

## HOW TO HAVE A GO

Contact organisations listed below, or search the internet for details of your nearest gun club or shooting ground. Shooting grounds are commercial businesses, so they normally charge on a “pay as you go” basis. Most clubs and grounds will lend equipment to begin with, and will provide appropriate training. Many offer “taster” sessions so people can see if the sport suits them. Shooting schools offer training at all levels by professional coaches, and the CPSA operates a Shooting Academy.

### Contacts

#### Disabled Shooters' Group

Organises events at venues around the country for clay target shooters with a range of disabilities.

[www.disabledsg.co.uk](http://www.disabledsg.co.uk)

#### Sussex CPSA Disabled Clay Shooters Group

Caters for disabled shooters within Sussex.

[www.sussexcpsa.com](http://www.sussexcpsa.com) > DCSG

#### Clay Pigeon Shooting Association (CPSA)

National governing body for clay target in England. Full details of disciplines, competitions and training opportunities are on their website.

[www.cpsa.co.uk](http://www.cpsa.co.uk)

#### Sportability

Charity that organizes a range of outdoor activities for people with disabilities, including clay target shooting.

## DISABLED SHOOTING PROJECT

**This project was launched in 2009 in order to promote target shooting for the disabled, and to support existing shooters who develop some disability or impairment.** Its key aims are:

- to offer existing target shooters the best possible chance of continuing to take part in the sport despite any infirmity or disability;
- to offer people with any disability the chance to take part in competitive target shooting on equal terms with non-disabled;
- to provide advice and support to clubs which wish to develop shooting for disabled; and
- to raise the public profile of target shooting as a disabled-friendly sport.

### Information on the Project

Website: [www.disabledshooting.org.uk](http://www.disabledshooting.org.uk)

Facebook: **Disabled Shooting Project**

Twitter: **@Disabledshooter**

Flickr: **Disabled Shooting Project**

In the NSRA's quarterly magazine *The Rifleman*

In monthly on-line magazine *Target Shooter*

For assistance from the Disabled Shooting Project contact the Co-ordinator, Liz Woodall

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The **Disabled Shooting Project** is funded by  
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The Disabled Shooting Project  
[www.disabledshooting.org.uk](http://www.disabledshooting.org.uk)



## WHAT IS CLAY TARGET SHOOTING?

Often referred to as “clay pigeon”, this discipline involves using shotguns to shoot as clay discs flying through the air, or rolled along the ground. The discs are propelled by machines (traps) in various ways, to simulate the effect of shooting at live quarry (e.g. pheasant, partridge, rabbit, etc.).

At grassroots level the sport takes place informally in rural areas and more formally at shooting grounds all over the country. For higher levels there are ranges at, for example, the National Shooting Centre in Surrey.

## CLAY TARGET DISCIPLINES

There are about 20 recognized disciplines within the sport. These summaries are from the CPSA’s website, where more detailed information on each one is available.

**Trap** - Targets are thrown either as singles or doubles from one or more traps situated some 15m in front of the shooter and are generally going away from the firing point at varying speeds, angles and elevations. The most common disciplines in this group are:- Down-the-Line (DTL) Single Barrel (STR), Double Rise, Automatic Ball Trap (ABT), Olympic Trap (OTR), Double Trap (DTR) and Universal Trench (UTR).

**Skeet** - Targets are thrown in singles and doubles from two trap houses situated some 40m apart, at opposite ends of a semicircular arc on which there are seven shooting positions. The targets are thrown at set trajectories and speeds. The main disciplines in this group are English Skeet, (ESK) Olympic Skeet (OSK) and American (NSSA) Skeet.



Shooters with different disabilities taking part in Sportrap

**Sporting** - Targets are thrown in a great variety of trajectories, angles, speeds, elevations and distances and the discipline was originally devised to simulate live quarry shooting, hence some of the names commonly used on Sporting stands: Springing Teal, Driven Pheasant, Bolting Rabbit, Crossing Pigeon, Dropping Duck, etc. Disciplines in this group include English Sporting (ESP), International (FITASC) Sporting, Super Sporting, Sportrap and Compak Sporting.

***The following disciplines are easier options for many disabled shooters.***

In **Down the Line** (DTL) targets are thrown to a distance of 45m to 50m at a fixed height and horizontal spread. Competitors shoot a total of 25 targets; five from each of five stands along the firing line. Variations of this discipline are: Single Barrel, Double Rise and Handicap-by-Distance.

In **Sportrap** and **Compak** five cages are surrounded by a number of traps, and shooters fire a specific combination or singles from each stand according to a programme displayed in front of the cage.

## EQUIPMENT

**Shotguns** of varying calibres can be used, depending on the size and strength of the shooter, and the type and level of competition.

**Safety equipment** in the form of protective eyewear and ear defenders are important for this discipline.

No special clothing is required for clay target, but shooters generally wear a jacket with pockets big enough to hold the cartridges required for the course of fire.

## COMPETITIONS

Many competitions are run locally by rural groups such as Young Farmers’ Clubs, or as charity fund-raising events. Local competitions will also be held by gun clubs for their members, and by shooting grounds for their regular customers.

The CPSA oversees a large number of open competitions that any shooter can enter, and which feed into national



British shooter Mathew Goodwin was a medallist at the 2nd Disabled Clay Target Grand Prix in Italy, 2012.

rankings. At the top level these are used to select shooters for international participation.

Although clay target is not yet a Paralympic sport, there are international competitions for shooters with disabilities.