

SHOOTING STYLES OF THE IFAA

ANNEXURE TO THE LEVEL 1 INSTRUCTION MANUAL



2017



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BASIC IFAA RULES GOVERNING THE BOW

IFAA APPROVED BOWS:

- The IFAA accepts any kind of bow that has two flexible limbs, including “Split limbs” or “lever action limbs”.
- The archer shall support both the mass weight and the holding weight of the bow without any assistance from any external aid, other than those defined in the relevant style.
- Crossbows or bows incorporating a mechanical drawing device are not accepted.

DRAW WEIGHT AND ARROW SPEED:

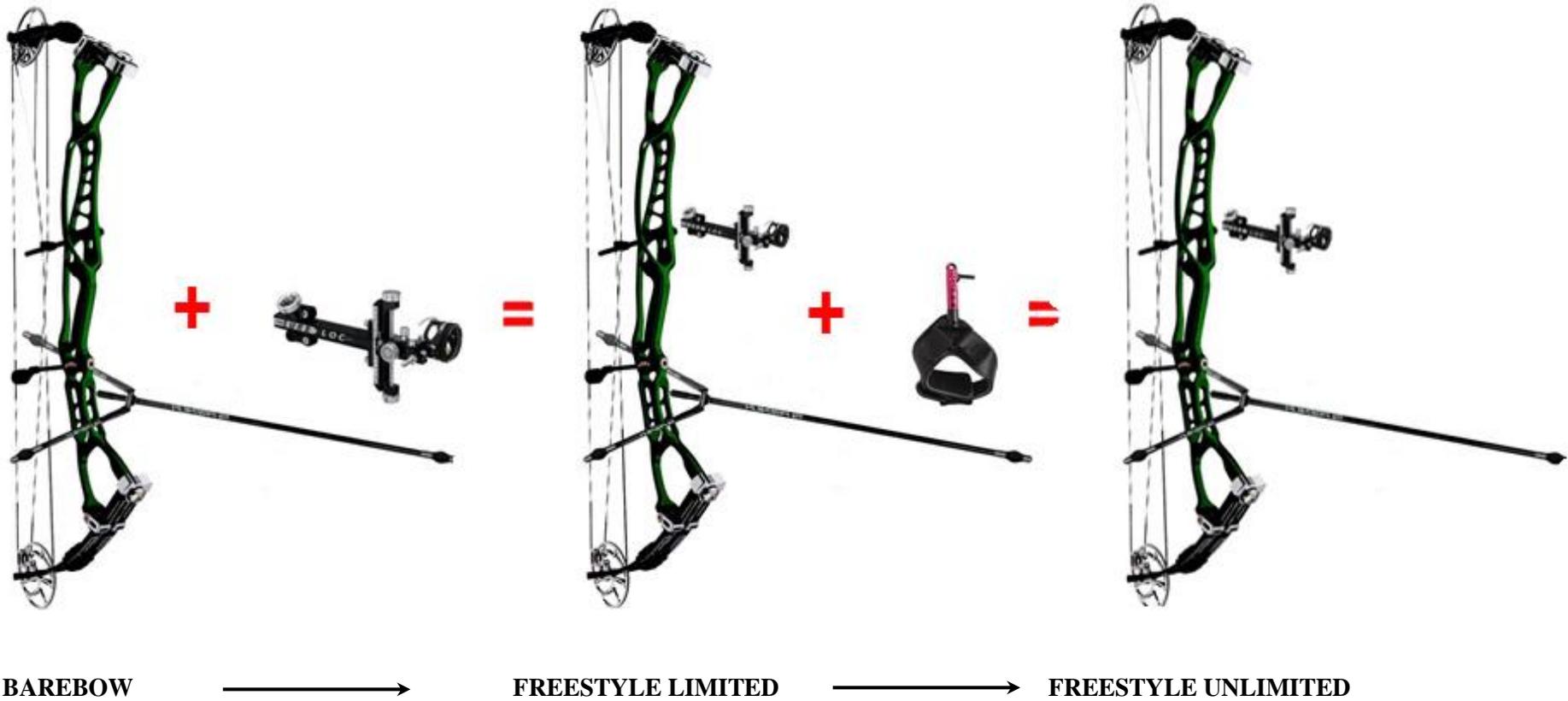
- The draw weight of a bow shall be adjusted to prevent the arrow speed to exceed 300 feet per second (fps) (91.5 m/s). Bows that shoot an arrows at a speed exceeding 300 fps will be disqualified.

WARANTY AND MAINTENANCE OF EQUIPMENT

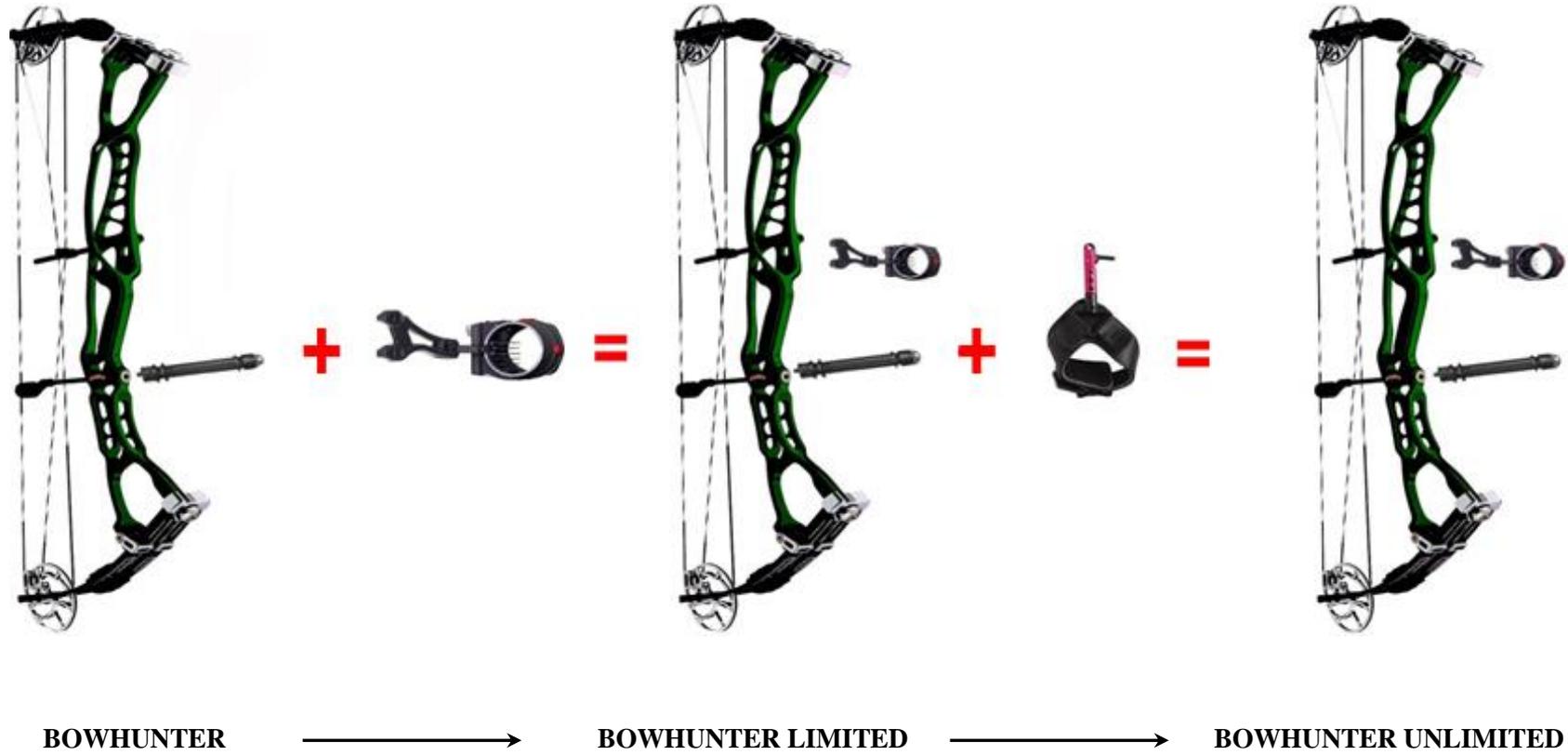
- The archer will be responsible to use and maintain his/her equipment in compliance with the warranty regulations of the manufacturer of each specific type of equipment he/she uses.

THE BASIC PRINCIPLES OF STYLE SELECTION

FREESTYLE SHOOTING STYLES



BOWHUNTER SHOOTING STYLES



BAREBOW COMPOUND (BBC)

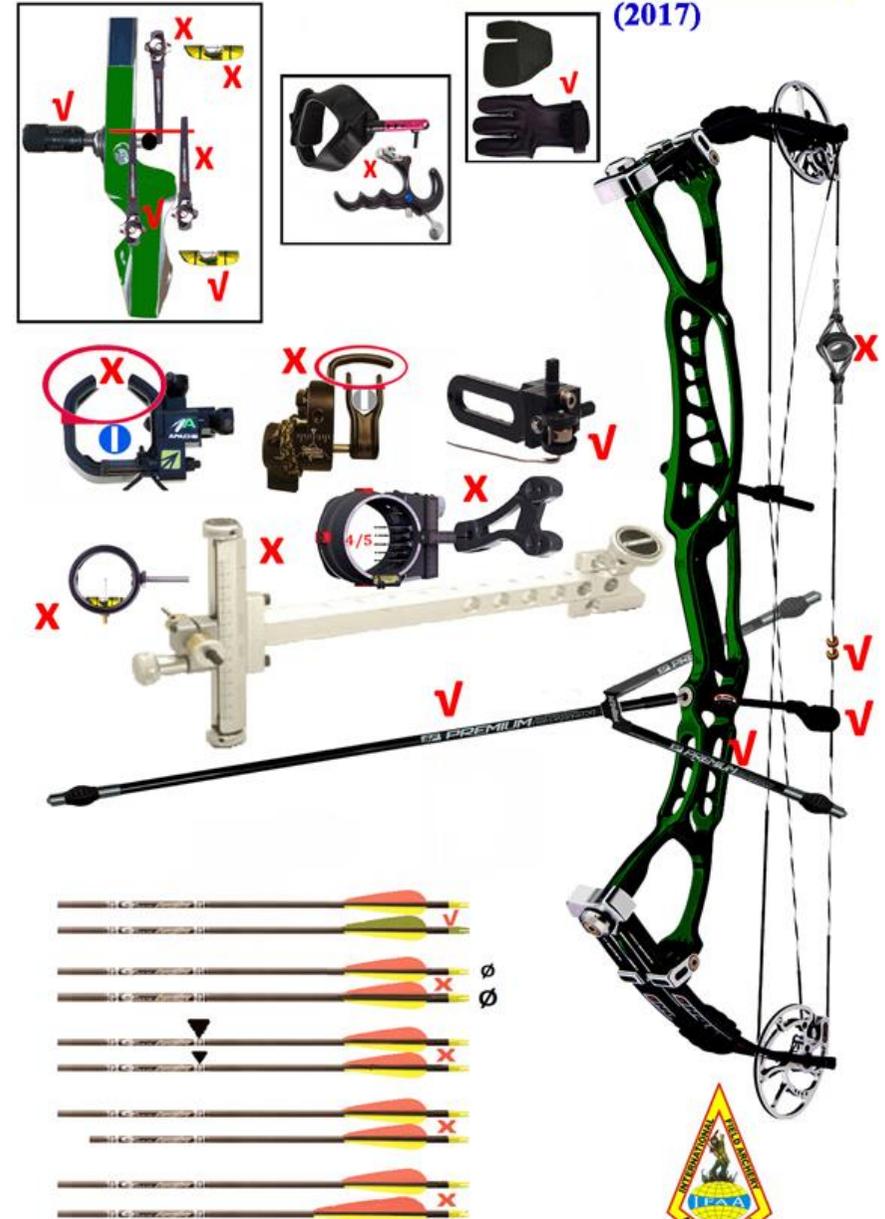
EQUIPMENT RULES:

1. Bow, arrows, strings and accessories shall be free from sights, marks, blemishes or laminations markings which could be used for aiming. If such blemishes or markings are present on the window of the bow riser, the full length of the back of the window shall be covered with tape.
2. An adjustable arrow rest may be used to control the space between the arrow and the face of the bow window. The arrow rest shall not extend above the arrow.
Exec Note: parts of the arrow rest that are considered necessary for the proper functioning of such arrow rest may extend above the arrow, especially in the event of very thin arrows; e.g. Stick-on plate, pressure button, spacer, etc.
3. The use of stabilisers is permitted.
4. Draw stops incorporated in the cams of a compound bow are permitted.
5. One permanent nocking point only is permitted which may be marked by one or two nock locators.
6. No mechanical device will be permitted other than one non-adjustable draw check and/or level mounted on the bow, neither of which may extend above the arrow.
7. All arrows used shall be identical in length, weight, diameter, fletching and nocks, without regard to colour, with allowance for wear and tear.
8. One or two string stoppers may be used provided they lie outside the line of vision and cannot be used for aiming.

SHOOTING RULES:

1. String walking and face walking is permitted.
2. No release aid is allowed to draw the bow.

BAREBOW COMPOUND (2017)



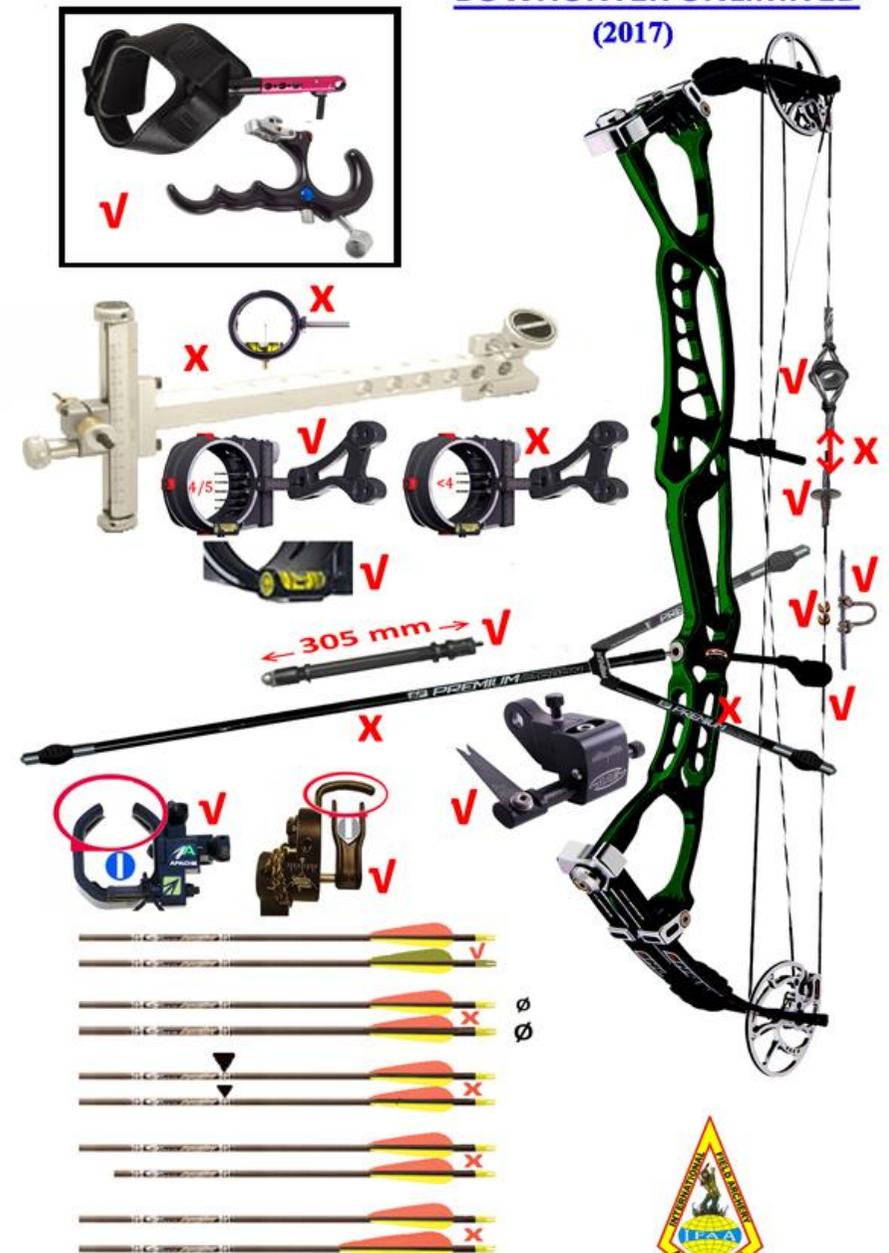
EQUIPMENT RULES:

1. Any type of bow and release aid recognised by the IFAA World Council is permitted.
2. A sight with 4 or 5 fixed reference points are allowed
3. Pin sights are to be of straight stock from point of anchor to sighting points, held nearer horizontal than vertical within the sight, with only one sighting reference possible from each pin or reference point. Hooded pins or scope sights are not permitted.
4. Optical devices that assist the archer to obtain consistency in eye alignment and anchor point are not permitted.
5. The use of a levelling device is permitted as part of the pin/brush guard and shall be considered part of the pin/brush guard for all measurements and references.
6. Any type of arrow rest is permitted
7. Only one permanent nocking point is allowed on the string. The nocking point may be marked by one or two nock locators or a "D" loop.
8. Any type of release aid is permitted.
9. A kisser button or string peep sight will be permitted but not both. No form of magnifying device may be incorporated in, or attached to, the peep sight.
10. Pin Guards/brush guards may be used provided that the distance between the bottom of the top guard and the top pin must be greater than the distance between the top pin and the next highest pin. The same clearance as for the top sight pin applies also to the bottom pin and the bottom guard.
11. All arrows used shall be identical in length, weight, diameter, fletching and nocks, without regard for colour, with allowance for wear and tear.
12. Brush buttons in their proper places at the recurve tip of the bow, string silencers no closer than twelve inch above or below the nocking point and bow quiver installed on the opposite side of the sight window with no part of the quiver visible in the bow window is permitted.
13. One straight stabiliser, coupling device included, if used, not exceeding twelve inch as measured from the back of the bow may be used. No forked stabiliser or any type of counter balance will be legal. The plunger (where the stabiliser is screwed in) is part of the stabiliser.
14. One or two string stoppers may be used. The bracket of the string stoppers may only have attachments to allow the bracket to function and may not incorporate attachments that give the bracket the function as a counter weight.

EQUIPMENT RULES:

1. Draw weight shall not be adjusted, neither shall the sight, sight pins or any other reference point shall not be moved during any one round

**BOWHUNTER UNLIMITED
(2017)**



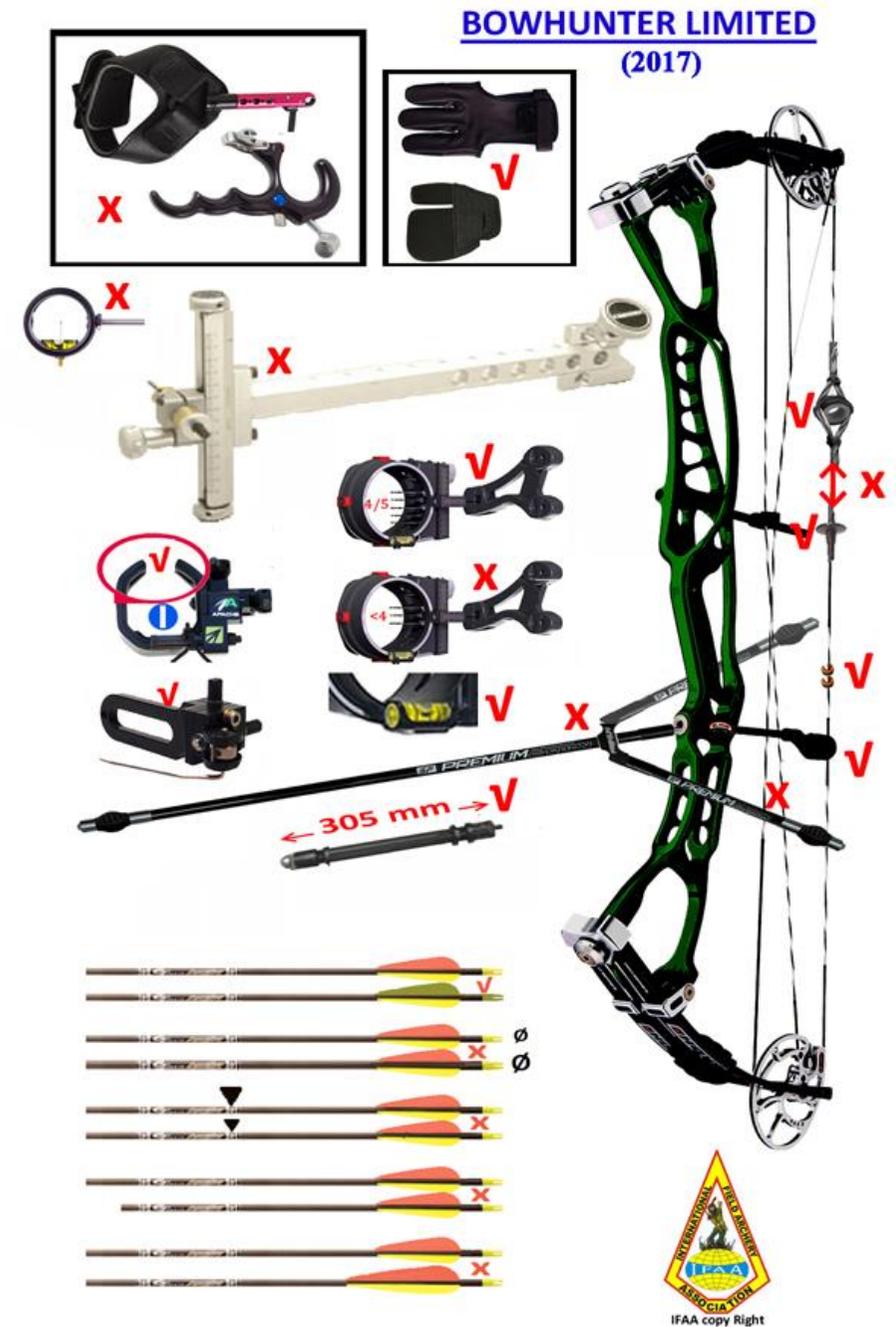
IFAA copy Right

EQUIPMENT RULES:

1. Any type of bow and release aid recognised by the IFAA World Council is permitted.
2. The use of a release aid is not permitted.
3. A sight with 4 or 5 fixed reference points are allowed. Pin sights are to be of straight stock from point of anchor to sighting points, held nearer horizontal than vertical within the sight, with only one sighting reference possible from each pin or reference point. Hooded pins or scope sights are not permitted.
4. Optical devices that assist the archer to obtain consistency in eye alignment and anchor point are not permitted.
5. The use of a levelling device is permitted as part of the pin/brush guard and shall be considered part of the pin/brush guard for all measurements and references.
6. Any type of arrow rest is permitted
7. Only one permanent nocking point is allowed on the string. The nocking point may be marked by one or two nock locators or a "D" loop.
8. A kisser button or string peep sight will be permitted but not both. No form of magnifying device may be incorporated in, or attached to, the peep sight.
9. Pin Guards/brush guards may be used provided that the distance between the bottom of the top guard and the top pin must be greater than the distance between the top pin and the next highest pin. The same clearance as for the top sight pin applies also to the bottom pin and the bottom guard.
10. All arrows used shall be identical in length, weight, diameter, fletching and nocks, without regard for colour, with allowance for wear and tear.
11. Brush buttons in their proper places at the recurve tip of the bow, string silencers no closer than twelve inch above or below the nocking point and bow quiver installed on the opposite side of the sight window with no part of the quiver visible in the bow window is permitted.
12. One straight stabiliser, coupling device included, if used, not exceeding twelve inch as measured from the back of the bow may be used. No forked stabiliser or any type of counter balance will be legal. The plunger (where the stabiliser is screwed in) is part of the stabiliser.
13. One or two string stoppers may be used. The bracket of the string stoppers may only have attachments to allow the bracket to function and may not incorporate attachments that give the bracket the function as a counter weight.

EQUIPMENT RULES:

1. Draw weight shall not be adjusted, neither shall the sight, sight pins or any other reference point shall not be moved during any one round.
2. The bow shall be drawn without a release aid.



BOWHUNTER COMPOUND (BHC)

EQUIPMENT RULES:

1. Bows, arrows, string and accessories shall be free from sight marks, blemishes and/or laminations which could be used for aiming. If such blemishes or markings are present on the window of the bow riser, the full length of the back of the window shall be covered with tape.
2. The use of a release aid is not permitted.
3. The use of a levelling device is not permitted.
4. No device of any type that may be used for sighting may be attached to the archer's equipment. Optical devices that assist the archer to obtain consistency in eye alignment and anchor point are not permitted.
5. Any type of arrow rest may be used as long as it does not extend above the arrow.
6. No draw check will be permitted. Draw stops incorporated in the cams of a compound bow are permitted.
7. A kissor button is not permitted.
8. One permanent nocking point only, is allowed on the string. The nocking point may be marked by one or two nock locators.
9. One consistent anchor point only is permitted.
10. All arrows used shall be identical in length, weight, diameter, fletching and nocks, without regard for colour, with allowance for wear and tear.
11. Brush buttons in their proper places at the recurve tip of the bow; string silencers no closer than twelve inch above or below the nocking point is permitted.
12. A bow quiver installed on the opposite side of the sight window with no part of the quiver visible in the bow window is permitted.
13. One straight stabiliser, coupling device included, if used, not exceeding twelve inch as measured from the back of the bow may be used. No forked stabiliser or any type of counter balance will be legal. The plunger (where the stabiliser is screwed in) is part of the stabiliser.
14. One or two string stoppers may be used provided they lie outside the line of vision and cannot be used for aiming. The bracket of the string stopper may only have attachments to allow the bracket to function and may not incorporate attachments that give the bracket the function as a counter weight.

SHOOTING RULES:

1. An archer shall touch the arrow when nocked with the index finger against the nock. Finger position may not be changed during competition. In cases of physical deformity or handicap special dispensation shall be made.
2. Draw weight shall not be adjusted during any one round.

BOWHUNTER COMPOUND (2017)



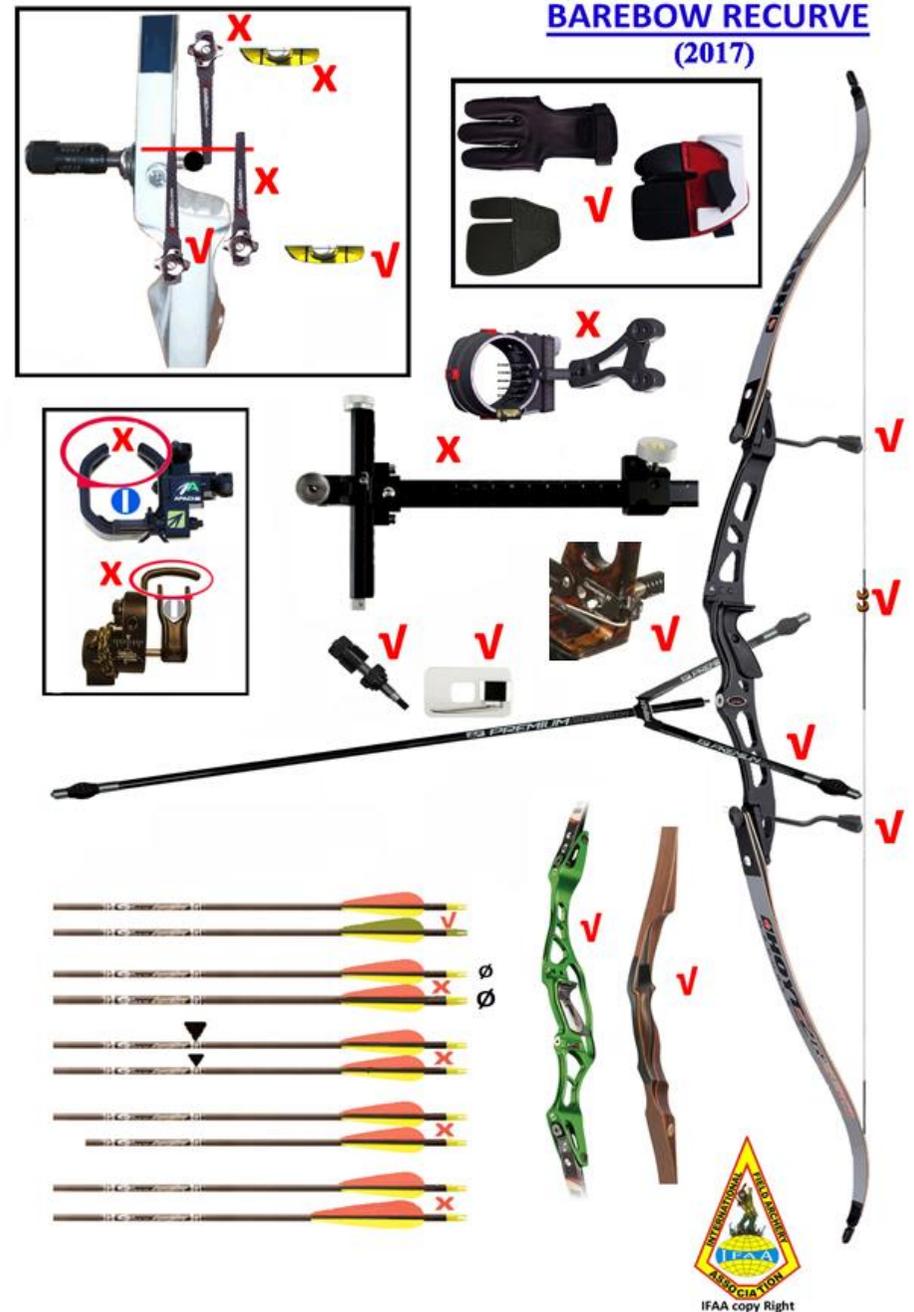
BAREBOW RECURVE (BBR)

EQUIPMENT RULES:

1. Any type of recurve bow recognised by the IFAA World Council is permitted.
2. No device of any type that may be used for swighting may be attached to the archer's equipment.
3. Bow, arrows, strings and accessories shall be free from sights, marks, blemishes or laminations markings which could be used for aiming.
If such blemishes or markings are present on the window of the bow riser, the full length of the back of the window shall be covered with tape.
4. An adjustable arrow rest may be used to control the space between the arrow and the face of the bow window. The arrow rest shall not extend above the arrow.
Exec Note: parts of the arrow rest that are considered necessary for the proper functioning of such arrow rest may extend above the arrow, especially in the event of very thin arrows; e.g. Stick-on plate, pressure button, spacer, etc.
5. The use of a release aid is not permitted.
6. One permanent nocking point only is permitted which may be marked by one or two nock locators.
7. No mechanical device will be permitted other than one non-adjustable draw check and/or level mounted on the bow, neither of which may extend above the arrow.
8. All arrows used shall be identical in length, weight, diameter, fletching and nocks, without regard to colour, with allowance for wear and tear.
9. One or two string stoppers may be used provided they lie outside the line of vision and cannot be used for aiming.

SHOOTING RULES:

The bow shall be drawn without the use of a release aid.



BOWHUNTER RECURVE (BHR)

EQUIPMENT RULES:

1. Any type of recurve bow recognised by the IFAA World Council is permitted.
2. Bows, arrows, string and accessories shall be free from sight marks, blemishes and/or laminations which could be used for aiming. If such blemishes or markings are present on the window of the bow riser, the full length of the back of the window shall be covered with tape.
3. The use of a levelling device is not permitted.
4. No device of any type that may be used for sighting may be attached to the archer's equipment. Optical devices that assist the archer to obtain consistency in eye alignment and anchor point are not permitted.
5. An adjustable arrow rest may be used to control the space between the arrow and the face of the bow window. The arrow rest shall not extend above the arrow.
Exec Note: parts of the arrow rest that are considered necessary for the proper functioning of such arrow rest may extend above the arrow, especially in the event of very thin arrows: e.g. Stick-on plate, pressure button, spacer, etc.
6. No draw check will be permitted.
7. A kissers button is not permitted.
8. One permanent nocking point only, is allowed on the string. The nocking point may be marked by one or two nock locators.
9. One consistent anchor point only is permitted.
10. All arrows used shall be identical in length, weight, diameter, fletching and nocks, without regard for colour, with allowance for wear and tear.
11. Brush buttons in their proper places at the recurve tip of the bow; string silencers no closer than twelve inch above or below the nocking point is permitted.
12. A bow quiver installed on the opposite side of the sight window with no part of the quiver visible in the bow window is permitted.
13. One straight stabiliser, coupling device included, if used, not exceeding twelve inch as measured from the back of the bow may be used. No forked stabiliser or any type of counter balance will be legal. The plunger (where the stabiliser is screwed in) is part of the stabiliser.
14. One or two string stoppers may be used provided they lie outside the line of vision and cannot be used for aiming. The bracket of the string stopper may only have attachments to allow the bracket to function and may not incorporate attachments that give the bracket the function as a counter weight.

SHOOTING RULES:

1. An archer shall touch the arrow when nocked with the index finger against the nock. Finger position may not be changed during competition. In cases of physical deformity or handicap special dispensation shall be made.



TRADITIONAL RECURVE BOW (TR)

EQUIPMENT RULES:

1. A recurve bow manufactured from wood, which can either be a one piece bow or a bow that can be taken down in two or more parts.
2. The riser or grip of the bow shall be made mainly from wood that may be laminated with glass or carbon fibre reinforced polymers, or similar materials.
3. The limbs shall have a wood core which may be laminated on the outside, using glass or carbon fibre, or similar.
4. The riser shall be free of any markings or blemishes that may be used for sighting.
5. Any additions to the bow for the purpose of stabilisation, levelling, draw-weight reduction, sighting and/or draw checking are not permitted.
6. An arrow rest, adjustable or non-adjustable, is not permitted.
7. Face walking is not permitted.
8. Only one permanent nocking point is allowed, which may be marked by one or two nock locators. The use of a ball-nock is permitted.
9. Arrows shall be made of any material, fletched with natural feathers. The arrows shall be similar in material, length, weight, spine, diameter and nocks, regardless of colour and with allowance for wear and tear.
10. Limb savers, string silencers and brush buttons are permitted and if used, must be at least 12 inches above or below the nocking point.
11. A bow quiver may be installed on the opposite side of the window, as long as no parts of the quiver are visible in the window. If a bow quiver is installed, only arrows on this quiver shall be shot during the competition.

SHOOTING RULES:

1. The bow must be shot with the "Mediterranean loose. A finger tab or glove is permitted.
2. The arrow shall be shot from the hand or from the bow shelf. For protection against wear and tear, the shelf may contain a thin plate (leather or felt patch against the riser) and a piece of felt, rug or skin (or similar material) on the shelf.

TRADITIONAL RECURVE (2017)



HISTORICAL BOW (HB)

1. The recognition of the classic bow (also called historical or primitive bow) shall be based on the accepted design and usage during the period preceding the year 1900.
2. There shall be no distinction between the different configurations of bow designs or of materials used.
3. The bow shall be either a self-wood or composite bow.
4. The inclusion of a form of arrow rest or shelf as well as a sight window cut-in shall be permitted, provided such meet the classic configuration of the bow which has established historical precedence.
5. The bow shall be constructed of wood or materials that were used during the period of the bow's historical usage. Modern materials such as carbon, glass fibre and epoxy may not be used. The use of historic glues such as bone glue and hot tree resin is not permitted and only modern glues and adhesives shall be used for the riser and limbs!
6. The standard bowstring material shall be polyester. Historical (such as flax or sinew) and/or modern bowstring materials (such as Kevlar, etc.) may not be used.
7. Arrows shall be of wood, fletched with natural feather, and must be of the same fletch and pile, without regard for colour. The arrows must be free of any marks or blemishes that can be used as sighting aids and shall not vary in length by more than 25mm at the start of the competition. Modern arrow points or piles as well as modern nocks shall be permitted. Nocks that are cut into the shaft are only permitted when these are strengthened with appropriate materials.
8. Accessories such as woven nocking point indicators and thumb rings shall be permitted, provided that such accessory was used during the historic use of the bow.
9. The onus shall rest with the archer to ensure that all the equipment that is used for the tournament is historically correct. The shooter shall show documented proof of the correctness of the equipment if so asked by the technical controllers at the tournament.

SHOOTING RULES:

1. Only the adult division shall be recognised and there shall be no class grades.



HISTORICAL BOW (2017)



VARIOUS TYPES OF HORSE BOWS

