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OFFICIAL RULES - NSSA-NSCA OFFICIAL RULES REVISED 2009 Additions And Changes Are Shown In Italics. AND REGULATIONS DATE DESCRIPTION PAGE 1/Nov/08 New Rule II-C-3-6 18 1/Nov/08 Old Rule # II-C-3.b 18 ... Before Buying A Shotgun For Skeet. Details such as weight, choke, drop and pitch and fit of the gun vary with shooters. It Jun 21th, 2024 HYPERTROPHY - NSCA Growth Hormone (primary anabolic hormones); compared to heavy loads (1-5 reps, >85% 1RM) with long rest periods (2-5 minutes) and light loads (12+ reps,