



NORTHERN ILLINOIS ARCHERY ORGANIZATION

JOAD / AAP Handbook

2018 Edition



NORTHERN ILLINOIS ARCHERY ORGANIZATION

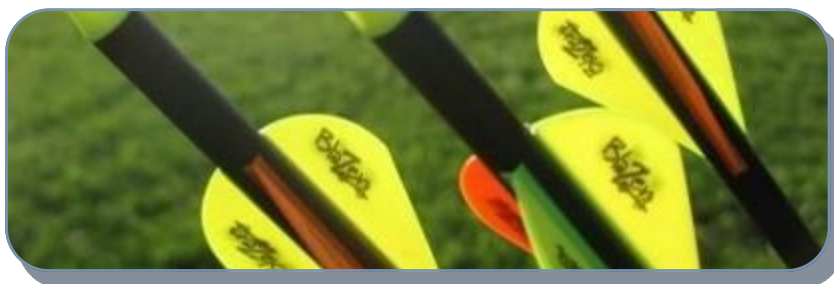
Index

About Northern Illinois Archery Organization.....	1
The benefits of Archery as a sport.....	2
JOAD / AAP Expectations.....	3-4
JOAD / AAP Progression.....	5-6
Fundraising and Volunteerism.....	7
Pin Progression/JOAD Scoring Matrix.....	appendix A
Pin Progression/ AAP Scoring Matrix.....	appendix B
Equipment Requirements.....	appendix C
Membership Application.....	appendix D
JOAD / AAP Jersey Order Form.....	appendix E



NORTHERN ILLINOIS ARCHERY ORGANIZATION

About



Welcome to Northern Illinois Archery Organization. Comprised of dedicated volunteers, individuals, families, partners and community supporters, this organization was founded to promote the sport of archery for children and adults. Archery is a sport that can be participated in by anyone and is a lot of fun. We provide a series of programs designed to fit just about any situation from a simple fun activity for an individual or the entire family, to coaching athletes for archery competition.

Our organization is a 501(c)(3) non-profit public charity and is dependent upon you to help us keep going strong by taking classes, financial contributions, volunteering, supporting our fundraising activities, partnerships and being part of our mission in your community. We thank you for your continued support.

OUR MISSION

“Our mission is to promote archery awareness in communities we serve and to expand participation in the education, programs and safe practice of indoor and outdoor archery”

OUR PURPOSE

Our purpose is to:

- Promote education in the safety and use of archery equipment
- Provide progressive advancement programs in local communities we serve
- Enhance archery knowledge and skill levels for adults and children
- Provide a scholarship program for underprivileged adults and children
- Provide physical education requirements for home-schooled children



NORTHERN ILLINOIS ARCHERY ORGANIZATION

The Benefits of Archery

What you and / or your child can gain from belonging to a JOAD / AAP club...

The main skills your child will pick up from practicing archery are discipline, independence and maturity. You and / or your child will also develop their focus, flexibility, attention skills, concentration and hand-eye coordination, especially with depth of vision. The intricate details of the sport also develop fine motor skills and the constant lifting and pulling will develop arm strength. Archery is particularly useful for youngsters as it teaches them the benefits of patience.

Archery is a sport that will mentally challenge and encourage enjoyment of an active lifestyle. If you are looking for an interesting activity, archery will be an excellent choice.

Archery is an sport that will require thinking while physically moving. As well as boosting numeracy skill through score keeping, archery will help provide tactical thought, promote better hand-eye coordination, planning ahead and evaluate individual skills.

Archery is one of the best activities for strengthening upper body muscles that may not be used much when playing other sports.

While opportunities exist to compete if chosen, archery is mainly about improving individual performance. This means that those who don't normally enjoy competitive team sports can thrive in the more relaxed yet highly structured environment of archery.

Because of the focus on self-improvement, those who practice archery can develop more confidence and self-esteem. Getting better at hitting the target will result in further challenges to perform just as well while progressing towards further distances.

Every time a shot is made, focus and concentration on shooting form and shot execution is required along with mental discipline and muscle memory in order to succeed.

As well as having to focus carefully on individual shots, patience is also learned. When practicing or competing, it is often to have to wait for the next turn to shoot along with being able to attain a best score. Waiting for the right moment to let the arrow loose is a key part of archery.

Archery involves caring for equipment and learning how to follow important safety rules can help to become more responsible. Learning how to handle personal bows and arrows, learning to think about the safety of yourself and others. are important lessons that they can be taken into other areas of personal lives, and archery class can provide a safe environment in which to learn it.

By joining a JOAD or AAP club a person can also enjoy the social side of the sport which provides them with plenty of opportunities to make a new circle of friends. JOAD / AAP club involves plenty of socializing with other people who enjoy the same sport. Although archery is often an individual sport, individuals may also get to work as part of a team, particularly when competing.



NORTHERN ILLINOIS ARCHERY ORGANIZATION

JOAD / AAP Member Expectations

What is expected of JOAD / AAP Archers?

What are the benefits of the program?

JOAD / AAP provides specific training for those who are looking to compete and move up in archery. They will learn discipline, confidence and dedication. Archers will have the opportunity to learn, improve and compete. They will get the whole experience.

Archery provides a positive environment for a young person to learn a variety of life skills. Among them; patience and responsibility, self-discipline and personal accountability, ability to focus and perform under pressure, learn to follow and implement a scientific method (shoot, evaluate, hypothesize, re-shoot, analyze, etc.), and good sportsmanship. It can help develop a sense of accomplishment and a positive self-image. Younger archers will practice and reinforce math skills and as youth grow and mature, shooting can help to develop physical strength, balance and stamina.

Code of Conduct:

JOAD / AAP archers represent NIAO and USA Archery JOAD / AAP programs and therefore, must show respect and professional sportsmanship. No discrimination of any race, denomination, gender, etc. will be accepted. Rules given by the facility, NIAO JOAD / AAP, and any competition shall be followed. Never argue with an official. If there is a discrepancy, inform your coach as soon as you are able and do not take matters into your own hands. Verbal abuse of officials or abuse to other archers, purposely distracting or provoking an opponent are not allowed or permitted behaviors in any sport. Cooperate with the coach, team-mates and opponents or you may be in the position to find another club to join.

Electronic devices should be turned off or on silent, especially during tournaments. Cameras are allowed by parents but flash must remain off while archers are shooting.

Attitude:

JOAD / AAP archers are part of the NIAO JOAD / AAP team. As a team, we support each other. There will be no negative comments about any archer in JOAD / AAP from one to another. If a coach hears an archer putting another team member down, they will be asked to sit out for one end. If the behavior continues, they will be asked to sit down for the rest of practice.



NORTHERN ILLINOIS ARCHERY ORGANIZATION

JOAD / AAP Member Expectations

Dedication:

We suggest that archers complete at least one scorecard at every practice, even if they are working on form, unless otherwise directed by a coach. These scorecards should be filled out completely, including the date, and turned in to a coach at the end of each practice. At the end of each quarter an archer will be awarded "Performance." Score cards are one of many ways that coaches keep track of an archer's progress and the only definitive way for us to tell who attends practice regularly, so the most dedicated archer will in part be based on scorecard completion. Other factors include participation in drills and games, active listening to coaching, keeping a shooting journal, attitude towards other archers and event participation internally or externally.

Safety:

JOAD / AAP archers MUST follow safety rules at all times. Any archer thought to be unsafe by the coaches will be asked to sit out an end. If the behavior continues after the first offense, he or she will be asked to sit down for the rest of the practice.

On the range there is a lot of equipment, DO NOT touch equipment that is not yours or was not given to you to use by the coaches. This is for safety and courtesy.

Time:

JOAD / AAP archers are expected to arrive for practice with enough time to get their equipment set up and be ready to shoot promptly when practice starts. This means that you may need to arrive 5-15 minutes early for practice. We encourage archers to learn about their equipment. When they come in to practice they should get their safety and archery equipment set up. All archers with their own equipment are responsible for setting it up themselves. If they have questions about equipment, please see one of the coaches. We also ask archers to participate in range set up and tear down as part of practice.

USA Archery Dress Code:

1. All athletes and coaches must present a professional, athletic appearance while on the field. (Torn, ripped or badly faded clothing articles are not allowed.) Clothing may be of any color.
2. No camo or blue denim (jeans) may be worn at target events. At field events, denim may be worn but camo may not be worn.
3. Shorts, skirts and skirts must not be shorter than fingertip length while standing normally.
4. Men and women are required to wear upper garments covering the front and back of the body and covering the midriff when at full draw. Women's upper garments shall have a minimum strap of 3" or sleeves. Men's upper garments shall have short or long sleeves.
5. Sport/athletic shoes are recommended to all athletes and coaches during target events. Shoes must cover the entire foot.
6. At no time will any athlete or coach wear any article bearing any image or language to be considered offensive to others.

NIAO JOAD / AAP Dress Code:



NORTHERN ILLINOIS ARCHERY ORGANIZATION

JOAD / AAP Progression

JOAD / AAP Star Pin Progression

Please see the attached JOAD and Adult Star Pins awards page and Indoor an Outdoor score matrix.

JOAD / AAP Level Progression

For each level it will be recommended to attend one practice per week. However, at least 2 practices per month are required to participate in pin shoots/tournaments unless other arrangements have been made with your coach.

Beginning: Archers will be enrolled in Archery 1 and/or Archery 2. Archers will learn the basic range rules and safety as well as stance and posture. Archers will start out at 9 meters shooting at an 80cm target face with recurve class bows (unless archers have their own equipment). Archers will progress to 18 meters shooting at a 40cm target face, refining stance, aim and posture.

Intermediate: Archers in this level will have completed Archery 1 and 2 and are required to have the basic equipment (finger tab, arm guard, arrows, and bow). They will then begin learning how to use a sight (if equipped) and the equipment that follow after. Once a score of at least 230 out of 300 for Compound setup, or 200 out of 300 for Barebow setup is obtained, the archer will be eligible to move on to the advanced level.

Advanced: Once this level is reached, archers will have their own equipment and have understood the concept of the additions added to the bow. Mental development will be the main focus point at this level, as well as tuning out distractions and background disruptions. Each small detail will be taken into account and a continuous score of 240 out of 300 will be required to start at this level. Score should range between 240 and 300 at a 40cm target face for compound and a range between 220 and 300 for Barebow setups also at a 40cm target face. As progress continues, the archer will move on to various target faces and expected to work back to a score of 240 and keep it or move back to Intermediate level.

Classes and Divisions

Classes: The JOAD / AAP program conducts tournament rounds in the disciplines of Indoor Target Archery (JOAD AAP Indoor round) and Outdoor Target Archery (JOAD / AAP Outdoor Round).

Equipment regulations are listed in the World Archery Constitution and Rules book, which is found on the World Archery website at www.worldarchery.org. Current classes are;

Barebow / Barebow Compound, Olympic Recurve, Compound.



NORTHERN ILLINOIS ARCHERY ORGANIZATION

JOAD Divisions

Categories: The following are USA Archery JOAD competition and developmental categories.

JUNIOR: Archers may compete in the junior class from the year of the 18th birthday through the year of their 20th birthday. Junior archers shoot at “adult” distances and target face sizes in both USA Archery and JOAD Competitions.

Indoor: 18m competition is 60 arrows at the 40 cm target face, outer 10 ring scoring for recurve, inner 10 ring scoring for compound.

Outdoor: Female archers 70m, 60m, 50m and 30m & Male archers 90m, 70m, 50m and 30m

The two long distances are shot on 122cm target faces. The two shorter distances are shot on 80cm target faces.

CADET: Archers may compete in the Cadet class from the year of their 15th birthday through the year of their 17th birthday. Cadet archers shoot at “masters” distances and target face sizes in both USA Archery and JOAD Competitions.

Indoor: 18m competition is 60 arrows at the 40 cm target face, outer 10 ring scoring for recurve, inner 10 ring scoring for compound.

Outdoor: Female archers 60m, 50m, 40m and 30m & Male archers 70m, 60m, 50m and 30m

The two long distances are shot on 122cm target faces. The two shorter distances are shot on 80cm target faces.

Or

Recurve archers shoot at 60m on a 122cm target face and compound archers shoot at 50m on a 80cm target face.

Individual Olympic Round or Team Round; Recurve archers shoot at 60m on a 122 cm target face and compound archer shoot at 50m on a 80cm target face.

CUB: Archers may compete in the Cub class from the year of their 13th birthday through the year of their 14th birthday.

Indoor: 18m competition is 60 arrows at the 60 cm target face, outer 10 ring scoring for recurve. A 40cm target face and outer 10 ring scoring for compound.

Outdoor: Olympic and compound archers score the outer 10 ring.

Archers shoot 50m, 40m, 30m and 20m. The two long distances are shot on a 122cm target face.

Or

Recurve archers shoot at 50m on a 122cm target face and compound archers shoot at 50m on a 122cm target face.

Individual Olympic Round or Team Round; Recurve archers shoot at 60m on a 122 cm target face and compound archer shoot at 30m on a 80cm target face.



NORTHERN ILLINOIS ARCHERY ORGANIZATION

Fundraising and Volunteerism

Because Northern Illinois Archery Organization is a 501(c)(3) non-profit organization we have the unique opportunity to offset some of the expenses incurred by archers, by participating in fundraisers. All fundraising efforts will also benefit our archery scholarship program which allows underprivileged adults and children to attend archery classes.

Participation

Participation in fundraising efforts is completely optional however it is encouraged as it does also benefit the scholarship program. Volunteering during a fundraising event goes toward a JOAD archers' chances at winning the "Participation" award.

If a family chooses not to participate in fundraising for the benefit of the JOAD / AAP club related expenses they only need make us aware of their choice. Archers may still choose to participate for the benefit of the organization or toward their goal of winning the "Participation" award.

Fundraising Efforts

Fundraising efforts can range from individual shooting/scoring challenges to Fun Shoots open to the public. Volunteering at these events is very helpful to the NIAO mission and ensures that any benefits from the proceeds gained during fundraising efforts keeps costs from increasing. Most fundraising efforts will also benefit outside organizations such as animal shelters and food pantries.

Volunteerism

Northern Illinois Archery Organization runs on volunteers and can use all the help it can get. Any archers or family members wishing to serve on the board of directors, fundraising and event planning committee, instructing classes or in any other manner please contact Michelle Helwig at michelle.helwig@niarchery.org.

Likewise, there may be opportunities for archers and family members to volunteer in the community as a team. This is not only a great introduction into volunteerism for everyone, but also a great team building exercise and social activity outside of archery.

Appendix A

Pin Progression/JOAD Scoring Matrix



JOAD Scoring Matrices for indoor and outdoor

JUNIOR OLYMPIC ARCHERY DEVELOPMENT									
Indoor — 30 Arrow Round									
Award Level	Barebow/Basic Compound			Olympic Recurve			Compound**		
	Distance	Target	Score	Distance	Target	Score	Distance	Target	Score
	9M	60cm	40pts	9M	60cm	50pts	9M	40cm	50pts
	9M	60cm	75pts	9M	60cm	100pts	9M	40cm	100pts
	18M	60cm	30pts	18M	60cm	30pts	18M	40cm	30pts
	9M	60cm	110pts	9M	60cm	150pts	9M	40cm	150pts
	18M	60cm	50pts	18M	60cm	50pts	18M	40cm	50pts
	9M	60cm	145pts	9M	60cm	200pts	9M	40cm	200pts
	18M	60cm	100pts	18M	60cm	100pts	18M	40cm	100pts
	18M	60cm	140pts	18M	60cm	150pts	18M	40cm	150pts
	18M	60cm	185pts	18M	60cm	200pts	18M	40cm*	200pts*
	18M	40cm	175pts	18M	40cm	190pts	18M	40cm*	200pts*
	18M	60cm	230pts	18M	60cm	250pts	18M	40cm*	240pts*
	18M	40cm	220pts	18M	40cm	240pts	18M	40cm*	240pts*
	18M	60cm	255pts	18M	60cm	270pts	18M	40cm*	260pts*
	18M	40cm	240pts	18M	40cm	260pts	18M	40cm*	260pts*
	18M	60cm	265pts	18M	60cm	285pts	18M	40cm*	285pts*
	18M	40cm	250pts	18M	40cm	280pts	18M	40cm*	285pts*
	18M	60cm	275pts	18M	60cm	290pts	18M	40cm*	290pts*
	18M	40cm	260pts	18M	40cm	285pts	18M	40cm*	290pts*
	18M	60cm	280pts	18M	60cm	295pts	18M	40cm*	295pts*
	18M	40cm	270pts	18M	40cm	290pts	18M	40cm*	295pts*

*Indicates that points are earned using inner 10 ring scoring
 **Collegiate archers in the Bowhunter division should use Outer 10-Ring scoring

JUNIOR OLYMPIC ARCHERY DEVELOPMENT									
Outdoor — 36 Arrow Round									
Award Level	Barebow/Basic Compound			Olympic Recurve			Compound**		
	Distance	Target	Score	Distance	Target	Score	Distance	Target	Score
	15M	122cm	130pts	15M	122cm	155pts	15M	80cm Full-Size	180pts
							15M	122cm	200pts
	20M	122cm	155pts	20M	122cm	180pts	20M	80cm Full-Size	205pts
							20M	122cm	220pts
	25M	122cm	180pts	25M	122cm	205pts	25M	80cm Full-Size	230pts
							25M	122cm	240pts
	30M	122cm	205pts	30M	122cm	230pts	25M	80cm Full-Size	240pts
							30M	80cm Full-Size	245pts
	30M	122cm	215pts	30M	122cm	245pts	30M	80cm Full-Size	260pts
	40M	122cm	215pts	40M	122cm	240pts	40M	80cm Full-Size	250pts
							40M	122cm	280pts
	30M	122cm	230pts	30M	122cm	275pts	25M	80cm 6-Ring	280pts
	50M	122cm	225pts	30M	122cm	240pts	30M	80cm 6-Ring	285pts
				40M	122cm	210pts	50M	80cm 6-Ring	235pts
				70M	122cm	240pts	50M	122cm	300pts
	30M	122cm	245pts	30M	122cm	300pts	25M	80cm 6-Ring	300pts
	50M	122cm	240pts	50M	122cm	275pts	30M	80cm 6-Ring	305pts
				60M	122cm	275pts	50M	80cm 6-Ring	245pts
				70M	122cm	260pts	50M	80cm 6-Ring	245pts
	30M	122cm	255pts	30M	122cm	315pts	25M	80cm 6-Ring	315pts
	50M	122cm	250pts	50M	122cm	295pts	30M	80cm 6-Ring	320pts
				60M	122cm	290pts	50M	80cm 6-Ring	300pts
				70M	122cm	270pts	50M	80cm 6-Ring	300pts
	30M	122cm	275pts	30M	122cm	335pts	25M	80cm 6-Ring	340pts
	50M	122cm	265pts	50M	122cm	315pts	30M	80cm 6-Ring	340pts
				60M	122cm	310pts	50M	80cm 6-Ring	330pts
				70M	122cm	295pts	50M	80cm 6-Ring	330pts
	30M	122cm	285pts	30M	122cm	340pts	25M	80cm 6-Ring	345pts
	50M	122cm	275pts	50M	122cm	325pts	30M	80cm 6-Ring	350pts
				60M	122cm	325pts	50M	80cm 6-Ring	350pts
				70M	122cm	305pts	50M	80cm 6-Ring	340pts
	30M	122cm	290pts	30M	122cm	345pts	25M	80cm 6-Ring	350pts
	50M	122cm	280pts	50M	122cm	335pts	30M	80cm 6-Ring	355pts
				60M	122cm	335pts	50M	80cm 6-Ring	345pts
				70M	122cm	320pts			

**Collegiate archers in the Bowhunter division should use Compound 30m, 60cm 6-Ring scoring when applicable

Appendix B

Pin Progression/AAP Scoring Matrix



Adult Scoring Matrices for indoor and outdoor

ADULT ARCHERY PROGRAM

Indoor — 30 Arrow Round

If an award level has more than one distance or target size, the club leader will choose where to have the archer positioned and what target face to use. The club will use based on skill level/experience of that archer. At the Bronze, Silver and Gold pin levels archers are required to shoot in their age class.

Award Level	Barebow/Basic Compound/Traditional			Olympic Recurve			Compound**		
	Distance	Target	Score	Distance	Target	Score	Distance	Target	Score
	18M	40cm	70pts	18M	40cm	90pts	18M	40cm*	125pts*
	18M	40cm	100pts	18M	40cm	140pts	18M	40cm*	150pts*
	18M	40cm	120pts	18M	40cm	190pts	18M	40cm*	175pts*
	18M	40cm	150pts	18M	40cm	210pts	18M	40cm*	200pts*
	18M	40cm	175pts	18M	40cm	230pts	18M	40cm*	220pts*
	18M	40cm	200pts	18M	40cm	250pts	18M	40cm*	240pts*
	18M	40cm	225pts	18M	40cm	265pts	18M	40cm*	260pts*
	18M	40cm	240pts	18M	40cm	270pts	18M	40cm*	270pts*
	18M	40cm	250pts	18M	40cm	285pts	18M	40cm*	280pts*
	18M	40cm	260pts	18M	40cm	290pts	18M	40cm*	285pts*
	18M	40cm	270pts	18M	40cm	295pts	18M	40cm*	290pts*

*Indicates that points are earned using lower 10-ring scoring.
 **Collegiate archers in the Bowhunter division should use Outer 10-Ring scoring.

ADULT ARCHERY PROGRAM

Outdoor — 36 Arrow Round

If an award level has more than one distance or target size, the club leader will choose where to have the archer positioned and what target face to use. The club will use based on skill level/experience of that archer. At the Bronze, Silver and Gold pin levels archers are required to shoot in their age class.

Award Level	Barebow/Basic Compound/Traditional			Olympic Recurve			Compound**		
	Distance	Target	Score	Distance	Target	Score	Distance	Target	Score
	30M	122cm	160pts	30M	122cm	185pts	30M	80cm 4-Ring	200pts
		80cm Full-Size	215pts						
	30M	122cm	170pts	30M	122cm	235pts	30M	80cm 4-Ring	225pts
		80cm Full-Size	240pts						
	30M	122cm	180pts	30M	122cm	260pts	30M	80cm 4-Ring	250pts
		80cm Full-Size	265pts						
	50M	122cm	190pts	50M	122cm	270pts	50M	80cm 4-Ring	270pts
		80cm Full-Size	280pts						
	50M	122cm	200pts	50M	122cm	280pts	50M	80cm 4-Ring	280pts
		80cm Full-Size	290pts						
	50M	122cm	230pts	60M	122cm	280pts	50M	80cm 4-Ring	295pts
		60M	122cm				200pts	50M	80cm Full-Size
	50M	122cm	245pts	60M	122cm	290pts	50M	80cm 4-Ring	310pts
		60M	122cm				210pts	50M	80cm Full-Size
	50M	122cm	255pts	60M	122cm	300pts	50M	80cm 4-Ring	320pts
		60M	122cm				220pts	50M	80cm Full-Size
	50M	122cm	270pts	60M	122cm	310pts	50M	80cm 4-Ring	335pts
		60M	122cm						
	50M	122cm	280pts	60M	122cm	315pts	50M	80cm 4-Ring	345pts
		60M	122cm						
	50M	122cm	285pts	60M	122cm	320pts	50M	80cm 4-Ring	350pts
		60M	122cm						

**Collegiate archers in the Bowhunter division should use Compound 80cm 4-Ring scoring.

Appendix C

Equipment Requirements



Equipment Specifications for Achievement Program

Bow Classifications

Please see this link on World Archery's website for the definitions of the Recurve and Compound disciplines:

<http://rulebook.worldarchery.org/index2.php?sez=793&up=3>

Recurve: Book 3, Chapter 11

Compound: Book 3, Chapter 11

Please see this link for definitions of the Barebow discipline:

<http://rulebook.worldarchery.org/index2.php?sez=1759&up=4>

Barebow: Book 4, Chapter 22

Basic Compound: A bow where the draw is mechanically varied by a system of pulleys or cams. Maximum draw weight will be 30 lbs. No sight, stabilizer, peep or kisser button, and shot only with fingers (glove, tab or bare fingers) are allowed. An arrow rest will be permitted.

Chapter 11

Athletes Equipment

This article lays down the type of equipment athletes are permitted to use when shooting in World Archery competitions. It is the athlete's responsibility to use equipment which complies with the rules.

Any athlete found to be using equipment contravening World Archery Rules may have his scores disqualified.

Described below are the specific regulations that apply to each division followed by the regulations that apply to all divisions.

The regulations set forth in [21. Chapter 21-Para-Archery](#), shall apply only to that discipline and shall take precedence in any case of conflict.

11.1. For the Recurve Division, the following items are permitted:

11.1.1. A bow of any type provided it complies with the common meaning of the word "bow" as used in target archery, that is, an instrument consisting of a handle (grip), riser (no shoot-through type) and two flexible limbs each ending in a tip with a string nock. The bow is braced for use by a single string attached directly between the two string nocks, and in operation is held in one hand by its handle (grip) while the fingers of the other hand draw and release the string.

11.1.1.1. Multi-coloured bow risers and trademarks located on the inside of the upper and lower limb or on the riser are permitted.

11.1.1.2. Risers including a brace are permitted provided the brace does not consistently touch the athlete's hand or wrist.

11.1.2. A bowstring of any number of strands.

11.1.2.1. Which may be of different colours and of the material chosen for the purpose. It may have a centre serving to accommodate the drawing fingers, a nocking point to which may be added serving(s) to fit the arrow nock as necessary, and, to locate this point, one or two nock locators may be positioned. At each end of the bowstring there is a loop which is placed in the string nocks of the bow when braced. In addition one attachment is permitted on the string to serve as a lip or nose mark. The serving on the string shall not end within the athlete's vision at full draw. The bowstring shall not in any way assist aiming through the use of a peephole, marking, or any other means.

11.1.3. An arrow rest, which can be adjustable.

11.1.3.1. Any moveable pressure button, pressure point or arrow plate may be used on the bow provided they are not electric or electronic and do not offer any additional aid in aiming. The pressure point may not be placed any further back than 4cm (inside) from the throat of the handle (pivot point) of the bow.

11.1.4. One draw check indicator, audible, tactile or visual may be used provided it is not electric or electronic.

11.1.5. A bow sight is permitted, but at no time may more than one such device be used.

11.1.5.1. It shall not incorporate a prism, lens, or any other magnifying device, levelling, electric or electronic devices nor shall it provide for more than one sighting point.

11.1.5.2. The overall length of the sighting circle or point (tunnel, tube, sighting pin or other corresponding extended component) shall not exceed 2cm in the line of vision of the athlete.

11.1.5.3. A sight may be attached to the bow for the purpose of aiming and which may allow for windage adjustment as well as an elevation setting. It is subject to the following provisions:

- A bow sight extension is permitted;*
- A plate or tape with distance marking may be mounted on the sight as a guide for marking, but shall not in any way offer any additional aid;*
- The sight point may be a fibre optic sight pin. The total length of the fibre optic pin may exceed 2cm, provided that one end is attached outside the athlete's line of vision at full draw, while the part within the athlete's line of vision does not exceed 2cm in a straight line before bending. It can only provide one illuminated aiming spot at full draw. The fibre optic pin is measured independently of the tunnel.*

11.1.6. Stabilisers and torque flight compensators on the bow are permitted.

11.1.6.1. They may not:

- Serve as a string guide;*
- Touch anything but the bow;*
- Represent any danger or obstruction to other athletes.*

11.1.7. Arrows of any type may be used provided they comply with the common meaning of the word "arrow" as used in target archery, and do not cause undue damage to target faces or butts.

11.1.7.1. An arrow consists of a shaft with a tip (point), nocks, fletching and, if desired, cresting. The maximum diameter of arrow shafts shall not exceed 9.3mm (arrow wraps shall not be considered as part of this limitation as long they do not extend further than 22cm toward the point of the arrow when measured from the throat - nock hole where the string sits - of the nock to the end of the wrap); the tips (points) for these arrows may have a maximum diameter of 9.4mm. All arrows of every athlete shall be marked with the athlete's name or initials on the shaft. All arrows used in any end shall be identical and shall carry the same pattern and colour(s) of fletching, nocks and cresting, if any. Tracer nocks

(electrically/electronically lighted arrow nocks) are not allowed.

11.1.8. Finger protection in the form of finger tape, shooting glove (wrist strap allowed), finger tab or a combination of finger protection to draw and release the bowstring is permitted, provided they do not incorporate any device that assists the athlete to draw and release the bowstring.

11.1.8.1. Finger protection may incorporate an anchor plate for anchoring, thumb or finger rests for non-drawing fingers, finger straps around fingers to secure finger protection to the hand, finger separator between fingers to prevent pinching the arrow, tab plate/s for securing tab materials/layers together and plate extensions for consistent hand placement may be used. Finger protection may be made of any number of layers and material. No part of the finger protection may extend around the hand between thumb and fingers or beyond the wrist joint or restrict wrist movement. On the bow hand an ordinary glove, mitten or similar item may be worn but shall not be attached to the grip of the bow.

11.1.9. Field glasses, telescopes and other visual aids may be used for spotting arrows:

11.1.9.1. Provided they do not represent any obstruction to other athletes.

11.1.9.2. Scopes shall be adjusted so the highest portion of the scope is no higher than the armpit of the athletes.

11.1.9.3. Prescription spectacles, shooting spectacles and sunglasses may be used. None of these may be fitted with micro-hole lenses, or similar devices, nor may they be marked in any way that can assist in aiming.

11.1.9.4. Should the athlete need to cover the spectacle glass of the non-sighting eye, then it shall be fully covered or taped, or an eye patch may be used.

11.1.10. Accessories are permitted:

11.1.10.1. Including arm guard, chest protector, bow sling and belt or ground quiver. Foot markers may not protrude more than 1cm from the ground. Devices to raise a foot or part thereof, attached or independent of the shoe, are permitted provided that the devices do not present an obstruction to other athletes at the shooting line position or protrude more than 2cm past the footprint of the shoe. Also permitted are rubberized bow limb dampening devices. Wind indicators (non-electric or non-electronic) may be attached to the equipment used on the shooting line (e.g. light ribbons) electronic wind indicators may be used behind the waiting line.

11.2.

For the Compound Division, the following equipment is described. All types of additional devices are permitted, unless they are electric, electronic, compromise safety or create unfair disturbance to other athletes.

11.2.1. A Compound Bow, which may be of a shoot-through type riser, is one where the draw is mechanically varied by a system of pulleys or cams. The bow is braced for use by bowstring(s) attached directly to the cams, string nocks of the bow limbs, cables or by other means as may be applicable to the design.

11.2.1.1. The peak draw weight shall not exceed 60 lbs.

11.2.1.2. Cable guards are permitted.

11.2.1.3. A brace or split cables are permitted, provided they do not consistently touch the athlete's hand, wrist or bow arm.

11.2.1.4. A bowstring of any type which may include multiple serving/s to accommodate nocking points and include other attachments such as a lip or nose mark, a peep-hole, a peep-hole 'hold-in-line' device, loop bowstring, etc.

11.2.1.5. The pressure point of the arrow rest which can be adjustable shall be placed no further back than 6cm (inside) from the throat of the handle (pivot point of the bow).

11.2.1.6. Stabilizers may not touch anything but the bow.

11.2.2. Draw check indicators, audible and/or tactile and/or visual may be used provided it is not electric or electronic.

11.2.3. A bow sight attached to the bow.

11.2.3.1. Which may allow for windage adjustment as well as an elevation setting, and which may also incorporate a levelling device, and/or magnifying lenses and/or prisms.

11.2.3.2. The sight points may be a fibre optic sight pin and/or a chemical glowstick. The glowstick shall be encased so as not to disturb other athletes.

11.2.4. A release aid may be used provided it is not attached in any way to the bow. Any type of finger protection may be used.

11.2.5. The following restrictions shall apply:

- [Article 11.1.7.](#) and [Article 11.1.7.1.](#);
- [Article 11.1.8.1.](#);
- [Article 11.1.9.](#) as limited by [Article 11.1.9.2.](#), and [Article 11.1.9.3.](#);
- [Article 11.1.10.1.](#);
- "Peep Elimination" sights can be used in Compound Divisions and assuming such a sight does not incorporate any electric or electronic device.

11.3. For athletes of both divisions the following equipment is not permitted:

11.3.1. Any electronic or electrical device that can be attached to the athlete's equipment.

11.3.2. Any electronic communication device, headsets or noise reduction devices in front of the waiting line provided that the use of software that simply allows the athlete to plot arrow impacts on the target as one would on printed paper used for the same purpose is permitted. No software that aids in bow sight adjustments may be used anywhere on the archery field (which includes any space either in front of or behind the shooting line up to the spectator area).

11.3.3. Athlete equipment shall not include camouflage colours of any kind.

11.4. For Olympic Games no electronic communication device is allowed on the competition field unless required by the Organising Committee.

Chapter 22

Athletes Equipment

This article lays down the type of equipment athletes are permitted to use when shooting in World Archery competitions. It is the athlete's responsibility to use equipment which complies with the rules.

Any athlete found to be using equipment contravening World Archery Rules may have his scores disqualified.

Described below are the specific regulations that apply to each division followed by the regulations that apply to all divisions.

The dress regulations found in Book 3, Article 20.1 shall apply.

22.1. For the Recurve Division, the following items are permitted:

22.1.1. A bow of any type provided it complies with the common meaning of the word "bow" as used in target archery, that is, an instrument consisting of a handle (grip), riser (no shoot-through type) and two flexible limbs each ending in a tip with a string nock. The bow is braced for use by a single string attached directly between the two string nocks, and in operation is held in one hand by its handle (grip) while the fingers of the other hand draw and release the string.

22.1.1.1. Multi-coloured bow risers and trademarks located on the inside of the upper and lower limb or on the riser are permitted.

22.1.1.2. Risers including a brace are permitted provided the brace does not consistently touch the athlete's hand or wrist.

22.1.2. A bowstring of any number of strands.

22.1.2.1. Which may be of different colours and of the material chosen for the purpose. It may have a centre serving to accommodate the drawing fingers, a nocking point to which may be added serving(s) to fit the arrow nock as necessary, and, to locate this point, one or two nock locators may be positioned. At each end of the bowstring there is a loop which is placed in the string nocks of the bow when braced. In addition one attachment is permitted on the string to serve as a lip or nose mark. The serving on the string shall not end within the athlete's vision at full draw. The bowstring shall not in any way assist aiming through the use of a peephole, marking, or any other means.

22.1.3. An arrow rest, which can be adjustable.

22.1.3.1. Any moveable pressure button, pressure point or arrow plate may be used on the bow provided they are not electric or electronic and do not offer any additional aid in aiming. The pressure point may not be placed any further back than 4cm (inside) from the throat of the handle (pivot point) of the bow.

22.1.4. One draw check indicator, audible, tactile or visual may be used provided it is not electric or electronic.

22.1.5. A bow sight for aiming is permitted, but at no time may more than one such device be used.

22.1.5.1. It shall not incorporate a prism, lens, or any other magnifying device, levelling, electric or electronic devices nor shall it provide for more than one sighting point.

22.1.5.2. The overall length of the sighting circle or point (tunnel, tube, sighting pin or other corresponding extended component) will not exceed 2cm in the line of vision of the athlete.

22.1.5.3. A sight may be attached to the bow for the purpose of aiming and which may allow for windage adjustment as well as an elevation setting. It is subject to the following provisions:

- A bow sight extension is permitted;*
- A plate or tape with distance marking may be mounted on the sight as a guide for marking, but shall not in any way offer any additional aid;*
- The sight point may be a fibre optic sight pin. The total length of the fibre optic pin may exceed 2cm, provided that one end is attached outside the athlete's line of vision at full draw, while the part within the athlete's line of vision does not exceed 2cm in a straight line before bending. It can only provide one illuminated aiming spot at full draw. The fibre optic pin is measured independently of the tunnel.*

22.1.5.4. On unmarked rounds no part of the sight may be modified for the purpose of providing a means for range finding.

22.1.6. Stabilisers and torque flight compensators on the bow are permitted.

22.1.6.1. They may not:

- Serve as a string guide;*
- Touch anything but the bow;*
- Represent any danger or obstruction to other athletes.*

22.1.7. Arrows of any type may be used provided they comply with the common meaning of the word "arrow" as used in target archery, and do not cause undue damage to target faces or butts.

22.1.7.1. An arrow consists of a shaft with a tip (point), nocks, fletching and, if desired, cresting. The maximum diameter of arrow shafts shall not exceed 9.3mm (arrow wraps shall not be considered as part of this limitation as long they do not extend further than 22cm toward the point of the arrow when measured from the throat - nock hole where the string sits - of the nock to the end of the wrap); the tips (points) for these arrows may have a maximum diameter of 9.4mm. All arrows of

every athlete shall be marked with the athlete's name or initials on the shaft. All arrows used in any end shall be identical and shall carry the same pattern and colour(s) of fletching, nocks and cresting, if any. Tracer nocks (electrically/electronically lighted nocks) are not allowed.

22.1.8. Finger protection in the form of finger tape, shooting glove (wrist strap allowed), finger tab or a combination of finger protection to draw and release the bowstring is permitted, provided they do not incorporate any device that assists the athlete to draw and release the bowstring.

22.1.8.1. Finger protection may incorporate an anchor plate for anchoring, thumb or finger rests for non-drawing fingers, finger straps around fingers to secure finger protection to the hand, finger separator between fingers to prevent pinching the arrow, tab plate/s for securing tab materials/layers together and plate extensions for consistent hand placement may be used. Finger protection may be made of any number of layers and material. No part of the finger protection may extend around the hand between thumb and fingers or beyond the wrist joint or restrict wrist movement. On the bow hand an ordinary glove, mitten or similar item may be worn but shall not be attached to the grip of the bow.

22.1.9. Field glasses, telescopes and other visual aids may be used for spotting arrows:

22.1.9.1. Provided they do not represent any obstruction to other athletes.

22.1.9.2. Prescription spectacles, shooting spectacles and sunglasses may be used. None of these may be fitted with micro hole lenses, or similar devices, nor may they be marked in any way that can assist in aiming.

22.1.9.3. Should the athlete need to cover the spectacle glass of the non-sighting eye, then it shall be fully covered or taped, or an eye patch may be used.

22.1.10. Accessories are permitted:

22.1.10.1. Including arm guard, chest protector, bow sling, belt or ground quiver. Devices to raise a foot or part thereof, attached or independent of the shoe, are permitted provided that the devices do not present an obstruction to other athletes at the shooting peg or protrude more than 2cm past the footprint of the shoe. Also permitted are limb savers. Wind indicators (non-electric or non-electronic) may be attached to the equipment used at the shooting peg (e.g. light ribbons).

22.2.

For the Compound Division, the following equipment is permitted. All types of additional devices are permitted unless they are electric, electronic, compromise safety or create an unfair disturbance to other athletes.

22.2.1. A Compound Bow, which may be of a shoot-through type riser, is one where the draw is mechanically varied by a system of pulleys or cams. The bow is braced for use by bowstring(s) attached directly to the cams, the string nocks of the bow limbs, cables or by other means as may be applicable to the design.

22.2.1.1. The peak draw weight shall not exceed 60lbs.

22.2.1.2. Cable guards are permitted.

22.2.1.3. A brace or split cables are permitted, provided they do not consistently touch the athlete's hand, wrist or bow arm.

22.2.1.4. A bowstring of any type which may include multiple serving/s to accommodate nocking points and include other attachments such as a lip or nose mark, a peep-hole, a peep-hole 'hold-in-line' device, loop bowstring, etc.

- Also permitted are string silencers provided they are located no closer than 30cm from the nocking point.*

22.2.1.5.

The pressure point of the arrow rest which can be adjustable shall be placed no further back than 6cm (inside) from the throat of the handle (pivot point of the bow).

22.2.2. Draw check indicators, audible and/or visual may be used.

22.2.3. A bow sight attached to the bow.

22.2.3.1. Which may allow for windage adjustment as well as an elevation setting, and which may also incorporate a levelling device, and/or magnifying lenses and/or prisms.

22.2.3.2. The sight points may be a fibre optic sight pin and/or a chemical glowstick. The glowstick shall be encased so as not to disturb other athletes.

22.2.3.3. Multiple sight pins and peep eliminator devices are allowed on marked courses only.

22.2.3.4. On unmarked rounds no part of the sight may be modified for the purpose of providing means for range finding.

22.2.4. A release aid may be used provided it is not attached in any way to the bow. Any type of finger protection may be used.

22.2.5. The following restrictions shall apply:

- [Article 22.1.7.](#) and [Article 22.1.7.1.](#);*

- [Article 22.1.8.1.](#);*

- [Article 22.1.9.](#) as limited by [Article 22.1.9.2.](#);*

- [Article 22.1.10.1.](#);*

- "Peep Elimination" sights can be used in Compound Divisions except for courses where unmarked distances are shot, and assuming such a sight does not incorporate any electric or electronic device.*

22.3. For the Barebow Division the following items are permitted:

22.3.1. A bow of any type provided it complies with the common meaning of the word bow as used in target archery, that is, an instrument consisting of a handle (grip), riser (no shoot-through type) and two flexible limbs each ending in a tip with a string nock. The bow is braced for use by a single string attached directly between the two string nocks, and in

operation is held in one hand by its handle (grip) while the fingers of the other hand draw and release the string. The bow as described above shall be bare except for the arrow rest and free from protrusions, sights or sight marks, marks or blemishes or laminated pieces (within the bow window area) which could be of use in aiming. The unbraced bow complete with permitted accessories shall be capable of passing through a hole or ring with a 12.2cm inside diameter ± 0.5 mm.

22.3.1.1. *Multi-coloured bow risers, and trademarks located on the inside of the upper and lower limb or on the riser are permitted. However if the area within the sight window is coloured in such a way that it could be used for aiming, then it must be taped over.*

22.3.1.2. *Risers including a brace are permitted provided the brace does not consistently touch the athlete's hand or wrist.*

22.3.2. A bow string of any number of strands.

22.3.2.1. *Which may be of different colours and of the material chosen for the purpose. It may have a centre serving to accommodate the drawing fingers, a nocking point to which may be added serving(s) to fit the arrow nock as necessary, and, to locate this point, one or two nock locators may be positioned. At each end of the bowstring there is a loop which is placed in the string nocks of the bow when braced. No lip or nose mark is permitted. The serving on the string shall not end within the athlete's vision at full draw. The bowstring shall not in any way assist aiming through the use of a peephole, marking, or any other means.*

22.3.3. An arrow rest, which can be adjustable.

22.3.3.1. *A moveable pressure button, pressure point or arrow plate may all be used on the bow provided they do not offer any additional aid in aiming. The pressure point may not be placed any further back than 2cm (inside) from the throat of the handle (pivot point of the bow).*

22.3.4. No draw check device may be used.

22.3.5. Face and string walking are permitted.

22.3.6. No stabilisers are permitted.

22.3.6.1. *Torque flight compensators fitted as part of the bow are permitted provided that they do not have stabilisers.*

22.3.6.2. *Weight(s) may be added to the lower part of the riser. All weights, regardless of shape, shall mount directly to the riser without rods, extensions, angular mounting connections or shock-absorbing devices.*

22.3.7. Arrows of any type may be used provided they subscribe to the accepted principle and meaning of the word arrow as used in target archery, and that these arrows do not cause undue damage to the targets.

22.3.7.1.

An arrow consists of a shaft with a tip (point), nocks, fletching and, if desired, cresting. The maximum diameter of arrow shafts shall not exceed 9.3mm (arrow wraps shall not be considered as part of this limitation as long they do not extend further than 22cm toward the point of the arrow when measured from the throat - nock hole where the string sits - of the nock to the end of the wrap); the tips (points) for these arrows may have a maximum diameter of 9.4mm. All arrows of every athlete shall be marked with the athlete's name or initials on the shaft. All arrows used throughout the competition shall be identical and shall carry the same pattern and colour(s) of fletching, nocks and cresting, if any. Tracer nocks (electrically/electronically lighted nocks) are not allowed.

22.3.8. Finger protection in the form of finger stalls or tips, gloves, or shooting tab or tape, to draw and release the string is permitted, provided they do not incorporate any device that shall assist the athlete to hold, draw and release the string.

22.3.8.1. *A separator between the fingers to prevent pinching the arrow may be used. An anchor plate or similar device attached to the finger protection (tab) for the purpose of anchoring is permitted. The stitching shall be uniform in size and colour. Marks or lines may be added directly to the tab and shall be uniform in size, shape and colour. Additional memoranda is not permitted. On the bow hand an ordinary glove, mitten or similar item may be worn but shall not be attached to the grip of the bow.*

22.3.9. Field glasses, telescopes and other visual aids for spotting arrows:

22.3.9.1. *Provided they do not represent any obstruction to other athletes.*

22.3.9.2. *Prescription spectacles, shooting spectacles and sunglasses may be used. None of these may be fitted with micro hole lenses, or similar devices, nor may they be marked in any way that can assist in aiming.*

22.3.9.3.

Should the athlete need to cover the spectacle glass of the non-sighting eye, then it shall be fully covered or taped, or an eye patch may be used.

22.3.10. Accessories are permitted:

22.3.10.1.

Including arm guard, chest protector, bow sling, belt-, back- or ground-quiver. Devices to raise a foot or part thereof, attached or independent of the shoe, are permitted provided that the devices do not present an obstruction to other athletes at the shooting peg or protrude more than 2cm past the footprint of the shoe. Also permitted are limb savers.

22.4. For the Instinctive Bow Division the following items are permitted:

22.4.1. A bow of any type, which complies with the common meaning of the word bow as used in target archery, consisting of a handle (grip), riser (no shoot-through type) and two flexible limbs each ending in a tip with a string nock. The riser is produced of a natural or resin based material (e.g. wood, bamboo, horn, cloth, fibreglass, and a portion of the riser may include carbon/graphite or metal). The riser must be of laminated construction or one piece of wood. The bow may be of a take-down type and may incorporate factory installed metal fittings in the riser for limb attachment, sight mount inserts, cushion plunger insert and stabilizer bushings only. The bow may include a single adjustable limb for tiller adjustment only, but may not have adjustable limb pockets for bow weight adjustment. The riser may include thin synthetic laminates up to 6 mm in width to use for limb/pocket protection for structural use within the riser, but no more than one quarter of the riser's construction may be produced of metal or synthetic material. The riser must contain some wood or bamboo. For non-takedown bows, limb laminates of any material that fade into the riser section are permitted. The bow is braced for use by a single string attached directly between the two string nocks, and in operation is held in one hand by its handle (grip) while the fingers of the other hand draw and release the string.

The bow as described above shall be bare, except for an arrow rest as described in [Article 22.4.3.](#) and free from protrusions, sights or sight marks, marks or blemishes or laminated pieces (within the bow window area) which could be of use in aiming. Weights inside the bow riser are permitted if installed during the manufacturing process of the bow and not post construction. Any such weights shall be completely invisible on the exterior of the riser and be covered by laminates applied during the initial construction with no visible holes, plugged holes, covers or caps with the exception of the original manufacturer's inlay or insert logo.

22.4.1.1. Multi-coloured bow risers and trademarks located on the inside of the upper and lower limb are permitted. However if the area within the sight window is coloured in such a way that it could be used for aiming, then it must be taped over.

22.4.2. A bow string of any number of strands.

22.4.2.1. Which may be of different colours and of the material chosen for the purpose. It may have a centre serving to accommodate the drawing fingers, a nocking point to which may be added serving(s) to fit the arrow nock as necessary, and, to locate this point, one or two nock locators may be positioned. At each end of the bowstring there is a loop which is placed in the string nocks of the bow when braced. No lip or nose mark is permitted. The serving on the string shall not end within the athlete's vision at full draw. The bowstring shall not in any way assist aiming through the use of a peephole, marking, or any other means.

22.4.2.2. Also permitted are string silencers provided they are located no closer than 30cm from the nocking point.

22.4.3. An arrow rest, which cannot be adjustable.

22.4.3.1. The arrow rest can be a simple plastic industry standard glued rest, a feather rest as supplied by the manufacturer or the athlete can use the bow shelf, in which case it may be covered with any type of material (on shelf only). The vertical part of the sight window may be protected by material which shall not raise more than 1 cm above the resting arrow or be thicker than 3 mm, measured from the riser directly adjacent to the material. No other types or arrow rests shall be allowed.

22.4.4. No drawcheck device may be used.

22.4.5. String and face walking are not permitted.

22.4.6. Arrows of any type may be used provided they comply with the common meaning of the word "arrow" as used in target archery, and do not cause undue damage to target faces or butts.

22.4.6.1. An arrow consists of a shaft with a tip (point), nock, fletching and, if desired, cresting. The maximum diameter of arrow shafts shall not exceed 9.3mm (arrow wraps shall not be considered as part of this limitation as long they do not extend further than 22cm toward the point of the arrow when measured from the throat - nock hole where the string sits - of the nock to the end of the wrap), the tips (points) for these arrows may have a maximum diameter of 9.4mm. All arrows of every athlete shall be marked with the athlete's name or initials on the shaft. All arrows used throughout the competition shall be identical and shall carry the same pattern and colour(s) of fletching, nocks and cresting, if any.

22.4.7. Finger protection in the form of finger stalls or tips, gloves, or shooting tab or tape, to draw and release the string is permitted, provided they do not incorporate any device that shall assist the athlete to draw and release the string. Markings added by the athlete, whether or not uniform in size, shape and color are not permitted in the instinctive division.

22.4.7.1. An anchor plate or similar device attached to the finger protection (tab) for the purpose of anchoring is not permitted. The bow must be shot using the "Mediterranean" loose (one finger above the arrow nock) or fingers directly below the arrow nock (index finger no more than 2 mm below nock), with one fixed anchor point. The athlete must choose either Mediterranean or fingers under nock, but may not use both. Finger protection when shooting with fingers under the nock must have a continuous surface or connected finger stalls, with no ability to shoot split finger. When using the Mediterranean loose a separator between the fingers to prevent pinching the arrow may be used.

22.4.8. Field glasses, telescopes and other visual aids may be used for spotting arrows:

22.4.8.1. Provided they do not represent any obstacle to other athletes.

- 22.4.8.2. *Prescription spectacles, shooting spectacles and sunglasses may be used. They may not be fitted with micro-hole lenses, or similar devices nor marked in any way which can assist in aiming.*
- 22.4.8.3. *Should the athlete need to cover the spectacle glass of the non-sighting eye, then it shall be fully covered or taped, or an eye patch may be used.*
- 22.4.9. Accessories are permitted.
- 22.4.9.1. *Including arm guard, chest protector, bow sling, belt-, back- or ground-quiver. Devices to raise a foot or part thereof, attached or independent of the shoe, are permitted provided that the devices do not present an obstruction to other athletes at the shooting peg or protrude more than 2cm past the footprint of the shoe. Also permitted are limb savers. Arrow quivers shall not be attached to the bow.*

22.5. For the Longbow Division the following items are permitted:

- 22.5.1. The bow shall correspond to the traditional form (shape) of a longbow (or American Flat Bow) conforming to a limb design that when strung the bowstring shall not touch any other part of the bow but the string nocks. The bow may be a two piece take-down, having two sections of similar length (take-down within the grip/arrow rest area), and may be made from any material or combination of materials. The shape of the grip (grip area only) is not restricted and centershot is allowed. The bow shall be free from protrusions, sights or sight marks, marks or blemishes or laminated pieces (within the bow window area) which could be of use in aiming.
- 22.5.1.1. *For juniors and women the bow shall be not less than 150cm in length, for men the bow shall be not less than 160cm in length – this length being measured on a strung bow between the string nocks all along the outside (back) of the limbs.*
- 22.5.2. A bow string of any number of strands.
- 22.5.2.1. *The string may be of different colours and of the material chosen for the purpose. It may have a centre serving to accommodate the drawing fingers, a nocking point to which may be added serving(s) to fit the arrow nock as necessary, and, to locate this point, one or two nock locators may be positioned. At each end of the bowstring there is a loop which is placed in the string nocks of the bow when braced. The serving on the string shall not end within the athlete's vision at full draw. The bowstring shall not in any way assist aiming through the use of a peephole, marking, or any other means.*
- 22.5.2.2. *Also permitted are string silencers provided they are located no closer than 30cm from the nocking point.*
- 22.5.3. Arrow rest. If the bow has an arrow shelf, that shelf may be used as an arrow rest and it may be covered with any type of material (on the shelf only). The vertical part of the sight window may be protected by material which shall not rise more than 1 cm above the resting arrow or be thicker than 3 mm, measured from the riser directly adjacent to the material.
- 22.5.4. String and face walking are not permitted.
- 22.5.5. No weights, stabilisers or torque flight compensators are allowed. Weights inside the bow riser are permitted if installed during the manufacturing process of the bow and not post construction. Any such weight shall be completely invisible on the exterior of the riser and be covered by laminates applied during the initial construction with no visible holes, plugged holes, covers or caps with the exception of the original manufacturer's inlay or insert logo.
- 22.5.6. Only wooden arrows are allowed with the following specifications:
- 22.5.6.1. *An arrow consists of a shaft with a tip (point), nock, fletching and, if desired, cresting. The maximum diameter of arrow shafts shall not exceed 9.3mm (arrow wraps shall not be considered as part of this limitation as long they do not extend further than 22cm toward the point of the arrow when measured from the throat - nock hole where the string sits - of the nock to the end of the wrap), the tips (points) for these arrows may have a maximum diameter of 9.4mm. All arrows of every athlete shall be marked with the athlete's name or initials on the shaft. All arrows used throughout the competition shall be identical and shall carry the same pattern and colour(s) of fletching, nocks and cresting, if any.*
- 22.5.6.2. *The points shall be of the field type or bullet, conical or cone shaped meant for wooden arrows.*
- 22.5.6.3. *Only natural feathers shall be used as fletching.*
- 22.5.7. Finger protection in the form of finger stalls or tips, gloves, or shooting tab or tape, to draw and release the string is permitted, provided they do not incorporate any device that shall assist the athlete to hold, draw and release the string.
- 22.5.7.1. *An anchor plate or similar device attached to the finger protection (tab) for the purpose of anchoring is not permitted. The bow must be shot using the "Mediterranean" loose (one finger above the arrow nock) or fingers directly below the arrow nock (index finger no more than 2 mm below nock), with one fixed anchor point. The athlete must choose either Mediterranean or fingers under nock, but may not use both. Finger protection when shooting with fingers under the nock must have a continuous surface or connected finger stalls, with no ability to shoot split finger. When using the*

Mediterranean loose a separator between the fingers to prevent pinching the arrow may be used.

22.5.8. Field glasses, telescopes and other visual aids may be used for spotting arrows:

22.5.8.1. Provided they do not represent any obstacle to other athletes.

22.5.8.2. Prescription spectacles, shooting spectacles and sunglasses may be used. None of these may be fitted with micro hole lenses, or similar devices, nor may they be marked in any way that can assist in aiming.

22.5.8.3. Should the athlete need to cover the spectacle glass of the non-sighting eye, then it shall be fully covered or taped, or an eye patch may be used.

22.5.9. Accessories are permitted

22.5.9.1.

Including arm guard, chest protector, bow sling, belt-, back- or ground-quiver. Devices to raise a foot or part thereof, attached or independent of the shoe, are permitted provided that the devices do not present an obstruction to other athletes at the shooting peg or protrude more than 2cm past the footprint of the shoe. Arrow quivers may not be attached to the bow.

22.6. Accessories for all divisions

22.7. For athletes of all divisions the following equipment is not permitted:

22.7.1. Any electronic or electrical device that can be attached to the athlete's equipment.

22.7.2. Any electronic communication device (including mobile phones), headsets or noise reduction devices in front of the waiting line on the practice field and at any time on the course.

22.7.3. Any type of range finders or any other means of estimating distances or angles not covered by the current rules regarding athletes equipment.

22.7.4. Any part of an athlete's equipment that has been added or modified to serve the purpose of estimating distances or angles, nor may any regular piece of equipment be used explicitly for that purpose.

22.7.5. Any written memoranda or electronic storage device that may be used for calculating angles, and distances apart from notes of the athlete's normal sight marks (for those divisions which allow sight), the recording of the present personal scores or any part of the World Archery Rules.

Appendix D

Membership Application



NORTHERN ILLINOIS ARCHERY ORGANIZATION

JOAD / AAP Membership Application

Fee Schedule (per participant, choose what's right for you)

- Per Session \$15 (Paid at practice - Pin ribbons not included. \$10 additional required)
Per Month \$50 (paid by 1st practice each month - Pin ribbons not included. \$10 additional required)
Per Quarter \$135 (paid by Jan 1st, April 1st, July 1st, Oct1st - Pin ribbons included)
Biannual \$240 (paid by Jan 1st, July 1st - Pin ribbons included, 50% off team jersey, \$25 reimbursement for outside club tournament registration)
Annually \$480 (paid by Jan 1st - Pin ribbons included, team competition jersey provided, \$25 reimbursement for outside club tournament registration)

Fee Schedule Chosen: (circle one) Drop In Monthly Quarterly Annually Drop-In Monthly Special

Name _____

Address _____

City _____ State _____ Zip Code _____

E-mail address _____ Tel (_____) _____

Are you age 21 or over? ___Yes ___No

What is your interest in archery? (circle one) Recreation Competition Instruction Hunting Years of archery experience _____

Please list other club affiliations. NFAA _____ USA Archery _____ Other _____

USA Archery Member ID _____ NFAA Member ID _____

Were you referred? YES NO If yes, by who? _____

Did you complete Archery 1 and 2 through your local park district before coming to NIAO to join JOAD / AAP? Yes _____ No _____

If no, you may be asked to enroll in and complete Basic Archery 1 & 2 before coming to JOAD / AAP. Please contact NIAO Head Coach by email for more information at JOAD@niarchery.org

If not annual membership, do you want to order a team competition jersey (\$85) YES _____ Not at this time _____

If yes, please complete the Team Jersey order form found in this handbook and submit with your application.

You are required to purchase a \$10 practice T-Shirt regardless of Team Jersey order. This T-Shirt does not conform to competition dress code, but is authorized to use for NIAO practices and internal NIAO events.

Please specify your T-Shirt size here. Youth _____ Adult _____

I certify that the above is true and correct to the best of my knowledge.

Signature _____ Print _____ Date _____

If under 18, Parent or Guardian Signature is required

Signature _____ Print _____ Date _____

Appendix E

JOAD / AAP Jersey Order Form



NORTHERN ILLINOIS ARCHERY ORGANIZATION

JOAD / AAP Competition Jersey Order Form



MENS STANDARD SHIRT SIZES
This is a standard cut jersey that runs a little bit larger for more comfort all around. These are 100% polyester and only shrink under extreme dryer heat.

SIZE	XS	S	M	L	XL	2X	3X	4X	5X
CHEST	18	21.5	22.5	23.5	25	27	28	29.5	31.5
LENGTH	24	25	25.5	31	31.5	33.5	34.5	33.5	36

WOMENS SHIRT SIZES
Babydoll cut is for those who want a more form fitting woman's style jersey. It's a form fitting cut with cap sleeves and chest width is normally an inch smaller with smaller arm holes.
Standard cut is a regular woman's jersey with tapered sides, shorter body, smaller arm holes and can be tailored to your size. These are 100% polyester and only shrink under extreme dryer heat.
PLEASE specify your cut when ordering.

SIZE	XS	S	M	L	XL	2X	3X
CHEST	17.5	18.5	19.5	22.25	22.75	24.75	25.25
LENGTH	24.25	25.5	26.75	28	29.25	30.25	32.5

YOUTH SIZES
Youth sizing is similar to our standard jersey cut. DO NOT size up for shrinkage. These are 100% polyester and only shrink under extreme dryer heat.

SIZE	XS	S	M	L	XL
CHEST	16.5	18	18.25	19.5	20.5
LENGTH	21.5	22	23.5	25.5	26.5

<p>MEN</p> <p> <input type="checkbox"/> XS <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2X <input type="checkbox"/> 3X <input type="checkbox"/> 4X <input type="checkbox"/> 5X </p> <p>Women</p> <p> <input type="radio"/> Circle One <input checked="" type="radio"/> Standard Cut <input type="radio"/> Babydoll Cut <small>Default is Standard</small> </p> <p> <input type="checkbox"/> XS <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2X <input type="checkbox"/> 3X </p> <p>Youth</p> <p> <input type="checkbox"/> XS <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL </p>	<table style="margin: auto;"> <tr> <td style="border-bottom: 1px solid black; padding: 5px;">1</td> <td style="padding: 0 10px;">@</td> <td style="border-bottom: 1px solid black; padding: 5px;">\$85.00</td> <td style="padding: 0 10px;">=</td> <td style="border-bottom: 1px solid black; padding: 5px;">\$</td> </tr> <tr> <td>QTY</td> <td></td> <td>COST EA</td> <td></td> <td>TOTAL</td> </tr> </table> <p style="text-align: center; margin-top: 20px;">Payments can be made by cash, check or credit/debit cards .</p>	1	@	\$85.00	=	\$	QTY		COST EA		TOTAL
1	@	\$85.00	=	\$							
QTY		COST EA		TOTAL							

Please allow 3 to 4 weeks for printing and delivery

Participant Name

Parent Name

Address

City

State **Zip**

Email

() _____

Phone