Note on the Similarity between the 1956 and 1978 British Army Rules by Pat Wingfield February 2015

Interestingly they seem to have the same roots. By this I mean that if you take the 1978 rules and put the values for various units and stances back into the 1956 rules you can get the results given in the 1956 tables. It would seem the 1956 tables are probably based on a logarithmic formula and this would make sense bearing in mind that is what everyone used back then before mechanical calculators were available.

So I am guessing that when the 1978 rules came to be produced they were based on the underlying factors from the 1956 rules but amended for the scale of the games and of course the changed weaponry.