

## Practical Shooting Orientation

### Introduction to USPSA

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The USPSA\* shooting sport is an excellent opportunity for all pistol shooters (9mm and larger) to compete in exciting and challenging courses-of-fire (COF's) involving stationary and on-the-move shooting through ports, over tables, around walls, etc., as well as reloading on the fly. You can also expect to be shooting at moving targets, targets that appear and disappear, paper targets, steel reactionary targets, even targets that activate other targets. Enjoy honing your skills using competition style guns and equipment or your standard, out of the box, gun.

While there is plenty of friendly competition, your personal score which is based on Speed, Power and Accuracy will encourage you to be your own fiercest competitor. You do not need to be a member of USPSA to shoot, however, your scores will be ranked among your peers nationally if you are a member.

Are you a relatively new shooter? Don't shy away ...you will be amazed at how helpful ALL shooters are and there is no better way to engrain safety and become comfortable with your new firearms than to compete with them. The program promotes safe handling and the accurate shooting of your pistol under a variety of situations.

New shooters are encouraged to watch a match to see why USPSA shooters are so passionate. Additionally, just search "USPSA" on YouTube and enjoy! As with all the shooting programs, USPSA is focused on safety and all shooters are required to demonstrate competition-level firearms safety prior to shooting your first match.

\*United States Practical Shooting Association (USPSA) is the US affiliate of the International Practical Shooting Confederation (IPSC). A wealth of additional information can be found at USPSA.org.

A great place to start is:

<http://www.uspsa.org/uspsa-about-getting-started.php>

The official rulebook can be found at:

[http://www.uspsa.org/document\\_library/2010HandgunRulesProof3web.pdf](http://www.uspsa.org/document_library/2010HandgunRulesProof3web.pdf)

Match schedules and more information about the Eastern Colorado section of USPSA (ECOUSPSA) can be found at:

<http://www.ecouspsa.org>

What follows, is some summary information to get you started.

**Summary:**

USPSA was originally conceived as a sport using practical equipment and ammunition to solve real world simulated defense scenarios. Since the start in the 1970's, USPSA has become the premier action shooting discipline in the United States and now also includes Steel Challenge and Multi-Gun components.

If you are new or do not yet have suitable equipment, that is okay for a match or two. If you have any specific considerations or requirements, etc, please ask as soon as you can.

**Equipment & Divisions:**

There are several equipment divisions ranging from the Open division which allows very customized & specialized equipment to Production division which is for common handguns typically found at any gun shop. These divisions encourage you to "bring what you own". You can always buy better as you get involved.

The divisions are summarized as follows:

**OPEN**

*Major power factor 165    Minor power factor 125*  
*Minimum bullet caliber    .38 cal / 9x19 mm*  
*Maximum magazine length        6.742" / 171.25 mm*  
*Maximum distance of handgun and magazines from inner side of belt 2"*  
*Restriction o position of holster and other equipment NO*  
*Optics, Compensators, Barrel Ports, Slide Ports        ALLOWED*

**LIMITED**

*Major power factor 165    Minor power factor 125*  
*Minimum bullet caliber    .38 cal / 9x19 mm*  
*Minimum bullet caliber for major    .40 cal / 10 mm*  
*Maximum magazine length        5.561" / 141.25 mm*  
*Maximum distance of handgun and magazines from inner side of belt 2"*  
*Restriction o position of holster and other equipment NO*  
*Optics, Compensators, Barrel Ports NOT ALLOWED*

**LIMITED 10**

*Major power factor 165    Minor power factor 125*  
*Minimum bullet caliber    .38 cal / 9x19 mm*  
*Minimum bullet caliber for major    .40 cal / 10 mm*  
*Maximum magazine length        5.561" / 141.25 mm*  
*Maximum ammunition capacity    10 loaded in any magazine after the start signal*  
*Maximum distance of handgun and magazines from inner side of belt 2"*  
*Restriction o position of holster and other equipment NO*  
*Optics, Compensators, Barrel Ports NOT ALLOWED*

**PRODUCTION**

*Minor power factor 125*  
*Minimum bullet caliber    .38 cal / 9x19 mm*  
*Maximum size handgun and all magazines    Handgun with empty magazine inserted must fit wholly within a box (USPSA APPROVED BOX) 8 15/16" x 6" x 1 5/8"*

Maximum ammunition capacity 10 loaded in any magazine after the start signal

Maximum distance of handgun and magazines from inner side of belt 2"

Restriction on position of holster and other equipment Yes (see appendix E3 in Rule Book) showing all equipment must be behind the hip bone

Optics, Compensators, Barrel Ports NOT ALLOWED

Handgun specific approval for division Yes, must be on USPSA approved list

Holster restrictions May not be manufactured or cut lower than, and must cover the slide up to, 1/2" below the ejection port.

There are other restriction and can be found in Appendix D4 of the Rulebook.

### **SINGLE STACK**

Major power factor 165 Minor power factor 125

Minimum bullet caliber .38 cal / 9x19 mm

Minimum bullet caliber for major .40 cal / 10 mm

Maximum size handgun and all magazines Handgun with empty magazine inserted must fit wholly within a box (USPSA APPROVED BOX) 8 15/16" x 6" x 1 5/8"

Maximum ammunition capacity 8 (MAJOR) and 10 (MINOR) loaded in any magazine after the start signal

Maximum distance of handgun and magazines from inner side of belt 2"

Restriction o position of holster and other equipment Yes, see appendix E3 all equipment must be behind the hip bone

Maximum weight 43 ounces with empty magazine

Optics, Compensators, Barrel Ports NOT ALLOWED

Handgun specific approval for division Yes, Only 1911 production type pistol and have their basis in the original 1911 service pistol as designed by John M. Browning

Holster restrictions must carry pistol so that the entire front strap to the trigger guard is at or above the top of the belt. May not be manufactured or cut lower than, and must cover the slide up to, 1/2" below the ejection port.

MANY RESTRICTIONS CHECK APPENDIX D5

### **REVOLVER**

Major power factor 165 Minor power factor 125

Minimum bullet caliber .38 cal / 9x19 mm

Maximum ammunition capacity NO, maximum of 6 rounds fired before reloading

Maximum distance of handgun and magazines from inner side of belt 2"

Restriction o position of holster and other equipment NO

Optics, Compensators, Barrel Ports NOT ALLOWED

### COURSES OF FIRE (COF's)

There are three kinds of courses of fire: classifiers, standards, and field courses.

Classifiers are COF's published by USPSA, which are available to competitors seeking a national classification.

Standards are courses of fire consisting of two or more separately timed component strings.

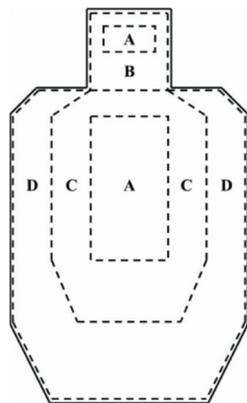
Field courses are the most common, and consists of no more than 32 rounds and not require more than 8 rounds from any single location or view.

Each stage (or COF) will have a stage procedure (or written stage briefing (WSB)) that is read to everyone verbatim so everyone has the same information. After that it is up to the shooter to figure out how to "solve the problem" most efficiently and accurately.

Movement is a skill that is fundamental to most of the field courses. However, as you are starting out it is encouraged that you move then shoot. As you become more comfortable you will want to start learning to shoot while you move.

### TARGETS:

Scoring targets used in all USPSA handgun matches can be cardboard or steel. You will also see the opposite side of the scoring targets in some COF's which is white. These are "no shoot" targets. You are awarded positive points for hitting scoring targets and negative points for No Shoots.



Targets used in a course of fire may be partially or wholly hidden through the use of hard or soft cover. Cover provided to hide all or a portion of a target will be considered hard cover (usually black). Hard cover is deemed impenetrable thus any shot that travels through hardcover is treated like it isn't there but was instead stopped at the hardcover..

Cover provided merely to obscure targets is considered soft cover. Shots which have passed through soft cover and which strike a scoring target or a penalty target will score.

Unless specifically designed as "soft cover" in the written stage briefing, all props, walls, barrier, vision screen and other obstacles are deemed to be impenetrable "hard cover".

Paper targets will have scoring lines and non-scoring borders clearly marked on the face of the target and you will be rewarded more points for hits in the more accurate zones.

Steel Targets may also be used in COF's. Scoring metal targets must be shot and fall or overturn to score.

### SCORING:

Your score in USPSA is based on Speed, Power & Accuracy.

In fact, if you look at the USPSA logo you will see the letters DVC for Diligencia Vis Celeritas which is Latin for Accuracy, Power, and Speed.

- Speed is determined by the timer which counts the time from the Start Signal (Beep) to your last shot.
- Accuracy is determined by the hits in the scoring zones on the target.
- Power depends on your weight and speed of your bullet, but simply put, you are rewarded more points if you have to manage more recoil. Most of the time 9mm is Minor Power Factor and .40S&W and larger is Major.

Here is a picture of the Metric USPSA Target:

Shots on this target will carry the following point values:

MAJOR	A=5	B=4	C=4	D=2
MINOR	A=5	B=3	C=3	D=1

A competitor's score is calculated by adding the highest value stipulated number of hits per target, minus penalties, divided by the total time (recorded to two decimal points) taken by the competitor to complete the course of fire, to arrive at a hit factor.

There are several penalties that can be applied and usually count as Negative 10 Points. Missed shots and No Shoots are the most common penalties.

There are three scoring methods:

"COMSTOCK" – Unlimited time stops on the last shot, unlimited number of shot to be fired, stipulated number of hits per target to count for score.

"VIRGINIA" – Unlimited time stops on the last shot, limited number of shots to be fired, stipulated number of hits per target to count for score. Penalties for extra shots and extra hits.

"FIXED TIME" – Limited time, limited number of shots to be fired, stipulated number of hits per target to count for score. Penalties are assessed for shot's taken after time has expired.

#### **CLASSIFICATION**

You do not need to be a member to shoot a USPSA match. However for members, their score on the Classifier COF's is entered into a National database and compared to the best score ever recorded for that classifier in the country. Your classification is a rolling average of your most recent qualifying scores and is classified into the following classes:

GM - 95% to 100%

M - 85% to 94.99%

A - 75% to 84.99%

B - 60% to 74.99%

C - 40% to 59.99%

D Below 40%

U Unclassified