



Professional Licensing Training Guideline & Range Agenda
24-HOUR Rifle (Delaware Commissioned Constable ONLY)

SECTION I: Professional Licensing Firearms Certification General Provisions

SECTION II: Basic Firearms-Rifle & Range Safety

SECTION III: Combat Rifle Shooting Methodology / Techniques / Fundamentals

SECTION IV: Rifle Live Fire Drills

SECTION V: Rifle Handgun Transitions

SECTION VI: Rifle Proficiency Qualification

SECTION VII: Constable Rule 7.0 – Rifles

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| Training Section IV - # of live rounds recommendation | Qualification Section VI - # of live rounds MANDATORY |
| 500 – Rifle 150 – Handgun (pistol) | 50 – Daylight / 50 – Diminished (low) light |

Mandatory Pre-requisite for the student (individual)

- **must possess a valid Professional Licensing Firearms License for Handgun**
- **must possess a valid Delaware Constable Commission**
- **must be employed by a Delaware Constable Entity which has been approved to utilize Rifles as authorized by the Delaware Constable Board of Examiners**



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SECTION I: Professional Licensing Firearms Certification General Provisions

Professional Licensing Firearms/Handgun Certification Rules, Regulations and Law

This document will provide guidelines to Professional Licensing Rifle Instructors certified by Delaware State Police Professional Licensing exclusively to provide Law Enforcement Rifle Training. This Guide will provide initial firearms/rifle instruction in accordance with the requirements in the respective rules, regulations and law for a Delaware Commissioned Constable only. This training is not applicable to other Professional Licensing industry:

- 24 Del.C. Ch. 56 - Commissioned Constables

Professional Licensing Rifle instructors will instruct perspective and renewing commissioned constables to review the specific rules, regulations and law related to firearms within their respective industry.

Professional Licensing Rifle instructors must also be an approved Firearms/Handgun instructor. The Constable must also have a valid Firearms/Handgun license with Professional Licensing.

Professional Licensing Firearms/Handgun Training Duration and Curriculum

Training provided by a Professional Licensing Rifle Instructor to any Constable includes classroom lectures on firearms safety, nomenclature, care of weapons, law enforcement combat tactics and marksmanship.

Range instruction emphasizes the practical application of law enforcement style weapons related to actual conditions. The Professional Licensing Rifle Instructor will attest to the qualifications of the perspective commissioned constable who must qualify with one designated weapon. On each qualification date the perspective commissioned constable must attain an average of 80% of the possible score while demonstrating safe weapons handling techniques.

The training period will consist of a minimum of 24 hours and require each commissioned constable to utilize 500 rounds, live fire minimum with rifle ammunition and 150 rounds of handgun ammunition. Rounds utilized in training should be distinguished from rounds fired for a Qualification which is a separate process and a minimum of 50 live rounds.



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Professional Licensing Rifle Training Non-Qualification

A perspective commissioned constable not meeting the minimum qualifications set forth in Firearms Regulation for Rifles associated with their industry will not be issued a firearms license from Professional Licensing. A current commissioned constable or licensee will have their Firearms/Rifle license suspended until such time that they meet the minimum three qualifying shoots within the calendar year.

Should a perspective or current commissioned constable fail to qualify, that person would be permitted to reattempt and successfully complete training and certifications at the discretion of the Professional Licensing Rifle Instructor and the employing agency.

Professional Licensing Rifle Annual Re-Certification

All firearms/rifle licenses are valid for a period of one year, subject to proof of compliance which consists of a minimum of three (3) re-qualification shoots per calendar year, scheduled on at least 2 separate days, with at least 60 days between scheduled shoots are required. Of these 3, there will be 1 mandatory "low light" shoot. The "low light" shoot may be conducted on the same day as 1 daylight shoot. by submission of shoot certification or recertification proficiency forms to the Professional Licensing Section, within 30 days of the date of the qualification shoot.

The recertification must be conducted by a certified Professional Licensing Firearms/Rifle Instructor. Professional Licensing Firearms Instructors are not permitted to recertify themselves.

Professional Licensing Firearms/Handgun Proficiency form submission

Effective, January 15, 2026, Firearms/Handgun and Rifle Proficiency forms for all qualified commissioned constables or licensees must be submitted directly by the Professional Licensing Firearms Instructor to Delaware State Police Professional Licensing Section within thirty (30) days of the qualification. Individual constables and licenses will not be permitted to submit certification forms, as they will not be accepted by Professional Licensing.

Firearms/Handgun & Rifle Proficiency forms must clean, neat, legible. The form will be rejected for cross-outs, white-outs, errors or defects. The forms must be acknowledged by the instructor and the constable or licensee.



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SECTION II: Basic Firearms-Rifle & Range Safety

Introduction

This class is more than just shooting; it is designed to teach you the fundamentals of fighting with a firearm. During this class we will teach you the skills, tactics and mindset that will help defend yourself or others. This class is intended for anyone that wants to learn how to defend themselves in a deadly force encounter.

Performance Objectives

- Range/Firearms Safety
- Combat shooting Methodology
- Slings
- Ballistics
- Fundamentals and techniques
- Malfunctions
- Shooting positions/carries/presentations
- Loading/unloading/reloading

Safety

4 firearms safety rules – for everyday carry of a firearm NOT just the range

- Treat all guns as if they are loaded
- Never point the muzzle at anything you are not intending to destroy
- Keep your finger off the trigger until your sights are lined up on target and you are READY to shoot
- Be sure of your target and what is beyond it

Administrative Safety Points

- Dropped or fumbled weapons should be allowed to fall to the ground
- Maintain your safety if brass goes down your shirt or pants!
- When you are not on the firing line **DO NOT TOUCH** your firearm! **PERIOD!**
- Stay on the line until told different
- Always run the rifles safety
- Any person on the range is a safety officer and can call **“CEASE FIRE”** at any time
- If anyone yells **“CEASE FIRE”** all students **FREEZE** and take your finger off the trigger and wait for instruction.
- **FREEZE MEANS DO NOT MOVE AT ALL!!!!!!!**
- You **WILL** be asked to leave if you act unsafe with a firearm!



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Medical briefing

- Who is primary and secondary EMS
- Truck staging
- GPS

SECTION III: Combat Rifle Shooting Methodology / Techniques / Fundamentals

Therefore our Combat shooting methodology is this:

Efficiency - Hicks Law

A law specifying the linear relationship between choice reaction time and the number of response options available, stating that choice reaction time increases as a function of the logarithm of the number of alternatives.

- Using as few techniques as possible to complete all of the tasks needed

Economy of effort - Ockham's razor

a scientific and philosophical rule that entities should not be multiplied unnecessarily which is interpreted as requiring that the simplest of competing theories be preferred to the more complex or that explanations of unknown phenomena be sought first in terms of known quantities

- KEEP IT SIMPLE
- Trim the fat from techniques

Common sense

Everything we teach has a reason behind it. It is usually a reason that was paid for with someone's life. We do not teach fancy, cool at the moment crap. We only teach things that will help you win a fight

Use of a sling

- **Single point** – weapon easily transfers from side to side but swings around a lot
- **2 point** – more secure, weapon stays in position well, may get in the way during reloads
- **3 point** – difficult to use, gets in the way of bolt catch, nearly impossible to transition from one side to next

Ballistics

- Internal ballistics
- External ballistics
- Terminal ballistics



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Ballistics/sight in

POA = POI at 50 yards is same as 200 yards

Weapons are sighted in at 50 yards Point of aim equaling point of impact. This is where the line of sight intersects with the line of bore. The round rises due to the angle of intersection of these two lines at 50 yards and the round will also fall into intersection at 200 yards. The sight sits above the bore about 2 1/2" and this is called Barrel sight relationship (BSR) when the shooter is within 15 yards to the target BSR should be accounted for when taking precision shots. When shooting quick center mass shots BSR is not a consideration.

Explain

Temporary cavity -The space created by the velocity of the round stretching body tissue

Permanent cavity-The space or channel cut through by the round that does not close back up

RANGE WORK

Safety check and equipment check

1. Make sure all rifles are clear
2. Make sure everyone has a sling
3. Ask if everyone is sighted in

Fundamentals – explain each in depth and why these are the most important

Stance/ Footing - A **STANCE** will be irrelevant in a gun fight but good footing will be important

- Feet shoulder width apart
- Knees slightly bent
- Hips and shoulders square to the target
- Bent slightly forward at the hip
- Strong foot straight back
- Right toe at left heel
- Shoulder pushed into the rifle

Grip - Mounting

- Firm strong hand grip on Pistol Grip
- Strong hand applies rear ward pressure
- Support hand creates platform support on the hand guard
- Hand out as far as possible thumb on top of rail
- Butt stock closer to center of chest high on clavicle



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Cheek weld

- Scopes - Nose to the charging handle keeps a consistent eye relief and cheek weld
- Red dot optics – Cheek weld isn't as or isn't at all important – head position where you pick up the dot

Sight alignment/Sight Picture

Iron sights

- Look through rear sight at front sight
- Most of the attention is on the front sight

Optics

- Focus on the point you want the bullet to impact
- Place dot on that spot

Scope

- Explain eye relief
- Place reticle on the target

Breath control

- Proper breath control is critical to the aiming process. Breathing causes the body to move.
- This movement transfers to the rifle making it impossible to maintain proper sight picture.
- Breath control allows the Operator to fire the rifle at the moment of least movement.

Trigger Control

- Finger deeper in for vise type pressure
- Ride the trigger in and out
- Focus on the front sight
- Press the trigger until the weapon fires
- Realign sights in the target
- Reset the trigger during the recoil
- No anticipation
- Always seeking the front sight throughout the shot group

Follow through

- Front sight back to target
- Prep trigger for next shot during recoil
- Mentally preparing for the next shot
- Mentally assessing shot placement, are the bullets working as intended



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Loading/ unloading

Loading

Insert magazine - Tug the magazine - Roll the weapon - Press bolt catch - Look the round in

Unloading

Safety on - Remove magazine - Run the bolt - Lock bolt to rear - Inspect - Look away - Inspect again - Close it up

Reloading – always run the safety

Reactive Reload

- Locked back and empty
- Safety on
- Bring weapon into workspace (mag well pointed toward magazine supply) as you reach for a new magazine
- As your hand passes the magwell to grab the next mag, Pull the mag out just enough to drop it to ground (do not add extra step of throwing it)
- new magazine is brought up
- Pause at well- Insert - Roll the weapon - Press bolt catch - Look the round in

Proactive Reload – lull in the fight – have fire several rounds – topping off before the next move

- Safety on
- Basically, a reload in battery
- Always run the bolt
- Bring up the new mag and create an “L” shape and clamp the 2 mags together
- Press the mag release and remove the mag
- Rotate the new mag to the magwell
- Insert new magazine - tug
- Roll the weapon
- Look the round in

Stoppages and Malfunctions

Type I – failure to feed or fire

Tap magazine to seat - Tug - Run the bolt - Look it in - Back to target

Type II – stove pipe

Tap magazine to seat - Tug - Run the bolt - Look it in - Back to target

Type III – Double feed

Attempt to fire - Lock the bolt - Strip the magazine - Finger the magwell - Run the bolt twice - Grab new mag and insert - Run the bolt - Look it in - Back to target



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Presentations – out, in, sights, safety, trigger, fire, safety, back to position of carry

High ready

Low ready

Use talking points – sights, safety, trigger

Movements – X and Y axis movements. One at a time not both.

Right turns

Left turns

180*

Talking points – look, rotate, present, sights, safety, trigger

Alternate Shooting positions

Kneeling – either knee can be up depending on use of cover. Strong side knee up bracing rifle on cover and strong elbow on knee is extremely stable

Prone – standard prone angled to target, feet spread, no tension on body

Sitting – several positions for different body positions

Dry drills

1. **Locking the bolt**
2. **Releasing the bolt**
3. **Loading, unloading and reloading**
4. **Snap ups Running the safety**



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SECTION IV: Rifle Live Fire Drills

Live fire drills

Trigger control drills- 5yards – humanoid target – 20 rounds

- Trigger pin – reset – prep (do not stay on this long, we don't want students to be trigger pinners. This is just to teach where reset is)
- Reset and prep in recoil (get off the trigger and back on)
- 2 shots at a time(get off the trigger and back on Quickly)

Presentation drills- 15 yards – Humanoid target – 30 rounds

- 1 round each call from the technique called
 - High ready
 - Low ready
 - Over the shoulder

Turning and presenting – 10 yards – Humanoid target – 15 rounds

- Left turns – 5 reps 1 round each
- Right turns – 5 reps 1 round each
- 180* – 5 reps 1 round each

5 yards BSR drill – humanoid A zone - 12 rounds

- 6 at one dot and 6 hitting one dot
- Shooter needs to allow hold off for BSR

Working on follow through with multiple shot strings on humanoid target – 30 rounds

- Call targets and number of shots on targets
- Emphasize making the hits

Reload drill – 15 yards – Humanoid target – 18 rounds

- 1st iteration
- Load magazines 1,1,1 in 3 different magazines
- On command
- Fire all 3 rounds
- Conducting proper reloads each time needed
- Run 6 times for total of **18 rounds**



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Confirm zero if needed

Optional 50 – yard dial in – 20 plus rounds

- Bring students back to the 50-yard line and show them how to dial in and sight in with precision

Heart and brain - FAST 15 yards – Humanoid target 30 rounds

- Call number of shots and what target/s
- Repeat for approx. 30 rounds of fire

Malfunction drills- 10yards – 10 rounds

Set up each type of malfunction multiple times

- Type I
- Type II
- Type III

Multiple target drills

Show how to transition from one threat to the next, show the difference between eyes with sights and eyes to target then sights (5 minute discussion) Have students try each method with their finger. They should see that using their peripheral vision and snapping the rifle to that point works best.

2 targets 2 rounds each – 15 yards – 5 times – 20 rounds

- From the low ready on the whistle 2 shots each target
- From the low ready on command
- 1 body 1st target
- 2 body 2nd target
- Come back to 1st target 1 body

Shooting position (strong side) - run 1 repetitions – 25 yards – 15 rounds

- 5 rounds standing
- 5 rounds kneeling
- 5 rounds prone

Shooting position (support side) - run 1 repetitions - 25 yards– 15 rounds

- 5 rounds standing
- 5 rounds kneeling
- 5 rounds prone



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3 position timed drill/with reloads - 3 magazines with 5 rounds each at each distance – 45 rounds

- 25 yards – standing – kneeling –prone – 21 seconds
- 35 yards– standing – kneeling -prone– 25 seconds
- 50 yards – squatting– kneeling - prone – 30 seconds

SECTION V: Rifle Handgun Transitions

Introduction

This course is designed to teach an individual how to transition from the rifle platform to a handgun in the advent that the rifle malfunctions, runs dry etc.. when in close proximity to a threat transitioning to the handgun may be a faster option then conducting a reload. In the case of a malfunction other than a type I malfunction, it will be more feasible to transition. Transitioning fro long gun to handgun is more than just switching to the handgun. There is a process for getting the rifle back into the fight if possible. Recognizing when transitions are relevant, the opportunity to fix the rifle or when the long gun is out of play all together is an important aspect of this training. An operator should always know the status of each of their weapon systems.

Fundamentals of transitioning from long gun to handgun and proper recovery

1. Always run the safety when it is possible (ALWAYS)
2. When the rifle goes down
 - Safety on
 - Support hand swings rifle down
 - Strong hand moves to the handgun simultaneously
 - Draw and collect the hands high in the chest
 - Eliminate the threat or get to cover
3. Recovering the rifle
 - Keep handgun out and aimed in if threat still exists
 - Reach down with support hand and grab the rifle by the handguard
 - Bring rifle up to eye level and inspect
 - If the rifle can be put back into service holster and do so
 - If time, threat, opportunity doesn't exist to fix the issue then remain in the fight with the handgun



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ALL DRILLS WILL USE THE SIG TCS TARGETS

Transition drill – 10 yards – paper targets – Humanoid – run 6 times – 18 handgun and 18 rifle rounds

- Rifle mags with 3 rounds each
- Full handgun mags
- On command
 - Fire rifle until empty, transition and fire 3 rounds from handgun
 - Cover down, retrieve rifle and inspect problem
 - Holster handgun and reload rifle
 - Scan and cover at low ready for next command

TCS 1-2-3 drill – 5 yards – humanoid – run 3 times – 9 rifle and 9 handgun rounds

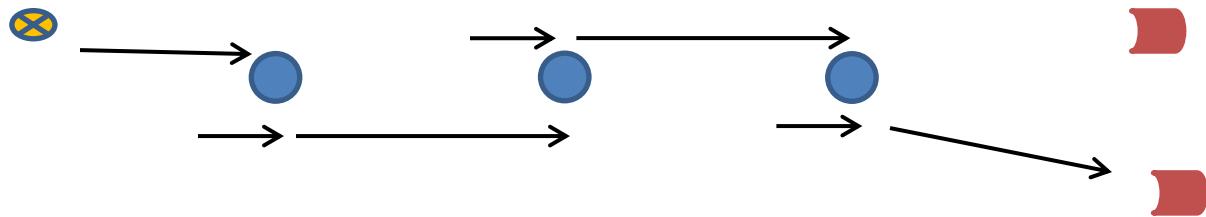
- 1 rifle mag with 1 round – 1 rifle mag with 2 rounds -loaded handgun mags
- On command
 - Fire 1 round rifle to lock back
 - Conduct a reload
 - Fire 2 rounds rifle
 - Safety
 - Transition
 - Fire 3 rounds with handgun
 - Recover correctly
 - 10.5 seconds standard time

396 Drill – 3 rounds from 9 positions and 6 rounds from 1 position – 25 yards and in – 2 humanoid targets shooter – run 1 time – 54 rifle and 12 handgun rounds

- 3 barricades are needed
- Start at a cone
- On command
 - Move to first barricade and fire 3 shots from the left side at left target, correct knee up and 3 shots from the right side at right target, correct knee up
 - Move forward on the right side and engage with 3 rounds while moving on the right target
 - Fire 3 shots from the right side at the right target, correct knee up and 3 shots from the left side at the left target, correct knee up
 - Move forward on the left side and engage with 3 rounds while moving on the left target
 - Fire 3 shots from the left side at the left target, correct knee up and 3 shots from the right side at the right target, correct knee up
 - Move forward on the right side and engage with 3 rounds while moving on the right target
 - When shooter finishes those 3 rounds they transition to their handgun and fire 6 rounds into the head of target



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SECTION VI: Rifle Proficiency Qualification

Daylight

- 50 yards-5 kneeling 5 prone
- 35 yards-5 standing 5 kneeling
- 25 yards - 5 right side of cover 5 left of cover
- 10 yards – failure drill 2 body 1 head x 4 12 yards
- 5 yards -4 rifle transition 4 pistol

Lowlight

- 50 yards-5 kneeling 5 prone
- 35 yards-5 standing 5 kneeling
- 25 yards - 5 right side of cover 5 left of cover
- 10 yards – failure drill 2 body 1 head x 4 12 yards
- 5 yards -4 rifle transition 4 pistol



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SECTION VII: Constable Rule 7.0 – Rifles

7.0 Rifles

7.1 Section 7.0 shall apply only to individuals licensed under 24 Del.C. Ch. 56 while these individuals are acting in the performance of their duties as a constable.

7.2 No individual licensed under 24 Del.C. Ch. 56 shall carry a rifle unless that individual has first passed an approved firearms course of instruction and an initial qualification administered by an approved firearms instructor. The course of instruction shall include a minimum 24 hours of training. The initial qualification course shall also be conducted in the same manner as handguns, as outlined in Section 5.0.

7.3 Rifles carried under this Section shall abide by the same rules and regulations for handguns, outlined in section 5.0, in addition to those provided in this Section.

7.4 Only rifles with the following calibers are permitted:

7.4.1 .223 cal

7.4.2 5.56mm

7.4.3 .9mm

7.5 Under no circumstances will anyone under this Section be allowed to carry any type of rifle that is not described herein.

7.6 All individuals carrying a rifle pursuant to this Section MUST maintain their handgun qualifications in order to remain eligible for rifle carry.

7.7 An employer of a licensee approved to carry a rifle must seek review and approval of the Board prior to the individual licensee carrying a rifle within the jurisdiction of the employer.