


Benchrest



SSAA Benchrest is a precision rifle shooting discipline to put five or 10 shots into the smallest possible group. Rifles are fired from a bench with a front rest and rear sandbag to support the firearm. Originating in the US around 1947, it came to Australia in the 1950s.

Targets and scoring

Groups are measured from the centre of the two widest shots in a group. Benchrest Score class is out of 250 points, with five scoring roundels on each of the five paper targets.

Courses of fire

Most Benchrest group matches cover five targets shot at each range. The majority of centrefire matches are shot at 100 and 200 yards. Rimfire group and Benchrest Score matches are shot at 50m and 100 yards. Time limits are generally between seven and 12 minutes.

Firearms and classes

There are 11 main classes within Benchrest, based on rifle weight and calibre.

Experimental/Unlimited Benchrest is a centrefire class with no weight restrictions, which requires 10-shot groups, while all other classes fire five-shot groups. Sporter, Light Benchrest and Heavy Benchrest are centrefire classes with total weight limits of 4.082kg, 4.763kg and 6.123kg respectively. Centrefire classes have no scope restrictions.

There are two .22 Rimfire Benchrest Rifle 'group' classes allowing the use of any rimfire rifle chambered for the .22 Long Rifle cartridge. Light and Heavy classes have total weight limits of 3.855kg and 6.350kg respectively, the Light scope power is restricted to 6.5x magnification.

There are four Benchrest for Score classes. Light and Heavy Centrefire have total weight limits of 4.763kg and 6.350kg respectively. Light Rimfire and Heavy Rimfire classes include .22 LR rifles with the same weight and scope limits as Rimfire group classes.

International Rimfire Benchrest

International Rimfire Benchrest (IRB) allows .22 LR rimfire rifles with unlimited scope power and a 6.350kg limit. The match is shot at 50m for score, with a 25-bullseye target over 20 minutes.

