



**The  
South African  
National Archery  
Association  
Give it a Go Handbook**

# INTRODUCTION



The South African National Archery Association (SANAA) is the national governing body for Target Archery in South Africa.

Run by the Executive Committee which is elected by the Provincial Archery Associations, SANAA offers various coaching and development programmes delivered through the Provincial Associations and their affiliated clubs.

These programmes provide a pathway for archers to develop their skills and knowledge and to progress through the sport from beginners to intermediaries, club, provincial and national levels. It aims to advance archers ultimately to high performance international athletes, competing in events such as the World Championships, Archery World Cup, Commonwealth Games, Para-Archery and the Olympic Games.

The “Give-it-a-Go” programme is the first step in SANAA’s pathway programme. It offers an insight to the sport and is a prelude to the Feathers and Arrows programme which provides athletes the opportunity to advance from the basics to high performance archery.

“Give-it-a-Go” programmes can be run in as short as a few hours through to a few weeks and caters for people from all walks of life, any age, gender or disability.

This handbook is intended as a reference guide for those interested in starting the sport and falls within the framework of the SANAA National Coaching Policy.



## SAFETY

Archery is a fun sport but one must not forget it can also be a dangerous sport. By following basic guidelines you are more prepared to enjoy safe shooting.

Before using archery equipment, examine it for cracks, frayed strings or dirt. Any of these defects signal that the equipment is unsafe to use. When carrying or using archery equipment, never point an arrow at another person. Always keep arrows pointing down-range or toward the ground.

Always shoot arrows at the target and never aim at anything other than the target.

Arrows must be carefully inspected before each shot to see that they have not been damaged. Damaged nocks may result in the arrow leaving the bow unpredictably or result in a misdirected arrow. So always inspect arrows prior to shooting them.

Only when everyone has finished shooting should the signal be given to move forward to collect the arrows. One person at a time should withdraw their arrows from the target. When withdrawing arrows from the target, make sure no-one is standing in front of the target or in the way of the arrows being withdrawn.

Never pull back and release a bow string without an arrow attached. This could damage the bow or injure the archer. In addition, a bow should not be loaded with an arrow unless standing on the "Shooting Line" and the signal to start shooting has been given.

All competitors must wait for the command to shoot and to retrieve arrows.



SANAA and its Clubs take pride in their safe conduct of tournaments and club activities. Rules and procedures have been developed for the safe conduct of archery. This has assured archery an injury-free and accident-free record since its introduction as a public sport some 50 years ago. Know the safety rules before you commence any shooting.

- ☑ Check your equipment for damage, wear and tear.
- ☑ Wear firm fitting clothing around the shoulders and arms while shooting.
- ☑ Tie back long hair.
- ☑ Wear the appropriate finger, arm and chest protection.
- ☑ Obey the Director of shooting and field captain.
- ☑ Treat other archers with respect.
- ☑ The arrow should be placed on the string only after standing on the shooting line and a clear signal has been given.
- ☑ Care must be used when drawing arrows out of the target to see that no one is directly behind the person pulling the arrows.
- ☑ Pick up all arrows that have fallen short of the target, whoever is their owner.

- ☒ Never point a bow at anyone, even if no arrow is loaded.
- ☒ Never fire a bow without an arrow (dry fire).
- ☒ Bending over in front of the target is dangerous; you should wait beside the target to collect arrows.
- ☒ Releasing the bow without an arrow on the string could cause breakage and injury.
- ☒ Never draw and shoot an arrow while people are in front of the shooting line.
- ☒ Never run with arrows in your hand.
- ☒ Don't interfere with other archers on the line.
- ☒ Don't turn your bow horizontally while on the line.
- ☒ When approaching the targets, care must be taken not to walk into arrows sticking into the ground or target. Nocks are very sharp.
- ☒ Never wear open shoes or sandals. Arrows sticking out of the ground can hurt you!
- ☒ Do not touch another archer's equipment unless invited to do so.

When drawing (pulling) an arrow out of the target, press the palm of one hand flat on the target around the arrow shaft sticking into target. With the other hand, grab the arrow shaft close to the target face with the thumb against the target and pull the arrow straight back along the shaft axis without bending the arrow shaft.

## EQUIPMENT

There are two main styles of bow used today, recurve and compound. Modern recurve bows are sophisticated devices. Typically made in three sections: a handle made from cast or machined aluminium fitted with a flexible limb on each end made from laminates of carbon, fibreglass and wood. Space age, non-stretch materials are used for bowstrings.

A recurve bow is the classic archery style and the only style used at the Olympic Games. In the recurve style, few technical devices are permitted to enhance accuracy, ensuring the archer's strength and skill become the main factors which determine performance.

Compound bows are much more technically sophisticated than the recurve, with the compound bow employing wheels or 'cams' at the tip of the limbs. Acting on a lever principle these wheels allow an archer to draw and hold the bow with relative ease. The compound style also permits the use of aids to assist with accuracy such as hand-held 'triggers' for releasing the bowstring as well as peep and magnifying sights.

So what is the best equipment to use? It is the archer's choice of recurve or compound equipment; some prefer the graceful yet demanding aspect of recurve archery and others prefer the intensity and deadly accuracy of compound equipment.

Arrows are made from either aluminium or carbon tube or a combination of aluminium tube wrapped in carbon fibre. These arrows provide a combination of both strength and lightness that allows them to reach speeds of up to 70 metres per second.

Modern archery also caters for the other traditional styles such as the traditional longbow.



# RECURVE BOW

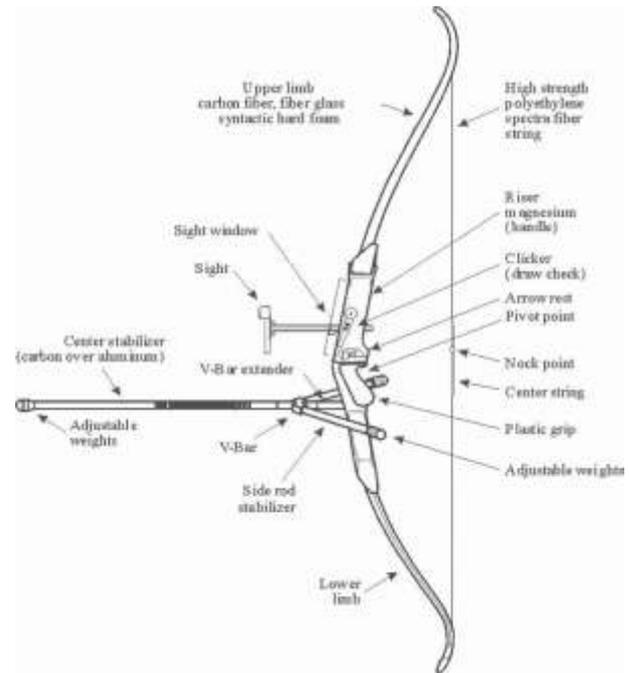
The recurve bow is the only type of bow allowed in Olympic competition, as yet. Its limbs curve toward and then away from the archer. This bow is the direct descendant of the bows of antiquity, differing only in the refinements and materials used. The force required to pull a recurve bow increases directly with the distance the string is pulled back.

Beginners are often encouraged to start with the recurve bow because the basics of shooting a recurve or compound bow are the same.

However mastery of the recurve bow results in better muscle tone and overall archery habits; once that is accomplished the compound bow represents a leap forward in accuracy and force.

Also, a compound bow is built for a particular draw length which may not be easily changed. Growing bodies will outgrow compound bows swiftly in the teen years.

Standard Bow is a shooting category where a recurve bow is used without most of the accessories and in a good training ground for new archers.



# COMPOUND BOW

The Compound bow, unlike the recurve bow, is never unstrung between uses.

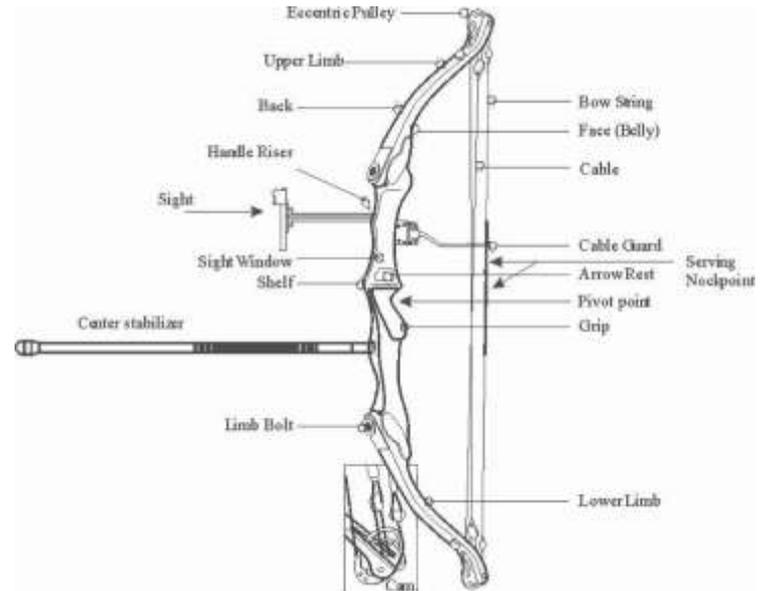
The great tension preset into the limbs can only be safely countered when the bow is clamped in a piece of equipment called a bow press.

The cams are synchronized when this is done and held in place by the tension. Compound bow cases must be able to accommodate the entire bow.

Because the Compound bow's forte is accuracy, equipment which increases accuracy is deemed fair for compound use but not for Olympic archery.

The sight may include lenses to increase accuracy and a release, rather than fingers, may be used.

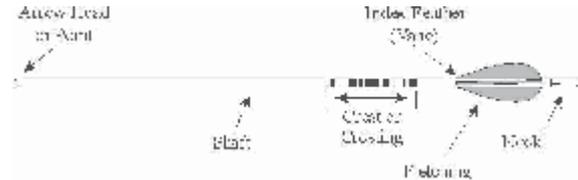
A release is a mechanical 'finger' that grips the string and releases it when the trigger is pressed by the draw hand.



# THE ARROW

Arrows come in varying diameters. Carbon arrows, designed to minimize cross-wind interference at long shooting distances, have small diameters, minimizing the wind's grip during flight. Larger diameters are used for short distances and indoors.

At one end of the arrow is a sharp metal point and the other end features a nocking point; a plastic cap glued or otherwise attached to the end of the arrow. Its two fingers grip the string until it is flung loose. It also provides protection for the arrow shaft when in the target by deflecting hits from later incoming arrows. This generally destroys the nock but leaves the arrow reusable.



Sometimes, however, the aim is too perfect to deflect; the resulting 'Robin-Hood' is both spectacular and expensive as both arrows are usually destroyed.

Just in front of the nock, fletches (or vanes) are glued to the shaft to stabilize the arrow's flight. Sometimes they are glued in such a way as to cause the shaft to spin around its long dimension, further stabilizing its flight at a cost to its flat trajectory. The fletches are generally three in number, one of which (the index feather or vane) may have a different color than the other two. The nock is installed so that the nock groove is at right angles to the index feather. When the arrow is nocked on a recurve bow string with the index fletch pointing away from the bow, this allows the other two vanes to brush the riser equally in passing so as to minimally disturb the arrow's flight.

All the arrows shot in a tournament end must have identical shaft color, fletching and crests. In addition, FITA requires that all arrows be marked with the owner's initials so that they can be unequivocally identified while embedded in the target or elsewhere.

## COST OF EQUIPMENT

Most archery equipment used in South Africa is imported from the USA, Korea or Europe.

The equipment is high tech, reliable, extremely safe and accurate.

The price of equipment is roughly equivalent to that of new golf gear. A considerable second hand market for archery equipment exists within most archery clubs where equipment trades at prices typically 50 to 75% of the original cost.

Some retail archery shops also sell second hand and reconditioned equipment and occasionally offer good deals on superseded bow models.

Before buying any archery equipment though, it is important to consult an accredited archery coach to work out all of your archery measurements and specifications. It will help to avoid potentially expensive mistakes.

SANAA also offers a classified for sale, wanted and to swap facility on its website at [www.sanaa.org.za](http://www.sanaa.org.za)



# INDOOR ARCHERY

Indoor tournaments are held for the Olympic (recurve) and Compound Divisions. These events are generally shot at 18 metres using a 20cm target face.

For the compound divisions FITA rules allow either the triangle or vertical three face target. Compound archers shoot at the 20cm target face of their choice. Two rounds of 30 arrows ( a FITA competition round) are shot at a distance of 18m.

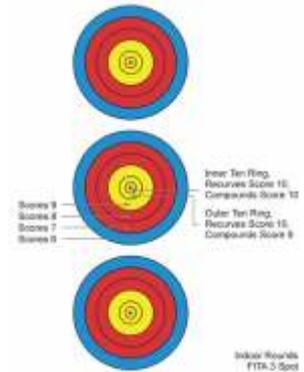


Olympic (Recurve) archers entering the SANAA indoor championships and league are allowed to choose between a single face 40cm target or the three face 20cm target.

Championship events for both Compound and Recurve archers consist of an Indoor Round followed by a direct elimination competition for the top 16 archers.

Round robin events, in which every archer shoots in direct competition with every other archer, are used to select teams for special events and fun shoots.

The arrow scores combine with a match-winning bonus to make for high drama, as well as placing a premium on stamina, and are considered to be the best way of selecting the top archers entered.



## OUTDOOR ARCHERY

Most major outdoor target archery competitions comprise either a FITA Round followed by an Olympic Round or two consecutive FITA rounds.

A FITA Round consists of 36 arrows shot at each of four distances (90, 70, 50 and 30 metres for men; 70, 60, 50 and 30 metres for women) for a total of 144 arrows. This is the most popular tournament format at most clubs. Juniors shoot age appropriate distances and the standard rules apply to Para-Archery. In the Standard Bow Round which is limited to basic recurve bows only, 72 arrows are shot from 50m and 30m.

Arrows are shot in groups (called ends) of six or three within a specified time period. Six arrows are shot in four minutes while two minutes is allowed for a three arrow end. It normally takes about four hours to shoot a FITA round.

The scoring and retrieval of arrows takes places after each end.

The Olympic Round is a direct elimination, head-to-head style of competition, shot at 70 metres. It is so named because it is the championship round used in the Olympic Games. The winner of each match advances to the next stage until a gold medallist is determined.

The SA Target Championships utilize a single FITA round followed by a qualification round (also known as a 720 round) and an elimination round. Recurve archers shoot at 70m while compound archers shoot at 50m.

The targets used at outdoor events have 122cm diameter faces for the longer distances and an 80cm target face for the shorter distances.

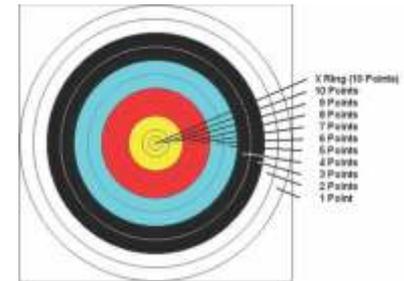


## THE POPULAR DISCIPLINES

Target archery is the most commonly practiced form of archery worldwide and is practiced in most South African clubs. Tournaments are conducted regularly and held both indoors and outdoors. Shooting distances vary from 18 metres (indoor) to 90 metres (outdoor), with target sizes being 40 or 60 centimetres for indoors and either 80 or 122 centimetres for outdoors.

The archers shoot from a line which runs parallel to and at a designated distance from the target faces. Targets are comprised of multi-colour concentric circles which have point values. A shot in the innermost circle scores the highest point value (usually 10) while a shot in the outermost circle scores the lowest (usually one).

No points are awarded for a shot that misses the target. Target divisions include the recurve, (Olympic) bow, compound bow and barebow. Events at the Olympic Games are in the outdoor target discipline using the recurve (Olympic) bow only and are shot at a single common distance of 70 metres (230 feet).



Field archery is a challenging outdoor discipline in which the archer takes on the terrain along with the target. A course is set up with 24 targets which are marked with the distance to the shooting line. The distances to another 24 targets remain unmarked. Three arrows are shot on each target for a total of 144.

The targets are placed with such difficulty the shots do not resemble target archery. Many of the shots are made uphill or downhill and require consideration of obstacles in the way. Field events are held for the recurve (Olympic) bow, compound bow and barebow divisions.

Archery is a mental game of skill and coordination. The ultimate aim is consistency - the ability to do exactly the same thing over and over again, a skill, which through practice, will become habit.

## EYE DOMINANCE

The dominant eye is the one which focusses on an object while the non-dominant eye gives depth of field. For this reason when an archer is at full draw, the arrow should be placed directly below the dominant eye. This will automatically align you with the target and explains why the dominant eye is important in archery.

Eye dominance affects your co-ordination and influences aiming. Normally right handed people are right eye dominant but this is not always the case. So, it is suggested that your eye dominance be established.

There are a number of ways to establish which is your dominant eye. One of the methods is to make your hands flat, fingers together and face your palms outwards. Then extend both arms directly in front of you at shoulder height. Form a "V" with your index finger and thumb so that you have a small opening between your hands.

With both eyes open, look at a distant object through the opening. Then bring your hands towards your face while focussing on that object. Your hands will come to rest in front of the dominant eye.

Often the question is asked whether you should aim with one or two eyes open. That is very much of a personal choice. Generally, recurve archers shoot with both eyes open and compound archers aim with their dominant eye through the peep.



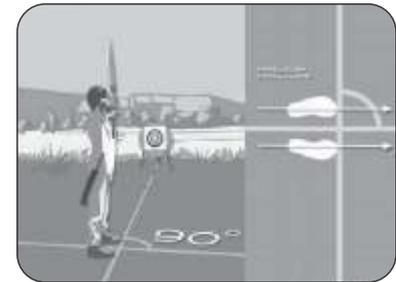
## 10 BASIC STEPS

The achievement of a good score is only a consequence of well implemented skills and all archers strive for a good score. Your pathway to achieving a good score consists of 10 basic steps.

### STANCE

Stance is another word for how you stand on the shooting line. The goal is to achieve consistency and defines a spatial relationship to the target, ensuring you achieve optimal stability. Your feet should be parallel, one foot on either side of the shooting line, at right angles to the target and at approximately shoulder width. Your body weight should be evenly distributed on both feet with 60 - 70% of your weight on the balls of your feet and 30 - 40% on your heels.

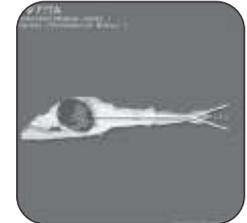
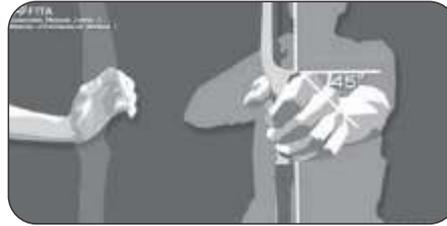
Correct stance will provide sound support to the pull and push efforts (in the flight plane of the arrow) and gives consistent direction to the body. Proper stance is important as it will give you the opportunity to repeat actions easily and accurately and it avoids back problems.



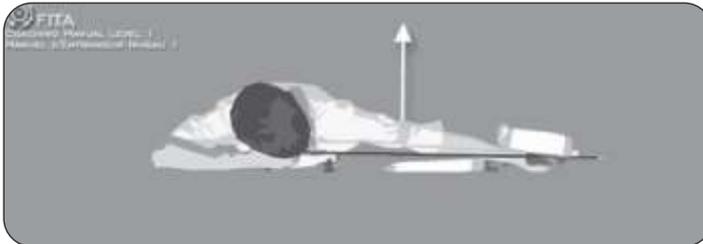
- ☑ Stand astride the shooting line. Stand upright with your leg and knee muscles relaxed but not locked.
- ☑ Position the foot furthest from the target in front of the centre line to the target. This position opens your body to the target.
- ☑ Your hips should be positioned in the same line as your feet. The angle of the stance should be between 15 - 35° from the target centre line depending on your preference and comfort.
- ☑ Always ensure your hips and feet remain in a constant position until the completion of the shot.
- ☑ Because we are all different, there is a certain amount of flexibility in achieving the right stance (position). You should develop a stance which suits your posture.

## BOW HAND

A proper bow hand (the hand which holds the bow) position ensures consistent bow hand contact with the bow grip. It allows you to apply a minimum of constraints to the bow grip with your bowhand and gives you sufficient string clearance during the shot. When placed on the bow, the hand and fingers should be relaxed. To help with the rotation of the elbow, the hand should be positioned so that the knuckles of the hand are positioned at an angle of about 45° to the bow when at full draw.



*Fingers are relaxed, a bit folded and they do not grip, or choke the bow. The wrist is flexed. The 'V' between the forefinger and thumb is centered on the forearm axis. The bow pushes on the centre of the 'V' made by the thumb axis and the life line. The main pressure zone is at about 1 to 2.5 cm lower than the 'V' point. The other side of the palm from the life line should not press on the centre of the grip.*

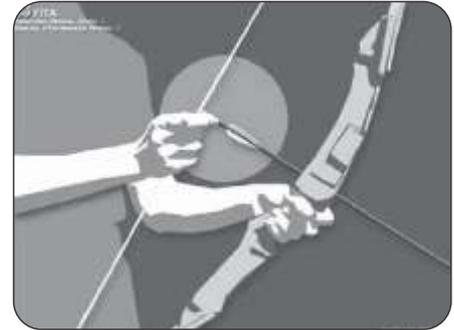
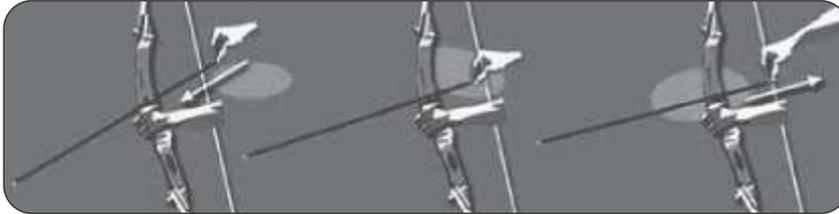


*The bow forearm is straight but not stretched. The bow elbow is fixed, not bent. The elbow point must be turned towards the left for right hand archers, not toward the ground.*

- ☑ Position the bow hand directly behind the centerline of the bow.
- ☑ Place the hand on the bow grip so that the pressure point is as high as possible into the pivot point of the bow handle.
- ☑ The angle of the handle should determine the angle of the wrist which can remain relaxed and consistent.
- ☑ Don't grip the bow when you shoot.
- ☑ A bow sling should be used to ensure the bow does not fall from the hand when shot.

## NOCKING THE ARROW

To load an arrow (known as nocking): hold the arrow by the nock, place the arrow on the rest, correctly turn the arrow (index vane away from the bow) and nock it onto the string.



Taking hold of the arrow in front of the vanes makes it more difficult to nock the arrow and the fletching could be damaged if the hand slips during the nocking process. The arrow rest does not endure strong vertical pressure. If nocking is done incorrectly, it could damage the arrow rest.

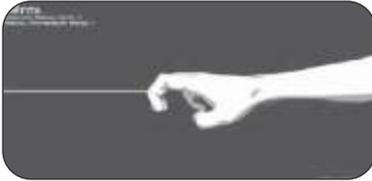


*Finger pressure will damage the arrow rest*

- ☑ Hold the bow across your body canted at a slight angle.
- ☑ Draw the arrow from the quiver holding the arrow by your thumb and index finger, between the nock and fletch.
- ☑ Place the arrow into the arrow rest.
- ☑ Rotate the arrow until the index vane or fletch is square to the bow string.
- ☑ Draw the arrow back until the nock engages the bow string between the nocking points.

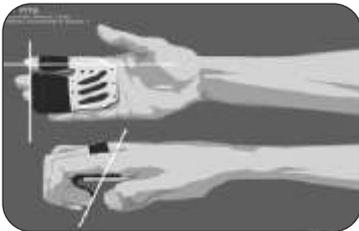
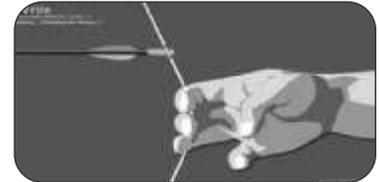
## STRING HAND

Three fingers of the string hand (hand which draws the bow string) form a hook which 'grips' the string between the first two joints of the index, middle and ring fingers. The palm of the hand is relaxed and the back of the hand is flat. Gripping the string correctly ensures consistent finger positioning on the string.



In most of the unsighted aiming methods, three fingers are used and positioned beneath the arrow. In the shaft aiming method (straight line), the space between the nock and the forefinger is about two to three fingers, depending on facial bone structure and size of the string fingers.

The three fingers share the workload equally. After releasing the string, the back of the hand remains as vertical as possible, not curled-up, with the wrist as flat as possible. The interior of the forearm remains relaxed. Consequently, the hand is in the same axis or vertical plane as the forearm and arrow. The small finger is turned in and the thumb is relaxed across the palm.



With a proper string hook, the back of the hand and the wrist are flat. It is best to keep the fingers slightly apart so as not to touch the arrow when drawing the bow. This avoids pinch which will often twist the arrow off the arrow rest.

## DRAWING THE BOW

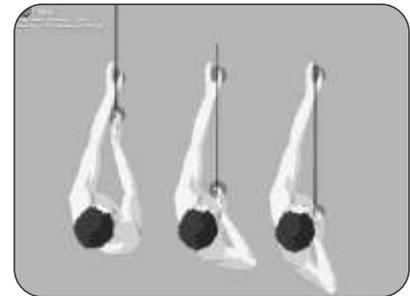


Raise the bow arm and drawing arm together in a single motion with the arrow parallel to the ground. This process (known as pre-draw) should be done in a relaxed manner and never forced.

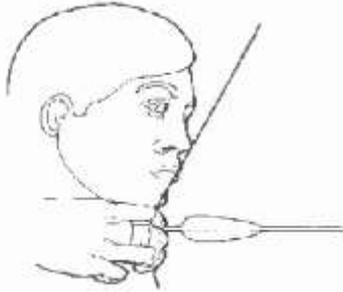
Roll the bow side shoulder back and down to help lock the shoulder in place and to prevent the shoulder from rising (and shortening the draw length). The drawing arm (string hand) should be raised to shoulder height so that the forearm is in line with the arrow and you can set your right shoulder blade to draw back and down (left for a left handed archer). The bow string is then drawn back in a straight line until your index finger comes into contact with your chin. Then rotate your right shoulder moving your shoulder blade across your back without dropping your drawing elbow below the horizontal.

The string is *not* drawn to the face while raising the bow. When drawing, twist at your waist so that your shoulders are in line with the target. It is important to ensure that your hips and feet remain in a constant position until the shot is complete. This is part of the follow through process.

- ☑ The bow shoulder must stay as low as possible.
- ☑ The upper body (shoulders, chest and centre of gravity) is maintained in its lowest position.
- ☑ The arrow must be moved up into the shooting plane.
- ☑ The head and spine are still extended.
- ☑ The pelvis remains tilted (if this position is chosen).
- ☑ Both hands are moved up at the same time to the same level and the arrow is parallel to the ground.
- ☑ At the end of raising the bow: the arrow is at the nose/eyes level, the string shoulder is lower than the arrow axis, the string wrist is in line with the string forearm, the upper body is straight and vertical.



## FACIAL MARK



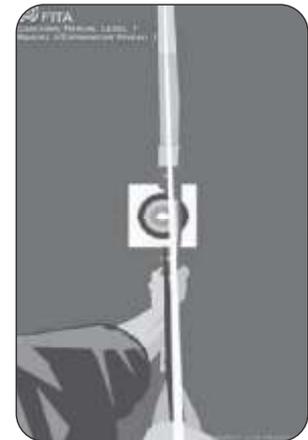
'Facial mark' is the term used to describe the position where the drawing hand makes contact with the face. It is also known as the 'anchor'. The facial mark is often referred to as the 'rear' sight point.

The position you select should be constant and repeatable. This position is normally the point where the index finger of the drawing hand makes contact under the jaw with the string lightly touching the chin and the tip of the nose. It gives you three contact and reference points to keep a consistent anchor from shot to shot. During this step, a backward extension of your elbow and shoulder blade should be maintained.

## TARGET SIGHTING

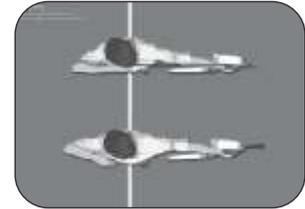
Also known as alignment or aiming, target sighting is the step where you align your bow sights to the target. While maintaining tension and a backwards extension of your draw, you aim *through* the sight aperture.

Try to hold as steady as you can, without developing tension in your body and place the sight in the centre of the target.



## RELEASING THE ARROW

This is probably the most important step to achieve good arrow flight. The release is achieved by relaxing the drawing fingers and allowing the energy of the bow to pull the string from your fingers, driving the arrow forward. The natural opposite reaction is that your drawing hand will move slightly backwards. When releasing the arrow, the drawing hand should be kept close to the face while maintaining backward tension of your elbow and shoulder blade.



To release, simply relax your hand. The pressure of the string on your fingers will flip your fingers out of the way and allow for a good release. The release should not be forced but a natural reaction to the weight of the bow drawing the string off the relaxed fingers.

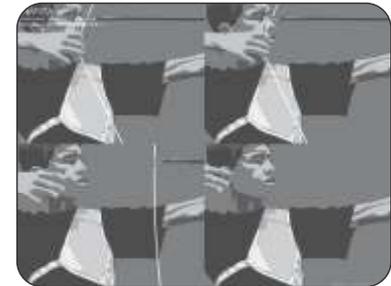
The string hand immediately moves backwards in a straight line, moving along either the jaw or the neck.

## FOLLOW THROUGH

The follow through occurs after the arrow has left the bow and is travelling towards the target.

Keep your focus on the target, holding your bow up in the same position as it was when you released the arrow, keeping your string hand up where it moved to when you released the arrow.

This body and hand position is held until the arrow hits the target.



## RELAX

After the arrow has hit the target, you can bring your bow hand down so that the bow is across the front of your body.

This is the time to relax and recover from the shot, analyse it and prepare to shoot the next arrow.

This time should take longer than the act of shooting the arrow.

## ACKNOWLEDGEMENTS

The Give-it-a-Go pathway programme is based on the FITA Feathers and Arrows Development programme, the official development programme of the South African National Archery Association. The complete Feathers and Arrows programme as well as the FITA Level I Coaches guide and South African Coaches Guide is available from our website at [www.sanaa.org.za](http://www.sanaa.org.za). SANAA wishes to acknowledge the FITA content in this booklet as well as the contribution made by FITA Judge Emeritus Prof Konrad van Warmelo, Gold Squad Manager Barbara Manning, National Development Officer Alan Weyers and photographs by SANAA Judge Alfredo Joao-Filipe Lobo Das Neves.



## HOW TO SCORE

Target archery events are called 'rounds' with each rounds consisting of a number of ends. An end may consist of 3 or 6 arrows and after each end of arrows is shot, the arrows are scored. The number of tens and X's (hits within the inner ten ring) are also recorded for the purpose of breaking ties in the final scores.

A competitor may not touch the arrows or the target face until the values of all arrows on that target have been recorded on the scorecard. The scoring zone values are 10, 9, 8, 7, 6, 5, 4, 3, 2 and 1 from the centre outwards.

Arrows are scored according to the position of the shaft where it meets the target face, irrespective of how big the hole may be or the angle at which the arrow hit. The score depends on the scoring zone in which the arrow has penetrated the target. Arrow scores are always recorded in descending order (highest score first).

An arrow shaft which touches the line between two adjacent scoring zones is given the higher value. Should the competitors on a particular target not be able to agree on the value of an arrow, a judge is requested to give a ruling. Note that a judge will not become involved in scoring unless requested to do so or there is a reasonable suspicion that all is not well with the scoring on a particular target. However, once a judge has been asked for a ruling the matter is out of the hands of the archers and the judges ruling is final.

An arrow hitting a scoring zone in the target and then rebounding to the ground, scores according to its impact on the target, provided that all arrow holes have been previously marked and an unmarked hole can be identified (it is recommended that competitors mark all new arrow holes at the conclusion of scoring for each end). An arrow hitting another arrow already in the target and remaining embedded, scores the value of the arrow struck. This is called a 'Robin Hood'.

Scoresheets must be signed by the archer at the end of the competition to confirm the values of the arrows and counter signed by an opponent who witnessed the scoring.



## SAFE ARROW RETRIEVAL

Removing arrows from the butt is where most archery accidents can happen, so the correct technique in removing arrows from the target butt is very important. It also prevents damage to arrows and prolongs the use of the target face.

When approaching the targets, care must be taken not to walk into arrows sticking into the ground or the target. Nocks are very sharp, so pick up all arrows that have fallen short of the target, irrespective of their owner. Care must be used when drawing arrows out of the target and to see that no one is directly behind the person pulling the arrows.

Arrows can come out of a target suddenly and the nock may hurt someone who is too close. Bending over in front of the target is dangerous; you should wait beside the target to collect arrows.

When pulling an arrow out of the target: Press the palm of one hand flat on the target around the arrow shaft sticking into target. With the other hand, grab the arrow shaft close to the target face with the thumb against the target and pull the arrow straight back along the shaft axis without bending the arrow shaft.

When pulling an arrow out of the grass: Do **NOT** pull the arrow up! You could bend or break the arrow shaft. Move the grass out of the way of the fletching. Then pull the arrow straight back along the shaft axis without bending the arrow shaft and along the grass. Only when the point is out of the grass, should you raise the arrow up.

- Never run towards the target.
- When approaching the target, walk to the side of the target to avoid any arrows that may be in the ground or protruding from the target.
- When scoring, be aware of arrows that may be protruding from the target butt.
- Ensure no one is standing in line with the arrows when they are being drawn from the target butt.

## STRINGING A RECURVE BOW

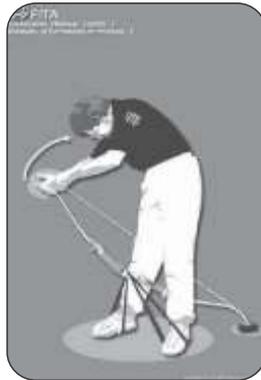
A loop stringer is inexpensive and easy to use. For safety reasons, *always* use a stringer to string a recurve bow. It makes the task of stringing the bow almost effortless with little to no risk of injury to the archer or damage to the bow.

Like any other stringing methods, it is necessary to check the exact string positioning before taking the bow stringer pressure off the upper limb tip.

Place a small piece of carpet or rubber on hard and rough ground to prevent damage to the lower limb tip. A tip protector on the lower limb would serve this function and even help secure the string.



Using a stringer with one foot.



Using a stringer with two feet.

- Fix the stringer to the bow.
- Step onto the bow stringer cord.
- Lift the bow by the handle, against the resistance of the bow, with your foot on the chord.
- Slide the top loop of the bow string along the limb until it is fitted into the string grooves of the bow limb.
- Slowly let the pressure off, checking that both the top and bottom string loops are in their grooves.
- To unstring the bow, reverse the procedure.

## PERSONAL EQUIPMENT



Finger Tab



Chest Protector



Finger Sling



Bow Sling



Quiver



Release Aids  
(Compound Bows)

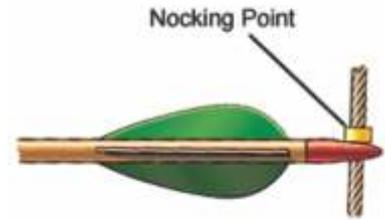
## EQUIPMENT ACCESSORIES



Plunger



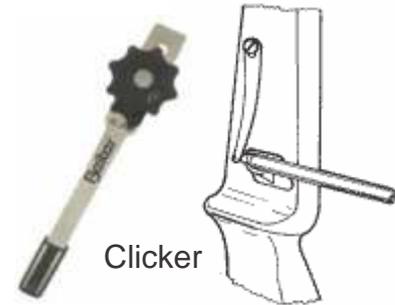
Arrow Rest



Kisser Button



Peep Sight  
(Compound Bow)



Clicker

# THE BOW SIGHT

Bow sights come in a variety of designs, from simple sights for beginners to hi-tech precision engineered sights for high-performance archery.

Sights are governed by strict rules including the use of sights, the type of sights, the accessories that can be used on sights - even the number of sight-pins that can be used. On recurve bows you can only use standard sight pins, while on compound bows you can use a magnifying scope fitted with a bubble level to assist in keeping the bow level.

It doesn't really matter what type of sight you use as the same principles apply when making adjustments, moving the sight to the position of the error. For example, if you are shooting too low, you lower your sight; or if you are shooting too high, you raise your sight.

Sight settings vary according to your bow, the arrows used, your draw length and other factors. For this reason, each bow sight has a scale, allowing you to mark your sight positions. Your settings are established by shooting the various distances and recording the position on the scale.

Most archers record their marks on a tape attached to the vertical bar of the sight.



# GLOSSARY

**Anchor point** : The term used to describe the placing of the drawing hand against the face when at full draw. Also known as a facial mark.

**Armguard**: Protects the bow arm from abrasion by the string when the arrow is released and keeps bulky clothing away from the inside of the forearm.

**Arrow rest**: A device mounted on the bow to support the arrow during the shot.

**Bow arm**: The arm that holds the bow.

**Bow hand**: The hand which holds the bow.

**Bow sight**: The device attached to the bow to allow the archer to aim.

**Bow sling**: A cord which attaches to the archers hand during shooting, allowing the archer to have a relaxed grip and to prevent the bow from falling when the arrow is released.

**Bow stringer**: A device used to string and unstring the recurve bows.

**Bow weight**: Refer to *Draw Weight*.

**Brace height**: A term used to describe the measurement between the bow handle and the string measured at 90 degrees.

**Butt**: The material used to place the target face onto - designed to stop arrows.

**Category**: The combination of a class and a division is called 'Category' eg: Compound Men (CM), Recurve Women (RW) etc.

**Class**: FITA recognises the following classes: Women, Men, Cadet Women, Cadet Men, Juniors Women, Juniors Men, Masters Women and Masters Men.

**Clicker**: A spring loaded finger that sounds an audible cue to the archer that the arrow has been drawn to a repeatable distance.

**Division**: Athletes using different types of bows are grouped in separate divisions and compete in separate events. FITA recognises the Recurve Division, Standard Bow Division and Compound Divisions.

**DoS**: Director of Shooting (or field Captain), responsible for the conduct of the shoot.

**Draw**: The process of moving the bowstring with a nocked arrow from brace height to the archers anchor point on the face.

**Draw weight**: The weight measurement in pounds required to draw or pull the bow string a distance of 28".

**Elimination Round**: A match tournament which pairs archers in a 'sudden-death' format, used for teams and individuals; also known as the FITA Olympic Round (FOR).

**End**: A group of arrows, usually three or six, which are shot before going to the target to score and retrieve them.

**Facial mark**: The term used to describe the placing of the drawing hand against the face when at full draw. Also known as an anchor point.

**Finger tab**: A flat piece of leather that is worn to protect the string fingers when the arrow is released.

**Fletching**: Feathers or plastic vanes attached to an arrow which help stabilize the arrow during flight.

**FITA**: Federation Internationale de Tir a l'Arc, archery's international governing body. FITA's archery rules govern all SANAA archery events.

**FITA Round:** A round of 144 total arrows shot at a target from four different distances, the most common round in target archery competition.

**Follow through:** The act of holding the released position until the arrow has hit the target.

**Group:** (n) The pattern of arrows on the target. (v) To shoot three arrows on the target.

**Gold:** The name for the centre of the target coloured yellow.

**Hit:** The term which describes the arrow which has embedded into one of the scoring zones of a target face.

**Inner ring:** A ring printed on standard FITA targets inside the ten ring. It is used only for indoor compound scoring.

**Limb:** Part of the bow from the riser (handle) to the tip.

**Marking arrows:** Marking each hole in a target so that arrows that pass through the target or fall out can be scored by their unmarked holes.

**Nock:** (n) The attachment on the rear end of an arrow which holds it in place on the bow string. (v) Place the arrow on the string.

**Nocking point:** The place on the bowstring where the nock (end) of an arrow is fitted.

**Olympic Round:** The round used in Olympic championships in which the top 64 archers in each class face a single elimination tournament.

**Qualifier Round:** A round in which each archer shoots identically with all others and the best scores rank the winners. Often used to reduce a field before an elimination round. Also known as a standard FITA or double FITA round.

**Quiver:** A case for holding arrows. Usually a long leather container usually worn on a belt at the waist.

**Release aid:** Mechanical device used to release the arrow and used by most compound shooters.

**Riser:** The handle of the bow. The side facing the target is called the back. The side near the string (closest to the archer) is called the belly.

**Robin Hood:** An accomplishment named after the legendary character and the feat he performed in the famous archery contest of legend. It occurs when an archer drives the tip of the shaft of one arrow deep into the end of another arrow already in the target. Archers display their Robin Hoods as golfers display their hole-in-one balls. The arrows stuck end-to-end can be found hung with pride above mantles, next to hunting trophies or in offices alongside letters and diplomas.

**Round:** The term used to designate the number of arrows to be shot at specific distances at specific target faces.

**Round Robin:** A round in which each archer shoots a match with every other archer in his/her class. It is used to select teams for some international events.

**Round Robin match:** A match in which each archer shoots against each other archer. Bonus points, in addition to the scores, are usually awarded for winning each match.

**SANAA:** The South African National Archery Association, the governing body of target archery in South Africa.

**Sight:** A mechanical device placed on the bow with which the archer can aim directly at the target.

**Stabilizer:** A weight mounted on a bow, usually extending some distance from the handle, used to minimize undesirable torques of the bow string upon release.

**Vane:** The name for a plastic or synthetic fletch.







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