



# Beginners Notes



# Anchor Bowmen Archery Club

Affiliated to Archery GB, East Midlands Archery Society, and Derbyshire County Archery Association

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## SAFETY

In archery, there is nothing more important than the safety of those taking part and that of others on and surrounding the archery field. To ensure the safety of everyone concerned there are a few basic rules that must be observed.

- The Field Captain controls the shooting line. The sign to start shooting each end, is a single blast on the whistle. On no account, must anyone cross the shooting line and walk towards the target to withdraw arrows until Field Captain declares it is safe to do so. The signal to indicate that shooting is complete for that end is two. At this point archers, should move forward to collect their arrows from the target. The signal to indicate that shooting has been completed for the round is three blasts of the whistle.
- The word **FAST** is used whenever a dangerous situation arises, for example, should a person pass behind or stand in the target area. Whenever this command is given, the bow must be brought down without losing the arrow. Shooting may recommence when the Field Captain so allows.
- The bow is very much a weapon and extremely dangerous if used in a careless and irresponsible manner.
- Always extract arrows from target by pulling at bottom of shaft and with other hand hold face flat. Make sure there is no one in the way when drawing arrows from target.
- Do not shoot from behind the shooting line.
- Do not draw a wooden bow without an arrow.
- Do not draw and loose the string of any bow without an arrow.
- Only nock an arrow when standing across the shooting line with the arrow pointing towards the target.
- Never draw a bow unless it is pointing towards the target and you are **standing on the shooting line**.
- If you overdraw and the arrow jams in bow..... **keep pulling!**
- When bracing bow check that loops are in the nocks, **keep face away**.
- Never shoot an arrow in the air.
- **Never run**, but walk towards the targets, being aware that arrows do fall short and may well be in your path. These should be picked up first before continuing towards the targets.
- Do not stand behind a person drawing arrows from a target as one may strike you in the face, always stand and draw from the side.



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## BASIC INSTRUCTION FOR BEGINNERS

Ensure you are aware of your club's safety requirements, and observe them at all times.

Try to wear suitable clothing such as close-fitting jumpers or shirts. Be careful with loose fitting tops and items of jewellery such as necklaces as they may be caught in the bowstring.

Anyone not actually shooting must stay behind the waiting line, which is usually five yards behind the shooting line.

Only nock an arrow when standing across the shooting line with the arrow pointing towards the target. Never draw a bow unless it is pointing towards the target and you are **standing on the shooting line**.

Wait for the command from the person controlling shooting before nocking an arrow.

Should you draw a bow back without an arrow nocked never loose it, always come down gently and under control. If the string is released from the full draw position, the result can damage the bow.

When you have finished shooting, retire behind the waiting line with your equipment.

Do not move over the shooting line or walk towards the targets, until all the shooting has been completed and/or the whistle is given to do so.

Never run, but walk towards the targets, being aware that arrows do fall short and may well be in your path. These should be picked up first before continuing towards the targets. Careless action resulting in a broken arrow will result in a rule of etiquette being applied, whereby you must offer the cost of replacement to the archer concerned.

Should anyone or anything appear in front of the shooting line while shooting is in progress, the word 'FAST' will be called, or a series of blasts on the whistle will be given - **in either case stop shooting immediately**. Come down without losing an arrow, even if you are at full draw.

Do not stand behind a person drawing arrows from a target as one may strike you in the face, always stand and draw from the side.



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## ARCHERY FACT SHEET

### Archery

What does the word mean to you? Robin Hood, splitting the willow wand at 100 paces or Victorian ladies indulging in gentle and figure-forming exercise on the vicarage lawn? Well, that's as maybe, but in fact Archery is a modern and many-sided sport with up to 20,000 members in Britain alone and practiced in 62 countries in the world.

### Target Archery

This is what most people think of in connection with Archery and it takes place over a flat field with shooting distances of up to 90 metres (or 100 yards), for men and from 70 metres (or 80 yards), for women in a great variety of "ROUNDS" which is the term used to describe the combination of distances shot in a given competition, with special limited distances for juniors. The target is a paper target face consisting of 5 coloured rings fixed to a round straw or square foam "BOSS". Target Archery is also an Olympic Sport, with a number of UK Archers achieving a variety of medals over the years.

### Field Archery

This discipline is shot in woods and on slopes for preference since it simulates hunting. Distances are often unmarked, so that estimation has to be used. A course consists of targets set to the number of 28 to 32 over rough country.

### Clout Archery

This is similar to Target Archery, but the Archers endeavour to drop the arrows at long range into a target placed on the ground, indicated by a flag, known as a "CLOUT".

Men shoot at a range of 180 yards, with women shooting the shorter distance of 140 yards, with juniors shooting shorter distances dependent on their age.

### Flight Archery

Flight consists of shooting for sheer distance.

### Popinjay Archery

Consists of dislodging by shooting vertically upwards, feathered plugs (which represent birds), from perches on a 90 ft mast or pole, usually indoors and therefore is not often available.



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## Archery Darts & Archery Golf

These are adaptations of the sport of Archery to enable competition with followers of these sports or games. Extra care has to be horn in mind re safety, when taking part in these types of competitions.

## Hunting

Game hunting with bows is practiced in some countries, such as America and Canada, but is EXCLUDED in this country from the sport by the governing body, Archery GB and by the Wildlife & Countryside Act of Parliament. (It's illegal).

## Safety

In spite of the sports origins in military use and in early hunting, Archery is a very safe sport, provided the rules and regulations are followed to the letter.

## The Equipment

The equipment is a far cry from the wooden longbows and feathered wooden shafts of the "Mary Rose" era, though this style is still followed in all of the above disciplines by the "Traditionalist Archer" who shoots the "English Longbow". The bulk of Target Archers use a take-apart bow called a "take-down bow", this has a cast magnesium or carbon fibre centre section or handle, with either fibreglass or carbon fibre laminated recurve limbs. The arrows are made of aluminium, carbon fibre or a mixture of both, with plastic vanes instead of feathers. An increasing number of Archers are turning to the "Compound Bow", originated in America for hunting game, this bow is highly efficient and pulley assisted to enable a longer hold at a reduced poundage for aiming purposes and releasing at a much higher poundage to assist flight speed and penetration.



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## BEGINNERS NOTES ON ARCHERY

### The Bow

A bow has upper and lower limbs and a riser or handle. The nocks are the notches at each end of the bow, which engage the string. On a bow that has the ends of its limbs recurved, i.e. curved away from the archer, there may be additional string grooves longitudinally on the centre of the limb to help keep the bowstring on the curve. The Back of the bow is the side that faces the target, and the Belly that facing the Archer.

The handle/riser is the thick unbending part of the bow on each side of the grip until it fades out into the working, or bending limbs.

On the Recurve and Compound bows the arrow shelf is the horizontal ledge cut across the middle of the bow, over which the arrow travels. The cut-out portion of the Riser, above that is the sight window.

The bow's weight is not the physical weight in hand, but the poundage required to draw it to its full arrow length. Most bows are stamped with the weight of the bow at a given arrow length, e.g. 36 lb. at 28 ins. To estimate the poundage of your bow, subtract or add 2 lb. per inch of your arrow length over or under the bow's specification.

### The Arrow

The arrow comprises of the shaft, the pile, the fletchings and the nock. Most arrows have three fletchings or flights. Two fletchings are generally of one colour, the third, contrasting. This is called the cock or index fletch and is set at a 90-degree angle from the groove in the nock. Thus, when the arrow is placed or nocked onto the bowstring with the cock feather at right angles to it, the bow will not obstruct the fletchings when the arrow is loosed.

### Shooting Tab

This is a leather finger protector covering the middle three fingers. The top finger is placed above the nock of the arrow, and the remaining two under it.

### Arm Guard

This is also known as the bracer, and is a leather shield to protect the bow arm from the bowstring

### Ascham

In 1545, the first book to be written in English was published. This was called Toxophilus, Latin for "A Lover of the Bow". Roger Ascham, the author and archery coach to King Henry the eighth coined the phrase "*If you follow, in **standing, nocking, drawing, holding, loosing**, shall bring you at the last to excellent fair shooting*". This phrase is as true for archers today as it was 450 years ago.



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## Standing

The archer stands astride the shooting line at right angles to the target with his weight equally distributed onto each leg.

The position of the feet should be noted (or marked with foot markers) so that the archer can return to that position.

Feet should be shoulder width apart, be flat and firm on the ground and the knees straight with the body upright but not stiff being well balanced and not swaying.

The head is then turned to the target and having fixed the head position does not move. NB the hips do not turn.

## Nocking

The bow rests, with the arrow rest uppermost, lightly in the bow hand with the wrist turned neither in nor out. The bow is held horizontal and the arrow nocked onto the string at the nocking point with the cock fletch uppermost. When nocked the arrow should only come off the string after giving the string a sharp tap.

The fingers are placed on the string, one above the arrow, two below the arrow with the fingers spread so as not to pinch the arrow. The string should not be beyond the first joint crease.

## Drawing

The bow is drawn by a simultaneous push-pull movement, which extends the bow arm and turns the bow from horizontal to vertical. The string hand comes up under the chin to locate the reference point with the string pulled into the centre of the chin. Teeth should be kept together but not clenched.

The string hand should remain flat to the string throughout the draw. An imaginary draw force line should be created which can be described as a straight line between the elbow of the drawing arm, the nock of the arrow, and the bow hand. This draw force line should be maintained throughout the draw and loose.

## Holding

Holding is not something that should be over done. At the end of the drawing phase the bowstring should be brought back to a repeatable reference point (anchor point) on the face. To ensure that the arrow flies the same each time the string fingers must be in the same position when the arrow is loosed. To ensure this happens the reference point needs to position the hand and string such that the arrow nock is located in all three planes: Height; Right/Left; Draw Length.

Although Roger Ascham called this Holding, it should be a smooth and seamless transition from the draw to the loose. The hold should long enough only to check the reference point and aim.



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## Loosing

Once the reference point is reached and the aim checked the string should be smoothly released. This can be achieved by relaxing fingers on the string hand whilst maintaining the backward pressure. The string will then move the fingers out of the way and push the arrow forward. At the same time, the string fingers should automatically move backwards.

Keep string hand close to neck to ensure string elbow moves back on release, giving a smooth loose.

## Follow Through (An addition to Roger Ascham's phases)

As with all projectile sports (golf, tennis, shooting etc.) follow through is essential.

The body and head positions should be maintained throughout the follow through, along with the bow hand. Do not allow the bow hand to drop until the arrow hit the target.

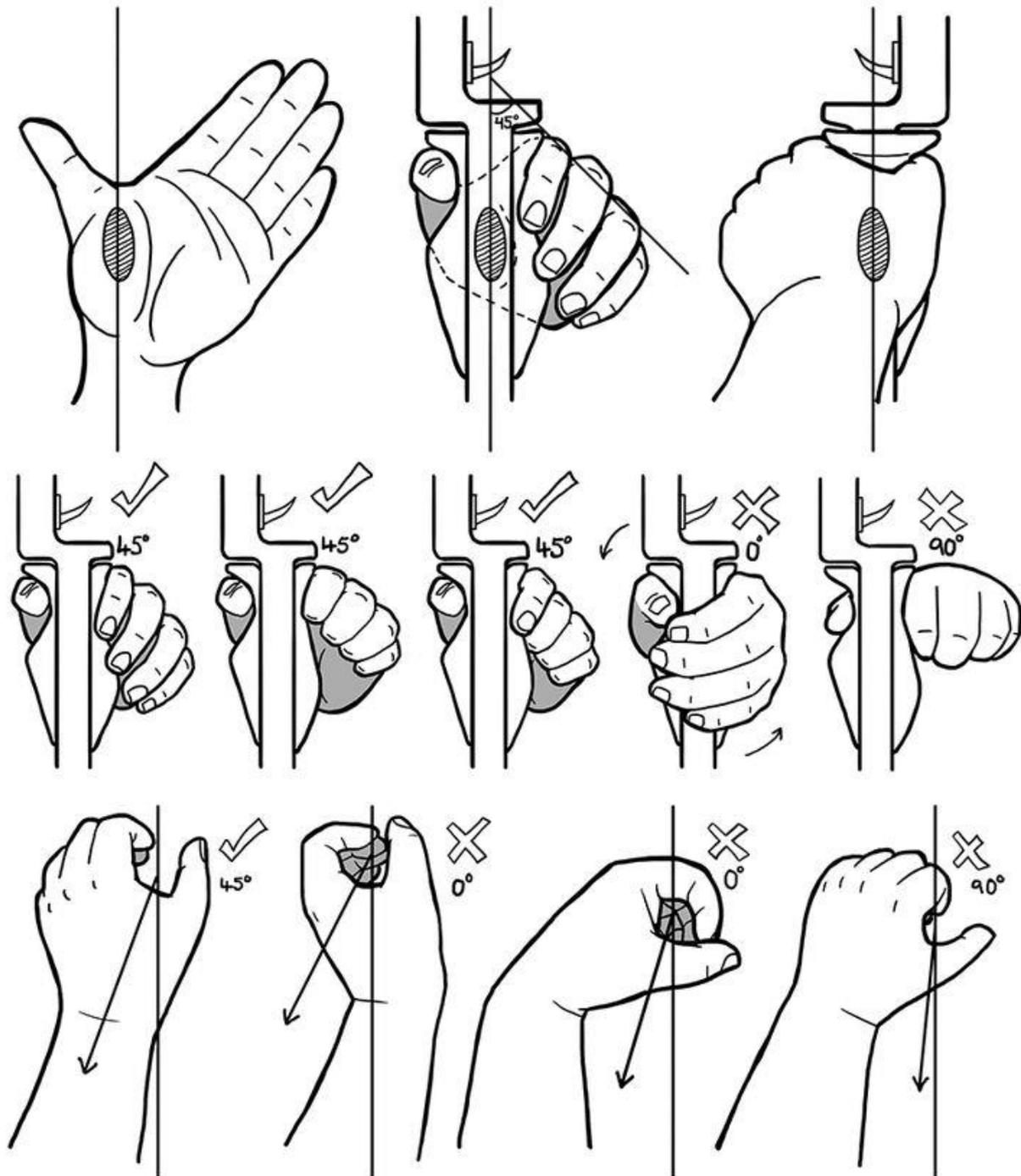
The drawing hand and arm should, if the drawing pressure has been maintained at the point of loose, automatically move backwards, away from the string.

*A forward loose must be avoided. This is where the string fingers move forward during the loosing phase.*

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## Grip



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## THE COMPONENTS OF SHOOTING

### Environment

Environmental conditions are comprised of three components:

Climatic.  
Physical.  
Social.

All of these components call for an adaptational response. Additionally, the climatic and physical components call for material or equipment.

### Equipment

The equipment should be:

1. Capable of performing the task demanded of it.
2. Within the ability of the archer to use.
3. Matched or adapted to the archer in such a way as to allow him/her to make best use of it.

### Technique

The technique should be:

1. As uncomplicated as possible.
2. Adapted as closely as possible to the normal responses of the archer's body.
3. Developed as a single learned automatic response.

### Archer

The archer has to deal with the organisation and practice of solutions to the environmental, equipment and technique problems. He/She therefore needs to be:

1. Able.
2. Disciplined.
3. Motivated



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## SUMMARY

- Any bow, with a number of arrows, at any given range from the target have a certain maximum performance limit in terms of their group size. This can be realised if they are shot from a shooting machine.
- If an archer could equal the consistency of performance of the shooting machine he/she could achieve this performance.
- No archer has ever equalled this consistency. All archers introduce variability into their performance.
- Different types of equipment and different environmental conditions introduce their own variability but produce most of their effects through the archer.
- The essential component of good shooting is therefore **CONTROL**.
- The objective of coaching and training is to achieve the closest possible level of control in the archer's performance.
- The objective of basic instruction should be to make the exercise of control as easy as possible.
- Shooting is a **MOTOR SKILL**. The acquisition of a motor skill requires that the individual is able to perform the task, learn the essential elements of the task and practice these to a level at which their exercise becomes completely automatic.
  - The complexity of the exercise of a motor skill can never be subject to a full and conscious step by step analysis. The skill can be commenced and ceased consciously. It can also be altered consciously and when this happens the skill is interfered with.
  - Motor skill performance is responsive to the state of the performer and is influenced by fatigue, hunger, thirst, pain, illness, injury and emotion. The greater the degree of practice the less these states will interfere, but their effects can never be totally eliminated.
  - When the component parts of the motor skill are such that simplicity and economy of effort are greatest then interference is reduced to a minimum.
- If an archer repeats the complete sequence of movements leading up to and including loosing in an identical way for each arrow, he/she Will shoot to a consistency limited only by the restrictions imposed by his/her ability, technique, equipment and the environmental conditions prevailing at the time.

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## WARMING UP

### Some Simple Examples

Do not in terms of speed, effort, number or duration, tire yourself or induce heavy perspiration. Each exercise should last no longer than a few minutes - ten repetitions being enough. Warming up should be planned to finish just before shooting commences.



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Naturally warming up will be to no avail if equipment, technique, personal fitness and other factors, best spotted by a good instructor or coach, are detrimental to further progress.

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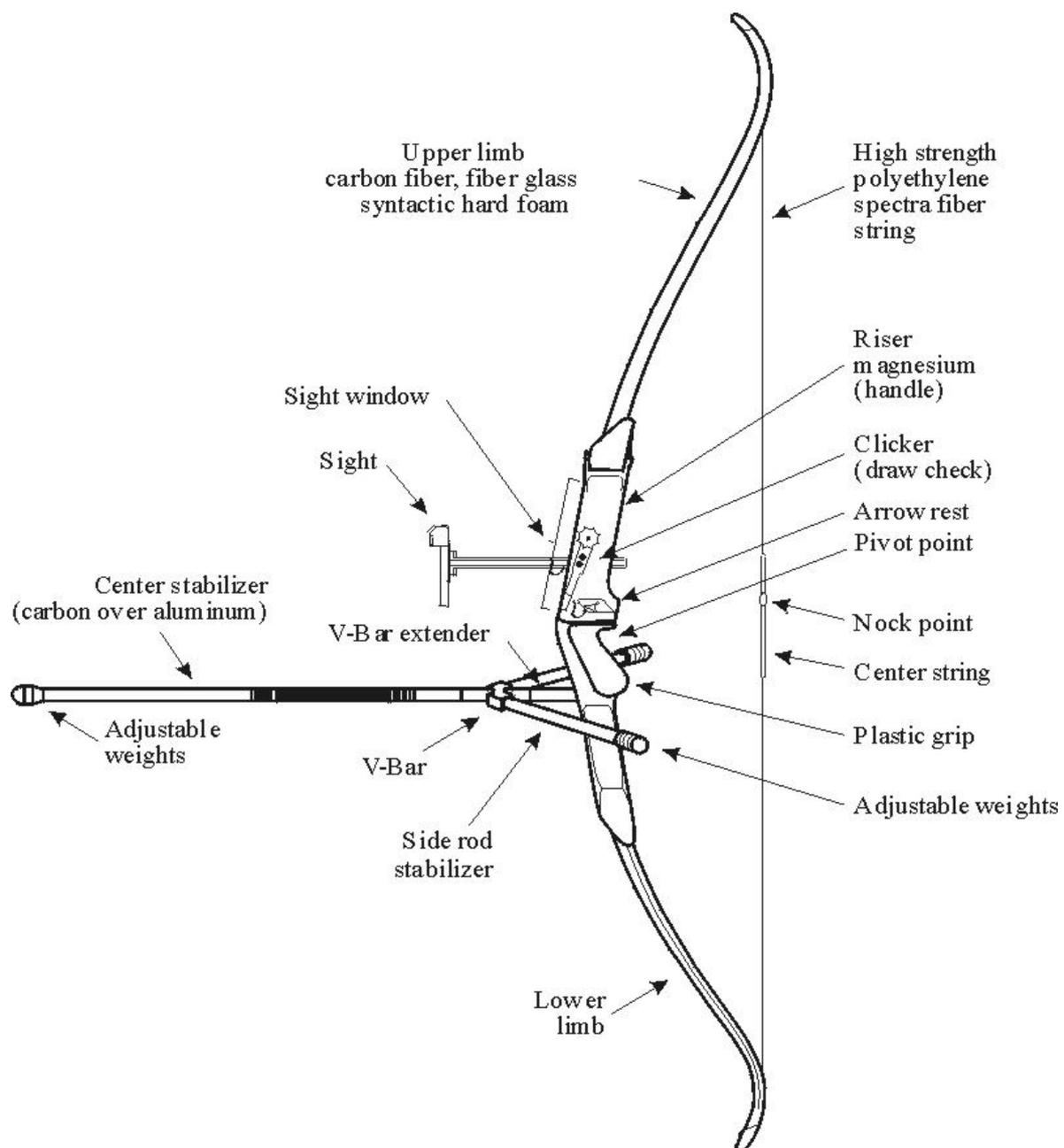
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## BOW TYPES

Within target archery in the UK, there are 3 main bow types Recurve, Compound and Longbow

### Recurve

Currently the most popular is the Recurve, Take-down or Olympic bow. This bow consists of; a centre section called the riser which is usually 23-25" long and made from metal, wood or in some cases carbon fibre; 2 limbs which have an inbuilt curve away from the archer at the tips (hence the name Recurve). These are made from composite materials and vary in type but are usually based on layers of fibreglass or carbon fibre; and of course, a string.





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The limbs are attached to the riser, and a string is then attached to both of the limb tips, in grooves called nocks. As the string is shorter than the overall bow length, the limbs are bent back towards the archer under stress and ready to shoot.

As the archer draws the string back, it becomes increasingly difficult and that stored energy which is more commonly referred to as poundage is transmitted to the arrow on release of the string.

Most of the bows used today have machined risers, carbon limbs, extension sights and efficient stabilisers.

- Recurve bows range in length from 1220mm (48 inches) to 1780mm (72 inches).
- Most target bows will average about 1675mm (66 inches) in length.
- As a rough guide to choose the length of a bow to suit you, a person with a draw length of less than 710mm (28 inches) could use a bow between 1575mm-1675mm (62 - 66 inches) and a person with a draw length of more than 710mm (28 inches) could use a bow between 1575mm-1780mm (66-70 inches).
- The draw weight of the bow is usually written on the belly of the lower limb.
- The weight is noted in pounds (lbs), usually at a draw length of 710mm (28 inches), e.g. #20 @ 28 which means at a full draw of 28 inches the force required to hold the bowstring at this length will be 20 pounds (approx. 9 kilograms).
- Bows for beginners should have a draw weight between 15-20 lbs. for the kids and between 20-25 lbs. for the adults.
- Most basic recurve bows are made from laminated timber usually with a clear finish on the riser and the limbs having a layer of fibreglass applied each side for strength.
- The bow above is an example of a "Take-Down Recurve" which has a pocket at the top and bottom of the riser for the limbs to bolt into.
- This type of bow can be dismantled for ease of transport.

## Compound

Increasingly popular is the Compound bow. This type of bow is much shorter than a recurve bow and is more 'technical'.

As with the Recurve the bow is made up of a riser and 2 limbs, in the case of the Compound the limbs are (usually) permanently attached. In addition, 'wheels' (cams), 2 cables and 1 string are attached to the ends of the limbs.

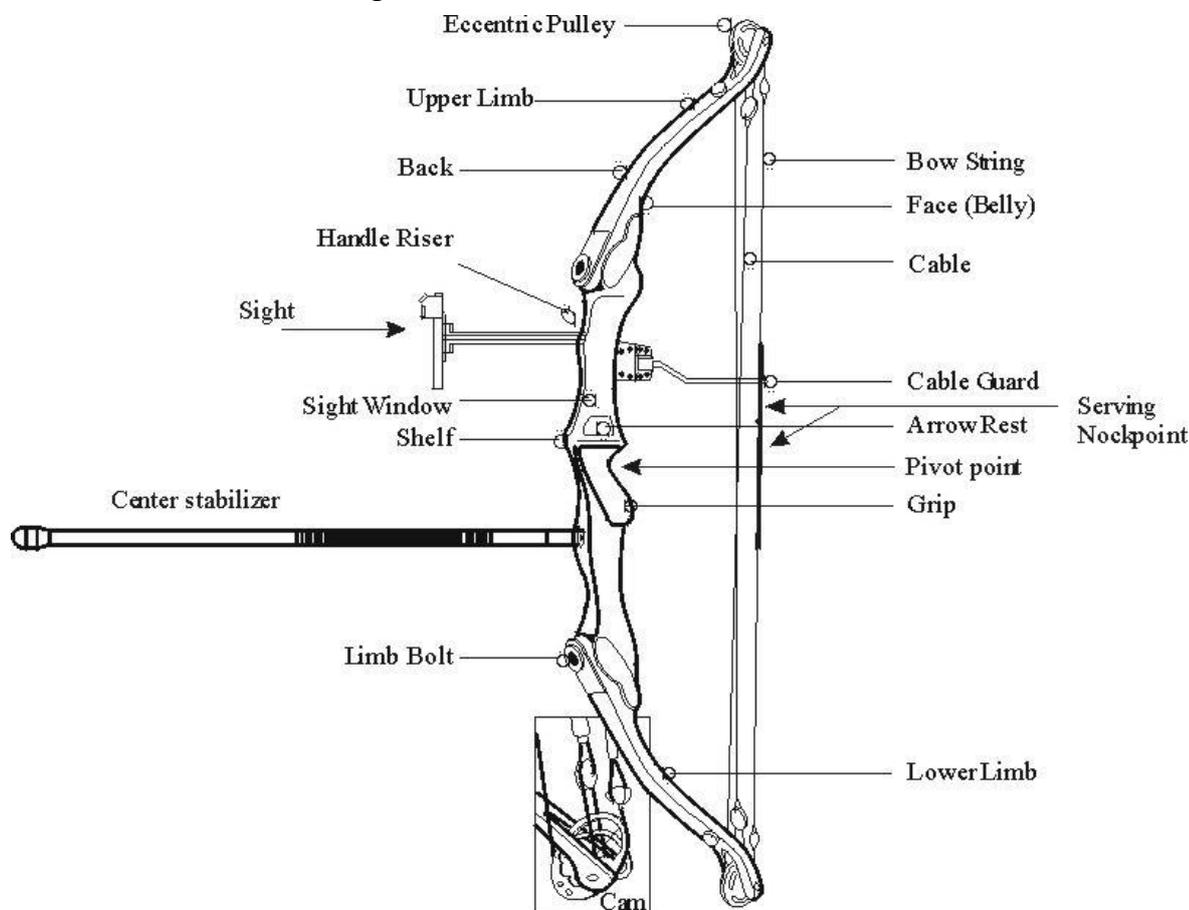
This type of bow has the mechanical advantage of a system of pulleys. With the use of the cams and cables up to 65% of the weight can be held by the bow and not the archer. Half way through the draw the peak weight will be reached, and in the second part of the draw the weight will dissipate to approx 35%. This means a 45lb bow will have a holding weight of around 15lb.

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These types of bows are normally shot with a mechanical release aid and are thought to be more accurate than a recurve bow. However, in competition the Compound archer shoots against only other Compound archers

As with the Recurve bow sights and stabilisers used.



Within the rules for Compound shooting magnification can be used within the sight, and peep sight can also be fitted to the string giving a rear aperture for the archer to better align the bow.

## Longbow

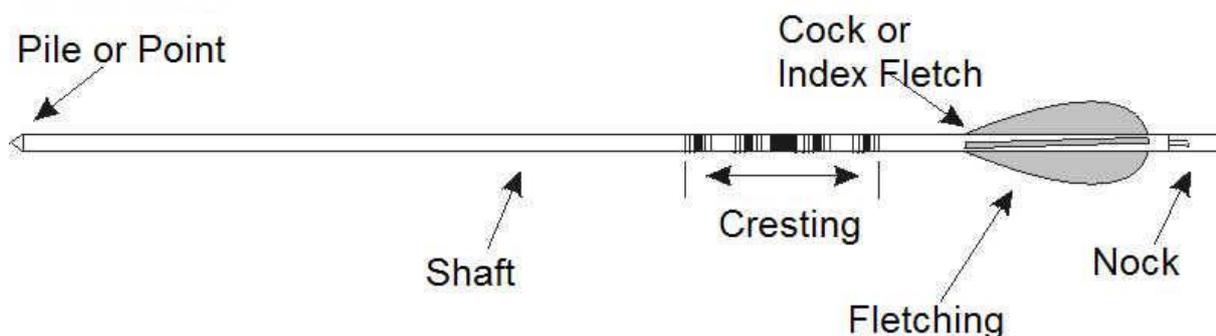
Probably the most famous type of bow, its design and manufacture has changed little for hundreds of years, since the days of the great battles of Crécy (1346) and Agincourt (1415).

The best longbows are arguably made from yew; however, many modern longbows are laminated from various types of wood including, Lemonwood, Hickory and yew.

Unlike the strings of manmade fibres used on the recurve and Compound bows the traditional longbow has a string of hemp.

While the bow has a handgrip, it has neither sight nor arrow rest. The single sighting device allowed for Longbows is usually a mark on the upper limb of the bow (more often than not an elastic band or 'O' ring).

## ARROWS



## Materials

**Glass fibre:** Heavy shafts only used for training.

**Wooden:** Mainly used for traditional archery and shot form Longbows.

**Aluminium:** The most popular arrow choice for indoor shooting and novice archers. The arrow is formed from an extruded aluminium tube. Typically, heavier than carbon shafts since the strength comes entirely from the thickness of the material. Aluminium shafts sizes are usually defined by a four-digit number the first two digits represents the diameter of the shaft in 64ths of an inch. The second two digits represent the thickness of the material in thousands of an inch. e.g. 2013 which means the arrow is 20/64th inch (7.94mm) diameter and has a 13/1000th inch (0.33mm) thick wall Aluminium arrows will bend, but it is possible to straighten them. They are typically half as expensive as carbon arrows.

**Carbon:** Although there are “pure carbon” arrows available, arguably the most popular arrows of choice (Easton ACC/ACE) are formed from a combination of aluminium and carbon. This mixture provides the benefits of lightness with strength. The arrows have an inner aluminium core and an outer wrap of carbon fibre.

The ACE and X10 shafts are sized by their “spine”, so an ACE 720 has a spine of 720 thousandths of an inch at 29 inches. This refers to the amount the shaft will bend when suspended between two points, 29 inches apart and a 2lb weight is hung from the middle centre.

In the case of ACEs (and, more recently X10s), these arrows are also “barrelled”, i.e. they have a larger diameter at the centre than at the ends. This has 3 distinct advantages:

- It is lighter than the equivalent parallel shaft
- It has a higher frequency of oscillation making it more efficient.
- It has a lower surface area and therefore performs better in windy conditions

Barrelled shafts have the disadvantage that cutting one to length is only for the advanced archer.

Carbon arrows, being lighter, are typically much faster out of the bow and therefore care must be taken to ensure that the bow is capable of shooting such a light arrow.



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Owners of older wooden limbs and some early metal risers should check with the manufacturers before using carbon arrows or some of the more modern string materials, such as Fast-flight.

Carbon arrows have a tendency to shatter rather than bend, therefore hitting anything but the boss can be an expensive habit. Beginners are therefore encouraged to shoot aluminium arrows until they are confident of their abilities.

## Choosing the correct length

To determine the correct length for you, draw the bow to a comfortable full-draw position and have someone mark the arrow approximately 1" beyond the button position. (beginners may want to add 1-1.5" to this in order to permit some development in muscles and technique). With modern lightweight arrows, there is no harm in shooting a slightly longer arrow.

## Choosing the right arrow

The arrow will bend when shot – this is unavoidable, therefore the correct arrow "spine" must be selected to ensure that the arrow neither bends too much (whippy), nor too little (stiff).

The spine of the arrow can be matched to the bow with some confidence with two pieces of information:

- The arrow length (note this is nothing to do with your draw length)
- The weight of the bow at your draw length – best to measure this with a bow scale.

A longer arrow will act "whippier" than a short arrow of the same shaft diameter and thickness. A heavier bow will also cause the arrow to act "whippier" than a lighter bow.

Given these two pieces of information, the preferred shaft size can be looked up in any of the many shaft selector charts which are available from the manufacturers and distributors.

## Points

Points (also referred to as 'Piles' or 'Nibs'), come in many different weights, depending on the wishes of the archer. It is best to start with the recommended point weight. Weight can be added/removed for micro-tuning (for the advanced archer only).

Points are simple to fit to aluminium arrows. They are stuck in using hot-melt glue, which is supplied, in solid sticks. Heating the glue causes it to melt, and it solidifies when cool. The best approach is to heat the shaft of the point gently until hot enough to melt the glue. Apply the glue to the shaft of the point, then push firmly into the arrow shaft, twisting it to spread the glue. If the glue sets too quickly, simply apply more heat to the point to re-melt the glue.

**CAUTION:** Carbon does not like heat, and therefore great care is required when fitting points to carbon arrows.

Only use sufficient heat to melt the glue, no more. And do not apply direct heat to the carbon shaft. To remove points, carefully apply heat to the point and arrow shaft, just enough to melt the glue, then use pliers to pull the point out.



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## Fletchings or Vanes

Fletches or vanes are the steering mechanism of the arrow. Indoors, archers typically use the largest vane. This has the advantage of ensuring that the arrow straightens up very quickly – important for the short distances shot indoors. Outdoors, the large fletchings have the effect of slowing the arrow down too much, and therefore a small vane is the vane of choice. Spinwing™ vanes impart a spinning motion to the arrow which provides greater stability, and a typical outdoor setup would be ACE arrows fitted with 1 3/4" spinwings.

Fletches are typically made from soft plastic in various shapes and sizes as shown. Feather fletches can be used, but are not as durable as the plastic fletches, and perform poorly when wet. Some archers use large feathers when shooting indoors and most Longbow archers use Feathers on wooden shafts. Studies by Easton have shown that feathers not only start the arrow spinning earlier, but also provide better grouping.

Usually three fletches are glued to the arrow shaft near the rear of the arrow. They are sometimes angled to make the arrow spin as it flies, to give a more stable, straighter flight. The orientation of fletches in relation to the nock must suit the type of arrow rest used.

## Nocks

Nocks are made from rigid plastic and are glued to the rear of the aluminium or wooden arrow. For carbon arrows, the nock is typically a push fit. Nocks come in different sizes to suit the range of diameters of arrows. The nocks are shaped so that they will clip onto the bowstring and hold the arrow in place.

To attach nocks to aluminium arrows, apply a small amount of 'Fletch-Tite' to the rear of the shaft, place the nock onto the shaft and then twist to evenly spread the glue. Take care to align the nock with the cock fletch, then wipe off any excess glue. Allow the glue to set. To remove a nock, immersion in hot water is usually enough to melt the glue and allow the nock to be twisted off. If a nock has been widened by rear-impact and is otherwise OK, heating in hot water for 10 seconds is usually enough to soften the nock so that it can be pinched back into shape.

NEVER try to shoot an arrow with a damaged nock... the nock might not be the only thing which ends up damaged!

## Maintenance

Always check shafts and fletchings for damage. The arrow can be checked for straightness by holding the shaft vertically, the point in the palm of the hand and spinning the shaft with the thumb and second finger. This takes a bit of practice, but is an excellent guide to straightness. Carbon shafts should be checked to ensure that there are no splits or cracks in the carbon fibre. These can be difficult to see but become more obvious when the shaft is flexed. Fletchings should be undamaged and should have no folds or creases.





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Each arrow score entered individually in decending order

Running Total

Name <i>Archers Name</i>							Club <i>Archers Club</i>													
							1/2								1/2	H	S	RT	G	X
9	9	7	5	5	3	38	9	7	7	5	3	1	32	12	70	70	3	1		
7	7	5	3	1	M															
Misses recorded as M							Half dozen score							Total hits for dozen		Total score for dozen		Total golds for dozen		
<b>80 Yds/Mtrs</b>							<b>Distance Totals</b>													
<b>Yds/Mtrs</b>							<b>Distance</b>													
<b>Totals</b>																				
<b>Yds/Mtrs</b>							<b>Distance</b>													
<b>Totals</b>																				
<b>Grand Totals</b>																				
<b>Archer</b>							<b>Target Captain</b>													
<i>Archers Signiture</i>							<i>Scorer's Signiture</i>													



# Anchor Bowmen Archery Club

Affiliated to Archery GB, East Midlands Archery Society, and Derbyshire County Archery Association

## BEGINNERS GUIDE TO YOUR FIRST COMPETITION

Your first competition can be a daunting affair, but with a basic understanding of what to expect, it can be an extremely enjoyable day.

This list is to give you a good idea of what to know and do about the day:

1. Preparation before the shoot - the night before make sure all your equipment is ready. Make sure you have at least eight arrows fully fletched and in good condition, that your bracer, tab, quiver, chest guard and black pen are in your bow case and that your string (including spare) is served with no loose threads and is waxed. Plenty of liquid (i.e. water) is important and slow release energy food is a good idea as the day can be long and tiring.
2. Most competitions and all Record Status shoots require you to wear clothing that conforms to Archery GB rule 307, which briefly states that you are required to wear plain dark green or white. Alternatively, there is no objection to wearing dark green and white garments together, or you may wear registered club colours (talk to your club secretary). Clothing should not exhibit commercial advertising or additional colours except for your club logo. Please read the appropriate section in your rules of shooting. You may be asked to withdraw and not be allowed to shoot if the Judge and the Tournament Organiser regard your clothing to be unsuitable. If inclement weather is declared, then any wet weather attire may be worn.
3. Arrive in good time - at least 3/4 hour before the designated start time. All competitions start promptly and if you are late you will not have time to register, set up and compose yourself. Introduce yourself to your fellow archers on your target.
4. Most targets will comprise of four archers and the order of shooting will be determined by the order of the names on the score sheet i.e. A, B, C or D. A and B will shoot as the first detail and B and C as the second detail. At the start of the second end of the dozen, the order will reverse with C and D shooting first. This procedure continues to the end of the match. If you are unsure two points may help (a) A and B always start the dozen and (b) ask if you are unsure, fellow archers will always be glad to advise.
5. Normal practice is for the 3rd archer (C) to score (this will allow him time to total the score at the end of the dozen). However, Record Status competitions require duplicate scoring and the second scorer will be by common consent. The remaining archers will draw the arrows.
6. It is courteous to wait for your fellow archer on the shooting line whilst he finishes shooting an arrow, so as not to distract him as you leave and when you are not shooting you must wait behind the shooting line



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7. When approaching the target to score your arrows, the target captain (scorer) will call your name and you will reply by calling out your score whilst pointing at your arrows (not touching them) in groups of three e.g. 9,7,6 then 6,4,4, clearly whilst the target captain repeats your score in a similar manner. If a mistake in recording arrow values is made, do NOT touch or pull any arrows. The scorer will then call the judge to correct the mistake. The judge will ask the archer to recall the score, and then he will amend and sign the score sheet in red ink.
8. In the case of an arrow touching the line between zones the archer calls the higher number. If in doubt the opinion of his fellow archers should be sought and if that cannot resolve the call, then the judge should be called. His decision is final. Again, no arrows should be pulled or touched until the matter is settled.
9. At no time, should an archer go behind the target to retrieve his arrows until all the scoring is completed.
10. If you have been called on to score, you will add up each end of six arrows (compare the result with your fellow scorer when appropriate) and combine both ends to give the total for the dozen. Mistakes in addition are the responsibility of the scorer and the archer to resolve and do not involve the judge or the Tournament Organiser. You will also need to total the number of hits and golds for each end and maintain the running total for each archer on your target.
11. Rounds are subject to timing rules and judges control the time you are allowed to take to shoot your arrows. Find out how long you have, then watch and be guided by other archers. Do not be put off from taking part as you would have to be a very slow shooting archer to be affected.
12. At the end of the competition, it is customary to thank your fellow archers for scoring/pulling arrows and their companionship during the match.
13. While this guide is intended to help prepare you for your first shoot, more detailed information is contained in the Archery GB Rules of Shooting. Remember that most, if not all of your fellow archers will be, glad to advise and guide you through your first competition - do not be afraid to ask for help.



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## COMPETITION ROUNDS

### Target Archery

Archery competitions consist of shooting fixed numbers of arrows at set distances. These are called Rounds. There are a number of rounds, which are recognised by Archery GB and the Federation Internationale De Tir A Larc (FITA) who are the UK and International governing bodies for the sport of Archery.

The following tables outline the course of shooting for the majority of Rounds shot in the UK. They indicate the number of arrows, in dozens, which are shot at each distance and target face.

### Indoor Rounds

#### 10 Zone Scoring

<b>FITA 18m</b>	5 doz. at 18m - 40cm face
<b>FITA 25m</b>	5 doz. at 25m - 60cm face
<b>Combined FITA</b>	5 doz. at 25m - 60cm face & 5 doz. at 18m - 40cm face
<b>Bray I</b>	21, doz. at 18m - 40cm face
<b>Bray II</b>	212 doz. at 25m - 60cm face
<b>Portsmouth</b>	5 doz. at 20yd - 60cm face
<b>Stafford</b>	6 doz. at 30m - 80cm face

### Indoor Rounds

#### Special

<b>Worcester</b>	5 doz. at 20yd - 40.64cm (1 6in) special face scoring 5,4,3,2,1 outwards from centre white
<b>Vegas</b>	5 doz. at 18m - special face scoring 10, 9,8,7,6 outwards from inner gold



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## Outdoor Rounds

Doz Arrows at Each Distance	Archery GB Rounds (5 Zone Scoring)										Metric Rounds (10 Zone Scoring)													
	122cm Face										122cm Face					80 cm Face								
	100 Yards	80 Yards	60 Yards	50 Yards	40 Yards	30 Yards	20 Yards	15 Yards	10 Yards		90 Metres	70 Metres	60 Metres	50 Metres	40 Metres	30 Metres	20 Metres	15 Metres	50 Metres	40 Metres	30 Metres	20 Metres	10 Metres	5 Metres
York	6	4	2																					
Hereford		6	4	2																				
Bristol 1		6	4	2																				
Bristol 11			6	4	2																			
Bristol III				6	4	2																		
Bristol W					6	4	2																	
Bristol V							6	4	2															
St George	3	3	3																					
Albion		3	3	3																				
Windsor			3	3	3																			
Short Windsor				3	3	3																		
Junior Windsor					3	3	3																	
New Western	4	4																						
Long Western		4	4																					
Western			4	4																				
Short Western				4	4																			
Junior Western					4	4																		
Short Junior Western						4	4																	
American				2½	2½																			
St. Nicholas					4	3																		
New National	4	2																						
Long National		4	2																					
National			4	2																				
Short National				4	2																			
Junior National					4	2																		
Short Junior National						4	2																	
New Warwick	2	2																						
Long Warwick		2	2																					
Warwick			2	2																				
Short Warwick				2	2																			
Junior Warwick					2	2																		
Short Junior Warwick						2	2																	
FITA (Gentlemen)										3	3							3		3				
FITA (Ladies)											3	3						3		3				
Metric 1											3	3						3		3				
Metric II												3	3						3		3			
Metric III													3	3						3		3		
Metric IV														3	3						3		3	
Metric V																3	3					3		3
Long Metric (Gentlemen)										3	3													
Long Metric (Ladies)											3	3												
Short Metric																		3		3				
Long Metric I											3	3												
Long Metric II												3	3											
Long Metric III													3	3										
Long Metric IV														3	3									
Long Metric V																3	3							
Short Metric I																		3		3				
Short Metric II																			3		3			
Short Metric III																				3		3		
Short Metric IV																					3		3	
Short Metric V																						3		3
Half FITA (Gentlemen)										1½	1½							1½		1½				
Half FITA (Ladies)											1½	1½						1½		1½				
Half Metric 1											1½	1½						1½		1½				
Half Metric 11												1½	1½						1½		1½			
Half Metric III													1½	1½						1½		1½		
Half Metric IV														1½	1½						1½		1½	
Half Metric V																1½	1½					1½		1½
FITA Standard													3		3									



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## DICTIONARY OF ARCHERY TERMS

<b>Anchor Point</b>	Consistent position of drawing hand when the bow is at full draw
<b>Arbalist</b>	An archer who shoots crossbow
<b>Arrow Plate</b>	Protection, just above the bow handle, where the arrow passes
<b>Arrow Shelf</b>	Flat horizontal area cut into the bow just above the bow handle
<b>Archers Paradox</b>	During release, the string must move “around” the fingers. This causes the string to impart a sideways force to the arrow and the arrow bends towards the bow. The arrow then returns to straight and begins to bend away from the bow – this continues all the way to the target. This is called the archer’s paradox
<b>Ascham</b>	A tall narrow cupboard for bows and arrows. named after Roger Ascham
<b>Ascham, Roger</b>	Tutor/Coach to the Royal Family and Author of Toxophilus 1544
<b>Back of the Bow</b>	Face of the bow on the opposite side to the string
<b>Barebow</b>	Class of shooting where sights are not permitted
<b>Belly of the bow</b>	Face of the bow on the same side as the string
<b>Best Gold</b>	Award given to the archer in a competition whose arrow is nearest the centre of the gold.
<b>Blunt</b>	Flat headed pile used in popinjay shooting
<b>Boss</b>	Name for the target
<b>Bouncer</b>	An arrow that hits the target and rebounds from it
<b>Bow Arm</b>	The arm attached to the bow hand
<b>Bow Hand</b>	The hand in which the bow is held
<b>Bowman</b>	Third highest classification of Archery GB
<b>Bow Sling</b>	Strap which stops the bow jumping from the hand on release
<b>Bow Window</b>	Cut out in the riser above the handle, allows the arrow to rest centre shot
<b>Bracer</b>	Shield, known as an arm guard, protects the forearm of the bow arm
<b>Bracing Height</b>	Distance between the string and a specified point on the bow (usually the throat of the handle)
<b>Butt</b>	Target or Boss, original a mound of earth to shoot at
<b>Button</b>	Adjustable spring-loaded contact for the arrow above the rest
<b>Cast</b>	The efficiency and power of the bow which is passed into the arrow
<b>Centre Shot</b>	The position of the arrow when it is on the arrow rest and perpendicular to the string and the centre line of the bow
<b>Clicker</b>	An audible indicator fixed to the bow to assist with a consistent arrow draw length
<b>Clout Shooting</b>	Competition where archers shoot at a flag (Clout) on the ground, up



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	to 180 yards
<b>Cock Feather</b>	The fletching fixed on the arrow at right angles to the nock slot
<b>Composite Bow</b>	A bow with limbs laminated from several materials
<b>Compound Bow</b>	A bow with eccentric wheels/cams on the ends of the limbs for cables
<b>Creeping</b>	Allowing the arrow to move forward from full draw prior to loose
<b>Dominant Eye</b>	The stronger eye, usually the aiming eye
<b>Draw</b>	To pull or draw the bow string
<b>Draw Force Line</b>	A straight line from the bow hand pressure point (on the bow), through the fingers, forearm and elbow of the drawing arm
<b>Draw Length</b>	The length of arrow draw by an individual archer
<b>Draw Reference Point</b>	The position of the hand and string relative to the face at full draw. (see Anchor Point)
<b>Draw Weight</b>	The force required to pull a bow to full draw length, measured in pounds
<b>End</b>	Number of arrows shot before scoring and retrieving, usually 3 or 6
<b>Fast</b>	Warning shout to stop shooting in an emergency
<b>Field Captain</b>	Person controlling the shooting
<b>F.I.T.A.</b>	Federation Internationale de Tir a l'Arc, Archery's international governing body. The name is also used for a number of specific shooting Rounds
<b>FITA Star</b>	A tournament where archers can gain awards (stars) for specified scores
<b>Fletching</b>	The flights fixed to the arrow, usually made from feather or from various types of plastic
<b>Fletching Jig</b>	A device used to position fletchings on arrows in the correct positions
<b>Flight Shooting</b>	Shooting for the longest distance
<b>Follow Through</b>	The movement which take place in the archer and equipment immediately following the loose
<b>Foot Markers</b>	Small discs used to mark archers foot positions on the shooting line
<b>Freestyle</b>	Recurve bow, using sight/draw length check/button and stabilisers
<b>GMB</b>	Grand Master Bowman, the highest Archery GB classification
<b>GNAM</b>	Grand National Archery Meeting, premier tournament since 1844
<b>G.N.A.S.</b>	Grand National Archery Society, Archery's national governing body, now replaced by Archery GB.
<b>Gonfalon</b>	Banner of a club, county or group of archers
<b>Grip</b>	The part of the bow held in the bow hand
<b>Group</b>	The area covered by an archer's arrows in the target face.
<b>Grouping</b>	Having arrows land within an area of the target face.
<b>Hanger</b>	Arrow that does not penetrate the boss, but hangs down the face of



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	the target
<b>Heeling</b>	The practice of applying bow hand pressure low on the bow grip
<b>Kisser</b>	A small disc or device fitted to the string and drawn to the lips as a draw length check
<b>Lady Paramount</b>	Traditionally appointed to preside at tournaments and to present awards
<b>Loose</b>	The action of releasing the bow string when shooting
<b>MB</b>	Master Bowman, second highest Archery GB Classification
<b>Mono Filament</b>	Single strand or thread, normally used for serving on bow strings
<b>Nock (1)</b>	The slot on the fletched end of the arrow used to position the arrow on the bow string
<b>Nock (2)</b>	The grooves at the end of the bow limbs into which the string sits
<b>Nocking Point</b>	The place on the bow string where the arrow is placed
<b>Over Bowed</b>	Term used to indicate the bow weight is too great for the archer
<b>Overdraw</b>	To draw the pile of the arrow beyond the arrow rest
<b>Petticoat</b>	The outer edge of the target for which there is no score
<b>Pile</b>	The metal point of an arrow
<b>Pinching</b>	Gripping the nock of the arrow between the fingers
<b>Pin-Hole</b>	The exact centre of the target face, usually marked with a cross
<b>Popinjay</b>	Shooting at artificial birds on perches on top of a 90 ft mast
<b>Pressure Button</b>	See Button
<b>Release Aid</b>	Device used with a compound bow acting as a trigger to release the string
<b>Riser</b>	Rigid centre section of a bow to which the limbs are attached
<b>Round</b>	Formal standard number of arrows shot at one or more distances in competitions
<b>Serving</b>	Thread wound around the bow string at nocking point, end the loops
<b>Serving Tool</b>	Device used to apply serving to the bow string
<b>Shooting Line</b>	The line which archers stand astride whilst shooting
<b>Sighters</b>	Arrows allowed at the start of a shoot to enable sight adjustments
<b>Spin Wings</b>	A curved type of plastic fletching
<b>Spine</b>	The measure of an arrow's flexibility
<b>Stabilisers</b>	Rods and weights fitted to a bow to reduce bow movement
<b>Stacking</b>	Steep increase in bow draw weight at or near the end of the draw
<b>Tackle</b>	Collective word used to describe an archer's equipment
<b>Take Down</b>	A type of bow which has removable limbs
<b>Target Captain</b>	Person in charge of archers on a target, especially when scoring



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<b>Target Face</b>	Paper or fabric coloured target with scoring areas, fixed to the front of a boss
<b>Target Stand</b>	The support for the boss or target
<b>T.F.C.</b>	Torque Flight Compensators, flexible couplings for stabilisers
<b>Tiller (1)</b>	Bowyers process to balance forces applied to limbs when the bow is strung
<b>Tiller (2)</b>	The difference in the measurements between the sting and the limbs just above and just below the riser
<b>Torque</b>	A turning force applied to the bow at full draw
<b>Trajectory</b>	The flight path of an arrow
<b>Under Bowed</b>	Term used to indicate the bow weight is too light for the archer
<b>Unit Aiming</b>	Maintaining the relative position of the arms, head and shoulders by aiming using movements at the waist
<b>Vane</b>	Another name for plastic flechings
<b>Waiting Line</b>	A line behind (usually 5m) the shooting line where archers wait to shoot and retire behind after shooting an end
<b>Wax</b>	Used to seal a bow string and bind the strands together
<b>Worst White</b>	Award given to the archer whose arrow hits the outermost scoring area of the target