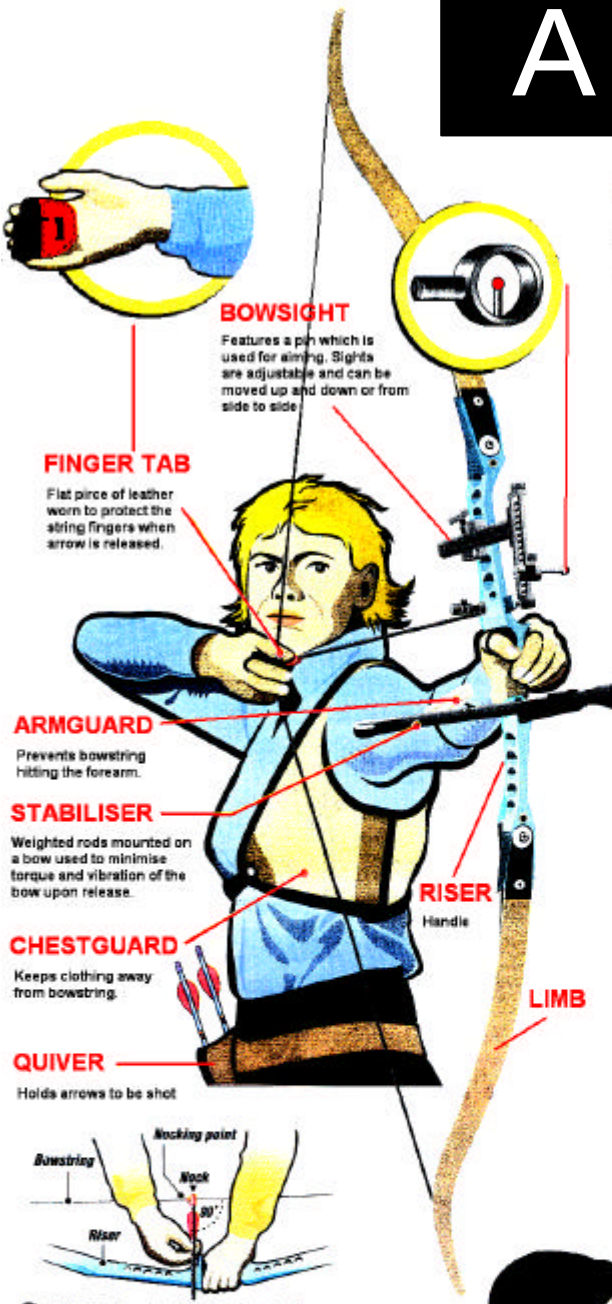
ARCHERY



HOW IT'S DONE

Archers shoot arrows from a bow, attempting to score the most points by hitting the centre of the target.

Arrows are shot in "Ends" of 6 or 3 arrows, all archers are under the control of a "Director of Shooting" for safety. All archers proceed to the targets together to score their arrows.

Recurve bows can launch arrows at speed of about 70 metres per second while compound bows can launch arrows about 100 metres per second

BOWS

There are two common types of bows used the recurve bow and the compound bow.

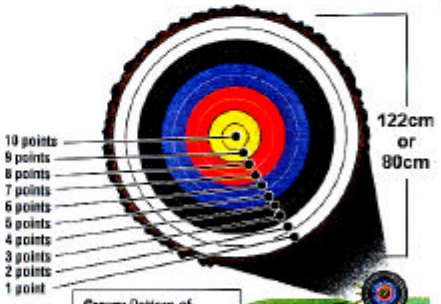
Recurve bows have a riser, or handle made of aluminium or carbon fibre and limbs made of laminated fibreglass, carbon fibre and wood.

Compound bows also have a riser, or handle made of aluminum or carbon fibre and limbs made of laminated fibreglass and carbon fibre, they are also fitted with at each end with cams or wheels which increase the performance of the bow.

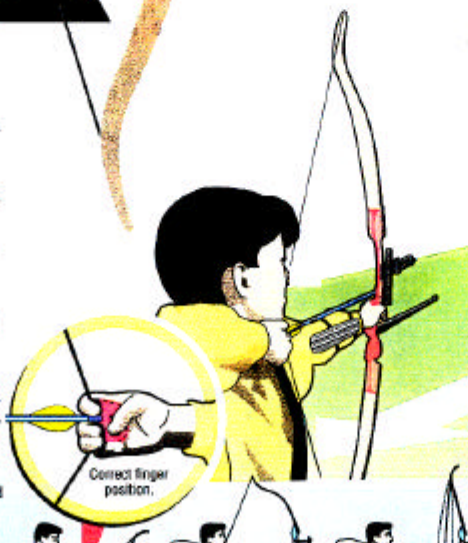
Bow strings are made of high-strength non-stretch material.

SCORING

Archers shoot at targets from 20m to 90m depending upon ability and the type of event. The target face is made of reinforced paper, for outdoor shooting the target is either 122cm or 80cm in diameter and comes in five colours.
The face is divided into 10 concentric rings giving 2 scores zones within each colour. The target face is attached to a target butt, which stops and holds the arrows.
Archers score 10 points for hitting the centre circle, or gold, and each succeding ring recreases in value by one point.
If an arrows touches the dividing line between zones, the zone with the higher scoring value is counted. If an arrow becomes embedded in another arrow (called a Robin Hood), the score of the first arrow is taken.



1. **START:** On the start signal, archer stands on the "shooting line".
2. **NOCKING THE ARROW:** Arrow is positioned on the bowstring.
3. **SET-UP:** The drawing fingers are positioned on the bowstring using the index, second and third fingers.
4. **DRAW:** Bow is raised and the string is drawn back to the face, touching the nose and chin.
   AIMING: Bow sight is aligned with the target.
5. **RELEASE:** Drawing fingers are relaxed allowing the string and arrow to be released from the fingers.
6. **FOLLOW THROUGH:** Shooting position is held until the arrow strikes the target.



ARROWS

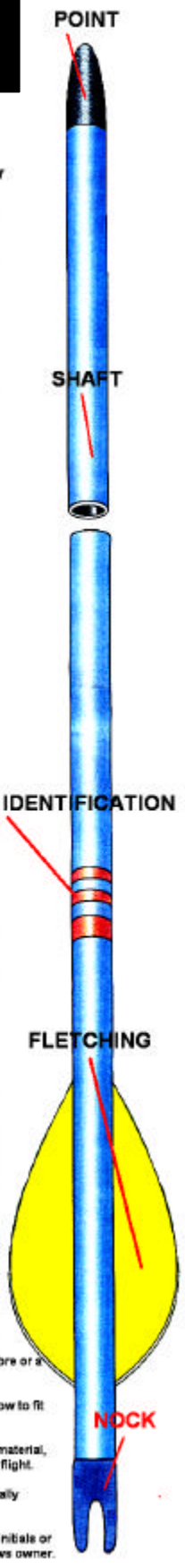
SHAFT: Made of aluminium, carbon fibre or a combination of both.

NOCK: Made of plastic, allows the arrow to fit onto the bowstring.

FLETCHING: Made of plastic or vinyl material, they are used to stabilise the arrow in flight.

POINT: The metal tip of the arrow usually adjustable in weight.

IDENTIFICATION: The archers name, initials or colour marks used to identify an arrows owner.



COMPOUND BOW

Clint Freeman
2003 World Target Champion

David Barnes
3rd Place 2003 World Championships

Tim Cuddihy
2001 and 2003 World Junior Championship

RECURVE BOW

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