

SOUTHEND & DISTRICT ARCHERY CLUB

Rules of Shooting

The following notes are based upon the **GNAS/Archery GB** rules of shooting and have been prepared in the hope of giving you an understanding of the basic rules which are primarily designed for your own safety. Copies of the full rules are available from the Club Secretary.



No archer will be allowed to shoot unless they hold a current **GNAS** card, or have permission from the Secretary or Treasurer.

The Club/Field Captain controls the entire club shoot and is responsible for the correct measuring, marking and layout of each shoot. ***He is in authority at all times.***



No archer will draw their bow with or without an arrow unless on the shooting line. If it is drawn, it must be facing towards the targets, and no other archer shall have crossed the shooting line.

Under no circumstances may an archer cross the shooting line once the whistle to commence has sounded. If for any reason you wish to cross the line, you should hold up your bow to draw the attention of the Club Captain, and then only cross the line with his permission.

At the call of **FAST**, or one long continuous blow of the whistle, you must gently lower your bow and cease shooting. Permission to continue shooting again will be given by the Club Captain.

If you feel that your equipment is faulty, cease shooting until you are satisfied that all is correct. ***Get advice if not sure.***

GLOSSARY

G.N.A.S.	Grand National Archery Society. This is the official body governing the sport of archery in Great Britain. Now known as Archery GB .
CLUB/FIELD CAPTAIN	The person in charge at all Club shoots.
TARGET CAPTAIN	The person entering the scores on your target. Generally the third named archer on the target list. The fourth name is the lieutenant who should check and assist the Target Captain with the scoring.
FAST	A deviation from the old word standfast, meaning hold steady. The modern equivalent is freeze.

SAFETY FIRST



ALWAYS	ensure when shooting with others, that before shooting begins, everyone is in a safe place and ready to start.
ALWAYS	ensure that when shooting is in progress a minimum of two archers are present on the shooting line.
ALWAYS	ensure that an agreed signal is given before anyone moves forward to collect their arrows.
ALWAYS	have an agreed signal, such as the cry FAST , to be called if anyone sees a dangerous situation developing.
ALWAYS	walk to the target, and always walk to the left of centre, so as to avoid treading on any arrows that may have dropped short of the target.
ALWAYS	ensure that other people are standing clear of the target when arrows are being pulled from the target.

- ALWAYS** support the target face with one hand whilst pulling the arrow out straight with your other hand. The hand pulling the arrow must be as close to the target face as possible so as to avoid bending the arrow.
- ALWAYS** in field archery, when searching for lost arrows, one member of the shooting group must stay visible in front of the target at all times to ensure that any following groups do not shoot until all archers are clear of the target.
- ALWAYS** keep a close watch on children who may not be aware of the dangers of archery.
- ALWAYS** keep dogs on a lead.

-
- NEVER** commence shooting without being certain that the range is clear
- NEVER** point a loaded bow in any direction other than the target
- NEVER** point a drawn bow, even without an arrow, at anyone
- NEVER** draw a bow beyond its intended limit
- NEVER** loose a bow from full draw without an arrow as damage to the bow may occur
- NEVER** shoot an arrow straight up into the air as no-one knows where it will land
- NEVER** take "snap" shots at anything in either target or field archery
- NEVER** throw an arrow like a dart at anyone, or jab at them with any part of the arrow
- NEVER** shoot from a position other than the shooting line
- NEVER** run towards the target after shooting

SADAC WISH YOU SAFE, HAPPY SHOOTING

ETIQUETTE FOR ARCHERS

The following guide-lines should always be adhered to:

A GOOD ARCHER:

1. Allows plenty of time to set up and be on the shooting line ready for sighters
2. Does not talk in a loud voice whilst others are shooting
3. Does not talk to another competitor who obviously prefers to be silent
4. Does not make any exclamations on the shooting line which might distract another archer
5. No archer should leave or approach the shooting line whilst an adjacent archer is drawing or sighting their bow
6. Does not walk up and down the shooting line comparing scores
7. Never touches an arrow or the target face before scoring
8. Does not pull an arrow until all the scores on the target have been recorded by the Target Captain
9. When giving your scores to the Target Captain always point to your arrows, never touch, and when calling your scores do so in groups of three in descending order, i.e. 9 9 7 (pause) 5 3 1
10. In case of dispute over a score – ask your fellow archers. If they cannot agree, the Club/Field Captain should be asked to decide. The Club/Field Captain's decision is final
11. Thanks the Target Captain at the end of each round for their work
12. Does not touch another archer's property without their permission
13. If an archer's property is damaged, the culprit should offer to pay for such damage straight away
14. **Helps to set up the equipment, and put it away at the end of each session, and does not leave their litter behind when shooting is finished**



Your Equipment

Occasionally your string servings will unravel or wear. The nocks and fletchings on your arrows may become damaged, dislodged or lost, we therefore suggest that you carry a few identical spares as replacements. The nocks and fletchings cost between £1.00 and £2.00 per dozen. The maximum that you will require will be:

- 1 string identical to the one supplied with your bow
- 1 doz. Nocks identical to those supplied with your arrows
- 1 doz. Fletchings identical to those supplied with your arrows

Most Club members carry the tools and materials required for carrying out minor repairs, but it is unlikely that they will have the exact replacement that you will need for your equipment. Prior to purchasing your first set of archery equipment it is advisable to talk to one of the coaching team to ensure that the equipment is suitable for you.

When you purchase your arrows you will find that they are sold in sets of 8. The reason for this is that although we shoot in units of 3 indoors, outdoors we shoot in units of 6. The extra 2 arrows are treated as spares, so it is important to ensure that all your arrows are maintained in good order. Initial decals are available from your supplier to help identify your arrows from those of other archers.

Your string should occasionally be waxed, this helps to bind the strands and repel moisture.

Take care of your bow limbs. If you chip the protective coating, moisture can enter the wood laminate and cause weakness or twisting. At home never store your equipment close to a source of heat. It can cause twisting and drying of the handle and ungluing of the limb laminations.

Before shooting always check that you have fitted your string properly and that it is secure in the grooves of the limbs. Check that the arrows you have selected are not damaged in any way. Check your sight for position and security. Finally, do not shoot until you are completely happy with your equipment. *If in doubt, please ask for help.*