

Guests may attend ITFAS shoots, at the discretion and by the invitation of the shoot organisers, shooting equipment that is expressly recognised by the rules of the Society, under the following conditions.

1. They belong to a recognized archery society
2. They agree to shoot by the rules of ITFAS and can demonstrate, upon request a level of competency that assures the safety of other archers.
3. They take out temporary/one day membership by paying a small levy and by signing a guest book

New or less experienced archers may take part in the society shoots and championships provided a competent person i.e. the club coach vouches for them.

SHOOTING

The archers lead foot i.e left foot for a right handed archer and vice versa must touch BEHIND the peg when shooting

JUNIORS - Juniors shall shoot from the pegs as follows – B, C, C / White , Orange, Orange

CUBS- Cubs shall shoot from the pegs as follows C,D,D / Orange Blue, Blue.

1. There shall be the following classes of membership; Senior (17 +), Junior (12 – 16) and Cub (8 – 11). New members shall receive coaching free of charge until competent and safe. (See coaches and safety officers note on last page)

SAFETY RULES AND CODE FOR FIELD ARCHERS

Contravention of safety rules may invoke dismissal. Particularly rule 4 and 5.

1. Never loose an arrow when you cannot see where it will land.
2. Never loose an arrow straight up into the air
3. Never shoot a cracked or bent arrow
4. Never point an arrow at another person and never shoot to the side of a person

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5. Never pretend to shoot toward a person. People can die just as easily from heart trouble or injure themselves jumping out of the way of anticipated arrow flight
6. Never stand in the shooting line forward of an archer about to shoot. Not only can you destroy the archers concentration but you place yourself in danger from a mis -nocked arrow which can flirt in any direction when loosed
7. Whilst someone else is shooting keep your eyes and mind alert to possible danger. At the moment of loosing the archers mind is solely upon the target
8. Where possible danger exists shout ‘STOP’
9. If you have doubts of any nature DON'T SHOOT
10. At least one adult member of a group should always remain standing in front of the target whilst other members are searching for arrows
11. Always keep to the marked path when moving between targets
12. Don't just assume things are safe. MAKE SURE.
13. Never touch or shoot another archers equipment without their permission

Safety rules and code for potential new members receiving training.

- a. Such persons must pay a small levy and sign a guest book to avail of insurance cover.

- b. Training bosses must, under advise from ITFAS coaches and safety officers be located in a suitably controlled environment away from usual archery activity and never on a course.
- c. Potential new members shall receive a maximum of 3 coaching sessions or three hours of coaching. After this they must join ITFAS and their club if applicable or else decide that archery is not for them. They must also be actively encouraged to purchase their own equipment. Nothing improves an archer quicker than loosing their own arrows or damaging their own bow

EQUIPMENT RULES FOR EACH CLASS OF BOW

RULES RELATING TO ALL BOWS

Arrows must be of wood and fletched with natural feather. Plastic nocks and metal piles may be used. Only the “Mediterranean loose” is permitted. Bows must be free from any sight, mark or blemish which could be used for aiming. The belly or face of the upper bow limb shall be free from any protuberance, mark (including trade mark), dent, blemish, bulge, chipping, wood grain or ends of laminated pieces of distinctive appearance. Where means are used to cover up such an aid, the covering must obliterate completely and not be put on in such a way as to become an aid in itself. Nor shall there be any such aid visible at either side of the belly face. The bowstring shall be of one colour, including the serving. One nocking point is permitted. Brush buttons and string silencers are permitted but no other knots or attachments in addition to the serving, which could be of use for sighting location purposes.

One anchor point must be used and maintained throughout the shoot. No draw checks of any kind are permitted. No archer may refer to any memoranda which could in any manner be a means of improving his \ her score. No form of release aid is permitted. Finger protection such as a shooting glove or tab may be used.

Mediterranean loose” means one finger above and the middle ring fingers below the arrow nock.

ENGLISH LONGBOW

The bow must be of wood only, straight-limbed and of “D” section with self nocks or made of horn, wood or plastic. The bow must be free of stabilisers, sights, arrow-rests or cut away for the arrow to rest on.

AMERICAN FLAT BOW (INCLUDING FLAT BOW)

The bow must be of one piece and straight-limbed. The limb cross-section may vary from oval to rectangular. The braced limbs are to curve in one direction only from the handle-riser to the string nock. Free of stabilisers, the hand grip may incorporate a cut – away of less than centre-cut to provide an arrow shelf, and the shelf may have a protective cover.

HUNTING TACKLE (INCLUDING MONGOLIAN AND HORSE BOW)

A recurved bow, one piece or take down of any weight be used. The arrow support point shall not be positioned more than two inches behind the throat of the handgrip measured in a direction perpendicular to the string.

Bow slings are permitted.

COURSE LAYING

1. Because field archery uses natural terrain with trees and shrubs in the course layout it is usually only the immediate vicinity that is clearly in
2. view. Therefore maximum safety precautions must be observed both in the course layout and in the shooting
3. Consider the path to and from the shooting position and targets and clearly mark them. Ensure that possible lines of arrow flight will under no circumstances endanger other archers.
4. *Where possible* do not allow any path or other shooting stand to be visible from another shooting stand even if it is considered out of range.
5. Consider the general public when positioning targets. Targets must not be placed where a stray arrow can endanger the public.
6. Targets must never be placed on the brow of a hill where the landing of over shots cannot be determined.
7. When course laying make sure that a safe arrow flight path is available for left and right handed archers, for light and heavy bows and for short and tall archers.

POST SCRIPT:

From Antoinette Trueman. ITFAS head coach.

As a general rule all cubs and juniors must be accompanied by a parent or authorised guardian at all practice sessions and shoots. However a clubs coach or safety officer has the discretion to waive or alter this rule based on their assessment of the child concerned. Likewise any clubs safety officer and/or coach may object to or query the acceptance of new club members based on an unbiased assessment of the individuals performance during initial training