



A Newark Castle Archer's guide to target archery



Useful information

Archery shops:

KG Archery
Chapel Lane
Walesby
Notts
NG22 9NS

- Email at sales@kgarchery.com
- Telephone 01623 835050.

Custom Built Archery

Unit 1-4 Ryalls Farm
Church Lane
Eakring
Newark
Nottinghamshire
NG22 0DD

Contact by phone on 01623 871560

Coaching is offered by our club officials.

Coaching is also available from KG at their standard cost.

Once insured through the club you are able to shoot as a guest at other clubs. You're not restricted to shoot just for our club.



Etiquette - Union, Trueheart and Courtesy is an important part of the sport

"Most of archery etiquette is simply common-sense. Good etiquette is intended to make the sport of archery enjoyable, to keep good humour amongst archers and to ensure our actions do not impinge on other people's concentration. Following the etiquette not only helps us to run smoothly as a club: it reflects well on both yourself and our club, and enables everyone to enjoy the sport."

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 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 with loud mobile phone ringtones or speaking on the phone on or around the shooting 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.
- Always calls 'fast' whenever they see potential danger.
- Knows how many arrows they have shot and how many are in their quiver
- Takes into account other archers shooting on the same target when positioning his foot markers, and allows sufficient space for them.

A good archer when scoring

- Does not go behind the target to retrieve arrows before the scores have been taken.
- When calling scores, does so in groups of three, and in descending order, for example, 'X-10-9' 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.
- Will always call for a judge if in doubt as to an arrows scoring value.

Safety on the shooting line

Shooting Safety Rules

- Never point your bow at anyone, even if there's no arrow drawn (this is important for creating proper shooting habits).
- Never fire the arrow high into the air as you cannot predict where it's going to land. An exception is when you're participating in a Clout competition.
- Keep your arrow aimed towards the ground as you nock it.
- It's strongly recommended that you wear an arm guard.
- Never draw an arrow if there are any people between you and your target, even if you don't intend to shoot yet.
- Never over-draw your recurve bow (over-drawing is when you pull the string further than the actual length of your arrow). This can result in serious injury and damage to your equipment.
- Always use a bow-stringer when stringing your bow.
- If you are using wooden arrows, always check them for cracks or splintering before your shooting session.
- Make it a habit to always check the bow limbs for any damage before you start shooting.
- If you notice signs of wear on the string (for example separation of the string serving), replace it immediately – do **not** wait for it to become completely non-operational.
- Take off your watch and/or jewelry before you begin shooting.
- Make sure your cellphone battery is charged so you can call for help in case an accident were to occur, but keep it on silent.
- Make sure your string is waxed regularly
- Never dry fire your bow (pulling and releasing the string without an arrow seated); this will be dangerous to both you and your bow.

Indoor/Outdoor Range Safety Rules

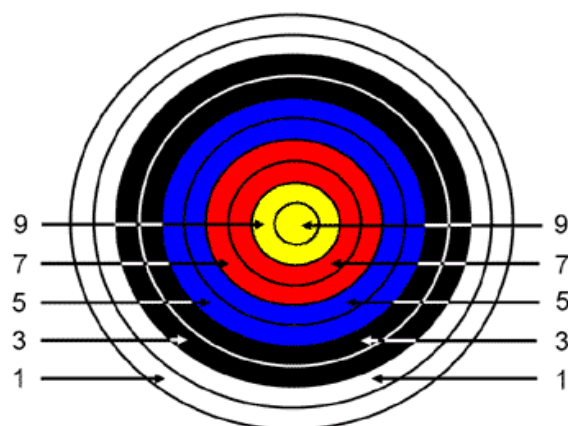
- Never approach the shooting line if you haven't inspected your bow/arrows/string for any damage.
- Never run while retrieving your arrows; you could hurt yourself with an arrow lodged in the ground, or fail to stop in time and hurt yourself with the arrows lodged in the target (yes, it happens).
- Keep standing behind the shooting line and never cross it until the field captain gives a clear command for everyone to stop shooting.
- Do not nock or draw an arrow unless you are at the shooting line or the field captain has given everyone the command to do so.
- If you drop anything in front of the shooting line, even if it's within reach of your arm, **do not retrieve it** until the command has been given for everyone to stop shooting (usually "all clear").
- Make sure no one is standing immediately behind you when pulling out an arrow from the target, as you could accidentally hurt them when forcefully pulling the arrow out.
- If you see anything dangerous, i.e. someone on, or around the shooting range which may be a breach of safety, do not wait, call "**FAST**" as loud as you can, un-nock your arrow and step back from the line. Shooting can only re-start after the field captain has given the all clear.

Scoring

This section describes how a round is scored. First it describes how points are scored for outdoor and indoor rounds, it then describes how a score sheet is completed. For all scoring schemes, if an arrow is touching the line between two scoring zones then the higher score is recorded.

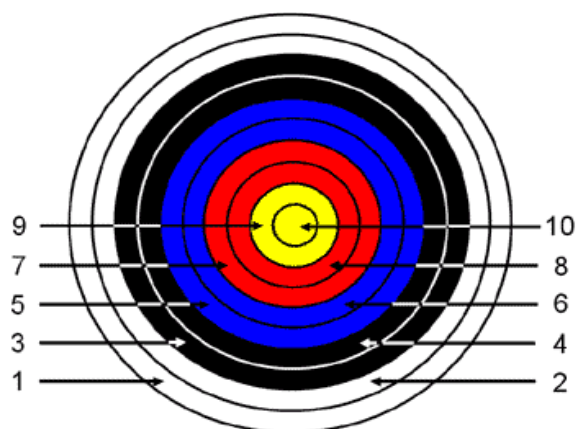
Imperial Rounds (Five Zone Scoring)

For Imperial rounds, five zone scoring is used, and is illustrated below. The gold scores 9, red 7, blue 5, black 3, and the white 1.



Metric Rounds (Ten Zone Scoring)

For metric, Portsmouth and WA18 rounds ten zone scoring and is illustrated below. The inner gold scores 10, outer gold 9, inner red 8, outer red 7, inner blue 6, outer blue 5, inner black 4, outer black 3, inner white 2 and the outer white 1. Within the 10 ring (inner gold) there is another ring which scores 10 but for WA records is recorded as an 'X'.



Filling out a score sheet

Score sheets can come in different formats, here is one example

Portsmouth Round									
Name:					Checked by:				
	Individual Arrow Scores						X's	Total	Running Total
Round 1	X	10	9	9	9	9	1	56	56
Round 2	X	X	10	9	9	8	2	55	111
Round 3									
Round 4									
Round 5									
Round 6									
Round 7									
Round 8									
Round 9									
Round 10									
Grand total									

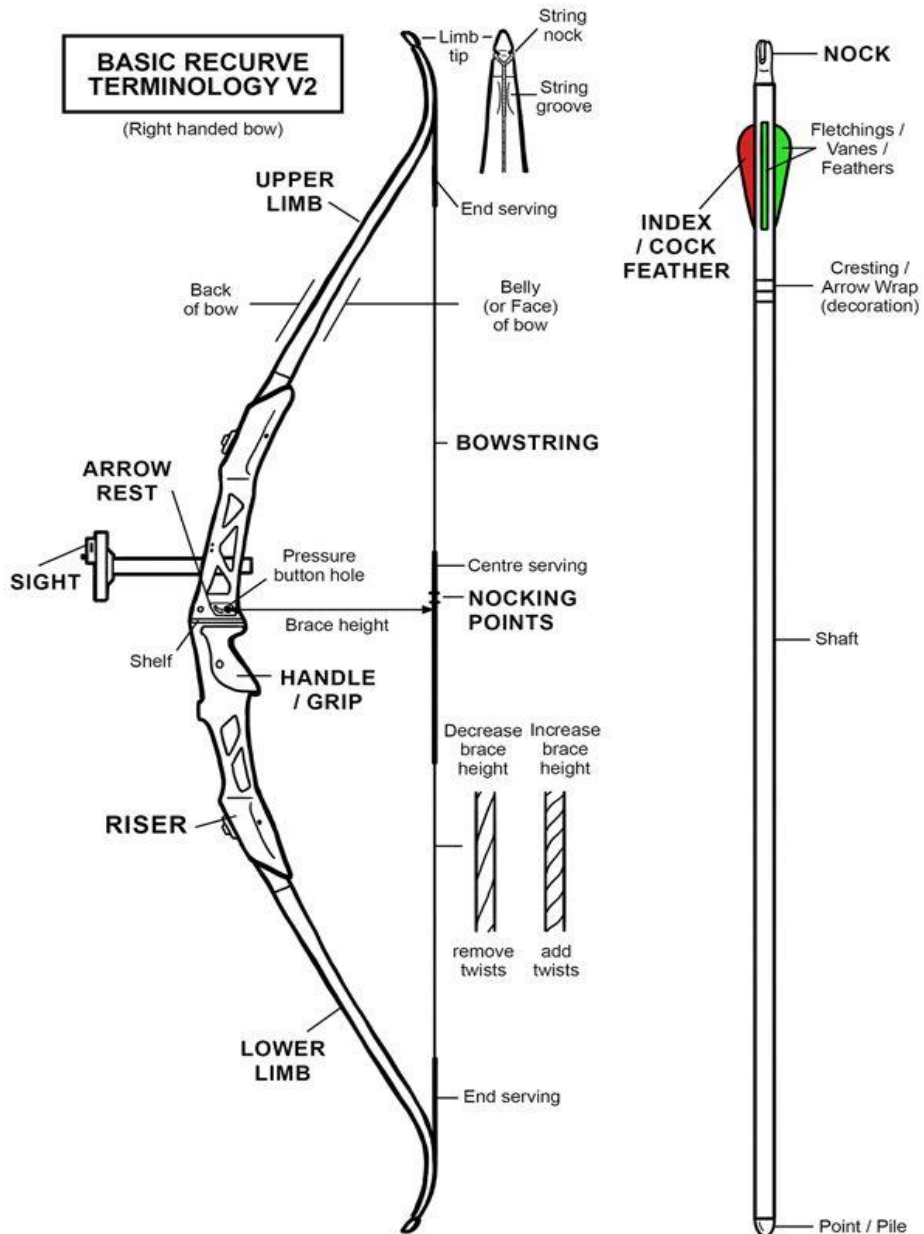
Tutorial

Warning!

All bows are deadly weapons.

Always abide by all safety rules.

Children should always be supervised by an adult.



Illustrated by © Jessica Emmett - www.jessica-emmett.com

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Bow length is the distance tip of the top limb to the tip of the bottom limb

Recurve Draw Length and Bow Size

As a simple rule of thumb bow length should be *at least* double your draw length, but this doesn't always correlate to a good decision, so the values in this table should assist.

Draw Length (inches)	Bow Size (inches) – AMO
14-17	48
17-19	54
19-21	58
21-23	60-62
24-27	64-66
27-29	66-68
29-31	68-70
31+	70-72

Archer Height and Bow Size Chart

You can just go with the basic premise that all people proportioned relatively similarly and using the table below, lookup your height bracket and this will give you a corresponding ideal bow size.

Archer Height	Bow Size (inches) – AMO
Up to 5'6"	64
Up to 5'10"	66
Up to 6'2"	68
6'2" and over	70

Recurve Bow Draw Weight Chart

Below is a chart that will help you determine your starting draw weight limit, based on your own body weight and gender. All you have to do is choose the description in the left-hand column which best describes you, and to the right of that you will have a safe draw weight range that you can pick from. **Please remember that if you have never shot a bow before, you should always aim for the lower draw weight range in the chart below.** There is one thing I'd like you to keep in mind:

As you gain more experience shooting recurve bows, you will obviously gain strength and will be able to handle more draw weight, at which point you can forget about everything you see in the chart below and just go with what you think you can handle – it won't be hard for you to tell once you've shot a few hundred arrows. So the chart below is mostly suitable for beginners who have never shot a real recurve before, or who have very limited experience with this form of archery.

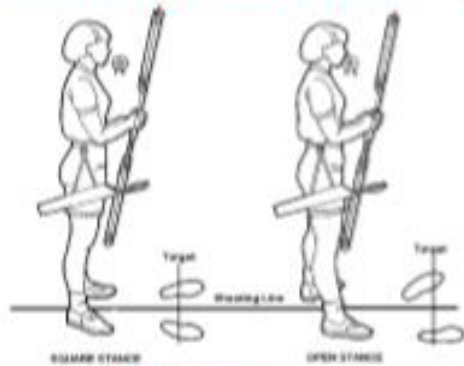
Archer's Weight	Suggested Draw Weight
Small Children (70-100 lbs.)	10-15 lbs
Larger Children (100-130 lbs.)	15-25 lbs
Small-Frame Female (100-130 lbs.)	20-30 lbs
Medium-Frame Female (130-160 lbs)	25-35 lbs
Small-Frame Male (120-150 lbs)	25-35 lbs
Medium-Frame Male (150-180 lbs)	30-40 lbs
Large-Frame Females (160+ lbs)	30-40 lbs
Large Frame Men (180+ lbs)	40-60 lbs

Using a Bow Stringer:

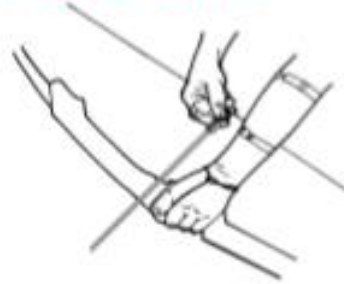
We recommend that you use a bow stringer to string your recurve bow because this is a difficult operation and you can damage your bow without one.

1. Slide the bigger loop of the string over the top limb.
2. Attach the remaining loop of the string to the other limb tip.
3. Take the bow stringer, it has a saddle one end and a cup the other.
4. Slide the saddle over the top limb and wind the smaller cup over the limb tip you attached the string to.
5. Take the handle of the bow and block the stringer with your foot.
6. Pull the handle vertically to bend the bow and support the saddle while doing so.
7. When the limbs are sufficiently bent, the bow stringer should remain in place and allow you to slowly slide the string up to the notch on the tip of the limb.
8. Release slowly and remove the bow stringer. Make sure the string is correctly positioned. The bow is now assembled.

Shooting Sequence - THE TEN STEPS



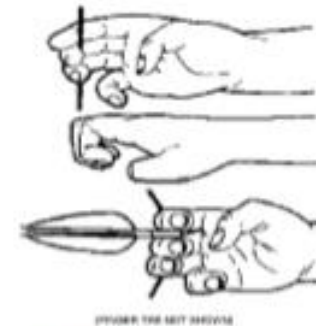
Step 1 - Stance



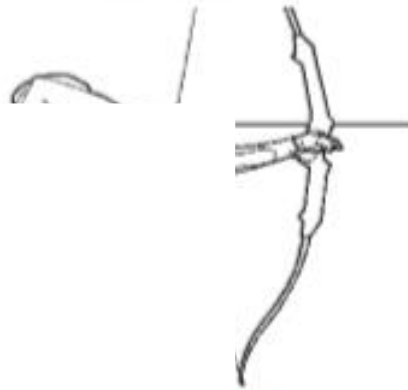
Step 2 - Nocking the Arrow



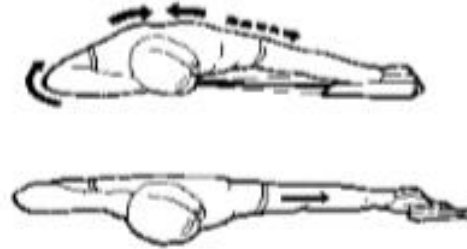
Step 3 - Bow Hand



Step 4 - String Fingers



Step 5 - Set-up and Predraw



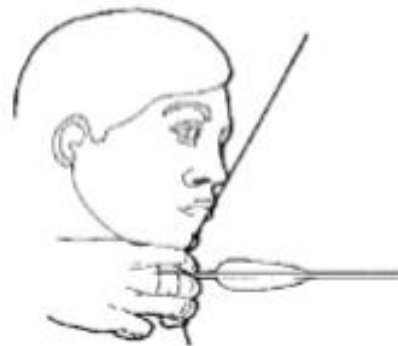
Step 6 - Drawing the Arrow



Step 8 - Target Alignment (Aiming)



Step 8 - Release



Step 7 - Anchor



Step 10 - Follow Through



