



Introduction to Basic Recurve Archery Safety, Equipment and Techniques



Places People Play

An Inspired Facility

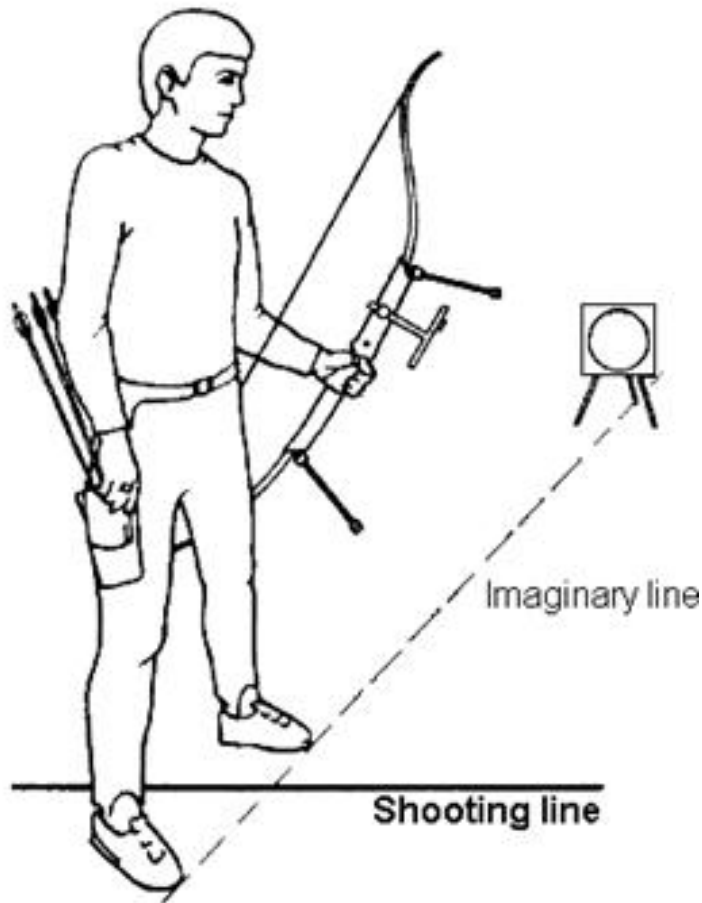


Archery Safety

- Never point a bow and arrow loaded or unloaded at another person. You should only point your bow at the target. It's not a toy it can cause serious injury.
- Don't shoot an arrow straight up into the air, you don't know where it's going to land. You could hit another person, or yourself.
- Never shoot an arrow into the distance not knowing where it might land. It's possible you could hit someone if you do this.
- Check your arrows regularly for damage. If you find any that have defects do not attempt to use them.
- Bowstrings also need to be checked regularly and if damaged replaced.
- The Bow should be checked for twisting or cracking. If it's damaged in any way don't use it.
- Always make sure the arrows you use are the correct length for your bow. If you are unsure - ask!
- Don't draw the bowstring back or release it if there is no arrow on it. This can result in damage to the bow.
- No one should stand at the target end when shooting is taking place, no matter how far off to the side they might be.
- If two or more archers are shooting, they should stand side by side. Never stand in front of anyone who is shooting.
- Before walking to the target to retrieve arrows make sure everyone has finished shooting – wait for the three-whistle signal.
- When pulling arrows from the target make sure nobody is standing behind you or they could get the rear end of an arrow in the eye or face.
- Stop shooting if there is the slightest chance of anyone crossing in front of you or the target.
- Never step forward of the shooting line.
- Never run towards the target. Walk slowly looking for arrows that may have fallen short. If you step on one you could end up getting injured.

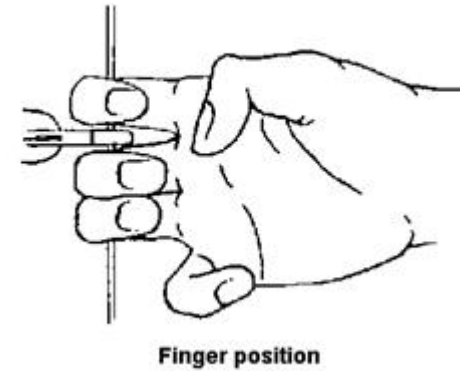
How to Stand

- Put the tip of your toes against an imaginary straight line towards the centre of the target
- Put one foot on each side of the line
- Put your feet about shoulder's width apart. Stand straight & tall, balanced
- Try and relax



How to Hold the String

- Place your fingers in such a way, that you hold the string with your index finger above the arrow and middle and ring finger under the arrow
- Do not use little finger. (Shown without finger tab for better illustration)

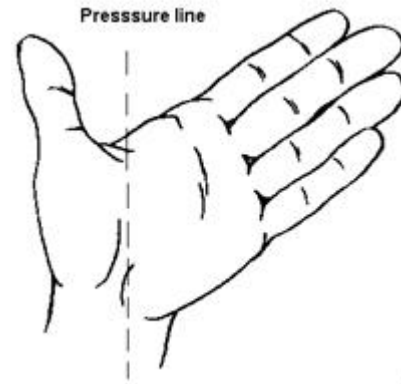


- Hook the string between first and second joint
- Make sure to maintain a deep hook

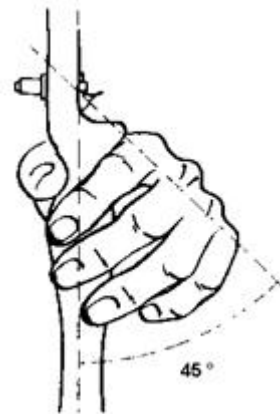


How to Hold the Bow

- The pressure of the bow should be distributed along the pressure line

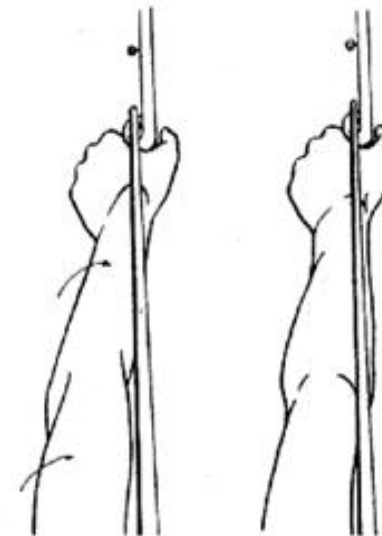
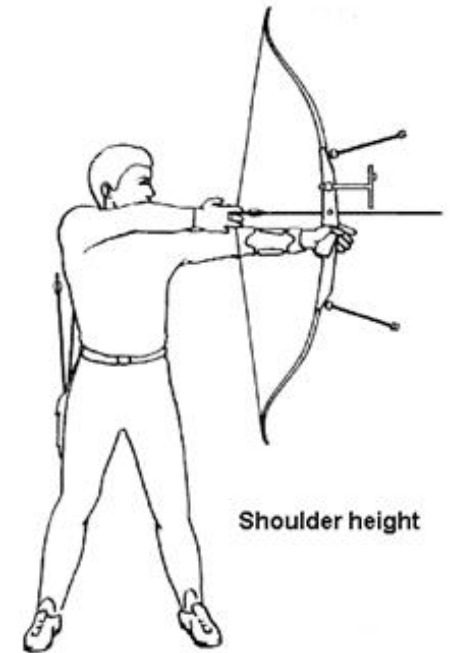


- Relax your fingers. The back of your hand should make an angle of 45 degrees
- The tips of thumb and index finger may touch each other in a relaxed way



Pre-draw (Extending the Bow Arm)

- Bring the bow arm to shoulder height



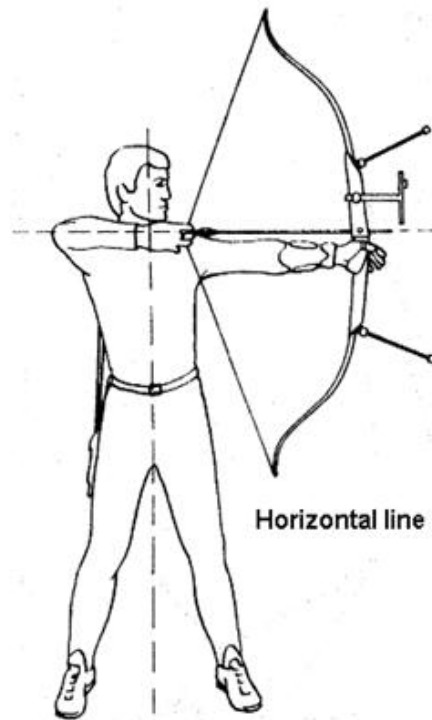
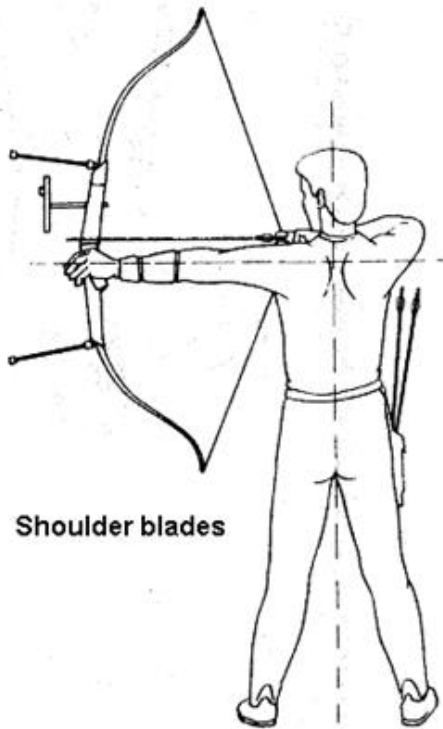
Right:
Turned away

Wrong

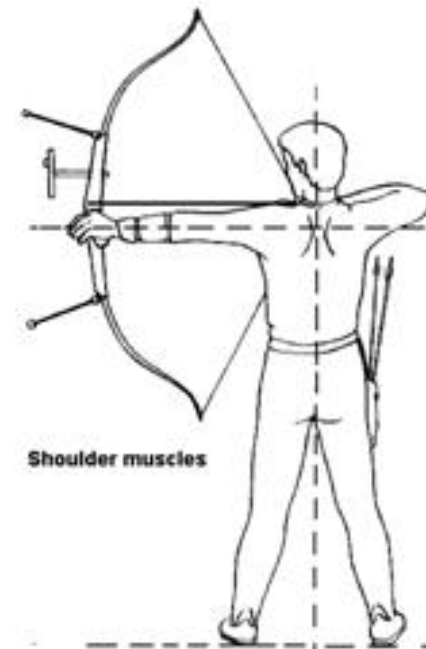
- The elbow of the bow arm is turned away from the string

Drawing the Bow

- Draw the string along the bow arm in a straight horizontal line to the anchor point

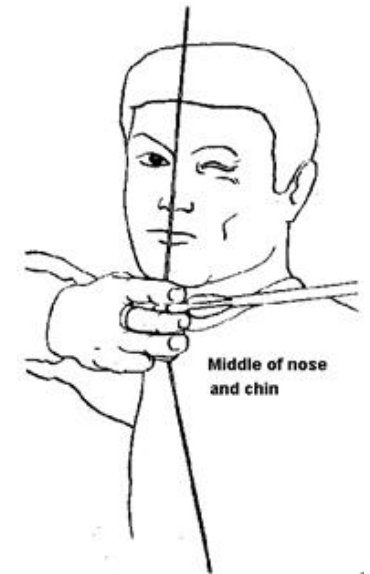


- Relax your fingers. The back of your hand should make an angle of 45 degrees
- The tips of thumb and index finger may touch each other in a relaxed way



Anchoring

- The string should touch the middle of the chin
- The index finger is placed under the chin
- Keep your teeth together

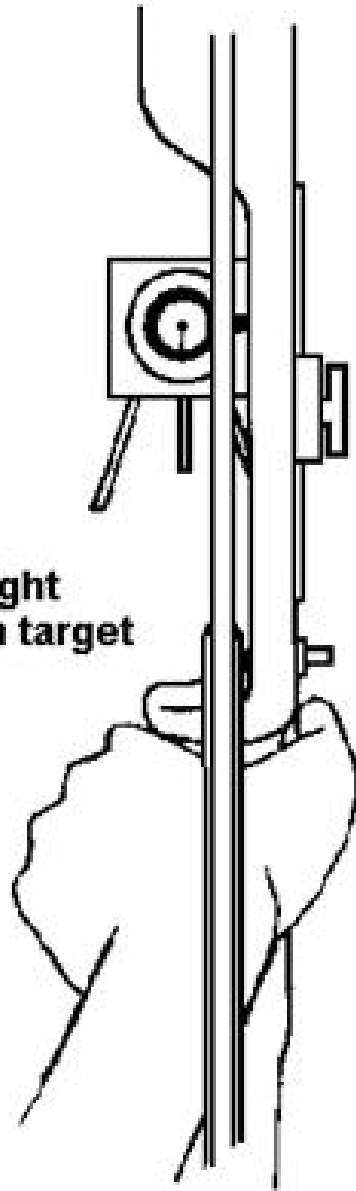


- Keep the back muscles under tension
- Bow hand, draw hand and elbow should form a straight line
- Keep both shoulders as low as possible

Aiming

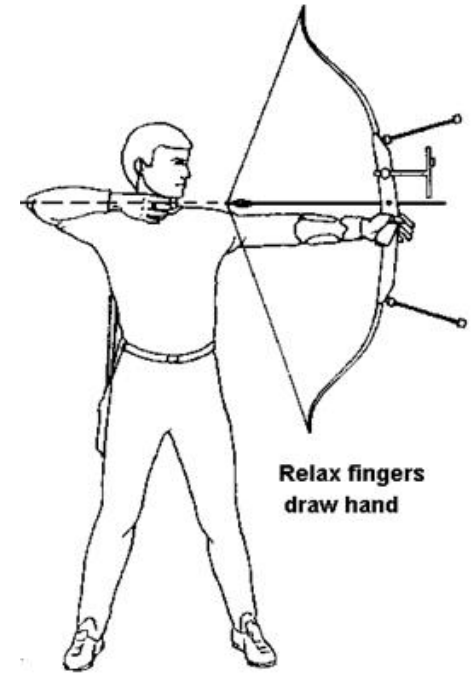
- Aiming is done with the dominant eye
- Keep sight on target
- Keep the string a little right of the sight ring (opposite for left-handed archers)
- “String picture” : You should see the string line on the top bow limb EXACTLY at the same place each time

Sight on target



Release & Follow Through

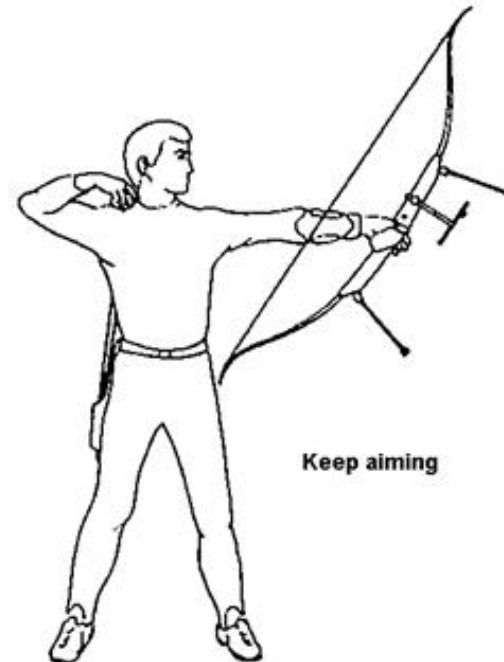
- Keep pulling the shoulder blades towards each other, while relaxing the finger of the draw hand



FOLLOW THROUGH

- Your relaxed bow hand will let the bow drop
- You will feel your sling tug gently against your hand, letting you know the sling is catching the bow
- Do not move until you see/hear arrow hit target (Release..... 2..... 34..)

Keep aiming



Rounds and Scoring

The following is a brief summary, for more a more detailed explanation take a look at https://en.wikipedia.org/wiki/Target_archery

Target archery is the most popular form of archery, in which members shoot at stationary circular targets at varying distances. In Great Britain, imperial rounds, measured in yards, are still used for a lot of tournaments and these have slightly different rules to metric (World Archery Federation - WA) rounds, which are used internationally.

Competition is divided into ends. An archer shoots either 3 arrows per end (indoors) or 6 arrows per end (outdoors). After each end, the competitors walk to the target to score and retrieve their arrows.

Scoring

Standard WA targets are marked with 10 evenly spaced concentric rings, which generally have score values from 1 through 10 assigned to them, except in outdoor Imperial rounds under ArcheryGB rules, where they have score values 1, 3, 5, 7 and 9. In addition, there is an inner 10 ring, sometimes called the X ring. This becomes the 10 ring at indoor compound competitions.

Archers score each end by summing the scores for their arrows. An arrow just touching a scoring boundary line, known as a Line Cutter, is awarded the higher score. Values scored by each arrow are recorded on a score sheet and must be written in descending order (e.g. if an archer scores 5, 7, 6, 10, 9, 8, this must be recorded as 10, 9, 8, 7, 6, 5). During and before scoring no one is allowed to touch the arrows. This is so that if there is disputed arrow score then a judge may be called to rule on how the arrow lies. If an archer accidentally shoots more arrows than allowed, the highest scoring arrow is not counted and a miss is recorded.

Metric Rounds (WA rules)

Outdoor distances range from 30m to 90m for senior Gentlemen archers, and 30m to 70m for Ladies. The juniors have shorter targets to shoot at. In Olympic archery, 70m is the standard range. Indoor distances are either 18m or 25m.

These rounds use standard 10-zone scoring. For outdoor rounds, arrows are shot at increasingly closer distances - for example, in a Gents 1440 round, an archer shoots three dozen at 90m, followed by three dozen at 70m, then three dozen at 50m, then three dozen at 30m. The furthest two distances are shot on a 122cm face target; the nearer two on an 80cm face target. Examples of the WA rounds are in the table below.

Round	Number of Arrows								
	90m	70m	60m	50m	40m	30m	20m	15m	10m
Gents 1440	36	36	–	36	–	36	–	–	–
Ladies 1440/ Metric I	–	36	36	36	–	36	–	–	–
Metric II	–	–	36	36	36	36	–	–	–
Metric III	–	–	–	36	36	36	36	–	–
Metric IV	–	–	–	–	36	36	36	–	36
Metric V	–	–	–	–	–	36	36	36	36

Imperial Rounds (ArcheryGB rules)

For Imperial rounds, the standard indoor distance is 20yards, with 5 dozen arrows being shot in a round known as a Portsmouth round. Outdoor distances range from 10yards to 100yards.

These rounds use 5-zone scoring, as opposed to the usual 10-zone scoring. The points are awarded as follows: 9 for a gold, 7 for a red, 5 for a blue, 3 for a black and 1 for a white. Arrows are shot at increasingly closer distances - for example, in a York round, an archer shoots six dozen at 100yards, followed by four dozen at 80yards, followed by two dozen at 60yards. Examples of the Imperial rounds are in the table below.

Round	100yd	80yd	60yd	50yd	40yd
York	72	48	24	–	–
Hereford	–	72	48	24	–
St. George	36	36	36	–	–
Albion	–	36	36	36	–
Windsor	–	–	36	36	36
New Western	48	48	–	–	–
Long Western	–	48	48	–	–
Western	–	–	48	48	–

5 Zone Scoring

White – 1pt
 Black – 3pts
 Blue – 5pts
 Red – 7pts
 Gold – 9pts



10 Zone Scoring

Outer White – 1pt
 Inner White – 2pts
 Outer Black – 3pts
 Inner Black – 4pts
 Outer Blue – 5pts
 Inner Blue – 6pts
 Outer Red – 7pts
 Inner Red – 8pts
 Outer Gold – 9pts
 Inner Golds – 10pts



Score Sheets

Usually, arrows are shot in ends of six outdoors and three indoors, hence slightly different formats for outdoor and indoor scoresheets. Once all archers have shot, the arrows are scored. No-one should touch any arrows on the boss until all arrows have been recorded. Each archer should point and call out each score for their arrows in batches of 3 (from highest to lowest) to the nominated recorder and only when all scores from all archers have been recorded and verified can the arrows be removed from the boss. The archers score for the first six arrows are entered – left to right – highest to lowest on the score sheet. The next six arrows from the following end would also be entered on the right of the first line using the same criteria, so each line records the score for one dozen arrows. The score for the dozen would then be totalled. This continues until all ends are shot, after which a grand total is calculated and both archer and scorer sign the sheet indicate the scores are honest and correct.

Outdoor Scoresheet

Date: _____ Bow Style: Rec / Comp / Longbow / Barebow

Archer: _____ Round: _____

Age if under 18 _____

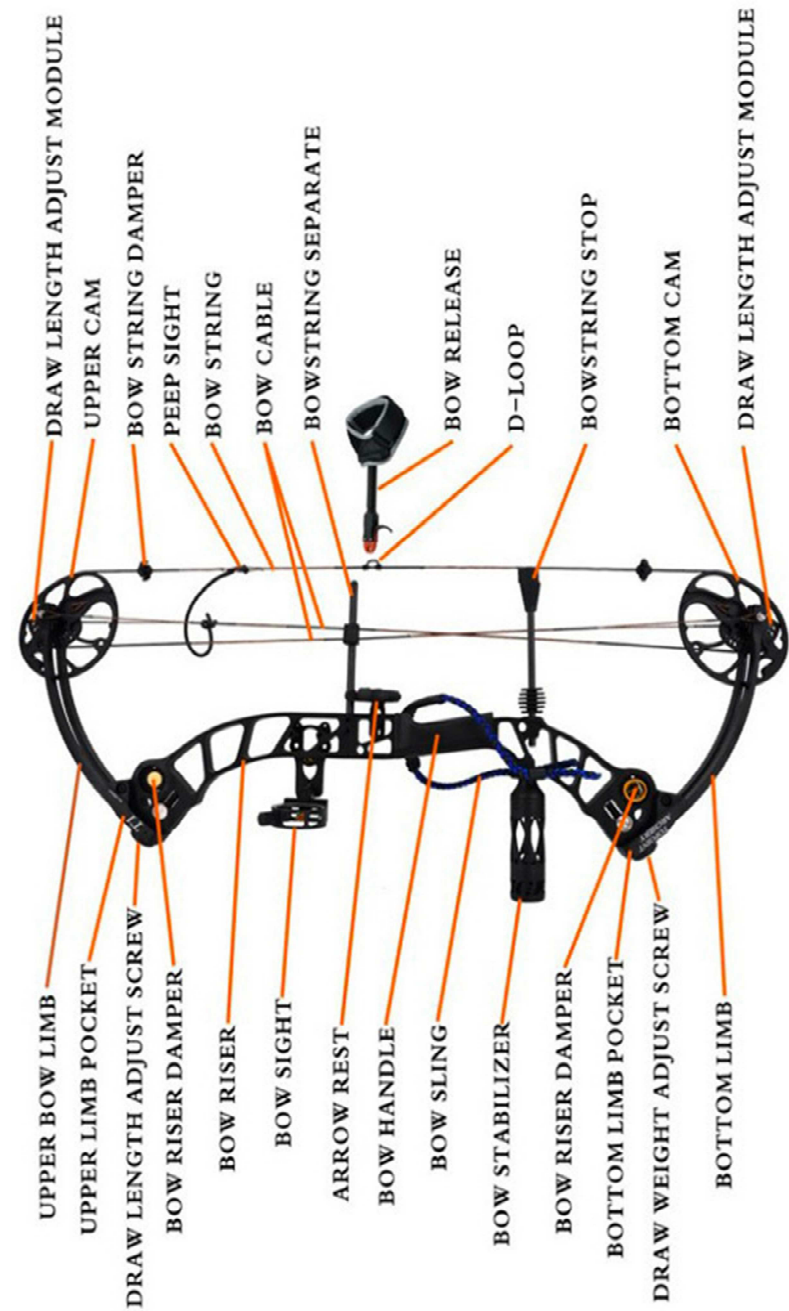
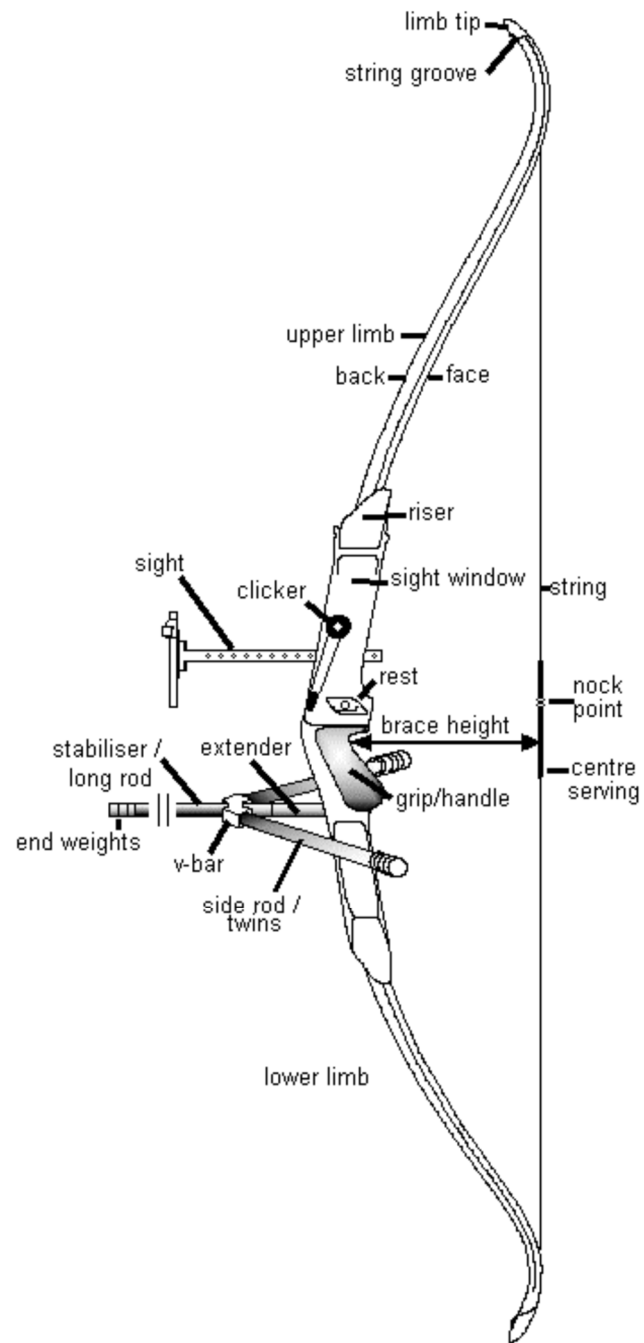
	Scores	E/T	Scores	E/T	Imp Hits Met 10-X's	Imp Golds Met X's	Doz	R/T
1st Distance								
1st Distance Totals								

Indoor Scoresheet

Archer _____ Round _____

Date _____ Bow Style Rec Comp L/Bow

			end	1/2 doz		doz	hits	golds	R/T



Archery Etiquette

A good archer does not:

- Talk in a loud voice whilst others are shooting.
- Talk to another archer who prefers to be silent.
- Offer advice unless asked.
- Exclaim on the shooting line, for themselves or others, in joy or disgust.
- Walk onto or off the shooting line while a neighbour is at full draw.
- Touch another archer's equipment without their permission.
- Walk up and down the line comparing scores.
- Shoot distances beyond their capability, continually missing and holding up shooting.
- Disturb people by leaving their mobile phone on, or speaking on the phone on or around the shooting line.
- Smoke near the shooting or waiting line.
- Leave litter on the archery ground.

A good archer always:

- Helps to put out the equipment and put it away.
- Pays to replace another's arrow damaged through their carelessness.
- Takes into account other archers shooting on the same target when positioning his foot markers, and allows sufficient space for them.
- Thanks the Field Captain at the end of the days shooting by giving three cheers.
- Wears his club colours when required to do so.

Etiquette when scoring

A good archer:

- Does not go behind the target to retrieve arrows before the scores have been taken.
- When calling scores, does so in groups of three, in descending order. For example, '10-9-9' pause '9-8-7'.
- While calling scores, points to each arrow as it is called, without touching the arrow or target face.
- Does not touch any arrow or the target face until all arrow values have been recorded and checked.
- When required to do so, takes their turn at scoring.
- Only withdraws the arrows of others if this has been agreed by them.
- At the end of the round thanks the Target Captain for the work done by them.

A Bit of Archery History

Stone arrowheads have been found dating back to the Stone Age (50,000 BC).

The bow is one of the oldest weapons in the world, certainly it predates recorded history. The bow may have been developed independently in separate parts of the world, Australia being the only continent where it was not. The oldest bow to have been discovered dates from 6,000 B.C. with arrow shafts discovered dating from 9,000 B.C.

Ancient bows tended to be short with a weak pull, they were not particularly accurate and the archer would have to have got as close to the target as possible. The Crossbow first appeared in China around 1,500 B.C. The Romans also used crossbows (arcuballista) and cart-mounted crossbow called a Carroballista.

The recurve bow is thought to have been invented by the Assyrians (c.1200 BC).

St Sebastian (280 AD) is the patron saint of archers.

As weapons of warfare the shortbow was never considered very effective although it was used to a limited extent. Far more effective was the crossbow with its greater accuracy and power. Eventually the crossbow was supplanted on the battlefield by the longbow.

Henry I (1135 AD) proclaimed that an archer could be absolved of murder if he killed a man during archery practise, but only if he first shouted 'Fast' (meaning Stand Fast). Today we shout 'Fast' to the archer, not the unwary innocent.

The Longbow is generally attributed to the Welsh, although long bows had been used long before then by the Irish and Romans among others. A Longbow is generally between 5'10" to 6' in length although early examples may have been as short as 5'. The Welsh Longbow dates from the 11th Century. The Longbows status as an important English weapon of war was cemented at battles like Crecy (1346) and Agincourt (1415).

Battle of Crecy, 1346 AD. Edward III of England and his archers defeat the French by keeping their flax bowstrings dry under their hats. Thought to be the origin of the phrase 'keep it under your hat'.

James II, King of England (1457 AD) bans football and golf as they interfere with archery practise.

Edward IV, King of England (1477 AD) bans cricket as it is interfering with compulsory archery practice.

The first known organised archery competition in England was held at Finsbury, in 1583 and included 3000 participants!

During the 16th and 17th Centuries bows were replaced on the battlefield by muskets and rifles. The last battle where the English used bowmen was in 1644 at Tipper Muir. Archery is still practiced as a pastime, social event and organised sport.

The 'Ancient Scorton Arrow' archery tournament was founded in Yorkshire in 1673 AD and is still held to this day.

National Tournaments - Grand National Archery Meetings (GNAM) - began at York in 1844, and the Grand National Archery Society (GNAS), now called **Archery GB.**, was formed at Liverpool in 1861.

The Valley Bowmen of Huddersfield were founded in 1963 and are a community amateur sports club (CASC) affiliated to Archery GB (the sports governing body in the UK).



"Have-a-go" outdoor archery
taster sessions and corporate
events held regularly during
the outdoor season.

Beginners courses held every year
March to September.
Private two acre outdoor archery
range plus winter indoor shooting
available to all club members.