



# Competitive Marksman Action

## Introduction to CMA

Version 3.0 – January 1, 2024

### **Purpose of this document:**

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

- 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.**



**Competitive**

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

**Marksman**

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

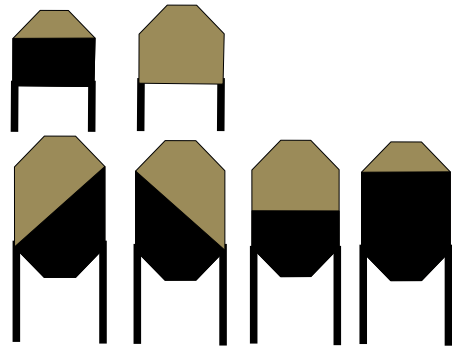
**Action**

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

**Paper Target**

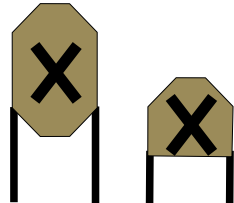
- Zones A,B,C,D,M
- Possible requirements: full target (standard), ABC only or D only
- The larger zero allows for more speed

**Options**



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

**Non-Shoot**



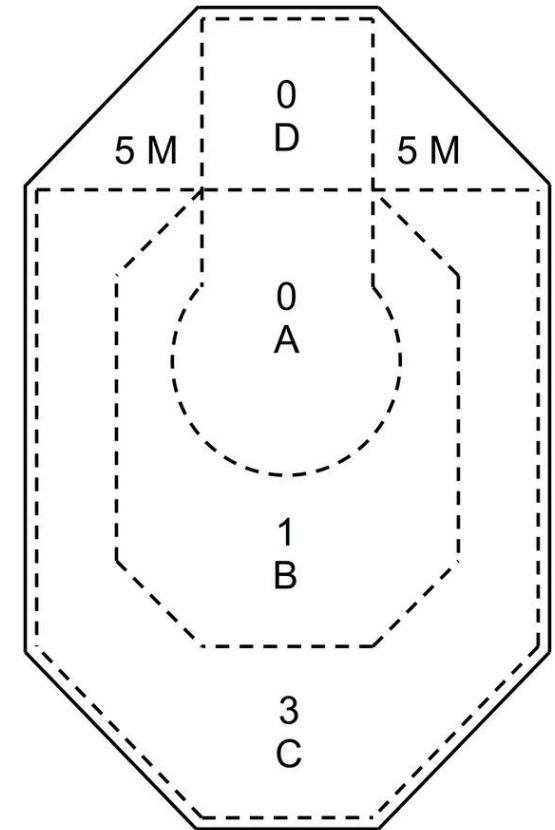
- Hit anywhere: +5 (except M)
- Shoot through count

**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, ...



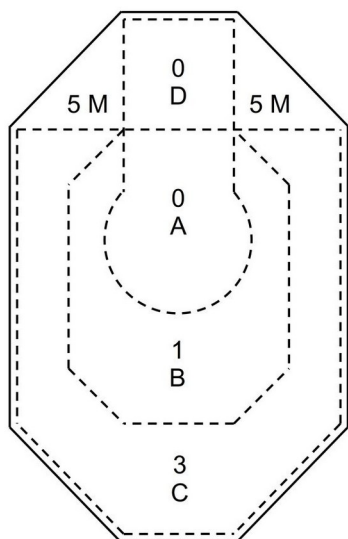
# Score =

## 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

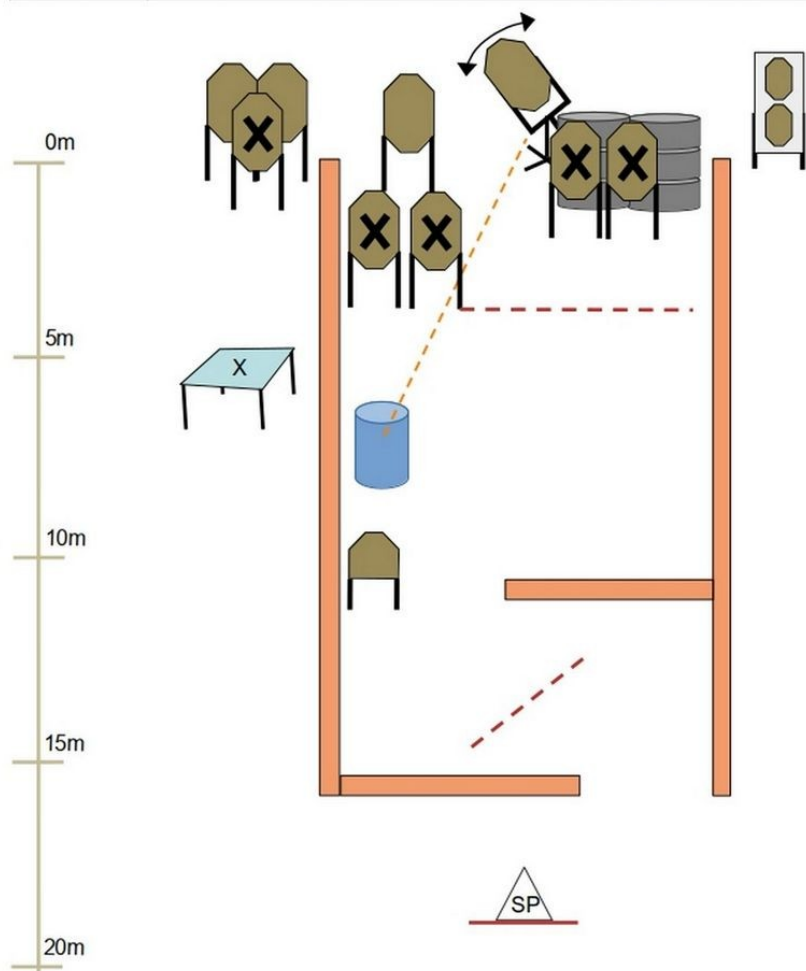
- Fixed rounds per target
- Penalties for firing too many or not enough rounds

**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

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

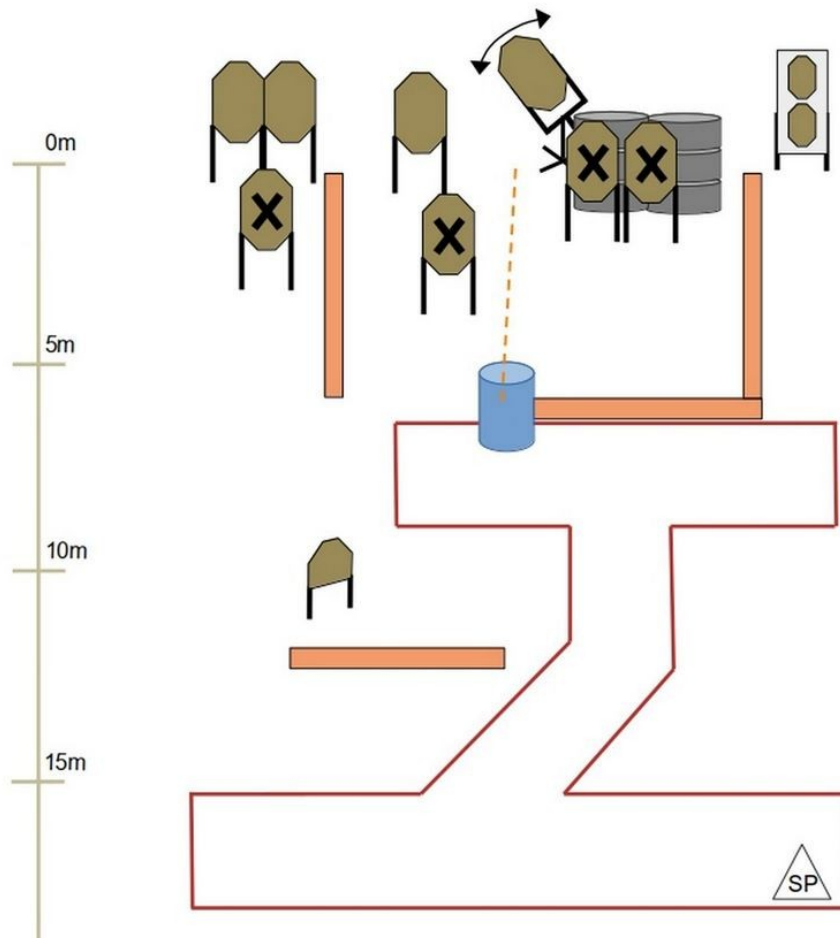


- Indoor stage with mobile bullet trap
- The shooter engages targets from wherever he/she wants and it is safe to do so
- The shooters movement may only be limited for safety reasons
- Good stage design: leave decisions to the shooter!
- Decisions in this example:
  - **Option 1:** first the 2 50% targets 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

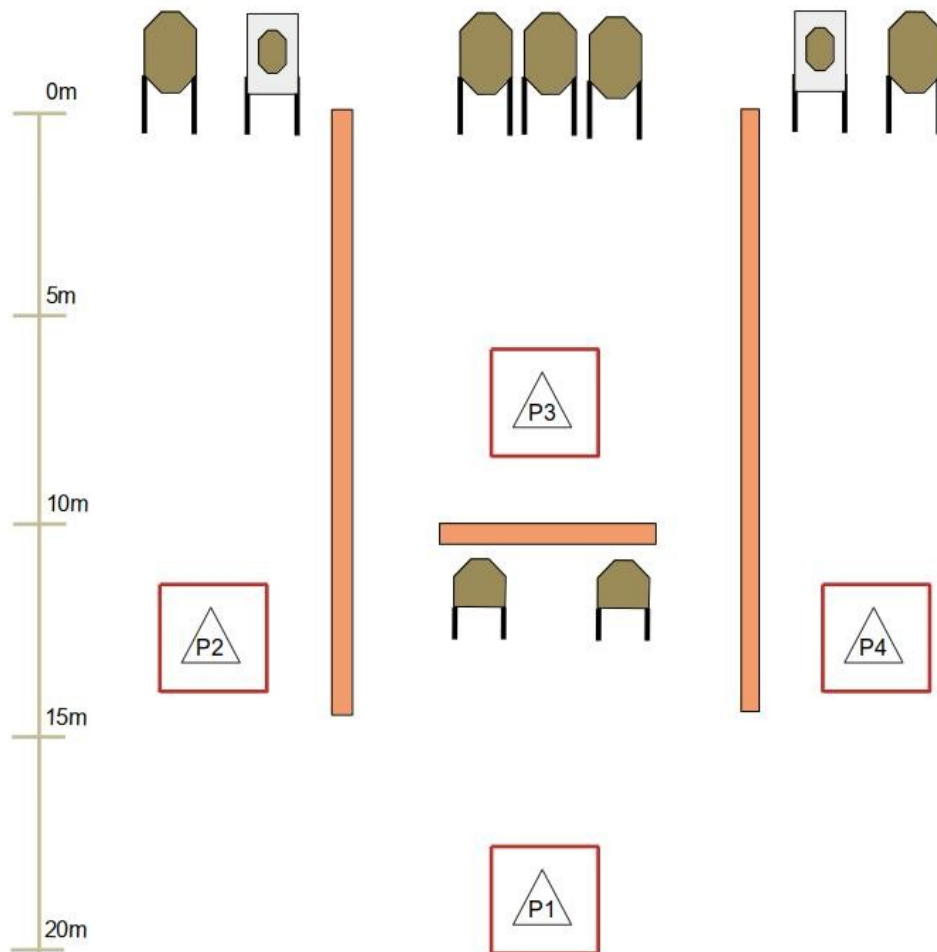
|                   |   |                  |                    |
|-------------------|---|------------------|--------------------|
| <b>Title</b>      | Single  | <b>Author</b>    | Andy               |
| <b>Type</b>       | Single Zone   | <b>Strings</b>   | 1                  |
| <b>Targets</b>    | 5 Paper, 2 50% Paper, 4 Non-Shoot   | <b>Rounds</b>    | Minimum 14         |
| <b>Scoring</b>    | Unlimited, Best 2   | <b>Start/End</b> | Audible/ Last Shot |
| <b>Start Pos</b>  | Standing at SP, heels touching.   |                  |                    |
| <b>Start Cond</b> | Gun loaded with exactly 10 rounds, holstered.   |                  |                    |
| <b>Procedure</b>  | 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

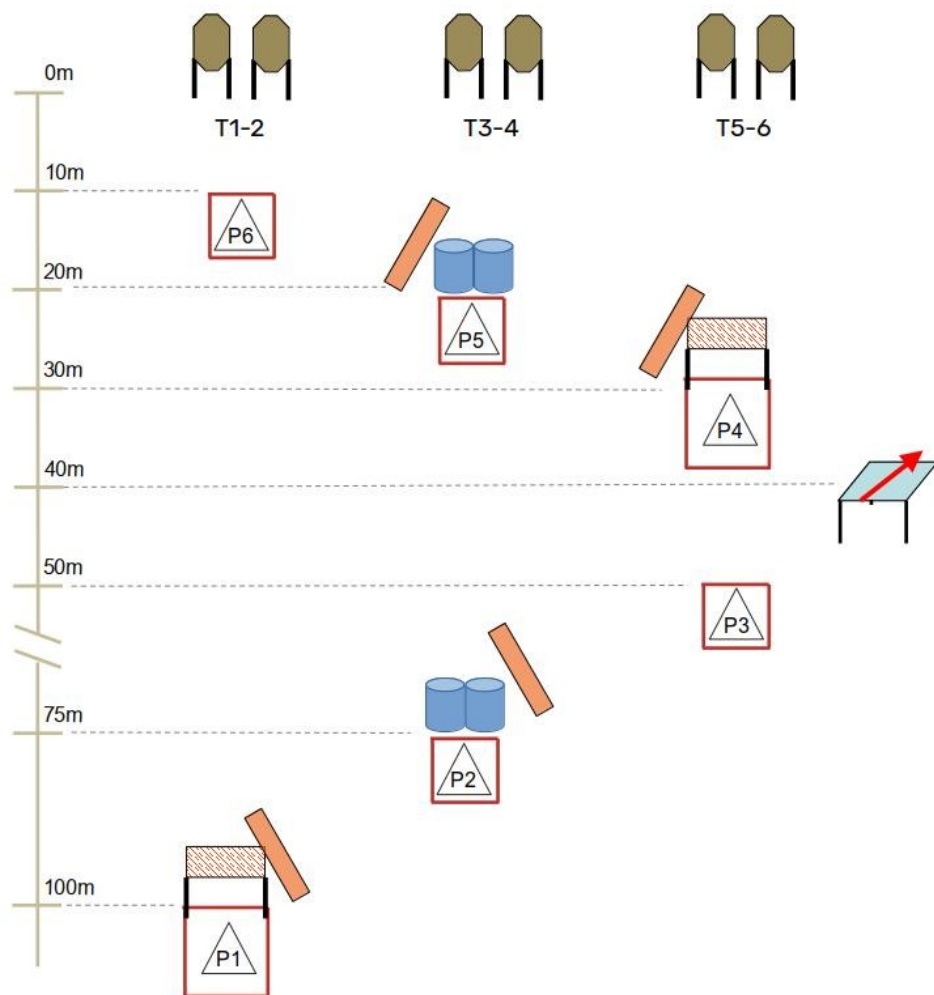
|                   |  |                  |                    |
|-------------------|--|------------------|--------------------|
| <b>Title</b>      | Multi Zone   | <b>Author</b>    | Andy               |
| <b>Type</b>       | Multi Zone   | <b>Time</b>      | Par                |
| <b>Targets</b>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



- Indoor stage with mobile bullet traps
- The shooter may only engage targets when in one of the zones
- The shooter may leave a zone to get to another one.
- The shooter cannot engage targets outside of the zones.
- Decisions in this example: where to start? E.g. start in P3 or end in P3?

## Example Stage: 2-Gun Multi Zone

|                   |  |                  |                    |
|-------------------|--|------------------|--------------------|
| <b>Title</b>      | Running and Gunning  | <b>Author</b>    | Andy               |
| <b>Type</b>       | Multi Zone   | <b>Strings</b>   | 1                  |
| <b>Targets</b>    | 6 Paper  | <b>Rounds</b>    | 24                 |
| <b>Scoring</b>    | Limited, 4 per Target  | <b>Start/End</b> | Audible/ Last Shot |
| <b>Start Pos</b>  | Standing at P1   |                  |                    |
| <b>Start Cond</b> | Rifle fully loaded, low ready. Pistol fully loaded, holstered.   |                  |                    |
| <b>Procedure</b>  | At the signal, engage T1-2 from P1 prone, T3-4 from P2 kneeling, T5-6 from P3. 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 visible targets from P1-3 with the rifle using different positions, then switch to the pistol in a defined and safe manner and then engage visible 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



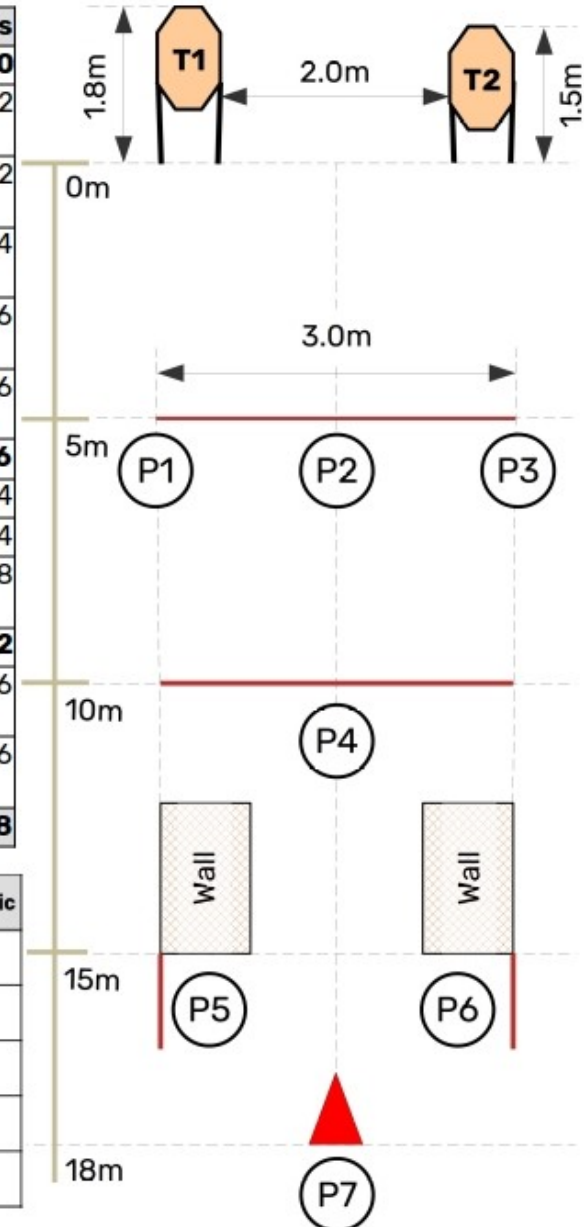
### Categories

- Lady
- Senior (55 and older)
- Duty (armed forces and law enforcement starting in full uniform)
- Applied per division

# Handgun Skills Test



| String         | Start Condition   | Procedure  | Rounds    |
|----------------|---|--|-----------|
| <b>Stage 1</b> |   |  | <b>20</b> |
| 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   | 4         |
| 4              | P4, standing, holster   | Draw, fire 3 on each T1-2, while moving straight forward to P2                       | 6         |
| 5              | P2, standing, holster   | Draw, fire 3 on each T1-2, while moving straight backward to P4                      | 6         |
| <b>Stage 2</b> |   |  | <b>16</b> |
| 1              | P2, standing, ready strong hand   | Fire 2 on each T1-2, strong hand only  | 4         |
| 2              | P2, standing, ready weak hand   | Fire 2 on each T1-2, weak hand only  | 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         |
| <b>Stage 3</b> |   |  | <b>12</b> |
| 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         |
| <b>Total</b>   |   |  | <b>48</b> |



**Instructions:**

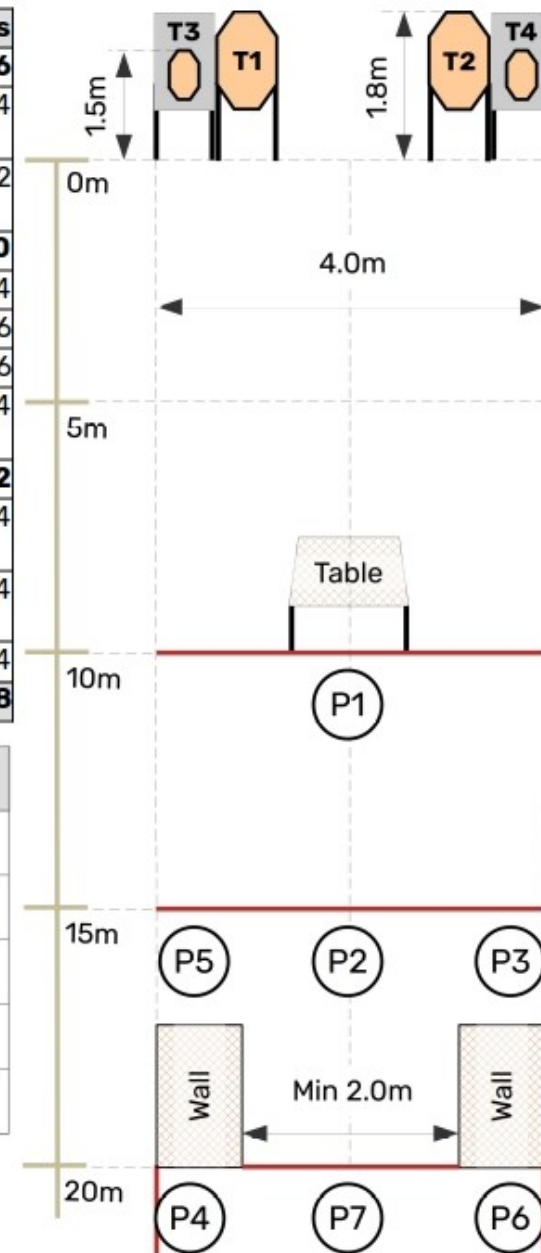
- Scoring is limited!
- If not specified otherwise, shooter starts with required number of rounds or more loaded, including one in the chamber
- Ready position is firearm close to chest, muzzle can be towards target or in any safe direction
- P1-3: do not cross 5m line
- P4: do not cross 10m line
- Mag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

| Class/Division | Duty | Duty Optic | Sport | Sport Optic |
|----------------|------|------------|-------|-------------|
| MA (Master)    | ≤60  | ≤56        | ≤54   | ≤50         |
| EX (Expert)    | 75   | 70         | 68    | 63          |
| AV (Advanced)  | 105  | 98         | 95    | 88          |
| MM (Marksman)  | 152  | 142        | 137   | 127         |
| RK (Rookie)    | 304  | 284        | 274   | 254         |

# 2-Gun Skills Test



| String                        | Start Condition                        | Procedure   | Rounds    |
|-------------------------------|--|---|-----------|
| <b>Stage 1 (with table)</b>   |  |   | <b>16</b> |
| 1                             | P1, standing, ready                    | Fire 2 on T1 strong shoulder, fire 2 on T2 weak shoulder in any order                                       | 4         |
| 2                             | P1, standing, ready, handgun holstered | Fire 2 on each T1-4 in any order, deposit rifle on table and fire 2 on each T1-2 in any order using handgun | 12        |
| <b>Stage 2 (remove table)</b> |  |   | <b>20</b> |
| 1                             | P2, standing, ready                    | Fire 2 on T1, mag change, fire 2 on T2  | 4         |
| 2                             | P2, standing, ready                    | Fire 3 on each T1-2, while moving straight forward to P1  | 6         |
| 3                             | P1, standing, ready                    | Fire 3 on each T1-2, while moving straight backward to P2   | 6         |
| 4                             | P2, standing, ready, exactly 2 loaded  | Go to kneeling position, fire 2 on T1, emergency reload, fire 2 on T2                                       | 4         |
| <b>Stage 3 (remove table)</b> |  |   | <b>12</b> |
| 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 in any order  | 4         |
| <b>Total</b>                  |  |   | <b>48</b> |



**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
- P7: Do not cross 20m line
- Mag change is with retaining the mag

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

### Competitor

- Participate in competitions
- Separate for handgun and for 2-gun
- Passed basic firearms education and CMA Intro course
- Passed 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 test
- Renewal every 2 years

### Match Director

- Organize matches, design stages
- Lead SO/staff in match
- MD education package
- Theoretical and practical test
- Renewal tbd

## Standard Education Packages



### Trainer

- Lead club trainings, develop shooting skills
- Trainer education package
- Theoretical and practical test
- Renewal tbd

### Instructor

- Lead education packages
- Evaluate higher certification tests
- Instructor education package
- Nomination based on objective criteria
- Renewal tbd



## Firearms – Duty Divisions

### Duty

- Barrel: fit box (ca 4.5")
- 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



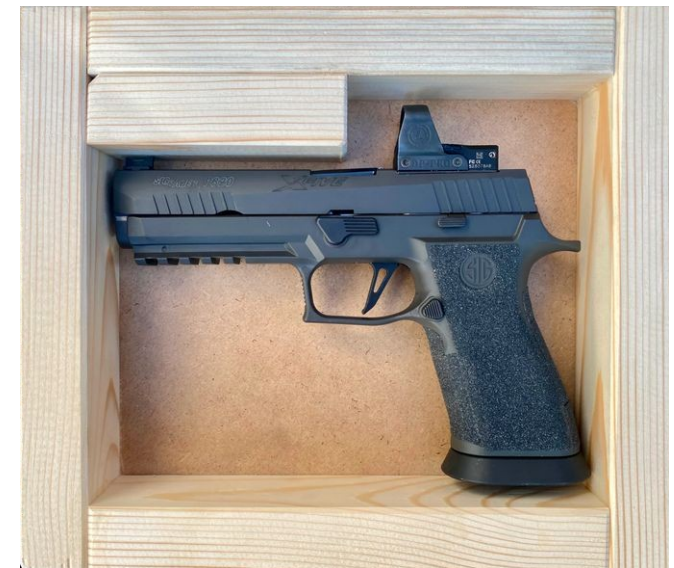
### Sport

- Barrel: fit box (ca 5.5")
- Weight: max 1300g
- 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, SIG 320 X-Five



### Sport Optic

- Same as Sport except:
- Weight: max 1400g
- Box: 225x155(185 half length)x45mm



## Firearms – Two-Gun Divisions



### Large Rifle

- Length: min 600mm, max 1100mm
- Barrel: min 250mm, max 510mm
- 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 950mm
- 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 250mm, max 510mm
- Weight: max 4500g
- Caliber: .22lr
- Examples: Walther TAC R1, SIG 522



## Holsters, Mag Carriers, Belts



### Holsters

- Strong side belt holster
- Position at 0300/0900
- OWB, max 20mm body-pistol, grip above belt
- 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 20mm body-magazine
- Standard: 2 (hg), 1 (rifle) spare mags



### 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 (except duty gear)
- 2-Gun: one drop pouch on belt allowed

### Duty Gear

- Active military or police personnel can compete in full official duty/patrol uniform and equipment
- Firearms must fit a division

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. CMA 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**