M1 trigger pull problems and remedies

See trigger pull check on page 164.

Warning: Because of the potential for uncontrolled fire and possible deadly injury, do not attempt to tune or match condition M1 trigger group parts unless fully qualified on M1/M14 trigger mechanisms. Limit work to parts inspection, replacement, and servicing.

Reasons trigger pull may be too light:
1. The hammer spring is weak or short.
2. The rear hammer hooks have been altered and are too short.
3. Sear position is too far to the rear.
4. The sear is excessively worn, surface upset, or has been altered.
5. Front hammer hook/trigger lug engagement has been reduced (i.e., the front hammer hooks and/or the trigger lug engagement surfaces have been altered and shortened).

Depending on the degree present, the above problems can also cause hammer follow through, doubling, and multiple round (automatic) firing.

Reasons trigger pull may be heavy:
6. Wrong hammer spring.
7. Deformed or damaged hammer spring and/or hammer spring housing.
8. Trigger housing bent or twisted.
11. Trigger match conditioning work is incorrect or incomplete.

Note: Marksmanship unit type trigger lug alteration changes trigger/hammer geometry. Moving the sear forward after trigger lug alteration without fitting the rear hammer hooks can cause the sear to fail to engage or overengage. Overengagement can prevent sear release and hammer hand-off.

Remedies for light trigger pull in issue grade M1 Rifles:
1. Replace worn, altered, or damaged trigger group components with within specification U.S. G.I. parts.
2. Limit fitting of new parts to deburring and light bearing surfacestoning to remove the phosphate coating and minimize drag; don’t stone through the case.
3. Adjust the trigger sear stop surface to move the sear forward and increase hammer hook engagement as needed.