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| Ser | Practice | Tgt | Rge (m) | Rds | Instruction | Score | remarks |
| 1 | Zeroing prone | 1x fig 11 scrn | 100 | 15 |  | NIL |  |
| 2 | Confirmation zeroing prone | As per ser 1 | 100 | 5 |  | NIL |  |
| 3 | Rapid prone unsupported | 1x fig 11 superimposed on screen with 750mm and 1.3m circle | 200 | 5 | One 20 second exposure..five rounds…watch and shoot | HPS 20 | Fire 5 rounds during 20 second exposure |
| 4 | Snap prone unsupported | As per ser 3 | 200 | 5 | Five exposures…one rd per exposure,,,watch and shoot | HPS 20 | Fire 1 round at each exposure. Tgt falls when hit |
| 5 | Application prone unsupported | 1x fig 11 in tgt frame | 200 | 5 | Five rounds…no time limit…tgt falls when hit…watch and shoot | HPS 5 | 1x point per hit, no time limit, target falls when hit |
| 6 | Snap shooting prone and kneeling unsupported | 1 x fig 11 on stick | 200 | 10 | Prone: Two exposures…two rds per exposure…watch and shoot  Kneeling: Three exposures..two rds per exposure…watch and shoot | HPS 10 | 1 x point per hit  1 x trial exposure  2x 5 sec exposures (prone), then 3 x 8 sec exposures (kneeling). At least 10 sec between exposures |
| 7 | Rapid fire prone unsupported | As per serial 3 | 200 | 15 | One 40 second exposure…15 rounds with mag change…watch and shoot | HPS 15 | 1x10 rd and 1 x 5 rd mag  1x 40 sec exposure  1 x pt p/hit |