



| Archery Victoria |   |           |          |
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## All About Archery

### Overview

Archery Victoria is the peak controlling body of archery throughout Victoria. With clubs conveniently spread throughout the metropolitan area, and various regional centres, you are never too far away from the challenges and enjoyment that the sport of archery offers.

### Family Sport

Archery is a fantastic family sport with over 45% of our archers enjoying discounted family membership. Archery is one of only two sports where parents and children can compete alongside one another.

### Safety

A recent study showed that 24% of parents won't let their children play sport for fear of getting hurt. Archery is safer than all ball sports combined.

Archery also abides by the Victorian Code Of Conduct and has comprehensive policies and procedures regarding behaviour such as our Member Protection Policy and Social Media Policy.

### Coaching

Archery Victoria ensures that all its coaching techniques are conducted in line with current and approved State and National guidelines and that all its Instructors have the Working with Children Check.

### Who is Archery Victoria Incorporated?

Archery Victoria is the governing body for Archery in Victoria catering for all archery disciplines and equipment styles. Archery Victoria offers various coaching and development programs through the National Pathway Program.

These programs provide a pathway for archers to develop their skills and knowledge and to advance through the sport from novice, to club, state and national levels.

From there you can advance to high performance international competitor competing in events such as the World Championships and Olympic Games.



## **Joining A Club**

Before joining a club we recommend you do a couple of OzBow come'n'try classes at around \$15 a class.

If you have fun at these then you should try the OzBow Archery Instruction Program, a three week program designed to teach you the fundamentals of how to shoot a bow properly.



If you have enjoyed these experiences then we would love to see you as a member.

To join a club simply go to our website and click on the New Members Join button.

## **Membership Benefits**

The objective of Archery Victoria, and its clubs, is to provide a fun and safe environment for the conducting of archery as a sport and a pastime.

Joining a club will give you access to the shooting range when it suits you. To get a key to the club requires successful qualification at the 40 metre distance. Achieve this you are a qualified archer and may shoot unsupervised.

Membership gives you access to coaching starting with the basics to the very advanced as well as bow tuning, equipment maintenance, etc.

Joining a club protects you and your family. Membership provides protection in the form of policies and procedures that are based around the Victorian Code of Conduct.

Membership also provides you with a comprehensive insurance cover should something untoward happen.



## **Target Archery**

Target faces have 5 coloured concentric circles with each one having an inner and outer scoring zone. A shot in the innermost circle scores the highest value (10 points), whilst a shot in the outermost circle scores the lowest value (1 point).

Target divisions include the compound bow and the recurve bow.



The maximum distance shot for the men's open division is 90 metres and for the women's open division is 70 metres. For youth under the age of 13 the maximum distance is 40 metres.

Events at the Olympic Games are in the outdoor target discipline and use the recurve (Olympic) bow.

The compound bow is very popular. On average they are faster, more accurate and easier to shoot than a recurve bow. Competition has reached new heights with this equipment.

### **Matchplay**

This is what you see at the Olympics, the World Cup and the World Championships. Shot only at 70 metres for recurves, and 50 metres for compounds, it is difficult, competitive and yet extremely enjoyable.

In Australia we shoot Matchplay at our internationally attended Australian Open.

### **Indoor Archery**

In Victoria we have quite a few indoor clubs and venues where you can shoot without being influenced by the weather conditions. The average distance is 18 metres and the size of the target face is around 1/3rd the size of the outdoor face.

There is also the Indoor Grand Prix designed for the new archer shooting a challenge (handicapped) round and for the experienced archer shooting the open round.

### **Field Archery**

Field archery is a great way to enjoy the Australian bush. Archers traverse a natural bush course whilst taking into account the variations of the terrain when shooting.

The equipment used is generally the same as target archery.

The International round of FITA field consists of 24 targets shot mostly at marked distances. Three arrows are shot at each target for a total of 72 arrows.

With a 6, 5, 4, 3, 2, 1 scoring zone a score of 432 points is possible. The challenge is to take in variances in terrain and natural obstacles.

Distances range from a minimum 5 metres to a maximum of 60 metres dependant on competitor's age and bow type.



### **Clout Archery**



This is a carryover from the medieval days when archers had to shoot over castle walls sometimes using flaming arrows.

Today we shoot at a triangle sitting just above the ground (called the Clout).

Youth start at 100 metres whereas adult men shooting a compound can be as far away as 180 metres.

Clout may be shot with sights or without sights. Clout caters for all age groups and bow types.

### ***The Longbow Division***



If you have that historical/medieval bone in your body then you may wish to try the longbow.

Used throughout history it has changed very little over the years and is used in competitions by those that wish the ultimate challenge of shooting a bow.

Arrows may be made of wood or aluminium but must use feathers instead of the more common rubber fletches.

### ***The Recurve Bow Division***

A single string bow that is used exclusively in the Olympics.

In the Freestyle Recurve configuration your 1st year cost can be between \$500 to \$900 which will keep you going for many years in the social and recreational environment. The price includes the cost of sights, stabilisers and arrows.

When you decide to set your sights on open competition then you would trade-in your existing equipment for some of the high performance equipment and that can cost you up to \$3,000. The price includes the cost of sights, stabilisers and arrows required to shoot in this division.

In the Barebow Recurve configuration the cost is around 30% less as sights and stabilisers are not allowed.

Barebow Recurve is one of the biggest divisions in America and Europe and is one of the hotly contested divisions in the World Field Championships.



### ***The Compound Bow Division***

These bows can be shot in the Freestyle division or the Barebow Division.

In your 1st year in the Freestyle division you could expect to pay between \$500 to \$900 which will keep you going for many years in the social and recreational environment. The price includes the cost of sights, stabilisers and arrows.

If in the following years you may wish to get into open competition then you would trade-in your existing equipment for the top of the line bow, arrows and accessories where you could expect to pay up to \$3,000.

In the Barebow Compound division you would expect to pay around 30% less. This price is lower as sights and stabilisers are not allowed.



### ***Member Protection Policy***

Archery Australia, Archery Victoria, and its member archery clubs, are governed by laws designed to protect club members and to ensure their archery experience is safe and rewarding. Becoming a member of the archery community you shall be protected by these laws.

These laws are written by the Victorian Government, Archery Australia and Archery Victoria.

Policies you should be aware of are;

#### **0501 Victorian Code of Conduct**

[www.archeryvic.org.au/members\\_area/documents/0501](http://www.archeryvic.org.au/members_area/documents/0501)

#### **0502 Member Protection Policy**

[www.archeryvic.org.au/members\\_area/documents/0502](http://www.archeryvic.org.au/members_area/documents/0502)



Both of which are available in the Club Management Manual or from the Archery Victoria website.

Archery Victoria takes very seriously its obligations to support the protection of our members. To this point you should view the above documents when you apply for membership.

You shall find these documents in the Club Management Manual. If you cannot find it in the clubhouse you should ask one of the club committee members.

### ***Working With Children Check***

All members that have any dealings with children must have a WWCC. This includes all Instructors and Coaches and is even required by a person that may serve a hamburger to a child from the club BBQ.

### ***Problem Solving***

If you encounter a problem you should contact the club Member Protection Information Officer, or if unavailable, the Club President.

If you feel you are not getting the answer you seek then you should contact the Archery Victoria Chief Executive Officer.

### ***Olympic Archery Program***

This is where a school, a scout group, a camp or a community organisation may like to do archery as a social or recreational pastime.

Schools may like to have archery as an elective sport or even in the curriculum. What we do is setup an archery club within the school and then teach the teachers to be archery instructors.



Once the archery club is setup and the teachers trained the students can start learning about archery. At the end of each term we assist in the conducting of an inter-school competition using our thirty/30 competition.

To make sure everything runs well, one of our Archery Instructors will visit the school to make sure the teachers are up-to-date with the latest coaching techniques plus they will do any equipment maintenance required.

A greater explanation of what we do, how the program works and the cost can be found on the Archery Victoria website.

**OzBow Come'n'Try Program**  
*(the pathway to archery excellence)*



- Timeline 1st Month
- Cost \$20 for a 90 minute session
- Objective Designed to give you a taste of archery. Emphasis on fun and safety.

The OzBow Come'n'Try Program is conducted most weekends at your local club. Learn how to shoot a bow and have fun at the same time. Times vary between the clubs so feel free to contact them and make a booking.

You will find a list of clubs and their contact details on the Archery Victoria website.

You should attire yourself with a snug fitting top with preferably no chest pockets or items of jewellery that may get caught with the bow string.

Comfortable footwear with enclosed toes should always be worn at archery sessions. You will not need to bring anything as all equipment will be provided and we recommend several of these classes before you consider joining a club.

If you have had fun with your archery experience then please share it with your family and friends. Archery parties are a great way to have fun with friends or for businesses to do some corporate bonding.

90% of archers are only interested in social/recreational shooting, and of course, trying to achieve personal bests.

For the other 10% that wish to one day represent Australia at the Olympics, then that opportunity exists as well.

In the meantime you can take the opportunity to do some pre-reading by downloading the OzBow Come'n'Try Program booklet.

**[The OzBow Come'n'Try Program Booklet](#)**

### What's Next?

Having done a few OzBow Come'n'Try Programs you may get bitten by "the archery bug" and wish to join a club.

Before joining a club we recommend you complete the OzBow Archery Instruction Program and we certainly recommend that you do not purchase any equipment until you have tried all the different bow types.

Buying equipment, especially for a family, can be expensive so it is important that you have been exposed to all the bow types and divisions in which you may participate.



The table below shows you what competitions you can shoot with each bow type.

|                                   | Barebow<br>Compound | Compound | Instinctive<br>Recurve | Barebow<br>Recurve | Recurve | Longbow |
|-----------------------------------|---------------------|----------|------------------------|--------------------|---------|---------|
| Club                              | ✓                   | ✓        | ✓                      | ✓                  | ✓       | ✓       |
| Archery Victoria<br>Competitions  | ✓                   | ✓        | ✓                      | ✓                  | ✓       | ✓       |
| Archery Australia<br>Competitions | ✓                   | ✓        | ✓                      | ✓                  | ✓       | ✓       |
| World Target<br>Championship      |                     | ✓        |                        |                    | ✓       |         |
| World 3D<br>Championship          |                     | ✓        | ✓                      | ✓                  |         | ✓       |
| World Field<br>Championship       |                     | ✓        |                        | ✓                  | ✓       |         |
| Olympics                          |                     |          |                        |                    | ✓       |         |

## **OzBow Archery Instruction Program** **(the pathway to Olympic participation)**



- Timeline 2nd to 3rd Month
- Cost \$75 per person for the 3 week course
- Objective Designed to give you the fine details of shooting the bow of your choice. Emphasis on technique.

The OzBow Archery Instruction Program is a structured course designed to teach you the definitive technique for shooting the different types of bows that are allowed in the various levels of competition.

Depending on your choice of bow this program will explain point of aim and string walking for shooting a barebow or a longbow.

It will teach you "the mediterranean grip" for shooting a recurve bow and how to use a release aid if you wish to shoot a compound bow.

It also provides more detail on the equipment such as stabilisers, bow sights and the arrows.

The most important thing is that it keeps a record of your shooting technique with constructive comments that will help you progress through the sport.

Before starting the Archery Instruction Program (the pathway to Olympic participation) you should download the booklet so you have a broad understanding of what you are going to learn.

[\*\*The OzBow Archery Instruction Program Booklet\*\*](#)

You should take this opportunity to download and print the OzBow Archery Instruction Program Checklist as you need to take it with each time you shoot in the program.

[\*\*The OzBow Archery Instruction Program Checklist\*\*](#)

### **Qualifying Period**

- Timeline 4th to 9th Month
- Cost No charge
- Objective Designed to test your skill by qualifying at increasing distances.

Below is a table of the qualifying scores for each bow type by distance.

All qualifications are done on the large 122cm target face. You need to shoot 6 arrows at a time and score each "end". You will need to shoot 5 ends, for a total of 30 arrows.

The maximum score is 300 and depending on what type of bow you are using. You will need to meet or exceed the qualifying score to progress to the next distance.

You shall be awarded a certificate on the successful completion of the distance.

Coaching will still be available on a one-on-one basis until you have qualified at your maximum distance for around \$25 per 90 minute session.

### ***The Archery Victoria Rating Competition Table***

Once you start shooting at 30 metres we have a competition that you can be part of. Simply shoot 72 arrows at 30 metres on the large 122cm target face and submit your scorecard to the Club Recorder.

They will apply a handicap and send the results to Archery Victoria which will post the results on their website each month. This will show how you are progressing through the ranks.

Around the 10th of each month go to the Archery Victoria website and see how you scored against all the other new archers in the State.



The score is the total achieved after the handicap has been applied.

| Name             | Club | Category | Score |
|------------------|------|----------|-------|
| Your Name        | YC   | LJW      | 672   |
| The Other Person | TC   | CCM      | 671   |

### ***Challenge Shoots***

#### ***(handicap competitions)***

- Timeline 12th to 24th Month
- Cost Entry fee around \$20
- Objective Designed to test your competitive nature.

Challenge shoots are held at different clubs across Victoria and use the National Rating System. The rating is achieved by the scores that you submit at your club and/or by participating in the Archery Victoria Rating Competition Table.



From this rating a handicap can be applied to the different rounds of competition that are available.

In a challenge shoot everyone shoots against everyone else regardless of your bow type, age or sex. The handicap balances out the scores so to win a challenge shoot you must shoot better than your average. Prizes are awarded to 1st, 2nd and 3rd places after the handicap has been applied.

### ***Challenge Teams***

#### ***(handicap competitions)***

Challenge shoots also have team events and can be made up of 3 people in any combination regardless of bow type, age or sex. You can shoot with some mates from your club, shoot with your family members or just meet new people by making up a team with them.

There is a prize for the winning team as well and in most cases a handsome trophy that will have your team name emblazoned on it for the next few decades to come.

## **Challenge Coaching**

- Timeline 12th to 24th Month
- Cost Around \$30 per 90 minute session
- Objective Designed to refine your technique and introduce you to high level archery practices.



Challenge Coaching is based on the international competition called Matchplay. If you have ambitions to represent Australia as an archer then this is where you start.

Challenge Coaching is where you make a commitment to yourself that you want to win competitions and that you are ready to make sacrifices to be a winner.

International Matchplay is conducted at 70 metres on the large 122cm target face. For training purposes Challenge Coaching is conducted at 40 metres. Its primary objective is to give you confidence in your technique and to refine it where necessary.

Every 10 to 15 minutes the Coach will select two archers to go into a head-to-head 12 arrow competition whilst the rest of the group observes and critiques.

Archery is a very mental sport where a low resting heart rate, general aerobic fitness and confidence far outweighs sheer physical strength or the equipment you use.

In Challenge Coaching you will learn;

- how to shoot under pressure
- advanced archery techniques
- general fitness principles
- the importance of the shot rather than the importance of aiming
- better mental discipline

### ***Open Competitions***

Once you have committed yourself to Challenge Coaching then a myriad of competitions open up to you.

- Timeline 24th to 36th Month
- Cost Entry fee around \$40
- Objective Designed to test your competitive nature.



Competitions are held at different clubs around Victoria. These may be target, field, indoor or clout events but are conducted without any handicaps. Prizes awarded to the placegetters in each category.

Within these competitions are the Target Grand Prix and the Field Grand Prix. Both of these are supported with a state medal for the best overall competitor.

### ***State Championships***

- Timeline 36th-48th Month
- Cost Entry fee around \$40
- Objective Designed to test your competitive nature.



Competitions are held at different clubs around Victoria. These are the state championships of target, short range target, field, indoor, matchplay and clout events. These are conducted without any handicaps.

Prizes awarded to the placegetters in each category. There are 6 State Championship events held each year.

### ***Advanced Coaching***

When you ready for this level you may need some one-on-one coaching with a Archery Coach or a High Performance Coach. The average price for coaching at this level is;

- Archery Coach Around \$30 per 90 minute session
- High Performance Coach Around \$35 per 90 minute session

### ***National Championships***

- Timeline 48th to 60th Month
- Cost Entry fee up to \$300
- Objective Designed to test your competitive nature.



Competitions are held in different States around Australia. There are 3 National Championships conducted each year.

Prizes awarded to the placegetters in each category.

### ***Olympics, World Cup, World Championships***

The timeline for this is based purely on your desire, determination, discipline and dedication.

Most clubs have active archers that have participated in these events and can provide you their insights and experiences.

To enter these competitions you must be part of the Australian Team.

To be part of the team requires you to achieve a certain National Rating as part of the National Pathway Program.

