These are Challenge rules no. 2.

Challenge rules no. 2 consist of starting with the pistol unloaded with the pistol lying flat – pointing forward and unloaded with the magazine laying flat next to the pistol. At the start of the timer, the shooters hands are to be at shoulder lever at which time the gun can be accessed, mag inserted, and shots taken at the targets indicated. If there is a re-load required, this second Magazine is to be accessed from the starting table.