



Competitive Marksman Action

Introduction to CMA

Version 3.4

Purpose of this document:

- Introduce the CMA shooting sport
- Win new shooters, clubs and sponsors to join up

- Provide a stable and dependable **sports shooting framework** based on **safety, simplicity** and solid firearms handling **skills**.
- Stimulate **international collaboration, sportsmanship and camaraderie** based on common sports shooting skills, interests, standards and values.
- Promote **safe and effective** shooting **skills**.
- Emphasize **personal shooting skills** over the usage of specialized equipment.
- Foster **comprehensive shooting abilities** paired with **mental and physical fitness**.

- Provide a platform for objective shooting **skills assessment** and constant personal **improvement**.
- Support the use of readily available, **mass-production equipment**.
- Enable and facilitate **sports shooting competitions** from local to international and global reach.
- Provide a solid framework for shooter, match official and instructor **certifications**.
- Constructively contribute to the international **sports shooting community**.
- **Made for shooters by shooters.**

CMA – Competitive Marksman Action



Competitive

- Sports
- Competition
- Ambition
- Improvement
- Skills
- Success
- Fairness
- Fun

Marksman

- Person
- Shooter
- Personal Achievement
- Score
- Hitting the Target
- Precision
- Shooting Education
- Sportsmanship

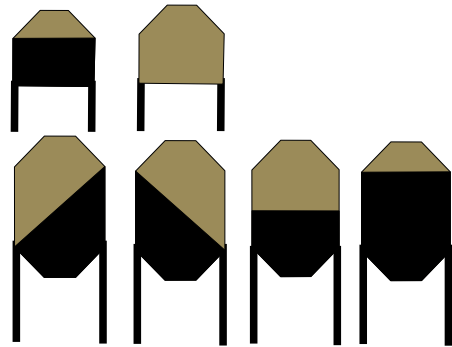
Action

- New Dawn
- Innovation
- Improvement
- Drive Forward
- Flexibility
- Cohesion
- Together Ahead
- Do Better

Paper Target

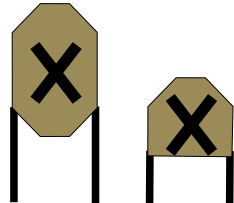
- Zones A,B,C,D,M
- Possible requirements: full target (standard), ABC only or D only
- The larger zero allows for more speed

Options



- Hit in black = miss
- Shoot through black doesn't count

Non-Shoot



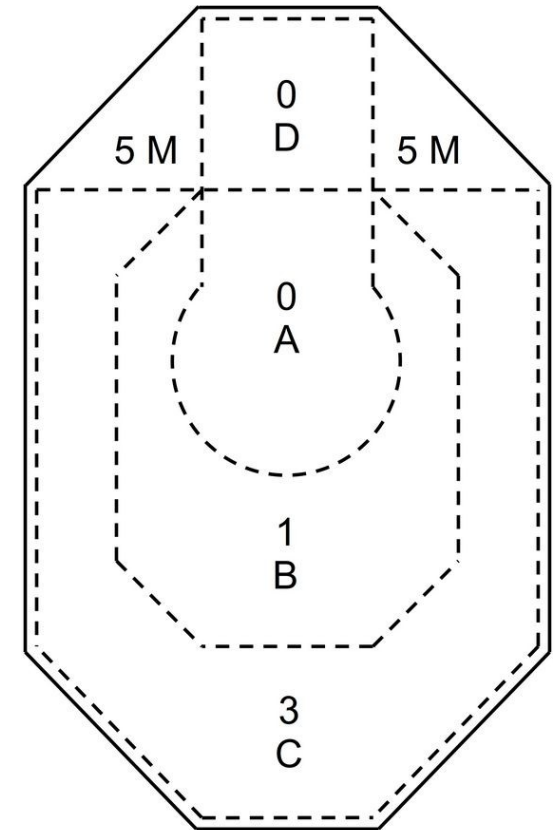
- Hit anywhere: +5 (except M)
- Shoot through count

50% Paper Target

- To simulate larger distances
- Non-shoot allowed
- Partial black and cut off options not allowed

Other Targets

- Steel or polymer poppers, plates
- Swingers, turners, up-downs, movers, ...



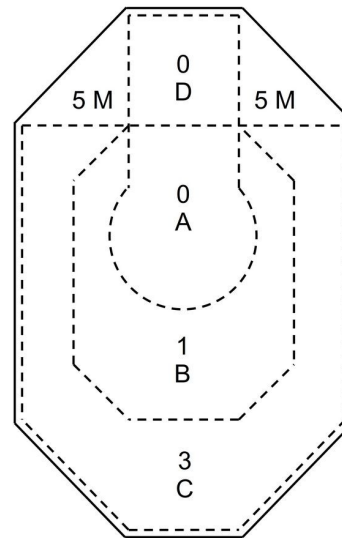
Score =

Total **Time** (s)

- Start Signal
- Last Shot

+

Total **Target Points**



+

Total **Penalties**

- PE * 5
- NS * 5
- FP * 15

PE = Procedural Error
NS = Hit on Non-Shoot
FP = Flagrant Penalty (cheating, gaming)

Unlimited Scoring

- Standard scoring
- Shoot as many rounds as you like
- Best required number of hits are scored

Limited Scoring

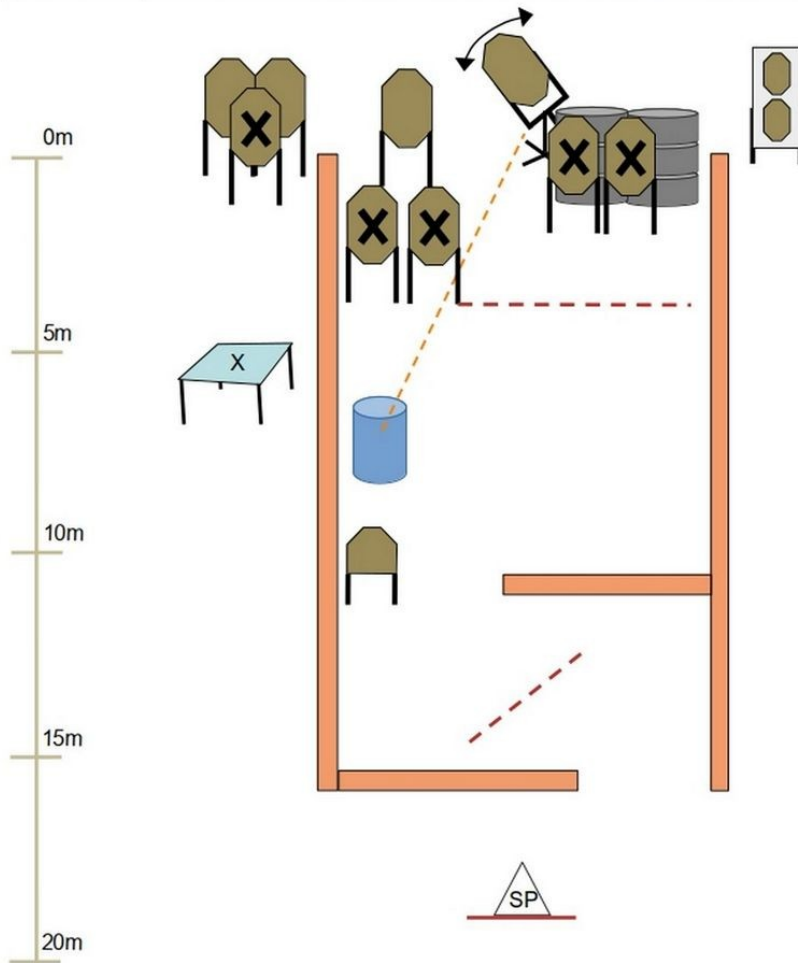
- Fixed rounds per target
- Penalties for firing too many or not enough rounds

**Stage
Design**

- Max number of required rounds per stage: **30**
- **Unlimited movement** distances
- Shooting positions: **standing, kneeling, prone** can be explicitly required
- Hand usage: **free-style, strong hand, weak hand, left hand, right hand** can be required
- Shooting **while moving** can be required
- Required hits on target can be specified
- Procedure: Reasonable **tasks** can be required (eg carry something) silly tasks (eg balance something) are not allowed
- Requirements must be **intuitively supported** by stage design
- Level of complexity is kept reasonable
- **Low light/no light** stages are allowed
- **2-Gun**: including safe firearm transition
- No pseudo-tactical or self-defense context

Example Stage: Handgun Open

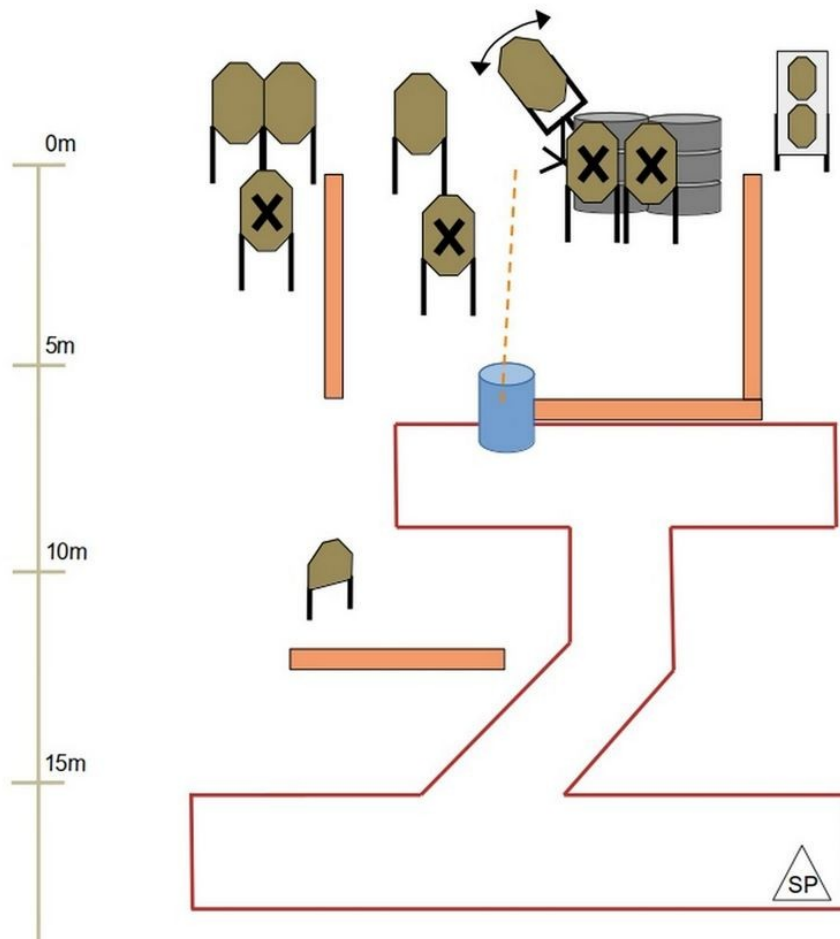
Title	Open	Author	Andy
Type	Open	Strings	1
Targets	5 Paper, 2 50% Paper, 5 Non-Shoot	Rounds	Minimum 14
Scoring	Unlimited, Best 2	Start/End	Audible/ Last Shot
Start Pos	Standing at SP, heels touching		
Start Cond	Gun unloaded, slide closed and all magazines on table in marked area. All magazines contain exactly 6 rounds.		
Procedure	At the signal, engage all targets. String activates swinger.		
Safety	Minimum distance to shoot mobile bullet trap: 2m. Forward fault line.		



- Indoor stage with mobile bullet trap
- The shooter engages targets from wherever he/she wants and it is safe to do so
- The shooters movement may only be limited for safety reasons
- Good stage design: leave decisions to the shooter!
- Decisions in this example, after coming back from the left side:
 - **Option 1:** first the 2 50% targets from far and then go into the center
 - **Option 2:** first go in the center and later advance closer to the 50% targets
 - Option 3: ...

Example Stage: Handgun Single Zone

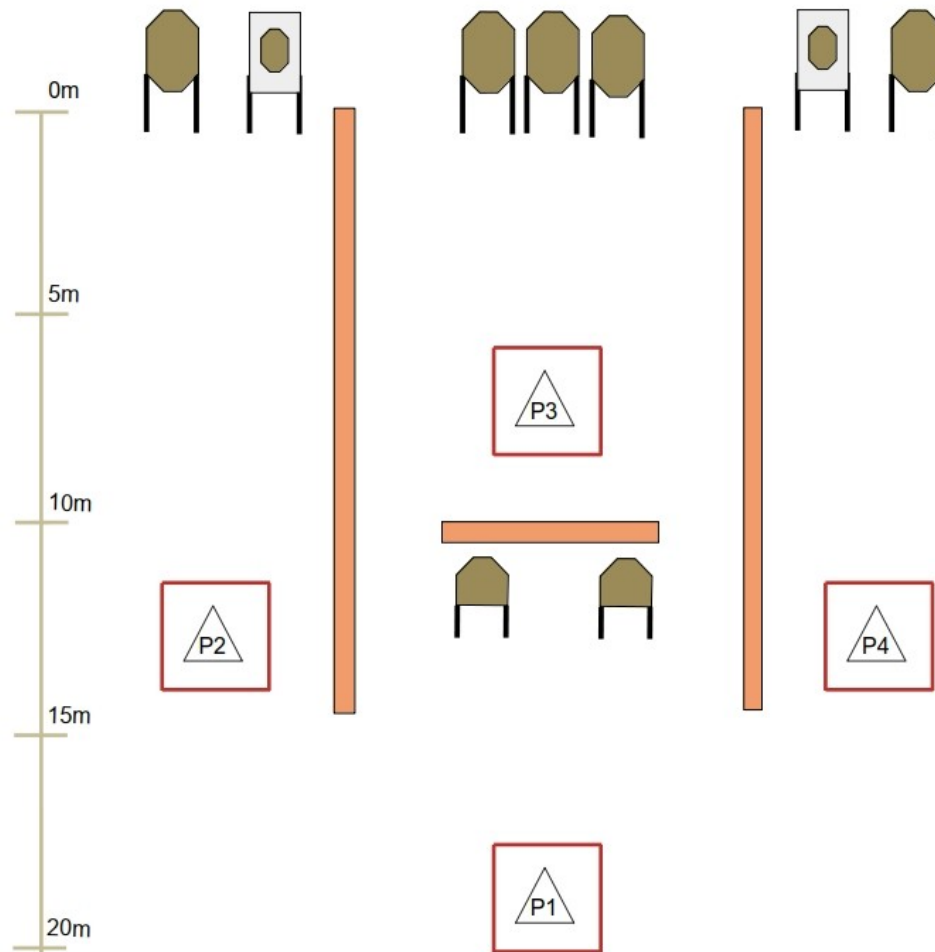
Title	Single	Author	Andy
Type	Single Zone	Strings	1
Targets	5 Paper, 2 50% Paper, 4 Non-Shoot	Rounds	Minimum 14
Scoring	Unlimited, Best 2	Start/End	Audible/ Last Shot
Start Pos	Standing at SP, heels touching.		
Start Cond	Gun loaded with exactly 10 rounds, holstered.		
Procedure	At the signal, engage all targets while remaining in the marked area. String activates swinger.		



- Indoor stage with mobile bullet trap
- The shooter may not leave the clearly marked shooting zone from the start signal to the last shot
- Decisions in this example:
 - **Option 1:** shoot the 2 50% targets immediately from SP
 - **Option 2:** shoot the 2 50% later, after having moved forward and to the right

Example Stage: Handgun Multi Zone

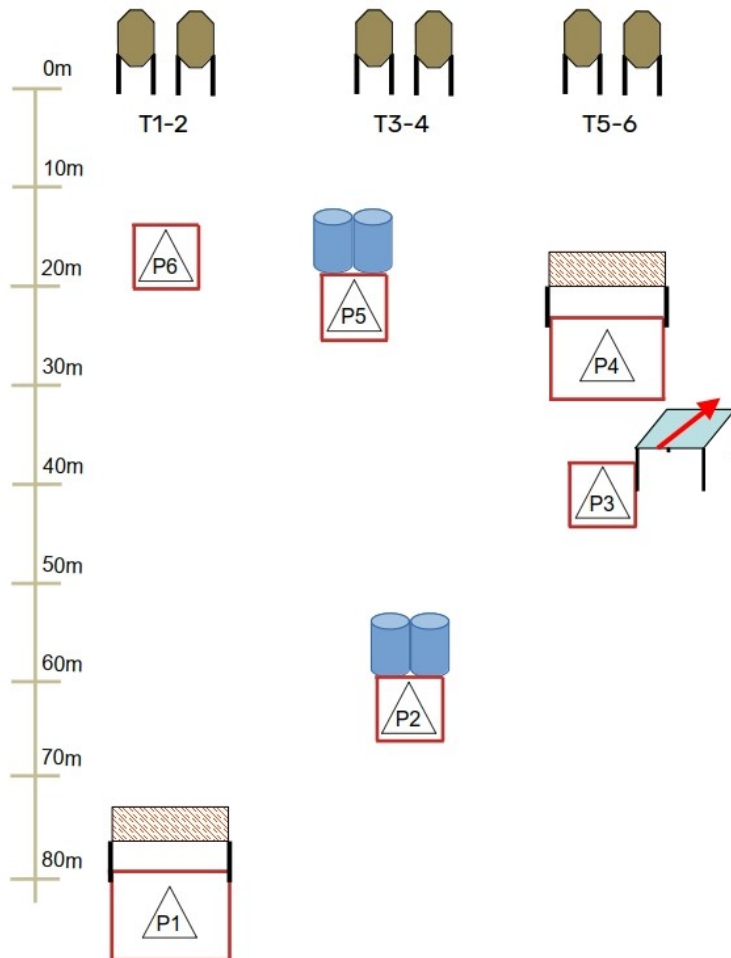
Title	Multi Zone	Author	Andy
Type	Multi Zone	Strings	1
Targets	7 Paper, 2 50% Paper	Rounds	18
Scoring	Limited, 2	Start/End	Audible/ Last Shot
Start Pos	Standing at any position		
Start Cond	Gun loaded with exactly 10 rounds, holstered. All spare mags with 10 rounds.		
Procedure	At the signal, engage all targets from available positions.		



- Indoor stage with mobile bullet traps
- The shooter may only engage targets when inside one of the zones
- The shooter may leave a zone to get to another one
- Decisions in this example: where to start?
E.g. start in P3 or end in P3?

Example Stage: 2-Gun Multi Zone

Title	Running and Gunning	Author	Andy
Type	Multi Zone	Strings	1
Targets	6 Paper	Rounds	24
Scoring	Limited, 4 per Target	Start/End	Audible/ Last Shot
Start Pos	Standing at P1		
Start Cond	Rifle fully loaded, ready position. Pistol fully loaded, holstered.		
Procedure	At the signal, engage T1-2 from P1 prone, T3-4 from P2 kneeling, T5-6 from P3 with the rifle. Then deposit rifle on table, safety on, muzzle in indicated direction. Engage T5-6 from P4 prone, T3-4 from P5 kneeling and T1-2 from P6.		



- Outdoor stage, side berms cannot be used
- The shooter must engage the defined targets from P1-3 with the rifle using different positions, then switch to the pistol in a defined, safe manner and then engage the defined targets from P4-6 with the pistol using different positions
- The multi-zone concept allows to realize large stages in an efficient manner
- This stage emphasizes physical fitness and tests shooting skills under some pressure
- No decisions this time – just get it done
- With a few adaptations, the stage can be done in reverse as well

Classes & Categories



Skills Test

- Handgun Skills Test
- 2-Gun Skills Test
- 3 stages
- 48 rounds
- Cover handgun or rifle skills matrix



Skill Levels

- Rookie (RK)
- Marksman (MM)
- Advanced (AV)
- Expert (EX)
- Master (MA)
- Expires after 12 months
- One skill level for handgun
- One skill level for two-gun



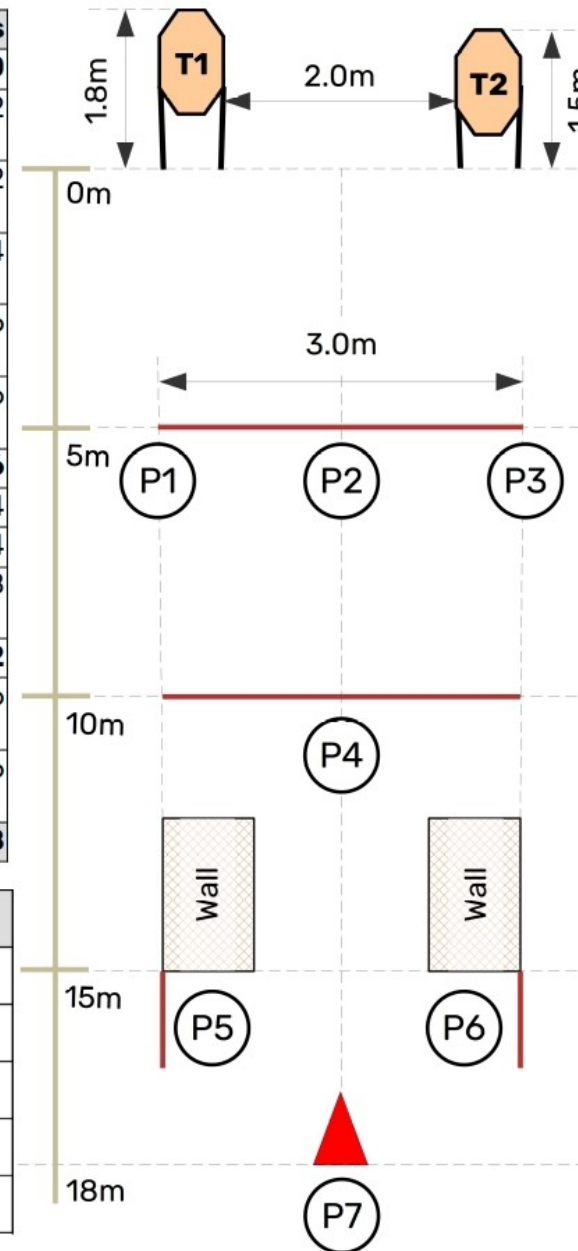
Categories

- Lady
- Senior (55 and older)
- Applied per division

Handgun Skills Test



String	Start Condition	Procedure	Rounds
Stage 1			20
1	P1, standing, facing left, both feet pointed left, holster	Turn 90° right, draw, fire 2 ABC on T1	2
2	P3, standing, facing right, both feet pointed right, holster	Turn 90° left, draw, fire 2 ABC on T2	2
3	P4, standing, facing uprange, both feet pointed uprange, empty chamber, holster	Turn 180°, draw, fire 2 on each T1-2 in any order (iao)	4
4	P4, standing, holster	Draw, fire 3 on each T1-2, while moving straight forward to P2 iao	6
5	P2, standing, holster	Draw, fire 3 on each T1-2, while moving straight backward to P4 iao	6
Stage 2			16
1	P2, standing, ready strong hand	Fire 2 on each T1-2, strong hand only iao	4
2	P2, standing, ready weak hand	Fire 2 on each T1-2, weak hand only iao	4
3	P4, standing, exactly 4 loaded, ready	Go to kneeling position, fire 4 on T1, reload and go to prone position, fire 4 on T2	8
Stage 3			12
1	P7, standing, 4 or more loaded, holster	Draw, move to P5, fire 3 on T1, move via P7 to P6 and mag change, fire 3 on T2	6
2	P7, standing, 4 or more loaded, holster	Draw, move to P6, fire 3 on T2, move via P7 to P5 and mag change, fire 3 on T1	6
Total			48



Instructions:

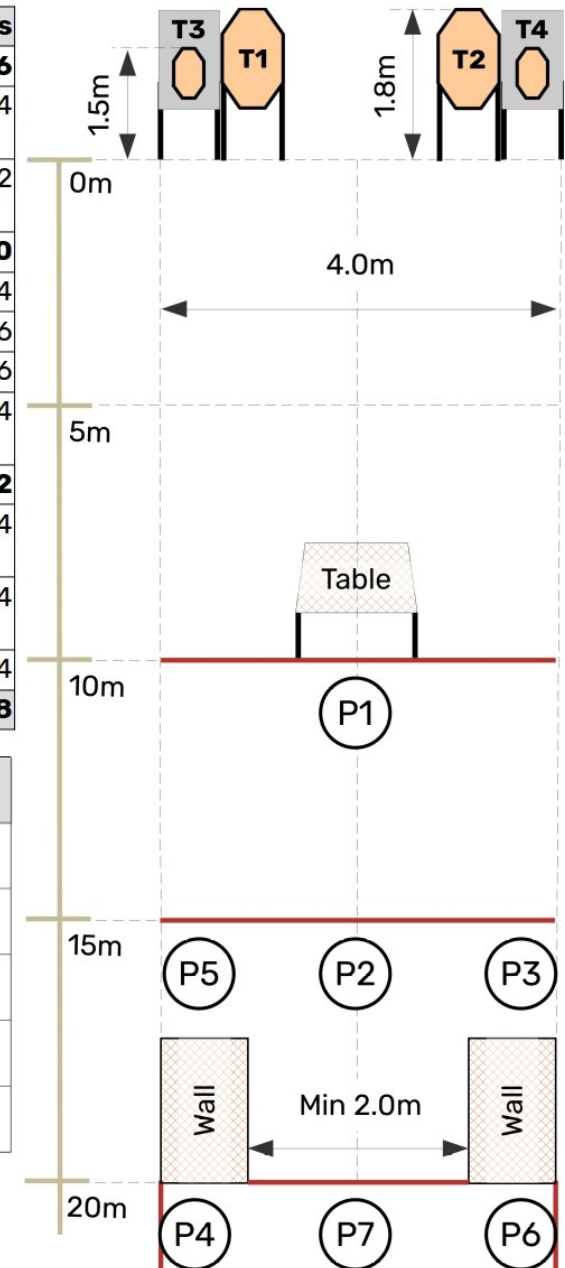
- Scoring is limited!
- If not specified otherwise, shooter starts with required number of rounds or more loaded, including one in the chamber
- Ready position is firearm close to chest, muzzle can be towards target or in any safe direction
- P1-3: do not cross 5m line
- P4: do not cross 10m line
- Pistols. mag change is with retaining the mag

Class/Division	D	DO	S	SO	R	RO
MA (Master)	≤60	≤56	≤54	≤50	≤66	≤62
EX (Expert)	75	70	68	63	83	77
AV (Advanced)	105	98	95	88	116	108
MM (Marksman)	152	142	137	127	168	157
RK (Rookie)	304	284	274	254	336	312

2-Gun Skills Test



String	Start Condition	Procedure	Rounds
Stage 1 (with table)			16
1	P1, standing, ready	Fire 2 on T1 strong shoulder, fire 2 on T2 weak shoulder in any order (iao)	4
2	P1, standing, ready, handgun holstered	Fire 2 on each T1-4 iao, deposit rifle on table and fire 2 on each T1-2 iao using handgun	12
Stage 2 (remove table)			20
1	P2, standing, ready	Fire 2 on T1, mag change, fire 2 on T2 iao	4
2	P2, standing, ready	Fire 3 on each T1-2 , while moving forward to P1 iao	6
3	P1, standing, ready	Fire 3 on each T1-2 , while moving backward to P2 iao	6
4	P2, standing, ready, exactly 2 loaded	Go to kneeling position, fire 2 on T1, emergency reload, fire 2 on T2 iao	4
Stage 3 (remove table)			12
1	P3, standing, ready	Go to kneeling position, fire 2 on T4, move to P4 and fire 2 on T3 left shoulder	4
2	P5, standing, ready	Go to kneeling position, fire 2 on T3, move to P6 and fire 2 on T4 right shoulder	4
3	P7, standing, ready	Go to prone position, fire 2 on each T3-4 iao	4
Total			48



Instructions:

- Shooters must have a valid handgun classification prior to taking the rifle skills test
- Scoring is limited!
- If not specified otherwise, shooter starts with required. number of rounds or more loaded, incl one in the chamber
- Ready position is rifle on shoulder, muzzle 45° downwards, safety engaged
- Walls at 20m can be substituted by double barrels
- P3 → P4 and P5 → P6 move between walls
- P1: Do not cross 10m line
- P2-3, P5: Do not cross 15m line
- P7: Do not cross 20m line
- Mag change is with retaining the mag

Class/Division	Large Rfile	PCC	Small Rfile
MA (Master)	≤61	≤58	≤55
EX (Expert)	76	72	68
AV (Advanced)	106	101	95
MM (Marksman)	154	146	137
RK (Rookie)	308	292	274

Standard Education Packages



Competitor

- Participate in competitions
- Separate for handgun and for 2-gun
- Passed basic firearms education and CMA Intro course
- Practical test = skills test
- Renewal every 12 months

Safety Officer

- Lead and score a stage, lead and score skills test
- SO education package
- Theoretical and practical tests
- Renewal every 2 years

Match Director

- Organize matches, design stages
- Lead SO/staff in match
- MD education package
- Theoretical and practical tests
- Renewal every 2 years

Instructor

- Lead competitor education
- Instr education package
- Practical test
- Renewal every 2 years

Firearms – Duty Divisions

Duty

- Barrel: max 120mm
- Weight: max 850g
- Capacity: fit box
- Box: 210x145x35mm
- Striker, DA/SA, DAO
- Duty guns with few mods
- Examples: Glock 17, Walther PDP 4.5”, HK VP9, Steyr L9-A2 MF



Duty Optic

- Same as Duty except:
- Weight: max 950g
- Box: 210x145(175 half length)x35mm



Sport

- Barrel: fit box (ca 5.5")
- Weight: max 1400g
- Capacity: fit box
- Box: 225x155x45mm
- Striker, DA/SA, DAO, SA
- Sports guns with few mods
- Examples: Glock 34, Walther Q5 SF, S&W M&P 2.0 Competitor



Sport Optic

- Same as Sport except:
- Weight: max 1500g
- Box: 225x155(185 half length)x45mm



Revolver

- Barrel: max 130mm
- Weight: max 1400g
- Capacity: max 8
- Striker, DA/SA, DAO
- Calibers: .38 Spl, .357 Mag, .44 Spl, .44 Mag
- Examples: S&W 686 (PLUS) 4", Ruger GP100 4.2", Taurus 608 4", S&W 629 4"



**Revolver
Optic**

- Same as Revolver except:
- Weight: max 1500g



Firearms – Two-Gun Divisions



Large Rifle

- Length: min 600mm, max 1100mm
- Barrel: min 250mm, max 550mm
- Weight: max 5500g
- Calibers: .223/5.56, 5.45x39, .308/7.62x51, 7.62x39
- Examples: Stgw90, SIG 55x, AR variants, Steyr AUG



PCC Pistol Caliber Carbine

- Length: min 500mm, max 850mm
- Barrel: min 130mm, max 360mm
- Weight: max 4500g
- Calibers: same as handguns
- Examples: BT SPC, CZ Scorpion, SIG MPX



Small Rifle

- Length: min 600mm, max 1100mm
- Barrel: min 200mm, max 550mm
- Weight: max 4500g
- Caliber: .22lr
- Examples: Walther TAC R1, SIG 522, S&W M&P 15-22



Holsters, Mag Carriers, Belts



Holsters

- Strong side belt holster
- Position at 0300/0900
- OWB, max 30mm belt-pistol
- Level 1 retention required
- Covered trigger, closed front, muzzle vertical or backward



Mag Carriers

- Cover min 5cm of mag
- Position roughly at 0900/0300
- Flat orientation, max 30mm belt-magazine
- Standard: 2 (hg), 1 (rifle) spare mags



Loader Pouches

- Hold loader securely
- Position anywhere on belt, max 30mm belt-loader
- Standard: 4-6 loaders (depending on capacity)



Clothing

- Belt: max 2" (5cm) must go through pant loops
- Knee and elbow pads: allowed
- Clothing not allowed to interfere with safe holstering
- No cammo-style clothing
- 2-Gun: one drop pouch on belt allowed

CMA has been launched by a group of founding members on the Founders Day on June 10, 2023 in Burgdorf, Switzerland.

CMA is owned by the SwissAAA company based in Switzerland. The sport has been started in several countries around the world.

For the mid-term future, the founding of an independent sport association based in Switzerland is in consideration.





Competitive Marksman Action