

STAFFORD ARCHERS

Members Guide



INDEX

1. SAFETY
2. THE TEN BASIC STEPS
3. ETIQUETTE
4. WARM UP
5. BASIC BOW SET UP
6. BOW TUNING
7. STRING SERVING
8. ARCHERY EQUIPMENT SUPPLIERS
9. SIGHT MARKS
10. SCORES
11. GNAS OUTDOOR ROUNDS
12. GNAS INDOOR ROUNDS
13. GNAS CLASSIFICATION AND HANDICAP SYSTEM
14. SUGGESTED FURTHER READING
15. GLOSSARY
16. SHOOTING FAULTS

STAFFORD ARCHERS

Members Guide



1. SAFETY

**Archery is the safest of sports as long as a few simple common sense rules are observed.
These are :-**

Do not shoot an arrow straight up into the air - there is no way of knowing where, or on whom, it will land.

Do not draw your Bow except on the shooting line, facing towards the Target.

Do not nock an arrow into a Bow unless you are on the shooting line.

Do not begin to shoot or even nock an arrow into a Bow until you are sure there is no one at, or behind the Targets, or between you and the Targets - Even if the Field Captain has given the signal to begin shooting.

Do not step forward of the Shooting line, **FOR ANY REASON**, until everyone has shot all the arrows **AND** the Field Captain has given the signal to retrieve your arrows.

If anyone shouts '**FAST**', stop shooting **IMMEDIATELY** - this would be shouted if some person or animal had wandered onto the field.

When you have finished shooting your arrows step back off the Shooting line so that the Field Captain can easily see when all the Archers have shot their arrows. Wait for the signal before going forward to collect your arrows.

When going to collect your arrows **-WALK** - don't run - there could be arrows in or on the ground, which could cause injury or be damaged.

Approach the target from the sides, not head on, as the arrows are at eye level.

No more than two people should remove arrows from a Target - one person on the left, one on the right, starting from the outside of the Target working towards the centre.

Ensure no one is standing behind the arrows when withdrawing from the Target.

EQUIPMENT SAFETY:

NEVER release a string without an arrow nocked, since this may damage the limbs of your Bow.

NEVER use arrows that are too short for you.

IF IN ANY DOUBT ABOUT SAFETY ASK THE FIELD CAPTAIN.

STAFFORD ARCHERS

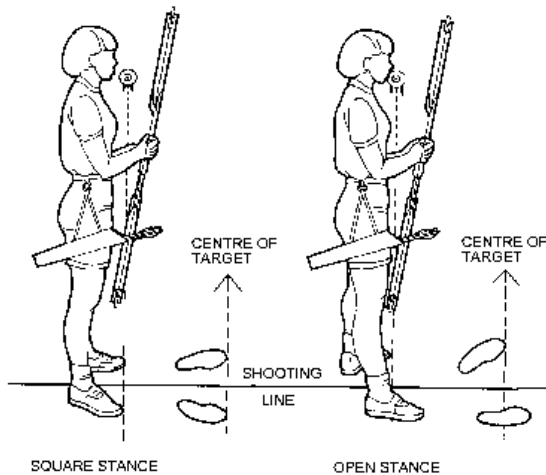
Members Guide



2. THE TEN BASIC STEPS TO SHOOT A BOW

1. Stance
2. Nocking the Arrow
3. Drawing Hand and Bow Hand
4. Bow Arm and PreDraw
5. Drawing the Bow
6. The Reference Point
7. Holding and Aiming
8. The Release
9. Follow Through
10. Relaxing

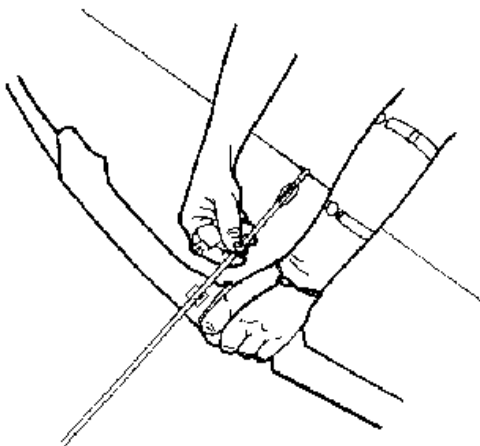
1. Stance



The archer stands upright in a comfortable, relaxed position with one foot each side of the shooting line. The feet should be about shoulder width apart with an even amount of weight taken on each foot and an even amount of weight between the ball and heel of each foot. This will maintain balance and help keep the body steady. During the shooting sequence, the body position must remain as steady as possible with no shifting of weight or leaning of the body.

If there is a problem with bowstring clearance to the arm, then an open stance may be required. Once the stance position has been established, then it must be consistent from shot to shot. Using foot markers can help maintain a consistent stance.

2. Nocking the Arrow



Nock the arrow by placing the nock of the arrow onto the bowstring under the nocking point locator. Make sure that the Index Fletch on the arrow is facing towards you and the nock is pushed firmly onto the bowstring.

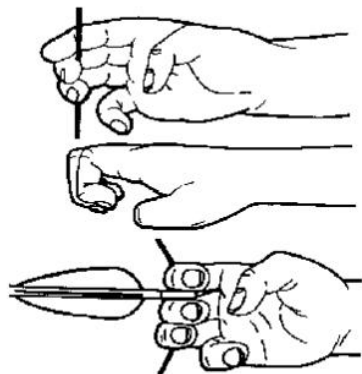
The arrow shaft is placed onto the arrow rest.

STAFFORD ARCHERS

Members Guide



3. Drawing Hand and Bow Hand



(FINGER TAB NOT SHOWN)

For Target Archery style the index, second and third fingers are used.

The index finger is placed above the arrow nock and the second and third fingers are placed below the arrow nock.

Curl the fingers around the bowstring so that the first joint of all three fingers are aligned on the bowstring.

Keep a space clear between the index and second fingers and the arrow nock, so the fingers do not touch the nock. (This will prevent 'pinching' of the arrow.)

Keep the back of the hand as flat as possible. (Relaxed.)

The thumb is tucked into the palm so it can be placed against the neck at full draw.

Place a slight pull on the bowstring to set the fingers in position ready for the draw. During the draw and anchor maintain an even amount of pressure on all three fingers.

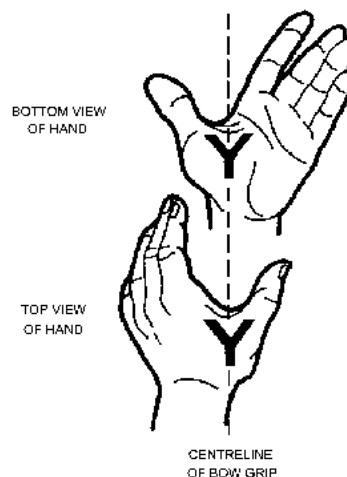
Place the bow hand into the grip of the bow with the centreline of the vee between thumb and index finger in line with the centre of the bow as shown in the top view.

The base of the thumb muscle should rest on the centreline of the grip.

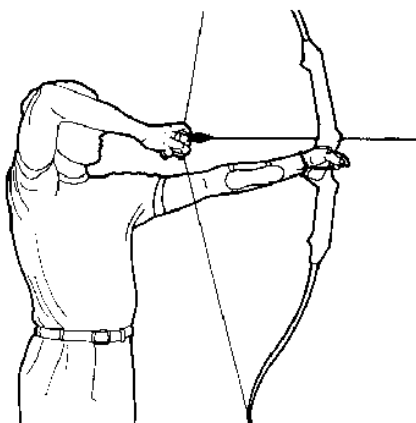
During the draw, the pressure should be taken on the thumb muscle and directly into the wrist. (Low wrist position.)

The thumb and fingers should remain relaxed. If a finger sling or bow sling is not used, then the tips of the fingers are curled around until lightly touching the bow. This will stop the bow falling out of the hand on release.

A consistent hand position on the bow grip is necessary.



4. Bow Arm and PreDraw



Push out with the bow arm to set the hand position into the bow grip,

then raise the bow arm and drawing arm together, up to the position shown in the picture on the left.

Keep the front shoulder in its normal low position.

(The shoulder must not be allowed to rotate up or back as this shortens the draw length.)

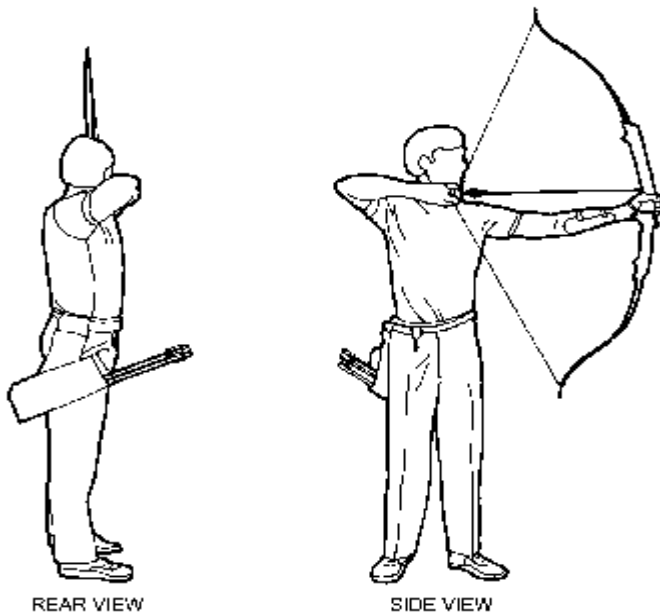
Keep the elbow of the drawing arm high, as this will help bring into action the back muscles needed to draw the bow to full draw.

STAFFORD ARCHERS

Members Guide



5. Drawing the Bow



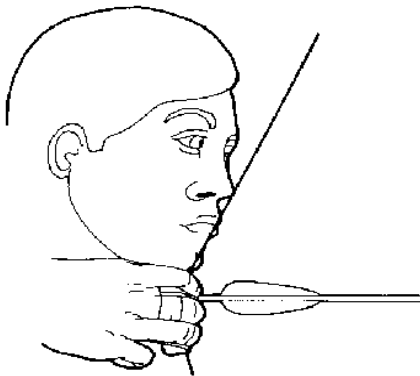
From the Pre-Draw position, use the back muscles to pull the elbow of the drawing arm backwards in one smooth motion until the drawing hand is placed against the jaw.

The position of the head and body should not move.

(Pull the bowstring to the face, not move the face to meet the bowstring.)

An equal amount of push on the bow hand and pull on the drawing hand will keep the body balanced.

6. The Reference Point



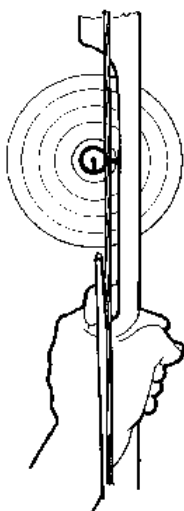
The Reference Point is where the hand is positioned on the jaw and the bowstring touches the face.

It is vitally important that the index finger is firmly placed against the jaw, the thumb is tucked into the palm of the hand so it can be placed firmly against the neck and the bowstring is firmly touching the chin (and nose, if possible.)

The relationship between all these positions is important as it acts as the rear sight, so it is vital that it be as consistent as possible.

It also acts as a consistent draw length position. Any variation in the position will effect the amount of force the bow will impart to the arrow.

7. Holding and Aiming



Holding is where the tension is maintained in the back muscles and then the bow arm is moved to align the sight pin into the centre of the target.

As the sight pin is moved into the centre of the target, the string alignment should be checked. String alignment, as shown in the picture on the left, is the alignment of the bowstring with the vertical alignment of the bow and the alignment with the sight pin. (As the bowstring is just in front of the eye, it will appear blurred.)

When the bow is held in the correct vertical position, then the bowstring and edge of the bow will be parallel. If it is not, then the bow is tilted away from vertical.

Just before full concentration is made on aiming, all the previous steps should be checked to make sure that everything is in the correct position.

If any part of body feels out of place, then it is best to stop now, let the bowstring down and re-start again, rather than make a bad shot.

When aiming into the centre of the target, it is natural for sight pin to move around, as the muscles try to hold it steady. With practise, aiming will become steadier.

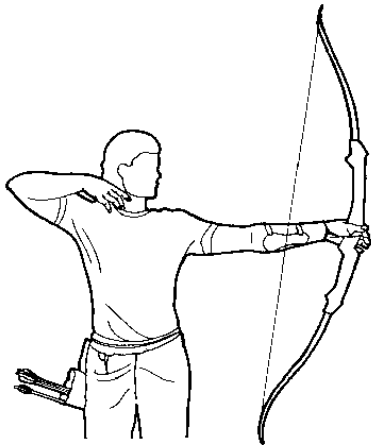
Move the sight pin up if the arrow lands high, move down if the arrow lands low, move left if the arrow lands left and move right if the arrow lands right.

STAFFORD ARCHERS

Members Guide



8. The Release



The Release of the bowstring is the most critical step in the sequence. If it is not done correctly, then all the effort in the previous steps is cancelled out.

To release the arrow correctly, the fingers holding the bowstring must allow the string to slip off the fingers.

All three fingers must release at the same time.

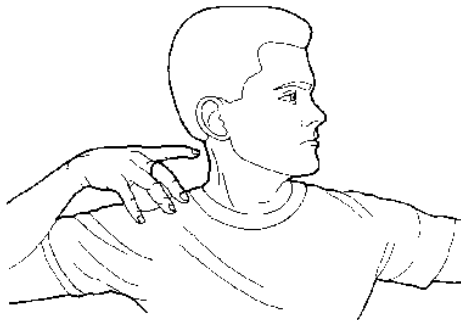
This will let the bowstring pull away from the fingers with the least amount of deflection.

When the release is done correctly, the hand should move backwards, as the back muscles will pull the arm backwards and the fingers should come to rest beside the neck.

If the finger muscles are flexed open to release the bowstring, then the hand will usually come to rest about 5cm backwards from anchor position.

Flexing the finger muscles will deflect the bowstring sideways and the arrows will have a horizontal spread across the target.

9. Follow Through



The Follow Through is maintaining the position of the bow arm on release until the arrow hits the target. As the arrow slides along the arrow rest any movement of the bow will move the arrow.

The position of the head and body should remain steady, while the drawing hand moves backwards after the release.

It is important to not let the bow arm fall after the release, as this can become a problem when the bow arm actually starts to fall on the release, making some arrows land low on the target.

Also moving the head to see where the arrow went too soon after the release can make the bow arm move sideways.

10. Relaxing

The archer must relax after each shot to allow the muscles to recover from their effort.

About 20 to 30 seconds should be enough time for the muscles to recharge, ready for the next shot.

If not enough time is allowed between shots, then the muscles will tire rapidly and may even become sore. Tired muscles will not be able to perform consistently.

While the body is relaxing, it is also time for the mind to consider the previous shot and its result, and check where possible improvements can be made.

The mind has control of all the muscles required to shoot the arrow correctly, so the '10 steps' act as a mental checklist to be ticked off for each step.

If one step in the sequence fails the mental check, then the sequence must be restarted.

This is the method required in shooting practise to improve performance.

As with all new skills, it is best to learn correctly under the guidance of a qualified Archery Coach.

The coach can help you learn the correct body positions and actions required, and provide advice when modifications are required to suit the individual.

As every person is not exactly the same in body shape, the body positions as shown above, may have to be modified to suit. This is where the Coach is best able to help the individual

STAFFORD ARCHERS

Members Guide



3. ETIQUETTE

Target archery has a set of unwritten rules regarding conduct. They are designed to ensure fair play and good manners while shooting.

Always obey the Field Captains' signals.

Do not advance to or retreat from the shooting line whilst adjacent archers are at full draw.

Do not touch arrows in the boss until scoring is complete.

Point to your arrow nocks and relay your score in groups of three e.g. '7-7-5' pause '5-5-3'.

Do not look for missing arrows until scoring is complete.

If you come across arrows on the ground, place them vertically.

The third name on the target list (C) is the Target Captain and is responsible for scoring. The fourth name on the target list (D) is the Target Lieutenant and assists the Target Captain (e.g. scores for the Target Captain)

Do not talk in a loud voice whilst others are shooting.

Do not talk to another competitor who obviously prefers to be silent.

Do not make any exclamation on the shooting line which might disconcert a neighbour in the act of shooting.

Do not walk up and down the shooting line comparing scores

Do not touch anyone else's equipment without permission.

Do not leave litter.

If you break another's arrows through your own carelessness pay for the damage in cash on the spot.

Thank the Target Captain at the end of the session for work on your behalf.

At the Club :-

Do not rely on other members to set up the shooting range and put away at the end of the session.
Help with this whenever you can.

STAFFORD ARCHERS

Members Guide



4. WARM UP

HEALTH WARNING

Warm up is not meant to be strenuous, if you feel for any reason it could be detrimental to your health, you must consult your doctor before proceeding.

To prevent injury and prime the body for activity NO BOUNCING!

1. Aerobic Wake-up [for 5mins either]:

- ◆ Brisk walk,
- ◆ Jog or
- ◆ Jumping Jacks – From a Standing position with arms by sides, jump to a side-split position as the arms swing sideways to overhead. Keep elbows straight so that when the hands touch overhead, the arms have moved through a large range of motion at the shoulders. Jump back to a standing position, swinging the arms down to the sides.

2. Neck [10secs hold. 5 times]:

- ◆ Bend [ear to shoulder]– Tip head as far to the right as possible and hold. Stretch to the left, hold and then return to normal.
- ◆ Turn [chin to shoulder]– turn head to the right as far as it will go and hold, then turn it to the front. Repeat exercise to the left.

3. Armcircles [10 times]:

- ◆ Forwards and Backwards –Slowly rotate the arms, elbows straight, in the largest circle possible. Exercise both arms, one at a time or together.

4. Triceps [10secs hold. 5 times]:

- ◆ Raise the arm and let the hand fall behind the head, push or pull gently on the arm or elbow to increase the stretch. Hold and then return the arms to the sides. Repeat with the exercise with the other arm.

5. Back [self-hug, 10secs hold. 5 times]:

- ◆ Cross arms in front of chest and put hands on the shoulders. Slowly stretch hands around the shoulders as far towards the middle of the back as possible. Hold and then return to the starting position.

STAFFORD ARCHERS

Members Guide



6. Side Bends [10 times]:

- ◆ Stand upright, feet shoulder width apart, arms by the sides. Reach down the right side of the body with the right arm, leaning sideways only [not forward or backward], until your palm touches the outside of the knee, return to the upright position. Repeat on the left side of the body.

7. Trunk Twist [10secs hold. 5 times]:

- ◆ Stand upright, hands behind the head. Turn the body to the right as far as possible, hold and return to facing forwards. Repeat the exercise to the left.

8. Thighs [5secs hold. 10 times]:

- ◆ Stand on one leg [using a wall or other stable structure for support] pull the other heel up tight towards the buttocks and hold. Return to standing on both legs and then repeat with the other leg.

9. Hamstrings [5secs hold. 10 times]:

- ◆ Place feet shoulder width apart, hands palm downwards on the thighs. Keeping the legs straight, slide the hands down to kneecaps and then place the hands behind the knees, slide the hands over the calf muscles until you feel tension in the back of the legs. Hold and slowly return to the upright position.

10. Calf Stretch [3 times]:

- ◆ Keeping the upper body upright, step forward with the left leg and place the foot flat on the floor. Keep the right leg straight behind with the foot flat on the floor, gently bend the left leg [keeping the right heel on the floor] until stretch is felt in the right calf, hold and then straighten the left leg. Repeat exercise with the right leg forward.

11. Ankle Circles [3 times each direction]:

- ◆ Stand on one leg [using a wall or other stable structure for support]. Keeping the raised leg straight, make circles to the right and then left. Return to the standing position and then repeat with the other leg.

These exercises can be used during a tournament if there is a need to maintain flexibility. They **MUST** however be used at the end of a tournament to **WARM DOWN** and followed with a shower to avoid tension.

STAFFORD ARCHERS

Members Guide



5. BASIC BOW SET UP

5.1 Tiller

Set the tiller (tt & tb) i.e. the gap between the end of the limb pocket and the string, in accordance with the manufacturer's recommendations.

If this is not available then set it so that the distance at the top limb(tt) is 3 to 5mm greater than the bottom limb(tb).

5.2 Bracing Height

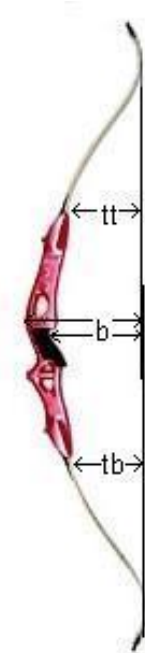
Set the bracing height(b) in accordance with the manufacturers recommendations. Be careful to measure the bracing height as stated by them. The following are used from the string to the back of the bow or the pressure button or the throat of the handle.

If there is no guidance given then the following approximate distances throat of the handle to the string can be used as a start but may need to be altered when the bow is shot if excessive noise is present.

- 64 inch bow = 8 ¼ to 9¼ inch (21.0cm to 23.5cm)
- 66 inch bow = 8 ½ to 9½ inch (21.6cm to 24.2cm)
- 68 inch bow = 8 ¾ to 9¾ inch (22.2cm to 24.8cm)
- 70 inch bow = 9 to 10 inch (22.9cm to 25.4cm)
- longbows have an approximate bracing height of 6.5 inches (16 cm)

Check to see if the string is clear of the end of the groove in the limbs when the bow is at rest.

Adjustment can be made by twisting the string or in the case of a longbow retying the timber hitch on the bottom nock.



5.3 Arrow Rest

Position the arrow rest so that it is:

As low as possible in the bow window but not where it is affected by the curve of the arrow shelf and it is located directly above the throat of the handle or

for those bows drilled for pressure buttons, so that the hole in the arrow rest lines up directly with the hole in the bow.

For longbows place your hand in the same location each time and wear the same thickness glove.

5.4 Nocking Point

There should be TWO nocking points on the string (above and below the arrow!) Brass nocking points should only be regarded as a temporary measure for ease of adjustment while tuning because they can pinch the arrow and cause wear on the finger tab! Set the position on the bowstring so that

STAFFORD ARCHERS

Members Guide



the bottom of the top nocking point is ½ inch (1.3cm) above square. Nocking points should not pinch the arrow when at full draw.

5.5 Pressure Button

Screw the pressure button into the predrilled and threaded hole provided checking that the movement is not too hard or soft and that it is smooth in operation. There are normally 2 springs provided one hard and one standard. It is very rare that the hard spring is used.

Ensure that any flap on the arrow rest, provided instead of a pressure button, is removed.

5.6 Arrow Centering

The tip of the arrow, when located on the nocking point and resting on the arrow rest, should be just visible on the outside of the string when the bowstring is lined up with the centre of the limbs, looking from the belly side of the bow.

The pressure button can adjust this, after releasing the locking ring, or if a pressure button is not fitted by increasing the thickness of the pad behind the arrow rest.

5.7 Arrow Rest Adjustment

For those arrow rests with adjustable support arms they should be moved so that the arm does not extend past the outside of the arrow shaft when observed from an overhead view. In some cases the arm may need to be cut off.

The arrow shaft should be positioned so that it is on the centre of the pressure button.

5.8 The Sight

Fit the sight block to the bow ensuring that when located the track is vertically aligned with the riser and the sight bar extension is parallel to the arrow shelf. A slight upward tilt can be acceptable but a downward tilt is not since this would have an adverse effect on the sight when moved back for longer distances.

Position the sight pin in line with the string when the string is lined up with the centre of the limbs.

5.9 Nock To Bowstring Tension

The nock tension should be such that the arrow stays on the string when hung vertical but should drop off when the string is given a sharp tap with your fingers.

5.10 Stabilisers And Long Rods

Fit the stabilisers and long rods to the bow to ensure that they can be correctly attached and have the right thread. The balance is a personal choice so do not copy others. Initially set up the system with a minimum of weights.

ALSO

STAFFORD ARCHERS

Members Guide



5.11 Arrows

Arrows should be uniquely numbered and marked with the owners initials. The common method is to stick decals on the shaft. Note that the decals should be in line with the cock feather so that they are not damaged by contact with the bow body or pressure button.

5.12 Tabs

Cut the face to suit your hand and to prevent arrow pinching. When the hand is curled as for drawing back the string any of the face material extending beyond the fingers should be removed.

For platform tabs adjust the gap for the top finger so that it is comfortable and is not too loose or pinching.

5.13 Bowslings

Adjust the bow sling so that it is not too tight around the bow thereby negating the effect or is too loose so that the bow falls out of the hand on release of the string.

5.14 Chest Guards

The chest guards should be adjusted so that they fit closely to the wearer's chest at full draw and do not foul the string when it is released.

5.15 Packing Away

Before commencing to pack away make a note of any measurements so that when the bow is next set up they can be checked to replicate this basic set up e.g. tiller, bracing height and nocking point.

The string may also stretch at first so the bracing height and nocking point will need to be constantly checked until it settles down.

When unstringing the bow ensure that the two ends of the string do not come loose and the string untwists, as this will affect the bracing height. The two ends can be secured by either treading them through each other or clipping them together by a safety pin or similar.

When packing the string away ensure that the serving is not bent at acute angles so that the strands may become parted.

When disassembling the sight ensure that all settings are recorded and it cannot be damaged as this will seriously affect the accuracy.

STAFFORD ARCHERS

Members Guide



6. BOW TUNING

The instructions are for right handed archers and therefore reverse for left handed. Also the results are dependent on the skill level of the archer.

Observing the flight of the arrows, two different effects will be noticed :-

(a) Porpoising - The nock end of the arrow appears to move up and down in flight. This is caused by incorrect height of the string nocking point.

(b) Fishtailing - The nock end of the arrow appears to move from side to side in flight

6.1 Basic Tuning – The Bare Shaft

- Make sure that the bracing height is correct first!
- Need fletched and unfletched arrows
- Target at 10 to 20 yards or metres
- Unfletched shaft higher than fletched arrows move string nocking point higher
- Unfletched shaft lower than fletched arrows move string nocking point lower
- Adjust and reshoot until the unfletched shaft falls at the same height as the fletched arrows
- Unfletched shaft to the left of the fletched arrows decrease spring tension
- Unfletched shaft to the right of the fletched arrows increase spring tension
- If no pressure button fitted then, either move the pressure point in for decrease tension and out for increase tension, or increase arrow point weight for decrease tension and decrease arrow point weight to increase tension.
- For adjustable poundage bows increase poundage for left unfletched shafts and decrease poundage for right unfletched shafts
- If the unfletched shaft does not hit closer than 4 to 6 inches of the fletched arrows then the arrows may need changing, too weak to the right and too stiff to the left

Slightly low left bare shaft is acceptable however

STAFFORD ARCHERS

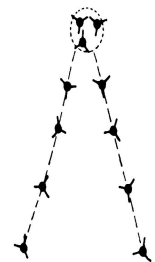
Members Guide



6.2 Finer Tuning – The Walk Back

Shooting from 15 up to 35 yards

- Set the nocking point as detailed in bare shaft tuning
- Set the sights for 15 yards and do not adjust it whilst tuning
- Mark an aiming point at the top of the boss
- Shoot an arrow at the same mark at 15, 20, 25, 30 and 35 yards
- If a letter C is made by the arrows move the button or pressure point in
- If a reverse C is made by the arrows move the button or pressure point out
- If a diagonal line to low left decrease the tension on the button
- If a diagonal line to low right increase the tension on the button
- Repeat after each adjustment to achieve a straight line down the boss

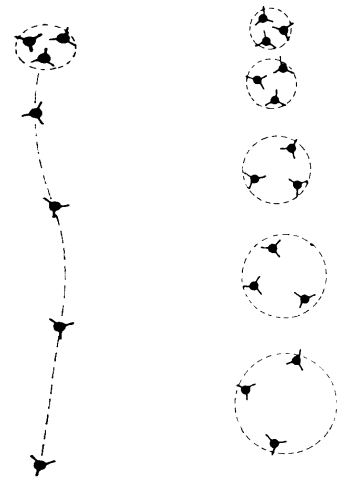


NOTE that the above is the theory! In practice then, at best, the shape will be a combination of both i.e. an S or Z shape and, at worst, will not appear to be repeatable.

Also, this method can only give results if you can achieve a fairly tight group at 15 yds.

The size of the groups will increase with distance and this size needs to be considered when trying to establish a pattern.

For example, the pattern on the left may appear to show variation, but when the group size is compared on the right, the pattern is a straight line !



STAFFORD ARCHERS

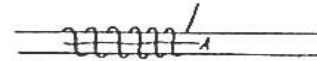
Members Guide



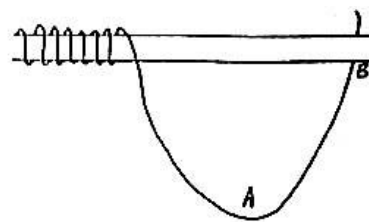
7. STRING SERVING

You may need to repair the centre serving on a bow string and the following is a method of applying the serving. The same method can be used to apply dental floss as nocking points on a string.

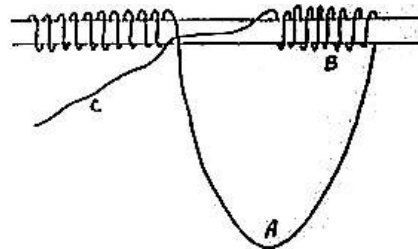
Lay a length of serving along the string and then wind the serving so that it covers this length that has been laid along the string.
Continue winding until needing to finish.



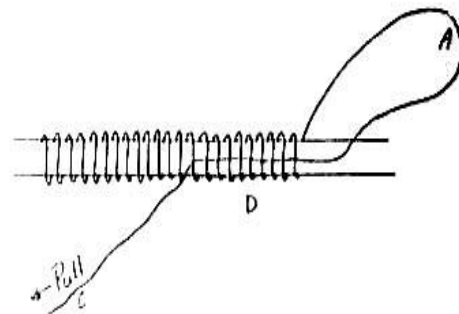
Holding the winding tight, make a loop (A) and wind the serving backwards inside the loop in the opposite direction from the initial winding.



Make about 7 or 8 winds (B). Lay the end (C) along the string and then continue the original wind by winding loop (A).



After unwinding the loop, pull the end (C) through the serving winds (D) to complete the finish.



STAFFORD ARCHERS

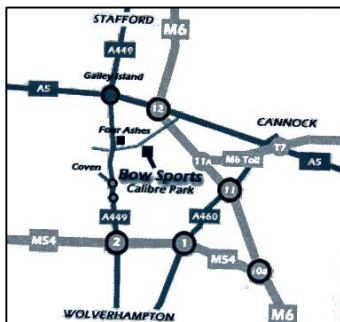
Members Guide



8. Archery Equipment Supplier's Addresses & Telephone Number

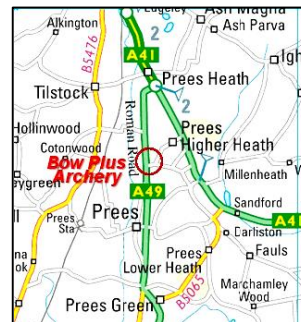
BOWSPORTS:

Bowsports Archery Centre,
Calibre Industrial Park,
Laches Close,
Four Ashes,
Wolverhampton.
WV10 7DZ
Tel: 0870 241 21 21
www.bowsports.com



BOW PLUS ARCHERY:

Gorse House,
Whitchurch Road,
Prees Higher Heath,
Nr. Whitchurch,
Shropshire.
SY13 3JZ.
Tel: 01948-841295
www.bow-plus.co.uk



Archery World:

Head Office and Mail Order
Airfield Approach,
Moor Lane,
Flookburgh,
Cumbria.
LA11 7NG
Tel: 01772-698600
Tel./Fax: 015395-58141
Web: www.archeryworld.co.uk

WALES ARCHERY SPECIALIST SHOPS:

Wales Archery

Crick Manor,
Crick,
Gwent.
NP6 4XU.

Tel: 01291-420321
Fax: 01291-430608

Top Tox

Wyre Hall Farm
135A Wakefield Road,
Drighlington,
Bradford,
Yorkshire.
BD11 1EB.
Tel: 01532-852439

QUICKS ARCHERY SHOPS:

Head Office & Shop

18-22 Stakes Hill Road,
Waterlooville,
Hampshire.
PO7 7JF
Tel: 023-9225-4114
Fax: 023-9225-1519

Midlands Shop

11 Stanton Road,
Sapcote,
Leicestershire.
LE9 4FR
Tel: 01455-272387
www.quicks.com

London Shop

Apps Court Farm,
Hurst Road,
Walton-on-Thames.
KT12 2EG
Tel: 01932-232211

West Country

Honiton
Tel: 01404-44400

Clickers Archery Ltd:

29a Belsize Road,
Norwich,
Norfolk,
NR1 4HU
Tel: 01603-300490
www.clickersarchery.co.uk

Merlin Bows:

Bull In The Hollow,
Leicester Road,
Loughborough,
LE12 8UE
Tel: 01509-233555
www.merlin-bows.co.uk

KG Archery:

King Stand Farm,
Mansfield Road,
Rufford,
Newark, Notts
NG22 9DU
Tel: 01623-824877
www.kgarchery.com

STAFFORD ARCHERS

Members Guide

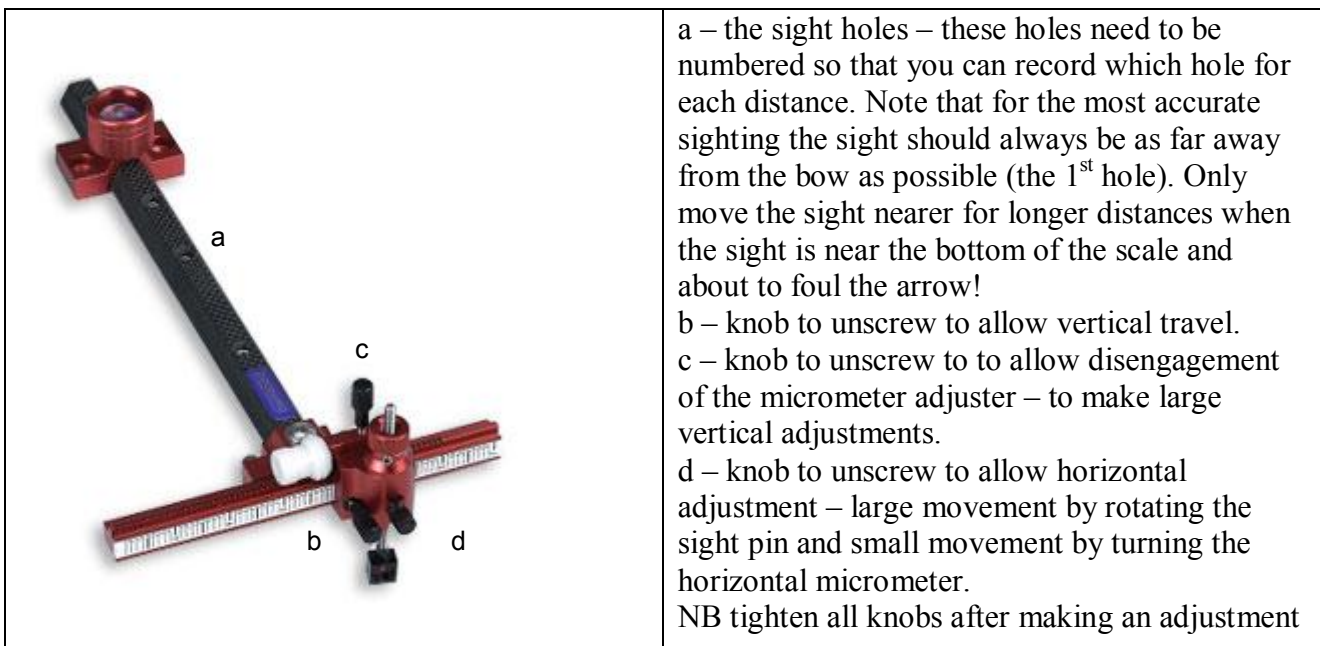


9. SIGHT MARKS

For each different distance that the archer shoots, the position of the sight against its scale needs to be recorded. An example table is shown overleaf.

Remember – to move arrows onto the gold, adjust the sight in the SAME direction as the arrows –
i.e. if the arrows are HIGH, move the sight UP
and if the arrows are LOW, move the sight DOWN.

Below is a typical sight allowing adjustment forward and back (the sight holes), up and down (vertical), and side to side (horizontal).



On the next page is a graph on which you can plot your sight marks. If you draw a curve through your known sight marks, then you can estimate unknown sight marks!

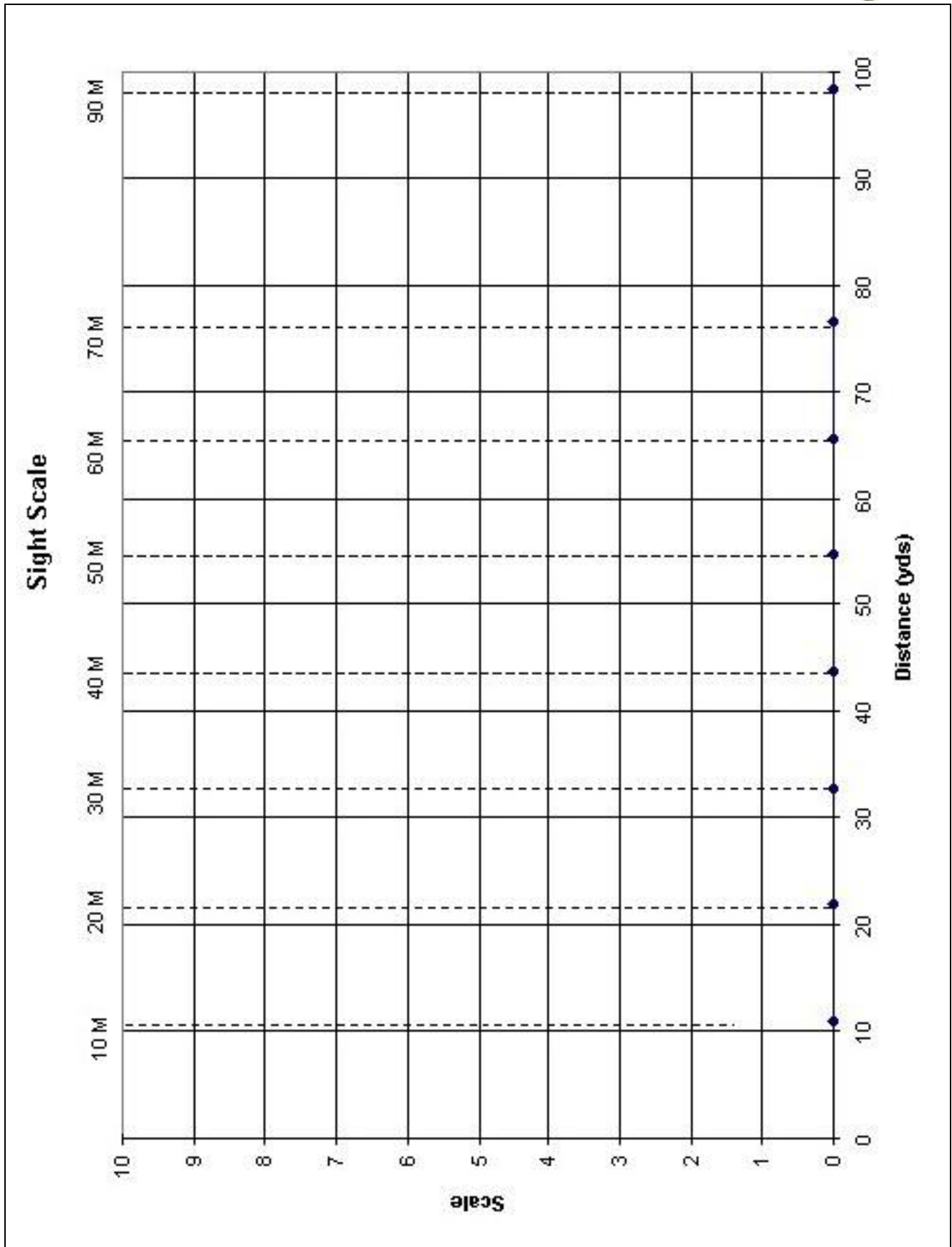
STAFFORD ARCHERS

Members Guide



Distance	Hole	Vertical	Horiz	Comment
10 yds				
10 M				
20 yds				
20 M				
30 yds				
30 M				
40 yds				
40 M				
50 yds				
50 M				
60 yds				
60 M				
70 M				
80 yds				
90 M				
100 yds				

STAFFORD ARCHERS Members Guide



STAFFORD ARCHERS

Members Guide



11. ROUNDS RECOGNISED BY GNAS

for Record, Handicap and Classification Purposes
DOZENS OF ARROWS AT EACH DISTANCE

Outdoor - GNAS Rounds (5 Zone Scoring)								
Round	122cm Face							
	100yd	80yd	60yd	50yd	40yd	30yd	20yd	10yd
York	6	4	2					
Hereford/Bristol I		6	4	2				
Bristol II			6	4	2			
Bristol III				6	4	2		
Bristol IV					6	4	2	
Bristol V						6	4	2
St.George	3	3	3					
Albion		3	3	3				
Windsor			3	3	3			
Short Windsor				3	3	3		
Junior Windsor					3	3	3	
Short Junior Windsor						3	3	3
New Western	4	2						
Long Western		4	2					
Western			4					
Short Western				2				
Junior Western				4	2			
Short Junior Western					4	2	2	
American			2 ½	2 ½	2 ½			
St.Nicholas					4	3		
New National	4	2						
Long National		4	2					
National			4	2				
Short National				4	2			
Junior National					4	2		
Short Junior National						4	2	
New Warwick	2	2						
Long Warwick		2	2					
Warwick			2	2				
Short Warwick				2	2			
Junior Warwick					2	2		
Short Junior Warwick						2	2	

Outdoor - METRIC Rounds (10 Zone Scoring)													
Round	122 cm Face							80 cm Face					
	90m	70m	60m	50m	40m	30m	20m	50m	40m	30m	20m	15m	10m
FITA (Gentlemen)	3	3						3		3			
FITA (Ladies)/ Metric I		3	3					3		3			
Metric II (Cadet Ladies)			3	3					3	3			
Metric III				3	3					3	3		
Metric IV					3	3					3		3
Metric V						3	3					3	3
Half FITA (Gentlemen)	1 ½	1 ½						1 ½		1 ½			
Half FITA(Ladies)/ Half Metric I		1 ½	1 ½					1 ½		1 ½			
Half Metric II			1 ½	1 ½					1 ½	1 ½			
Half Metric III				1 ½	1 ½					1 ½	1 ½		
Half Metric IV					1 ½	1 ½					1 ½		1 ½
Half Metric V						1 ½	1 ½					1 ½	1 ½
Long Metric (Gentlemen)	3	3											
Long Metric(Ladies)/Long Metric I		3	3										
Long Metric II			3	3									
Long Metric III				3	3								
Long Metric IV					3	3							
Long Metric V						3	3						
Short Metric/ Short Metric I								3		3			
Short Metric II									3	3			
Short Metric III										3	3		
Short Metric IV											3		3
Short Metric V												3	3
FITA 70		6											
FITA 60			6										
FITA 900			2 ½	2 ½	2 ½								
FITA Standard Bow				3		3							

STAFFORD ARCHERS

Members Guide



12. INDOOR ROUNDS RECOGNISED BY GNAS

for Record, Handicap and Classification Purposes

Indoor Rounds – 10 Zone Scoring

<u>Round Name</u>	<u>Description of Round</u>
FITA 18 metre	- 60 arrows at 18 metres - 40 cm face (Full size or Triple).
FITA 25 metre	- 60 arrows at 25 metres - 60 cm face (Full size or Triple).
Combined FITA	- 60 arrows at 25 metres - 60 cm face (Full size or Triple) AND 60 arrows at 18 metres - 40 cm face (Full size or Triple).
BRAY I	- 30 arrows at 20 yards - 40 cm face (Full size only).
BRAY II	- 30 arrows at 25 yards - 60 cm face (Full size only).
PORTSMOUTH	- 60 arrows at 20 yards - 60 cm face (Full size or 6 zone).
STAFFORD	- 72 arrows at 30 metres - 80 cm face (Full size only).

Indoor Rounds – Special

WORCESTER	- 60 arrows at 20 yards -16 inch black and white face 5 arrows per end scoring 5,4,3,2,1 outwards from the centre white.
VEGAS	- 60 arrows at 18 metres – 3 spot face 3 arrows per end, one at each face scoring 10,9,8,7,6 outwards from the inner gold.

STAFFORD ARCHERS

Members Guide



13. CLASSIFICATION and HANDICAP SYSTEM

The Classification and Handicap systems that operate within Target Archery provide archers with clear goals to strive for. They are both used in tournaments and at Club level to place archers into even groups that can compete against each other on an equal basis.

Details of GNAS rounds, qualifying Scores for Classes, Handicap Ratings for Rounds and Allowance Tables can be found in the GNAS Rules of Shooting. For more details see the Club Records Officer.

The Classification and Handicap for each Club member are maintained within the Club by the Records Officer.

CLASSIFICATION SYSTEM - OUTDOORS:

Ladies & Gents

Grand Master Bowman (GMB)
Master Bowman (MB)
Bowman(B), 1ST, 2ND & 3RD Class

Ladies & Gents Under 18, Under 16, Under 14, Under 12

Junior Master Bowman (JMB)
Junior Bowman(JB), 1ST, 2ND & 3RD Class

For an Archer to claim the title of 3rd, 2nd or 1st or Bowman class the archer must have shot to the required score, as specified in the Handicap and Classification tables, at least 3 of the GNAS recognised rounds within the Calendar year. These scores must be submitted to the Records Officer for assessment and recording. These Classes can be gained during any organised meeting under GNAS rules. However, they are not registered or publicised by GNAS.

The Master Bowman Classes call for much greater skill and consistency whereby some or all of the required rounds must be shot in major tournaments to enable the Archer to claim the class. The Claims for these classes must be submitted to the GNAS Secretary, who, on behalf of the National Council, will send the appropriate Master Bowman badge to the claimant and also publicise the award in the GNAS magazine – ARCHERY UK.

HANDICAP SYSTEM:

This system allows the archers to monitor their standard and progress. It also allows competitors of little experience to shoot alongside skilled veterans. If you study the Handicap Tables you will be able to see that the system is generous to newcomers, but ruthless to the advanced archers in the allowance.

To achieve your first Handicap you must shoot at least 3 GNAS rounds and the scores passed to the Records Officer, who will record the details and the Handicap Rating for that score. When 3 scores have been received the average Handicap Rating will be calculated and this becomes the Current Handicap Rating for the Archer. From then on you should aim to reduce your Handicap by shooting any of the GNAS rounds to a better standard than before. The Handicap ratings range from 100 to 0, with 0 being the ultimate objective.

INDOOR SHOOTING:

Indoor shooting is kept separate from the Outdoor with regards to Handicaps and Classifications. The method for calculating them remains the same. The only differences are that the Classes that you can achieve are only Class H, Class G, Class F, Class E, Class D, Class C, Class B and the top Indoor Class of A. These classes apply to all age groups.

The other difference is that, unlike the Outdoor Handicaps and Classifications where they are shot for between the 1st of January and the 31st of December each year, the Indoor year starts on the 1st of July and runs to the 30th of June of the following year.

As with the Outdoor Classifications the Indoor score requirements for Ladies and Gents are different.

STAFFORD ARCHERS

Members Guide



14. SUGGESTED FURTHER READING

Listed below are just a few of the books that can provide further information about Archery. Most of these can be borrowed through local Public Libraries or purchased from Archery retailers.

ARCHERY FOR BEGINNERS -a useful and sought-after book for the newcomer to Archery.
by John C. Williams

THE CHALLENGE OF ARCHERY -an excellent book for the enthusiast who has just taken up the sport.
by Don Stamp

ARCHERY - STEPS TO SUCCESS - a very good beginner's book.
by Haywood & Lewis

ARCHERY IN ERNEST -a considered examination of shooting form with a section on equipment and tuning.
by Roy Matthews

SHOOTING STRAIGHT -an in-depth study of currently available types of equipment and accessories including compound bows.
by John Holden

SHOOTING STARS -Features 3 top UK archers and their style, equipment and their approach to doing better.
by John Holden.

ARCHERY MAGAZINES:

ARCHERY U.K. -published quarterly by GNAS and sent direct to each Member of GNAS.

Other Magazines are available through the Archery Retailers or by Direct Subscription.
These include: -

THE GLADE -published quarterly.

THE BOW -published quarterly.

U.S. ARCHER -published bi-monthly.

OTHER READING:

GNAS Rules of Shooting

INTERNET (Just a few):

GNAS Web Site - <http://www.gnas.org>

The Glade Web Site - <http://www.theglade.co.uk>

The Bow Magazine Web site - <http://www.Bownet.com>

Quicks Web Site - <http://www.quicks.com>

VIDEOS:

There is an increasing number of Archery Videos becoming available which can prove very useful to the newcomer to the sport.

STAFFORD ARCHERS

Members Guide



15. GLOSSARY

ANCHOR POINT	- (Now known as the Reference Point) A constant position on the face to which the string and loosing hand is drawn
ARROW REST/SHELF	- A shelf above the bow handle on which the arrow rests during the draw.
BACK (of Bow)	- The part of the bow that is on the opposite side to the string.
BAREBOW	- An archer who uses no sighting aid on his/her bow.
BASIC TECHNIQUE	- A systematic method of teaching a fundamental style of shooting.
BOW ARM	- The arm that holds the bow.
BOW SIGHT	- An adjustable device used for aiming.
BOW SLING	- A strap, chain or cord loosely holding the bow to the archer's bow hand
BOW STRINGER	- used to brace the bow
BOWYER	- One who makes bows.
BOSS	- Target - usually made of compressed straw or foam sections.
BOUNCER	- An arrow that hits the target and rebounds off it
BOW WINDOW	- A space between the bow and string through which the archer may be sighting.
BRACE	- To string a bow
BRACER	- A shield worn on the inner side of the forearm holding the bow.
BRACING HEIGHT	- Distance between the string and a specified point on the bow when the bow is strung or braced.
CAST	- A term used to describe the power of the bow to project an arrow
CLOUT SHOOTING	- A form of archery contest at almost twice maximum target archery distance with a flag, called a Clout, as an aiming point.
COCK FEATHER	- The feather, or fletching, at right angles to the nock of the arrow
COMPOSITE BOW	- A bow made of different materials
COMPOUND BOW	- The most recent development in bow design, incorporating cams
CONTROLLING EYE	- An archer's dominant eye - usually used for sighting
CREEPING	- Allowing the arrow to slide forward from full draw before being loosed
DRAW	- The act of extending the bow and string
DRAW FORCE LINE	- A straight line from the point of the drawing arm elbow, through the nock of the arrow to the pressure point of the bow hand, when at full draw.
DRAW WEIGHT	- The amount of pull, measured in pounds, required on the string to extend the bow to a stipulated draw length.
EYE/SIGHT/ARROW RELATIONSHIP	- The position where the eye directly above the arrow is looking to the sight, which is directly above the pile of the arrow, thus forming the four corners of a rectangle in the vertical plane.
END	- Set number of arrows shot by each archer before going to the target to score.
FAST!	- Traditional call for immediate halt to all shooting because of unexpected hazard, contraction from 'HOLD FAST'.
FIBREGLASS	- Material combined with plastic used to make practice bows, also used in making laminations for composite bows.
FIELD CAPTAIN	- Person responsible for controlling shooting at a Club or at a Tournament.
FIELD SHOOTING	- A form of archery derived from hunting.

STAFFORD ARCHERS

Members Guide



FINGER TAB	- A shaped piece of leather worn on the loosing fingers, to aid smooth release.
FISTMELE	- Ancient term for brace height. To check on the height of his string, the bowman placed his hand against the grip of the bow and made a fist with his thumb towards the string.
F.I.T.A.	- The acronym for the Federation Internationale de Tir a l Arc, or the international Archery Federation.
FACE (of bow)	- The part of the bow nearest the string
FLETCH	- To fix a feather or plastic vane to an arrow shaft
FLETCHINGS	- A collective word to describe the feathers or vanes on an arrow.
FLETCHING JIG	- A device to assist in fletching arrows
FLIGHT SHOOTING	- Shooting for the longest possible distance
FOOT MARKS	- Small discs, of specified height, used to mark an archer's standing position.
FOLLOW THROUGH	- Maintenance of the full draw position until the arrow has passed the bow after loosing.
FREESTYLE	- A class in archery which allows a recurve bow to be fitted with sights and stabilisers.
G.N.A.S.	- Grand National Archery Society. The governing body for archery in England and Wales.
GOLD	- The yellow centre of the multi-coloured Target Face in Target Archery.
GROUND QUIVER	- Metal stand for holding bows and arrows.
GROUP	- Description of arrows close together in the Target
HANDLE	- The part of the bow that is held in the hand.
HOLDING	- Keeping the bow on aim
LIMBS	- The upper and lower working parts of the Bow.
LOADED BOW	- A bow with an arrow on the string.
LOOSE	- The action of releasing the string.
NOCK (of arrow)	- The slot in the end of the arrow which is placed on the string
NOCK (of bow)	- The grooves at the end of the bow into which the string is fitted
NOCKING POINT	- The exact point on the string where the nock of the arrow is placed
OVERBOWED	- To use a bow with a draw weight that is too heavy for an archer
OVERDRAW	- To draw the pile of the arrow past the face of the bow.
PARADOX	- Archer's paradox is the apparent tendency of an arrow to fly straight ahead, although it is pointed to one side of the bow. This is accomplished by a series of diminishing bends of the shaft, which ultimately straighten out in flight.
PILE	- The point of an arrow.
PINHOLE	- The exact centre of a target face.
PRACTICE BOW	- A bow with light draw weight, fibreglass or wood, used for teaching beginners.
QUIVER	- Receptacle for holding arrows, usually worn on the belt
RECURVE	- A bow with curved limb tips
RELEASE	- Same as loose
ROUND	- Shooting a specific number of arrows at specified distances.
SERVING	- Whipping on a bow string.
SERVING TOOL	- Small instrument used to apply serving to a bow string.

STAFFORD ARCHERS

Members Guide



SHAFT	- An arrow.
SHOOTING LINE	- The line astride which an archer stands when shooting.
SIX GOLD	- A target archery achievement in which all six arrows in an end strike the gold.
SPINE	- The relative stiffness of an arrow shaft.
STABILISER	- A rod, of metal or carbon, extending forward or back from the bow handle. Stops rapid movements which are unwanted and dampens shock affects.
STANCE	- An element of archery form, the way an archer stands during the act of shooting.
TARGET ARCHERY	- A form of archery competition in which the contestants shoot at targets at known distances and on cleared level terrain.
TARGET CAPTAIN	- The person in charge of the conduct of archers shooting at a target
TARGET FACE	- Material cover for a target boss on which scoring rings are printed or painted.
TARGET LIEUTENANT	- Assistant to the Target Captain
TARGET STAND	- Wooden stand supporting the Target boss
TOXOPHILITE	- One who is an archer or archery fan, from the Greek
UNDERBOWED	- To use a bow to light a draw weight
UNDERDRAW	- Not to draw sufficient arrow length
VISITOR'S LINE	- A line 15 yards behind the shooting line and parallel to it
WAITING LINE	- A line 5 yards behind the shooting line where archers wait while other archers are shooting.

STAFFORD ARCHERS

Members Guide



16. SHOOTING FAULTS

Arrows Flying Left

1. Bow canted to left.
2. String slapping bracer.
3. Wrist bent inwards.
4. Bow held too tightly.
5. Bow arm too rigid.
6. Shoulder to left of target.
7. Fingers moving away from face on loose.

Arrows Flying High

1. Hold too relaxed.
2. Bow hand jerked when loosing.
3. Arrows lifted from rest by loosing hand index or 2nd finger.
4. Teeth open.
5. Overdrawn.
6. Snatch loose.
7. Drawing finger not against underside of jaw.

String Slaps Forearm

1. Bow handle across middle of hand instead of behind.
2. Wrist bent outward.
3. Arm too rigid.
4. Elbow did not point to horizon.
5. Shoulder hunched.
6. Head bent backwards during aim.
7. Spine too rigid and upright.
8. Snatching outwards at loose withdrawing fingers.
9. Drawing fingers twisted

Arrows Flying Right

1. String lined up along side of bow.
2. Bow canted to right during aim.
3. String twist to right by drawing fingers.
4. Bow canted to right during loose.
5. Bow arm bent at elbow during loose.
6. Wrist bent outwards.

Arrows Flying Low

1. Hold too tight.
2. String catching sleeve or shoulder.
3. String not back to chin.
4. Arrow crept forward during hold.
5. Drawing fingers moved forward on loose.
6. Drawing fingers not below jaw.
7. Did not hold as you came down from point of aim.
8. Shoulders hunched.
9. Drawing fingers dropped away from jaw on loose.
10. Bow arm dropped during loose.
11. Head pushed forward reducing draw length.

ARROWS ARE IN THE TARGET AT THE FOLLOWING PLACES BECAUSE:-

1. Right hand jerked back and inward at loose.
2. Loosing hand dropped or arrow pile raised.
3. Jerked or snatched loose.
4. Hand moved from face, bracer slap.
5. Turning bow hand.
6. Loss of tension in drawing arm.
7. Under drawn, creeping.

