

Standardized Format and Distance for USBA National Events					2023/2024 Season	
Age/Category	Format	Race Distance	Shooting	Penalty	Birth Years (calendar)	
U11	Air rifle or .22. All shooting from prone position on standing targets with block support. Without cuff.	Sprint 2.0K Pursuit 2.5K Mass Start 2.5K Individual 2.5K	P PP PP PP	15 Seconds 15 Seconds 15 Seconds 15 Seconds	2014,2015	
U13/U15 - Rifle Support (e.g. block)	.22 with support. All shooting from prone position on prone targets (bout 1) and prone position on standing targets (bout 2). Without cuff.	Sprint 4.0K Maximum Pursuit 5.0K Maximum Mass Start 5.0K Maximum Individual 5.0K Maximum	PP PPPP PPPP PPPP Rifles staged on mat at point	75 Meters 75 Meters 75 Meters 30 Seconds	2010, 2011 2012, 2013	
U13/U15 - No Rifle Support	.22 (no support) with cuff. All shooting from prone position on prone targets (bout 1) and prone position on standing targets (bout2). Use of cuff is allowed.	Sprint 4.0K Maximum Pursuit 5.0K Maximum Mass Start 5.0K Maximum Individual 5.0K Maximum Relay 3x1.0K Maximum (total 9K) 3 person	PP PPPP PPPP PPPP Rifles racked at beginning and end of range	75 Meters 75 Meters 75 Meters 30 Seconds 75 Meters	2010, 2011 2012,2013	
U17	.22 (no support) with cuff. Same format as Youth. Rifles racked at beginning and end of the range.	Sprint 6.0K Pursuit 7.5K Mass Start 7.5K Individual 7.5K Relay 3x1.5K (total 13.5K) 3 person	PS PPSS PPSS PSPS Rifles racked at beginning and end of range	150 Meters 75 Meters 75 Meters 30 Seconds 75 Meters	2008, 2009	
Youth Women	As per IBU rules				2006-2009	
Youth Men	As per IBU rules				2006-2009	
Junior Women	As per IBU rules				2003-2005	
Junior Men	As per IBU rules				2003-2005	
Men (Senior)	As per IBU rules				2002 and older	
Women (Senior)	As per IBU rules				2002 and older	