

**Phone** \_\_\_\_\_

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

## RIFLE: Level 3 Rank Advancement

<b>Safety - (Complete All)</b>	<b>Date</b>	<b>Initials</b>
Describe how is best to store your firearm and equipment		
Name different types of hearing protection.		
Name different types of eye protection.		
Demonstrate the 10 principles of firearms safety.		
Serve as a First Shot Fundamentals Coach to a new club member.		
<b>Natural Resources Conservation and Use - (Complete 2)</b>	<b>Date</b>	<b>Initials</b>
Define the cycle of life in wildlife. Record in your journal		
Describe the difference in Wildlife Refuge and Wildlife Management Area.		
Define carrying capacity.		
Identify 5 careers associated with wildlife, competitive shooting, or hunting.		
<b>Sportsmanship, Ethics and Responsibility - (Complete 1)</b>	<b>Date</b>	<b>Initials</b>
Name 3 reasons why hunter should always ask permission to hunt on private lands.		
Name 6 rules that are a part of a hunter's code of ethics.		
<b>Youth Leadership - (Complete 4)</b>	<b>Date</b>	<b>Initials</b>
Recruit a new club member. Help them through their first year.		
Work with a leader to plan and conduct a meeting.		
Work with other youth and teach a shooting technique.		
Plan and help run a county shooting event.		
Plan and conduct a wildlife skill a thon or bowl locally.		
Serve in a club leader position or serve in a leadership position in your community.		
Write a story for local newspaper		
Help post about events going on in club on social media.		
<b>History - (Complete 1)</b>	<b>Date</b>	<b>Initials</b>
Explain the difference between calibers in America and European terms.		
Show the difference between caliber and gauge with drawings or a demonstration.		

**RIFLE: Level 3 Rank Advancement  
(Cont.)**

<b>Rifle - (Complete All)</b>	<b>Date</b>	<b>Initials</b>
Demonstrate how to clean a rifle		
Define the difference in a rifle and shotgun.		
Explain what happens inside the .22 rifle ammunition when the trigger is pulled.		
Demonstrate your understanding of trigger control.		
Demonstrate and explain the four common shooting positions allowed in the rifle competition.		
Describe the different types of bullets and how they are used. Record in your journal.		
Describe the following terms and the steps to take when they occur: misfire, hang fire, squib		
Participate in a range clean up and set up.		
Participate in the State 4-H Shooting Sports Contest for shotgun.		
Work with your leader to come up with a substitute requirement for shotgun skills appropriate for Level 3.		

**RIFLE: Level 3 Rank Advancement**

**By signing this form, I am verifying that the 4-H Shooting Sports Member has completed these requirements in a satisfactory manner and is ready to move on to the next level.**

**Shooting Sports Member** \_\_\_\_\_

**Club Leader** \_\_\_\_\_

**Phone** \_\_\_\_\_

**County 4-H Coordinator** \_\_\_\_\_

**Phone** \_\_\_\_\_

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

## RIFLE: Level 4 Rank Advancement

<b>Safety - (Complete All)</b>	<b>Date</b>		<b>Initials</b>
Name 3 major safety range rules for participants and spectators.			
Demonstrate how to safely load two types of firearms.			
Assemble a first aid kit and demonstrate its use.			
Demonstrate how to read a compass.			
When do you need to wear protective gear?			
Demonstrate how to read a map.			
Help set up and clean up. Help watch for safety.			
<b>Natural Resources Conservation and Use - (Complete 1)</b>	<b>Date</b>		<b>Initials</b>
Explain the difference in 4 different species and their requirements for space and habitat. Record in your journal.			
Name 5 winter foods for deer in your area and record them in your journal.			
<b>Sportsmanship, Ethics and Responsibility - (Complete 3)</b>	<b>Date</b>		<b>Initials</b>
Tell why Theodore Roosevelt and Aldo Leopold were important to hunting and wildlife conservation.			
Write a paragraph on why some people do NOT hunt.			
Explain what Sportsmanship has to do with hunting.			
Define sportsmanship and ethics. Record in your journal.			
<b>Youth Leadership - (Complete 4)</b>	<b>Date</b>		<b>Initials</b>
Make a poster using images, words or both defining good leadership skills.			
Show leadership skills by helping to plan and conduct a service project related to wildlife or shooting sports.			
Demonstrate your ability to work independently.			
Demonstrate self-responsibility and self-motivation.			
Design and print a promotional poster for 4-H Shooting Sports. Display it for the public.			
Arrange a speaker to come and talk to the club.			
Keep a shooting journal and see how you improve over a year.			
<b>History - (Complete 1)</b>	<b>Date</b>		<b>Initials</b>
Who invented the first rifled barrel, and how did it change the way people used firearms. Record in your journal.			
Visit a gun show and write your observations in your journal.			

**RIFLE: Level 4 Rank Advancement  
(Cont.)**

<b>Rifle - (Complete All)</b>	<b>Date</b>	<b>Initials</b>
Name 5 different rifle calibers and describe where to find the caliber on the ammunition.		
Name 3 types of rifle sights.		
Make a rifle case or a gun sock.		
Demonstrate how to zero a rifle.		
Demonstrate how to field strip and clean a small bore rifle.		
Demonstrate your understanding of sight alignment.		
Participate in the State 4-H Shooting Sports Contest for rifle.		

**RIFLE: Level 4 Rank Advancement**

**This rank is for 4-H youth that has been involved with Shooting Sports for at least 3-4 years. The requirements do not need to be completed within the same year (unless they are repeats from previous years) but have to be completed within 3 years of the time the youth is seeking to obtain this level. All other levels 1-3, must be done to complete this rank.**

**By signing this form, I am verifying that the 4-H Shooting Sports Member has completed these requirements in a satisfactory manner and is ready to move on to the next level.**

**Shooting Sports Member** \_\_\_\_\_

**Club Leader** \_\_\_\_\_

**Phone** \_\_\_\_\_

**County 4-H Coordinator** \_\_\_\_\_

**Phone** \_\_\_\_\_

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

## RIFLE: Level 5 Rank Advancement

<b>Safety - (Complete All)</b>	<b>Date</b>	<b>Initials</b>
Describe what is most important in a survival kit.		
Demonstrate how to build a fire and put it out.		
Demonstrate what to do for frostbite.		
Explain Hypothermia and how to prevent it.		
Describe 3 main arterial pressure points and how to stop bleeding.		
<b>Natural Resources Conservation and Use - (Complete 3)</b>	<b>Date</b>	<b>Initials</b>
Define wildlife conservation. Record in your journal.		
Name winter foods for skinks. Record in your journal		
Name winter foods and where to find them for elk.		
Write a paragraph answering this question: " Do we need wild game anymore?"		
Give a talk about what it would be like if things never died.		
<b>Sportsmanship, Ethics and Responsibility - (Complete 2)</b>	<b>Date</b>	<b>Initials</b>
Describe to your 4-H club your understanding of the Second Amendment.		
Describe what the Pittman-Robertson Act is and why it is important.		
<b>Youth Leadership (Complete 4)</b>	<b>Date</b>	<b>Initials</b>
Participate in a county or state 4-H ambassador program.		
Promote the 4-H Shooting Sports program by writing an article or letter to the editor for local paper.		
Make a social media post about your involvement in your local 4-H shooting sports club.		
Organize and run a game in your local shooting club,		
Do a portfolio (cover letter and resume) and put in a local and state contest.		
Help keep the score at a shooting sports activity in your club or at an event.		
<b>History - (Complete 1)</b>	<b>Date</b>	<b>Initials</b>
Give a presentation on the history of ammunition.		
Give a presentation on the history of the 4-H Shooting Sports in Utah.		

**RIFLE: Level 5 Rank Advancement  
(Cont.)**

Rifle - (Complete 7)	Date	Initials
Demonstrate how to zero in a rifle by adjusting the sights.		
Prepare a demonstration to compare measurable differences in some aspects of rifle shooting and give a demo to your club.		
Demonstrate how to score targets.		
Give a demo on the development of rifles and equipment.		
Demonstrate the use of triangulation.		
Use two different sights.		
Demonstrate what the sequences are to fire a shot using the prone position.		
Make or refinish a rifle stock.		
Participate in the State 4-H Shooting Sports Contest for rifle.		

**RIFLE: Level 5 Rank Advancement**

**This rank is for 4-H youth that has been involved with Shooting Sports for at least 4-5 years. These youth are ready to move on into the world of adulthood. These youth have developed life skills that will permanently help them with various careers in their future. This is the highest level and hardest to reach. The requirements do not need to be completed within the same year (unless they are repeats from previous years) but have to be completed within 3 years of the time the youth is seeking to obtain this level. All other levels 1-4, must be done to complete this rank.**

**By signing this form, I am verifying that the exhibitor mentioned has completed these tasks in a satisfactory manner.**

**Shooting Sports Member** \_\_\_\_\_

**Club Leader** \_\_\_\_\_

**Phone** \_\_\_\_\_

**County 4-H Coordinator** \_\_\_\_\_

**Phone** \_\_\_\_\_

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