

# 2022 KEYSTONE CHALLENGE



## FIREARMS

The Firearms training portion of the Keystone Challenge utilizes the ZERT NSS (National Shooting Standard) and ZERT Triple-S (Selection Shooting Standards) Exercise to test three (3) members from each squad on firearms marksmanship ability. All ZERT Triple-S rules will apply. All aspects of the FIREARMS Module will be conducted during the FITNESS Module! Each competitor will shoot exactly 3 times (all three drills) during this module. The Team moves through the FITNESS Course as a unit to advance to the next Shooting Drill Zone. *\*Note: NO GAS MASKS!!!*

### I. FIRST TRAINING SHOOTING DRILL: NSS (Pistol)

#### A. Target Distance: 7 yards

#### B. The Drill:

- **T1-** 1 shot from the holster, execute 1 shot on T1 each time from the holster (3 Reps)
- **T2-** 2 shots from the holster, execute 2 shots on T2 each time from the holster (3 Reps)
- **T3-** 1 shot from the holster, execute 1 shot each time from the holster STRONG HAND ONLY (3 reps)
- **T4-** 1 shot from the Compressed ready SUPPORT HAND ONLY, execute 1 shot each time on T4 from the compressed ready position (3 Reps)
- **T5-** 3 shots from the holster on T5, emergency reload (Slide Lock Reload) transition to T1, 1 shot on T1 (3 Reps)

### II. SECOND TRAINING SHOOTING DRILL: NSS (Rifle)

#### A. Target Distance: 15 yards

#### B. The Drill:

- **T1-** 1 shot from the low ready position, execute 1 shot on T1 each time from the low ready position (3 Reps)
- **T2-** 2 shots from the low ready position, execute 2 shots on T2 each time from the low ready position (3 Reps)
- **T3-** 1 shot from the low ready position, execute 1 shot each time from the low ready position STRONG HAND ONLY (3 reps)
- **T4-** 1 shot from the Compressed ready SUPPORT SIDE, BOTH HANDS, execute 1 shot each time on T4 from the compressed ready position (3 Reps)
- **T5-** 3 shots from the low ready position on T5, emergency reload (Slide Lock Reload) transition to T1, 1 shot on T1 (3 Reps)

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**N.S.S. DRILL FOR HANDGUNS:**  
Legal Distance: 75 Yards or 40 Meters

Mount your magazine that fires 10 or maximum before reloading.

- A - From the ready, unload one (1) shot on T1.
- B - From the ready, unload two (2) shots on T1.
- C - From the ready, with (2) SHOT load only, unload one (1) shot on T1.
- D - From the ready, with (2) SHOT load only, unload one (1) shot on T4.
- E - From the ready, unload three (3) shots on T1, reload, unload one (1) shot on T1.



**N.S.S. DRILL FOR RIFLES:**  
Legal Distance: 100 Yards, 75 Meters

Mount your magazine that fires 10 or maximum before reloading.

- A - From the ready, unload one (1) shot on T1.
- B - From the ready, unload two (2) shots on T1.
- C - From the ready, with (2) SHOT load only, unload one (1) shot on T1.
- D - From the ready, with (2) SHOT load only, unload one (1) shot on T4.
- E - From the ready, unload three (3) shots on T1, reload, unload one (1) shot on T1.

T1

B

T2

T3

T4

D

C

A

C

D

**N.S.S.**

NATIONAL SHOOTING STANDARDS

T5

**ZERTNATION**

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## III. THIRD TRAINING SHOOTING DRILL: SSS (Pistol & Rifle)

**A. Instructions:** Before beginning the Triple-S, load a magazine with 6 rounds in your pistol and chamber a round. Holster your pistol making sure that it is secure and will not fall out when performing your push-ups. Then load a magazine with 6 rounds in your rifle and chamber a round. Ensure that your rifle safety selector is in the SAFE position and place your rifle on the ground at the 6-yard line from the target pointed down range. Your pistol and rifle will now have 5 rounds in the magazine and 1 round in the chamber. It is recommended that you have someone to assist with time keeping and filming your Triple-S. Timekeeper should have a stopwatch or countdown timer and a firearm shot timer. Shot timers can be purchased through online retailers. When used effectively, shot timers can be a key investment to enhancing your shooting skills. Cheaper less accurate timers can also be downloaded as an app on your smart phone. A third person to assist will make timekeeping even easier.

- 1) On the timekeeper's signal, perform 24 push-ups, don rifle, assume a low or high ready position, and give a ready signal to the timekeeper to start the shot timer, ALL within 24 seconds. To keep a constant standard across all shooters, an acceptable push-up is when the upper arm is parallel to the ground. An acceptable low or high ready position is when the rifle barrel is at 45-degrees from the target. The 24-second timer will continue to run until the shooter gives a ready signal to the timekeeper. Timekeeper will announce "TIME" if shooter has gone beyond the 24-second time allotted to perform push-ups, don rifle, and assume ready position.
- 2) Immediately after the shooter gives a ready signal, timekeeper will activate the shot timer signal (beep). On start signal (beep), shooter will deal 6 shots with the rifle to the 6 of Crests (top left card).
- 3) Shooter will then transition to pistol and deal 6 shots with the pistol to the 6 of D.O.Z.E. (top right card).
- 4) Shooter will then perform a slide lock reload with the pistol then deal 6 shots with the pistol to the 6 of Skulls (bottom left card).
- 5) Shooter will then re-holster the pistol, recover rifle, and perform a bolt lock reload.
- 6) Shooter will then deal 6 shots with rifle to the 6 of O.M.S.F.T.F. (bottom right card).

**B.** Make sure you press-check both weapon systems and preset your sling so you can quickly don your rifle. Speed and accuracy are key components to passing the Triple-S but are not the only factor. You must have smooth and efficient weapons and gear manipulation to meet the time standards. **Tip: .22lr is not permitted with rifle or pistol for the Triple-S**

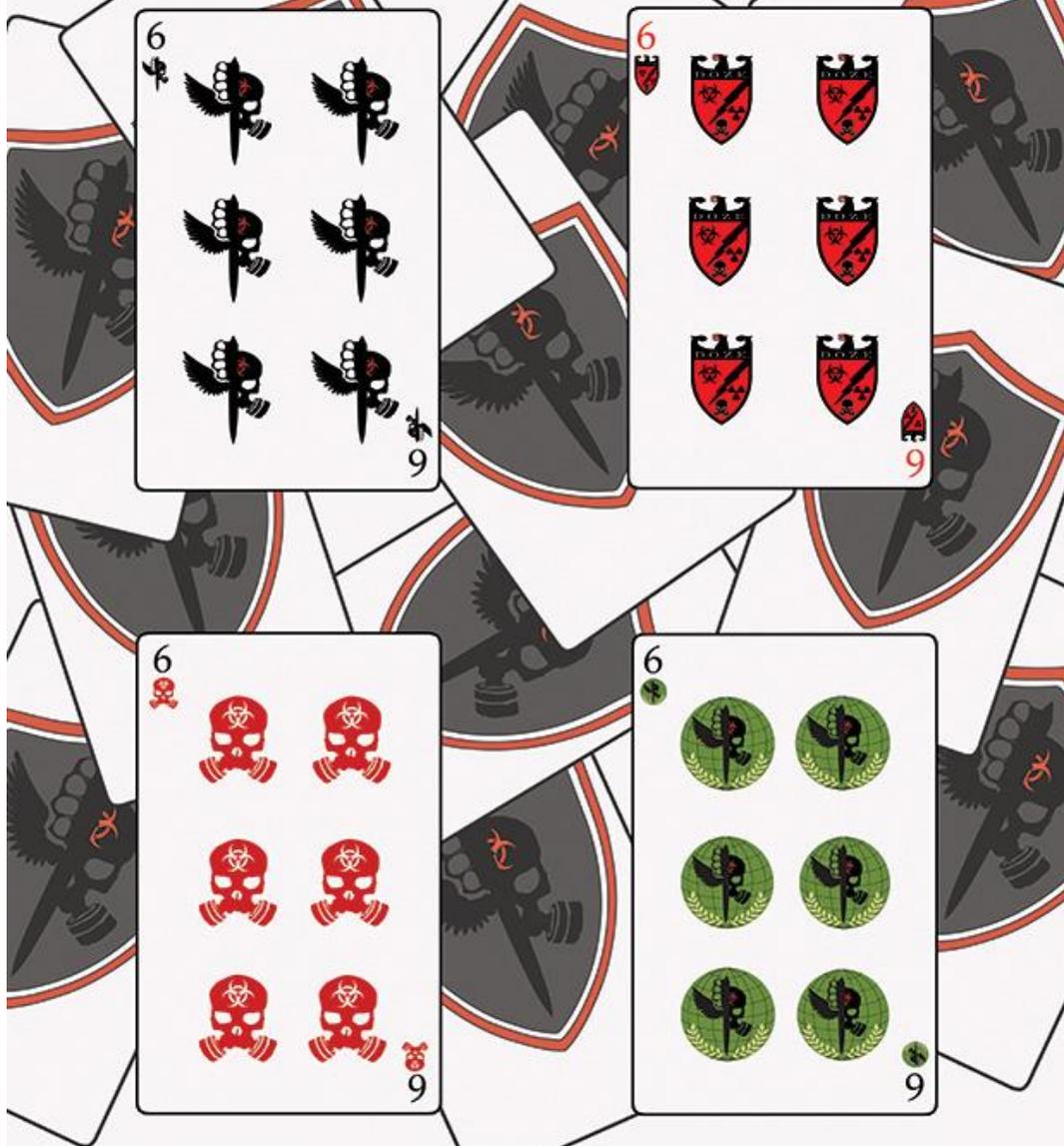
### **C. Questions/Answers:**

- 1) What is the distance? Answer: **6 yards.**
- 2) What is a valid push-up? Answer: When the upper arm is parallel to the ground to full arm extension.
- 3) Can I do squats or something else instead of push-ups? Answer: No.
- 4) Does each shot have to hit each icon on the card? Answer: No. Each shot must hit within the card itself. A shot that breaks the outer edge of the card scores as a hit.
- 5) Can I make my own target at home and what are the dimensions? Answer: Yes,
- 6) Is the card, pictured below on the sheet, the correct size? Answer: NO. It's been reduced in size to fit the page for this module.

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## TRIPLE-S VI OFFA AD FACIEN



### What is "VI OFFA AD FACIEN"?

Z.E.R.T. was founded in world famous Las Vegas, Nevada, also known as Sin City. It is known for it's adult entertainment, primarily gambling. "VI OFFA AD FACIEN" is the Latin phrase meaning "SIX TO DEAL". Students of Face Shooter University train to deal six shots to the face of their enemy. The Triple-S will develop your weapons handling and accuracy under stress. Graduates of the Triple-S will earn the Selection Shooting Standards tab.

### Selection Shooting Standards Instructions:

- First magazine in rifle and pistol loaded with 6 rounds only.
  - 1. Perform 24 push-ups, don rifle and start shot timer all within 24 seconds.
  - 2. On start signal, from a high or low ready deal 6 shots with rifle to the 6 of Crests.
  - 3. Transition to pistol and deal 6 shots to 6 of D.D.Z.E.
  - 4. Perform a slide lock reload and deal 6 shots with pistol to the 6 of Skulls.
  - 5. Holster pistol, recover rifle, perform a bolt lock reload.
  - 6. Deal six shots with rifle to the 6 of D.M.S.F.T.F.
  - All targets are to be engaged from 6 yards and all shots must be dealt 24 seconds.
- Video and detailed instructions can be found at [ZERTnation.com/earned-patches/](http://ZERTnation.com/earned-patches/)

# ZERTNATION

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