

Welcome to Northern Archers of Sydney Inc.



Northern Archers of Sydney Inc

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**Northern Archers Sponsorship supporting
the Beginners program, Juniors,
Intermediates and Northern Archers
League Competition**

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Thank you for becoming a member of Northern Archers

Congratulations on having completed our Beginners Course or if you are already an experienced Archer joining our Club, a very warm welcome.

The sport of Archery is one of the oldest sports in the world and covers Target, Field, 3DAAA, and Clout shooting. Archery is a sport that appeals to people of all types, old and young, rich or poor, even the physically challenged are choosing archery as a form of recreation and/or competition.

Today's equipment is a highly developed technical combination of bow and arrows. This combined with the skills of those wishing to pursue the sport, brings about an astounding degree of accuracy.

For those who enjoy the competition of archery there are tournaments at club, state, national and international levels. Archery can be as intensely competitive, or as passively recreational at your local club, as you wish to make it.

Northern Archers was formed in 1953 and has been active in its present location since 1962. At Northern we practice and teach mainly Target and Clout Archery and very limited Field Archery.

This booklet is designed to help you understand the Club, maintain the progress you have achieved in completing the Beginner Course and to highlight Membership benefits.

It will try to answer some of the many questions that you, as a new member, may have and also to make you feel at home and help you integrate into our Club with a minimum of fuss.

We are a friendly group always willing to help, but please remember communication is a two way street, if you want to know something or are not sure about something simply ASK!

Committee of Management

Your Club is managed by a group of ten volunteers known as the Committee of Management. It consists of a President, Vice President, Secretary, Treasurer, Recorder and five ordinary committee members. Names and contact details of the COM are displayed on the notice board in the Clubhouse. If you have any questions concerning Club matters, please feel free to contact any one of the committee.

Club Coaching(outside Beginners Classes)

The Club conducts casual weekend coaching under the supervision of AA accredited coach Mr Liam Lim. These are generally afternoon sessions and are free and coordinated by Liam and so if you would like to attend please come along and meet him. Liam's sessions are technique focused with a view toward proper shooting technique and injury prevention.

Private coaching is also available for club members through both Liam Lim and David Tamsett.

Northern League Competition

For beginners, seasoned Archers, junior and seniors alike, the Club conducts two in-house competitions per year where we all have the chance to compete in a relaxed club atmosphere and on a level footing. It is a handicap event so everyone has the chance of winning - in fact the novice Archer has a greater chance of taking out the individual shoots because, arguably, the ratings system is weighted in their favour as they generally improve quite quickly.

To obtain your shooting handicap you need to score five different rounds under controlled shooting conditions. Once these scores are submitted, the Club Recorder will issue you a shooting handicap and you can then compete in the league competition.

Please see our Club Recorder for further detail and to register your interest. This is a good way of increasing your skill and excellent preparation if you decide to compete in an inter club tournament.

Note that there is no general shooting during league events although Archers are welcome to join in and shoot on the controlled line.

Good shooting and above all, enjoy yourself

Club Membership

If you have decided to continue with the sport then joining Northern Archers as a full member offers many advantages.

Full Membership allows you to use any of the Club equipment, including bows, arrows and accessories, at no cost for a period of one month after joining. This is of vital importance in the period leading up to buying your own equipment, which is explained further in this booklet.

Club membership allows adult members to shoot unsupervised on the range, at any time during daylight hours subject to their qualification distance. Northern Archers has an exclusive lease of the archery range for 365 days a year. We are one of the few clubs in NSW with seven day access. Northern Archers facilities are rated as one of the best in NSW.

Membership of the Club affiliates you with Archery Australia Inc and therefore, enables you to shoot on any of the grounds of other affiliated clubs. These clubs may charge a small visitors fee and shooting will naturally be within the times and regulations of that particular Club. Also you are eligible to participate in the various tournaments and other events conducted through the Archery Society of NSW, Archery Australia or its affiliated clubs and State bodies.

Northern Archers has several qualified Coaches as members and also various State, National and International level Archers. These people are always happy to share their knowledge with you and give you individual tips and advice.

Details about Club Membership are available on the website, Club noticeboard or from any Committee Member or the Duty Officer. A list of the current Members of the Committee of Management and Coaches are displayed on the notice board.

Club fees are due on the anniversary of your membership and renewal must be paid in advance or on that date for you to continue to use the Club facilities. You will be sent an email by Archery Australia regarding your renewal about 3-4 weeks before your anniversary membership is due to expire. Fees for new members joining will be advised at the time of membership application and there are concessions for family members, juniors (to 18 yrs) and seniors +65 years.

Range Times and Club House Access

All adult members joining can be issued with a container key for a small deposit. This will give you access to the target container for target faces, safety flags and danger signs.

The range is available to our Members seven days a week, during daylight hours and all members must have their Archery Australia membership card with them at all times. However, the Club House will generally be open on Saturdays and Sundays from 10:00am - 3:00pm when a Duty Officer or Senior member is in attendance.

The Duty Officer will provide access to Club equipment and besides general specified duties will be in charge of range safety.

Keys to the Club House are only issued under special circumstances where access is required or to members of longer standing. Generally members requesting a Clubhouse key will have to be a member of the Club for at least two years before making such a request and it will be at the discretion of the COM to issue the member a Clubhouse key. If a key is issued the member will be required to pay a deposit, which is refundable on return of the key and if your membership ceases.

Please remember it is mandatory to sign the attendance register in the Clubhouse each time you visit the range. During the week, when or if the Clubhouse is closed, an attendance register is located in the target container for your use.

Safety Flags are located in the Clubhouse and in the target container and **MUST** be used when any member is shooting on the Range. The Council Park Ranger has the authority to request you to leave the Range should you be shooting there without having hoisted the safety flag and you must have your Archery Australia membership card with you.

FAILURE TO OBSERVE THIS IMPORTANT RULE WILL JEOPARDISE OUR INSURANCE AND LEASE ARRANGEMENT WITH COUNCIL AND WILL RESULT IN YOUR KEY PRIVILEGES BEING WITHDRAWN.

The last member leaving the range should ensure all the containers are locked, the flag is returned to its respective location and the Clubhouse is locked and alarm set if necessary.

Duty Officer

All members eighteen years and older and holding membership for twelve months are required to perform the role of Duty Officer a few times during the year. A duty roster and the specific responsibilities are located on the notice board in the Clubhouse. A booklet containing the Duty Officer task

sheet is located beside the sign in attendance register to remind the Duty Officer of the tasks they are to undertake.

One of the tasks the Duty Officer is to undertake is to ensure that Archers are using the range in a safe manner. The Duty Officer must request Archers to shoot together or on other targets if available, if safety rules are not being adhered to by individual shooting Archers. While this is generally a task of the Duty Officer to oversee it is also the responsibility of all shooting Archers to ensure they are shooting in a safe manner and they must adjust their shooting to adhere to safety rules when the range gets congested.

Club Functions

From time to time the Club runs various social and tournaments events. We would encourage you to participate in these events which, as well as allowing you to meet many other Club members, will also allow you to increase your general knowledge of the sport by talking and asking questions from the more experienced Archers in the Club.

Working Bees

During the year the Club will conduct a number of working bees to maintain and improve the Clubhouse, its facilities, equipment and Clubhouse grounds. The tasks might include rebuilding target butts, gluing used faces to cardboard, cleaning the Clubhouse and storage containers, painting, whipper snipping, bushland trimming etc. We generally conclude the working bee with a lunch of some sort afterwards which creates another opportunity for you to meet other Club members.

The working bees are held either on a Saturday or Sunday morning commencing at 8.30am and conclude at about midday. No shooting of any type is permitted on the range while working bees are in progress. The dates of working bees are advised to the membership by way of the Club Calendar and in some instances a reminder email.

All members are encouraged to participate. Remember that it is your Club and nothing can be improved unless you assist in making it happen.

Safety

The Club has a specific and detailed Safety Policy (including a Safety Management Plan and Range Shooting Policy), which has been included in this booklet. On becoming a member of Northern Archers you agree

to adhere to the safety policies of the Club. If you do not understand any of the safety policies you should ask a Committee Member to explain the policy such that you can understand and abide by the policy. Safety is the responsibility of all Archers on the range. If someone acts in an unsafe manner, advise that person to act safely and if necessary inform the Duty Officer who has the authority to caution and if necessary remove any unsafe Archers from the range. Like with all issues, safety is common sense. However, some specific points from the policy are worth repeating here.

- If you have to retrieve arrows that have missed and are behind the butt it is imperative that you wait until it is safe to do so. Archers/persons shall not proceed in the area behind the targets and between the safety mound until Archers on the range have been advised by calling out "Going Behind" and all archers have ceased shooting.
- Should any Archer/person go on or be beyond the safety mound all shooting on the range must stop immediately. Shooting line etiquette suggests that you try to fit your 'search time' to accommodate other Archers still shooting.
- Equally if you notice trespassers behind the target butts you must stop shooting and advise the person/s to remove themselves from the range.
- The safety flag must be hoisted on the flag pole before any shooting is to take place.
- Never change distances without double checking your sight setting for that distance.
- Do not raise your sights above the top of the target butt when drawing the bow.
- Archers on adjacent targets must maintain a distance spacing and formation that is considered satisfactory by all Archers participating, taking into account the main range shooting policy and abilities of the individual Archers and range weather conditions at the time.
- Never put an arrow in the bow unless it is pointed towards the target
- Bare feet, thongs or open-ended sandals are not permitted on the Range for safety reasons.

If you notice people acting in an unsafe manner, you must request them to act in a safer manner and inform the Duty Officer or the Secretary.

Archery is a safe sport - please help to keep it that way

Qualifying At Various Distances

Rules of our Club requires a minimum score at least 360 points out of a possible 720 on a large, 122cm target face, with 72 arrows at 20m to be deemed to have satisfactorily completed the Beginners Course. During the Beginners Classes you have been issued with a Certificate indicting your score out of 720.

Once you have become a member you have to begin your distance qualifications in accordance with the **Distance Qualification** table below. This means you have to score at least 600 points at 20m before you move to the next distance.

Although the rules allow you to move back each time you achieve the particular distance qualification score, we suggest that you do not increase your shooting distances too quickly, and not necessarily because you have shot the required points (refer to **Distance Qualification** table below) only once. The reason we suggest this is because we have seen so many people qualify at 20m, return to the range after a few weeks and immediately start shooting at 30m. This often results in low scores and sometimes arrows missing the target, which in turn causes the Archer to become disappointed and lose heart. It is also potentially dangerous.

Distance Qualification for uncontrolled shooting

Class / Distance	20m	30m	40m	50m	60m	70m	90m
Men	600	550	500	450	450	450	450
Women	600	550	500	450	450	450	**
Master/Veteran Men	600	550	500	450	450	450	450
Master/Veteran Women	600	550	500	450	450	450	**
Junior Men	600	550	500	450	450	450	450
Junior Women	600	550	500	450	450	450	**
Cadets	600	550	500	450	450	**	**
Intermediate	600	550	500	450	**	**	**
Cubs	600	550	500	**	**	**	**

There are specific rounds (refer to **Outdoor Target Archery Rounds**), at the qualifying distances, and there are score sheets in the Clubhouse to record your achievements on, but please don't forget to put your name, date and round shot on the score sheet and put it in the score sheet receptacle under the overhead cabinet. The Club Recorder can then record your shooting scores and advise you when he feels you are ready to add another 10m to your shooting distances.

When shooting distances in a controlled shoot ie a Club League shoot your score can go towards getting you a shooting handicap. Under a controlled shoot ie Club League, QRE or tournament you can shoot a distance

greater than that which you are qualified at the discretion of the shoot organiser. To obtain a shooting handicap you require five different rounds under controlled shooting conditions. Those scores should be submitted to the Club Recorder, who will then advise you of your shooting handicap.

Once you have a shooting handicap you can then compete in the league rounds for an individual round prize and overall league placing.

The handicap rating system is tied to a classification system starting with White, Black, Blue, Red Gold, Master Bowman, Grand Master Bowman, Elite Bronze, Elite Silver and Elite Gold. Badges can be claimed for these classifications in accordance with Archery Australia Inc procedures (refer to *Chapter Four: Records, Classifications, Ratings & Handicaps* - Archery Australia Constitution and Shooting Rules for current procedure). Generally classification awards are claimed through your club, the club obtains these awards from either the RGB Recorder or direct from Archery Australia Tournament and Records Committee.

As you can see there is plenty to aim for, if you so wish or on the other hand you can shoot the bow purely for enjoyment.

Purchasing Equipment

One of the costliest mistakes the new Archer can make is to rush out and buy an expensive new bow and a set of arrows too quickly, only to find that after shooting for several weeks the equipment turns out to be less than ideal.

We suggest that you use the Club equipment for the first month after joining, at no charge. After one month there will be a minimal charge for the use of Club equipment. If you shoot regularly after completing the Beginner Course you will find that as your technique, experience and strength improves the bow and arrows you started with will not ultimately be suited to you.

There are always members of the Club with equipment for sale, who will be more than happy to let you try it first to see if it suits you. Please check the equipment for sale notice board in the Clubhouse for what is currently for sale.

If you choose to buy a bow, arrows and accessories from a retail store or via an advertisement in the paper, don't hesitate to consult one of our Coaches or other experienced Members prior to purchasing such equipment. Remember that they have no motive for telling you other than what they believe will be in your best interest.

The Compound Bow versus the Recurve (Olympic) Bow

One of the main differences between these two types of bows is that the compound bow has a mechanical advantage, via levered wheels /cams at the limb tips and as such it is easier to shoot a higher poundage bow. Further, with all the other accessories allowed on compound bows it is generally easier to shoot higher scores. However, make no mistake, to shoot any bow well takes a lot of skill, perseverance and dedication. Also compound archers shoot in different divisions than the Olympic Archers.

Speak to the various Archers about the different types of equipment they use, to give you some idea, which way you might like to go. The recurve or Olympic bow is the only bow presently recognised for use at the Olympic Games but there are also many International and National tournaments where you can compete with a compound bow.

Bow Tuning

All arrows do not suit all bows and a perfectly matched set for one Archer may be totally unsuitable for another.

By now you will have learned that there are basically two different types of bows, recurve and compound and that they both come in different lengths and draw weights; arrows differ in diameter and wall thickness and can be either aluminium, carbon/aluminium or carbon construction.

We would not recommend wood or fibreglass arrows for serious target archery, nor would we recommend carbon/aluminium arrows for the beginning Archer.

Carbon/aluminium arrows, besides the expense, are very much lighter and very much more sensitive to a less than perfect release. At the shorter distances aluminium arrows very often out score carbon arrows.

In the main, archery has not gone metric. Bow weights of most recurve bows are rated in pounds with the draw length in inches, both are generally noted on the bottom limb of the bow.

Please note that the draw weight of most bow limbs are rated at 28 inches. Since people have different draw lengths, the performance of the same recurve bow for two different Archers may differ substantially. For example, if Archer number one has a draw length of only 26 inches he or she will pull a bow rated at 30lbs to perhaps only 27lbs. When Archer number two with a longer draw length of say 30 inches draws the same bow, the effective draw weight may increase to 33lbs. This means that

these two Archers will most likely need to use different arrows to achieve the best results.

In your visits to the range you may have seen people 'fiddling' about with their bows and heard references to nocking points, pressure buttons, tiller and clicker settings, brace and tiller heights, wheel timing, etc. etc. These are all factors in bow tuning. Do not let this scare you off, every sport has their intricacies and lingo and before you know it, it will become second nature to you too.

To enable you to learn about all this in the leisure of your home, you can borrow from our book and video loan library. Just record your name and item borrowed in the loan book, which is located in the Club library cupboard. Please be considerate and do not keep any book or video for longer than two weeks.

Club Safety Policy

It is the right of all members of the Club to be able to enjoy the Club facilities and for the general public to use the surrounding areas, in complete safety. To this purpose all members of the Club have a responsibility to ensure that the sport of archery is conducted in a safe and proper manner and that the Club's Safety Policy, the Safety Management Plan and the Range Shooting Policy, as set down by the Committee from time to time, are fully complied with.

It must be recognised by all Members that one of the major risks would be for members of the public wandering onto the range behind the targets or mound unexpectedly. As such all Members must be vigilant at all times and should this occur, raise the alarm immediately, by any means, to ensure shooting will cease forthwith and the person/s removed from the range and area behind the targets immediately.

Any unsafe behaviour should immediately be brought to the attention of an offending Archer(s) or an offending member(s) of the public. If a Member cannot resolve the issue forthwith, the Duty Officer must immediately be advised. The Duty Officer has the right to stop all shooting activity and shooting will not recommence until the problem has been resolved.

In the event an unsafe condition or a breach of safety occurs the Duty Officer shall sound multiple whistle blasts and all shooting activities must stop immediately, until the Duty Officer is satisfied that it is safe to resume shooting.

We are proud of the fact that neither Archer nor any member of the public has been injured on our range by an arrow shot from a bow. It is the responsibility of all our Members that this record is maintained.

Safety Management Plan

1. On Saturdays and Sundays a Duty Officer shall be in attendance in accordance with a predetermined Duty Officer roster. If a member is rostered for duty on a particular day and cannot make that day it is their responsibility to arrange a suitable swap with another member on the duty roster.
2. All Members of 12 months standing and over, or if otherwise suitably qualified, and being 18 years or older, may be required to share the role of Duty Officer. To this effect, a roster shall be drawn up at generally half yearly intervals.
3. The Duty Officer shall have the authority to ensure that the Safety policies are adhered to.
4. In the absence of a Duty Officer, the first Archer utilising the range shall perform the function of Duty Officer in relation to safety until he/she leaves. It is the responsibility of the Duty Officer when leaving to ensure a remaining suitable Archer assumes the role of Duty Officer to oversee range safety. This especially applies to weekdays.
5. The Duty Officer shall be readily identifiable by an orange or red safety vest or other means of identification.
6. When the range is in use a red flag shall be raised adjacent to the Clubhouse. In addition, portable signs advising the general public that archery is in progress and not to proceed past that point shall be posted on either side of the Clubhouse and at other points the Committee of Management may determine from time to time.

This shall also be applicable during weekdays, if shooting occurs. At least one set of safety signs and red flag shall be kept in the equipment container for ready access by all Archers.

7. All Members, including Associate and Social Members and Visitors must sign the attendance book prior to commencement of any shooting activity for insurance purposes. This will also serve as a continuing acknowledgment of the Club's Safety Policy, Safety Management Plan and Range Shooting Policy.

In addition to signing the attendance book all Archers must make

themselves aware of who is the Duty Officer of the day.

Further, an attendance book/sheet shall be kept in the equipment shed to be signed by all Archers using the range during those times that the Clubhouse is closed.

8. Archers on adjacent targets must maintain a distance spacing and formation that is in accordance with the Northern Archers 'Range Shooting Policy' - see **Range Shooting Policy** below.
9. Archers/persons shall not proceed between the targets and the safety mound until Archers on the four (4) adjacent targets to the left and right have been advised and have ceased shooting.
10. Should any Archer/person go on or be behind the safety mound all shooting on the range must stop immediately.
11. No Archer whilst aiming shall raise his/her sights above the target butt at any time and prior to changing distances the sight setting for the new distance shall be checked by the Archer.
12. No member who is fifteen (15) years of age or under shall be permitted to shoot, unless another competent Archer/person over the age of eighteen (18) years is present, or unless approved by the Committee. Parents / guardians leaving a member who is 15 or under must first check with the Duty Officer or responsible adult member to ensure there will be adequate supervision before leaving their child to shoot at the range. The parent / guardian should confirm with the Duty Officer or responsible adult what time the child will be picked up.
13. Weighing of bows in the Clubhouse shall be carried out under the supervision of the Duty Officer or experienced Archer.
14. If there is an unresolved dispute about Range Safety the Duty Officer may exercise discretion to take appropriate action to remedy the situation. His/her decision shall be final.
15. A First Aid kit is fixed to the rear wall of the Clubhouse for use in case of an emergency.
16. The Range shall be kept clear of re-growth to ensure a clear a view as possible. This must be done in close coordination with Hornsby Shire Council and Parks and Gardens to ensure compliance with their rules and regulations relating to cutting / clearing native bushland.

17. All Members current and future shall be given a copy of the Club's Safety Policy, Safety Management Plan and the 'Range Shooting Policy'. An Archer signing in to use the Range acknowledges that they have read, understand and accept the Safety Policy, Safety Management Plan and Range Shooting Policy. If an Archer has any doubts about the application of these policies they must ask the Duty Officer or Committee Member for an explanation so the Archer fully comprehends the policy.
18. The Safety Policy, Safety Management Plan and Range Shooting Policy shall be under constant review and be an item on the Agenda of all General Meetings.
19. All dogs brought onto the Club grounds must be on a leash at all times.
20. Covered footwear is to be worn at all times by an Archer engaging in the practice of archery or any person accompanying an Archer on the range. Open footwear such as thongs and sandals are not acceptable.
21. No arrows are permitted to be taken into the Clubhouse while they are in a quiver worn by an archer. This is to prevent any injuries caused by the nock of an arrow striking another person in the clubhouse.

Range Shooting Policy

Note:

Our current shooting policy has been amended to reflect the Safety Guidelines laid down by Archery Australia, dated January 2011. These guidelines apply to all AA affiliated clubs in Australia. These changes have been made necessary to ensure that we will be covered by the insurance policy held by AA, in the event there should be an incident on our range.

*For clarity the range has been divided into 16 lanes, and a Beginners area with 6 targets as designated on drawing **Diagram 1***

The following shooting policy will be adhered to by all members.

1. Under normal conditions Archers will shoot the longer distances from the left hand side of the range, tapering across to the shortest distances on the right hand side of the range (when viewed from the Club House), at all times complying with the Range Shooting Policy set out below.
2. To be in front of other archers shooting on an adjacent target,

there must be at least two (2) clear target lanes separation to be in front to a maximum of 20m, but subject to weather conditions this may be reduced to 10m.

3. The following rules will apply if Archers wish to go forward to score or retrieve their arrows independently of other archers shooting on the range – **To be able to do this, there must be at least two (2) clear lanes on either side for distances up to 30m, three (3) clear lanes on either side for distances over 30m to 50m and four (4) clear lanes for shooting distances over 50m.**

If this is not the case Archers may only go forward and score/ retrieve their arrows with other Archers shooting on other targets which are overlapping theirs, using the two (2), three (3) or four (4) clear lanes rules.

4. To facilitate maximum range flexibility, Target number one (1) has been designated as the only target to be used for shooting at 90m, other than during competitions when the shooting is under the control of a Director of Shooting (DOS).

Further, should the range be congested, which is often the case on weekends, Archer(s) shooting a defined round, which includes 90m are entitled to shoot 6 practice arrows plus 36 scoring arrows, after which they have to move to a shorter distance, ie in the event of other archers wishing to shoot that target or when requested by the Duty Officer.

5. Archers shooting a defined round are entitled to shoot up to two distances on the one target before being required to change to a different target. They may be required to move and will do so if requested in the event that another/other Archers wish to shoot on that target in order to maintain the 'preferred taper' as referred to in the Range Shooting Policy (refer **Diagram 1** as example).
6. Archers not shooting a defined round shall be limited to shooting a maximum of 36 arrows from one distance. They will then be required to move to another target or take a break, if so requested.
7. Archers wishing to tune their equipment at short distance will be required to use main range on the righthand side or the Designated Beginners area at a maximum of 20m, under the proviso that they must fit in with any Beginners classes being conducted on target 17-22. They must shoot the same distance and also go forward together with the class to retrieve their arrows.

8. Maximum distance to be shot on targets 12 to 16 is 50m when beginners classes or Come and Trys are taking place in the Beginners area . The same rule of 2 clear lanes applies to be able to go forward to the target independently.
9. Where all targets are being used and congestion appears likely to continue, a latecomer shall be responsible for setting up a temporary target either in lanes 3, 6, 9 or 12, subject to the distance wishing to be shot and shall wait until a re-organisation can be arranged amicably with other archers, keeping in mind that Point 5 above may be invoked and in addition complying with lane separation rules above.

Note: If a latecomer chooses not to set-up a temporary target she/ he must wait until others have completed their rounds and a target becomes vacant.

10. This policy is mandatory and will be adhered to and policed by all members and not just the Duty Officer. Should a breach of this policy by a member be reported to the Committee of Management the case will be investigated and if proved to the satisfaction of the Committee the disciplinary provisions set out in the By-laws will be invoked.

Where possible Archers are encouraged to shoot in two's or three's to a target in order to provide maximum range utilisation.

Northern Archers Main Range Shooting Policy

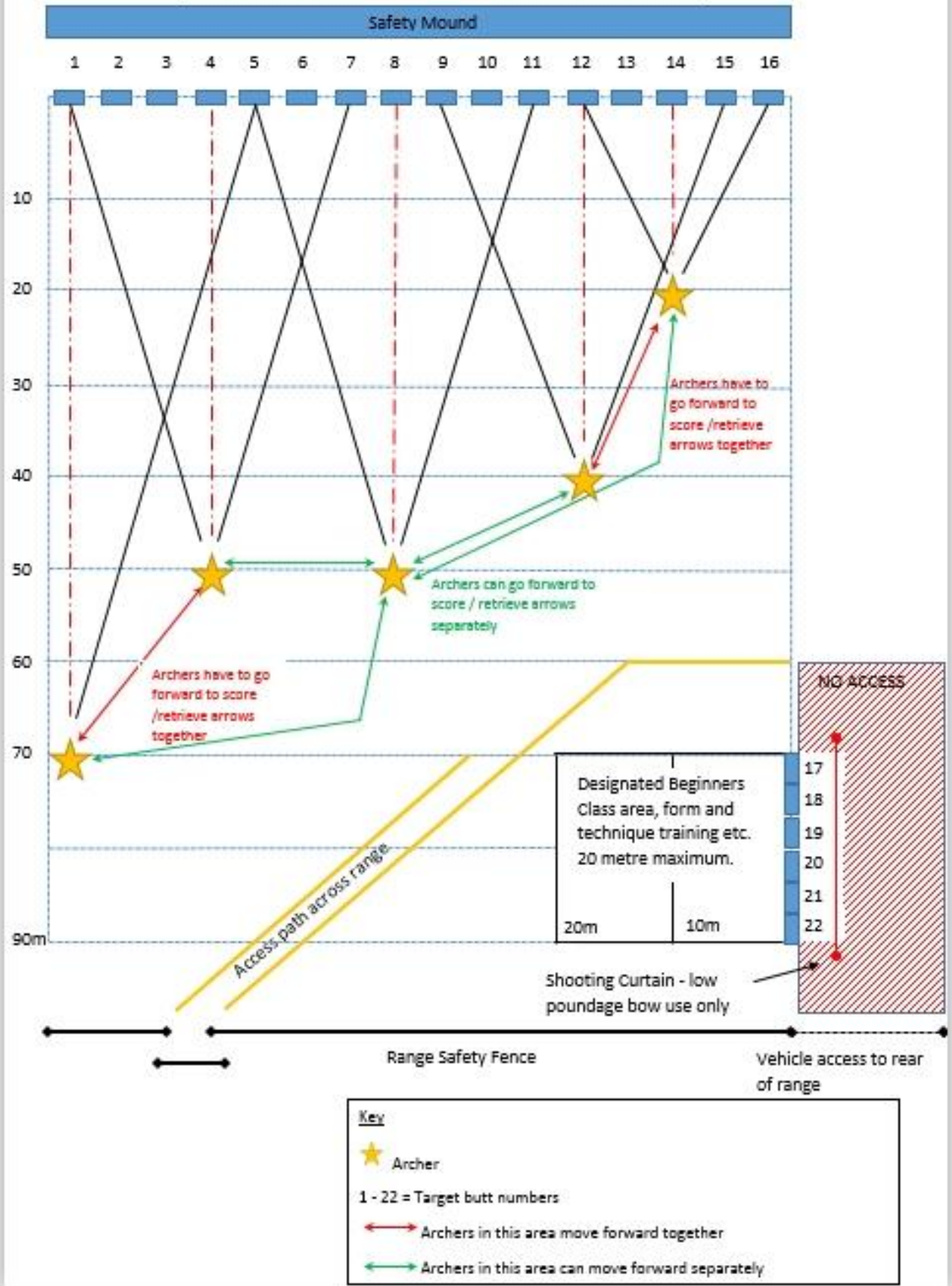


Diagram 1 – Range Layout, excluding clout pitch.

Club Harassment Policy

Harassment in any shape or form, by one member to another is totally unacceptable and will not be tolerated. Harassment may include, but not necessarily limited to references to race, colour, sex, sexual preference, mental or physical disability, marital status, family responsibility, pregnancy, religion, political affiliation or opinion, national extraction or social origin.

Should any member feel that they are experiencing some form of harassment they should raise this matter themselves, or through a third party, with the offending person(s). If continued harassment takes place they should then raise this matter, either themselves or through a third party, with the Committee of Management, who will deal with the matter as expeditiously as possible and to ensure that this matter is dealt with in such a manner that will preserve the harmonious relationships amongst all members.

Any matters raised with the Committee of Management should be in writing setting out the details of the incident including date, time, nature of alleged harassment and names of other persons that witnessed the incident.

All members have a responsibility to raise any perceived feelings of harassment to themselves or any other members through the appropriate channels so as to ensure that these matters are resolved forthwith and as such to maintain an atmosphere of acceptance and good fellowship.

Social Media Policy

Northern Archers of Sydney Inc, hereafter referred to as NAS, recognises that Social media offers the opportunity for people of shared interest to more easily communicate and share their sport interests with each other.

Social media networking means any medium on the internet in which Northern Archers of Sydney Inc (NAS) wishes to participate. Examples include but are not limited to Facebook, Twitter, YouTube, Blogs, MySpace, Wikipedia or other wikis, and LinkedIn.

This policy aims to provide some guiding principles to follow when using social media in which NAS participates. This policy does not apply to the personal use of social media platforms by anyone associated with the sport in particular when there is no reference, inference or mentioned association to NAS, Archery Australia, RGBs or Clubs or its affiliates or related activities.

This policy applies to all NAS members, associate and social members, volunteers or any individual representing themselves as a member of NAS.

Guiding Principles

The web is not anonymous. NAS members, registered affiliates, volunteers and staff should assume that everything they write can be traced back to them.

NAS will not, and expects that users will not, post any materials that fall into any of the following categories and may have any materials removed that:

- Have content that the moderator deems inappropriate, which includes but is not limited to swearing, abusive language and inappropriate photos.
- Persons wishing to participate in the medium under the NAS banner will be required to use their full name, no pseudonyms are permissible.
- Defame abuse, harasses, stalk, threaten or otherwise violate the legal rights (such as rights of privacy and publicity) of others.
- Images of children (minors under the age of 18 years) may not be replicated on any site without written permission of the child's parent or guardian. This also includes names, address, performances or any personal details concerning the individual.
- Publish, post, distribute or disseminate any defamatory, infringing, obscene, indecent, misleading or unlawful material or information.
- Upload or attach files that contain software or other material protected by intellectual property and copyright laws (or by rights of privacy or publicity) unless the user owns or controls the rights thereto or has received all necessary consents.
- Upload or attach files that contain viruses, corrupted files, or any other similar software or programs that may damage the operation of another's computer that discriminates against a member of the community based on sex, race, sexuality, religion or any other issue.
- Advertise for any products, business or services.
- Link or refer to inappropriate content of an explicit nature.

- Refer to personal details including address, phone number or any other contact details.
- Spam the wall, or incite or encourage other users to spam the wall with any kind of content.

It must be recognised that Archery Australia Inc has a Social Media Policy, which also applies to anyone associated with the sport of archery, refer <https://assets.imgstg.com/assets/console/document/documents/1046.pdf>

Remember that honesty is always the best policy, especially online. It is important for you to recognise that the web is a permanent record of your online actions and opinions.

Be mindful of any thing that you post to social media as it may come back to you in latter life.

Northern Archers League Competition Rules

Rules

Aim: A regular competitive social shoot for members, junior and senior, shooting various rounds, to encourage our members to compete a little more, improve skill and to develop social cohesiveness and interaction.

- 1) The league will be known as the "Northern Archers League". Sponsors names may be included at the discretion of the Committee of Management (CoM).
- 2) The league is controlled by the CoM and any decision on any matter concerning the league is final.
- 3) Competitions will be based upon Archery Australia Inc rules including the handicap rating and classifications, as administered by the club recorder and/or the CoM.
- 4) Competitions consisting of 10 - 12 rounds will be held twice per year with rounds being about 2 weeks apart.
- 5) Competition rounds will be held on a Saturday or Sunday, generally on an alternating basis, taking into account external competitions and other club activities.
- 6) Competition rounds may be of any type deemed appropriate and which can conform to the Archery Australia Inc handicapping and classification system and may include rounds shot in external competitions, such as the Northern FITA Star, Northern FITA 900 and Northern Junior Challenge.
- 7) Competition rounds will be advertised in the club calendar and will have 'right of way' on the shooting range. No other shooting is permitted on the range during a league shoot.
- 8) Participants must be full or associate members of Northern Archers, or be a member of a club affiliated with AA. They must have an established minimum white class handicap rating ³ with Northern Archers in order to receive competition points. (Note: Archers who do not meet these criteria (including members of other clubs) may, at the discretion of the CoM be allowed to shoot in order to develop their skill or help establish their handicap rating or classification).
- 9) Entry fees will be \$ for all participants eligible to receive competition points. The club will match these entry fees, dollar for dollar, with the total amount collected being used for the winning prize money at the end of the competition.
- 10) The club will also provide an appropriate prize to the value of about \$12 to the winner of each round of a competition.
- 11) The number, length and timing of any rest breaks taken during the shooting of a league round will be determined by consensus of the archers participating in that round. All Archers must be ready to recommence shooting at the agreed time. A participating Archer may during a rest break shoot on a blank practice butt at no more than 10m for the physiological purposes of staying 'warm & loose'.
- 12) The overall order of placings in each round is found by:
 - a) Firstly, determining which archers have shot above their rating and which have shot equal to or below it, and then,
 - i) For Archers who have shot below or equal to their current rating:

the place in which they finish is sorted according to their adjusted score as determined by the use of the Archery Australia Inc ratings tables. Archers who have shot an equal score shall be separated by a countback ¹.

- ii) For Archers who have shot above their rating: the place in which they finish is sorted according to how much above their rating they shot. Only a maximum of 3 ratings points will be taken into account to determine the placings. (ie Archers who shot >3 points above are automatically deemed to have shot 3). Archers who have shot the same amount above their rating shall be separated by a countback ¹.
 - b) Finally, the overall order is determined by placing those who shot over their handicap, in front of the others, in their respective finishing orders.
- 13) Points are allocated to the placing according to a 50 point sliding scale. ie 1st = 50 pts, 2nd = 49 pts, 3rd = 48 pts, and so on. An additional 1 point (for participation) is allocated for each round shot.
- 14) At the end of the competition the Archer with the highest point score, based on their best 6 rounds, plus their participation points, will be declared the winner. In the event of archers being equal then their placing will be determined by a shoot off ².
- 15) At the end of each competition there will be prizes for 1st place, 2nd place & 3rd place, with the prize money being split 50%, 33%, and 17% respectively. In addition sponsors' prizes, if available will be allocated as determined by the CoM.
- 16) Participants must have completed 6 rounds in the competition to be eligible for any prizes.
- 17) An Archer may use different types of bows through the competition. However, the general rules of the competition will apply. That is:
- a) the same bow must be used for any one round of the competition;
 - b) an Archer will be entered separately into the competition for each bow used, along with the appropriate handicap rating and must still shoot the minimum 6 rounds with each bow to be eligible for any prizes.
- 18) A league ladder will be displayed in the clubhouse and published on the club's website showing the current placings, the 'best 6' points progression and the average points/round of each of the participants.

¹ Countbacks: Used to determine the order of competitors on equal placings. using the following method:

- i) Count total no. of Xs, 10s & 9s for each archer;
- ii) The order is determined by the highest no. of Xs (for sighted compound bows) and Xs & 10s combined (for all other bows);
- iii) For those still equal, then between sighted compound bows use highest no. of 10s for between all other bows use highest no. of Xs; for between sighted compound and all other bows use the highest no. 10s (for sighted compound bows) & 10s & 9s combined (for all other bows);
- iv) For those still equal after all this then they are declared equal and awarded the same no. of points.

² Shoot Offs: Consist of 18 arrows (3 ends of 6 arrows) @ 50m on an 80cm face with archers shooting alternately in matchplay style. The archers score being adjusted at finish of each end by their handicap allowance according to the AA ratings table so they and the spectators are aware of their current adjusted score. If for any reason the archers are still equal after 18 arrows then there is to be a one arrow shoot-off with closest to the centre being the winner.

To enhance the spectacle and competition, the shoot offs may be held in a matchplay style where by at the finish of each end the adjusted scores are calculated and the progress of the scores are announced to the archers and spectators.

Minimum White Class Handicap Ratings³

	Recurve	Compound	Longbow	Recurve Barebow	Compound Barebow
Men	35	45	15	25	30
Women	30	35	10	20	25
Master/Veteran Men	30	35	10	20	25
Master/Veteran Women	25	35	10	15	20
Junior Boy	30	35	10	15	30
Junior Girl	25	35	0	20	20
Cadet Boy	20	25	0	10	15
Cadet Girl	15	20	0	10	10
Intermediate Boy	15	20	0	10	10
Intermediate Girl	10	15	0	0	10
Cub Boy	10	15	0	0	10
Cub Girl	10	15	0	0	10

Archer Classifications and Terms

(check with Archery Australia Constitution and Shooting Rules for current details)

Archery Australia recognises the following Classifications for Archers:

WHITE

BLACK

BLUE

RED

GOLD

MASTER BOWMAN

GRAND MASTER BOWMAN

ELITE BRONZE

ELITE SILVER

ELITE GOLD

Classifications are available for Target, Indoor, Field and Clout.

Archery Australia recognises the following Classes of Archer:

Women (Open)

Men (Open)

Master Women (50 – 59 years)

Veteran Women (60 years +)

Master Men (50 – 59 years)

Veteran Men (60 years +)

20 and Under Women (from the 1st January the year after his/her 17th birthday to 31st December the year of his/her 20th birthday)

20 and Under Men (from the 1st January the year after his/her 17th birthday to 31st December the year of his/her 20th birthday)

Cadet Women (from the 1st January the year after his/her 15th birthday to 31st December the year of his/her 17th birthday)

Cadet Men (from the 1st January the year after his/her 15th birthday to 31st December the year of his/her 17th birthday)

Intermediate Girl (from the 1st January the year after his/her 13th birthday to 31st December the year of his/her 15th birthday)

Intermediate Boy (from the 1st January the year after his/her 13th birthday to 31st December the year of his/her 15th birthday)

Cub Girl (up to 31st December in the year of his/her 13th birthday)

Cub Boy (up to 31st December in the year of his/her 13th birthday)

The following tables indicate the Rating Levels to be used for Classifications for Outdoor Target Archery, Indoor Target Archery and Field Archery. Using the Rating Level listed for your division and equipment style refer to the appropriate Rating Table (Rating Table 4A Target) to determine the score required for the round being shot.

Class / Classification	Recurve									
	White	Black	Blue	Red	Gold	Master	Grand Master	Elite Bronze	Elite Silver	Elite Gold
Men	35	45	55	65	75	80	85	90	95	100
Women	30	40	50	60	70	75	80	85	90	95
Master & Veteran Men	30	40	50	60	70	75	80	85	90	95
Master & Veteran Women	25	35	45	55	65	70	75	80	85	90
20 & Under Men	30	40	50	60	70	75	80	85	90	95
20 & Under Women	25	35	45	55	65	70	75	80	85	90
Cadet Men	20	30	40	50	60	65	70	75	80	85
Cadet Women	15	25	35	45	55	60	65	70	75	80
Inter Boys	15	25	35	45	55	60	65	70	75	80
Inter Girls	10	20	30	40	50	55	60	65	70	75
Cub Boys	10	20	30	40	50	55	60	65	70	75
Cub Girls	10	20	30	45	50	55	60	65	70	75

Class / Classification	Compound									
	White	Black	Blue	Red	Gold	Master	Grand Master	Elite Bronze	Elite Silver	Elite Gold
Men	45	55	65	75	85	90	95	100	105	110
Women	35	45	55	65	75	80	90	95	100	105
Master & Veteran Men	35	45	65	65	75	85	90	95	100	105
Master & Veteran Women	35	45	55	65	75	80	85	90	95	100
20 & Under Men	35	45	55	65	75	85	90	95	100	105
20 & Under Women	35	45	55	65	75	80	85	90	95	100
Cadet Men	25	35	45	55	65	75	80	85	90	95
Cadet Women	20	30	40	50	60	70	75	80	85	90
Inter Boys	20	30	40	50	60	70	75	80	85	90
Inter Girls	15	25	35	45	55	65	70	75	80	85
Cub Boys	15	25	35	45	55	65	70	75	80	85
Cub Girls	15	25	35	45	55	65	70	75	80	85

Class / Classification	Barebow Recurve									
	White	Black	Blue	Red	Gold	Master	Grand Master	Elite Bronze	Elite Silver	Elite Gold
Men	25	35	45	55	60	65	70	75	80	85
Women	20	30	40	50	55	60	65	70	75	80
Master & Veteran Men	20	30	40	50	55	60	65	70	75	80
Master & Veteran Women	15	25	35	45	50	55	60	65	70	75
20 & Under Men	15	25	35	45	55	60	65	70	75	80
20 & Under Women	20	25	35	45	50	55	60	65	70	75
Cadet Men	10	20	30	40	45	50	55	50	65	70
Cadet Women	10	15	25	35	40	45	50	55	60	65
Inter Boys	10	15	25	35	40	45	50	55	60	65
Inter Girls		10	20	30	35	40	45	50	55	60
Cub Boys		10	20	30	35	40	45	50	55	60
Cub Girls		10	20	30	35	40	45	50	55	60

Class / Classification	Barebow Compound									
	White	Black	Blue	Red	Gold	Master	Grand Master	Elite Bronze	Elite Silver	Elite Gold
Men	30	40	50	60	65	70	75	80	85	90
Women	25	35	45	55	60	65	70	75	80	85
Master & Veteran Men	25	35	45	55	60	65	70	75	80	85
Master & Veteran Women	20	30	40	50	55	60	65	70	75	80
20 & Under Men	30	35	45	55	60	65	70	75	80	85
20 & Under Women	20	30	40	50	55	60	65	70	75	80
Cadet Men	15	25	35	45	50	55	60	65	70	75
Cadet Women	10	20	30	40	45	50	55	50	65	70
Inter Boys	10	20	30	40	45	50	55	50	65	70
Inter Girls	10	15	25	35	40	45	50	55	60	65
Cub Boys	10	15	25	35	40	45	50	55	60	65
Cub Girls	10	15	25	35	40	45	50	55	60	65

Class / Classification	Longbow									
	White	Black	Blue	Red	Gold	Master	Grand Master	Elite Bronze	Elite Silver	Elite Gold
Men	15	25	35	45	50	55	60	65	70	75
Women	10	20	30	40	45	50	55	60	65	70
Master & Veteran Men	10	20	30	40	45	50	55	60	65	70
Master & Veteran Women	10	15	25	35	40	45	50	55	60	65
20 & Under Men	10	20	30	40	45	50	55	60	65	70
20 & Under Women	10	15	25	35	40	45	50	55	60	65
Cadet Men		10	20	30	35	40	45	50	55	60
Cadet Women			10	20	30	35	40	45	50	55
Inter Boys			10	20	30	35	40	45	50	55
Inter Girls			10	15	25	30	35	40	45	50
Cub Boys			10	15	25	30	35	40	45	50
Cub Girls			10	15	25	30	35	40	45	50

The following table give the rating index for Classifications for Clout Archery

Classifications	Score
Elite Gold	335
Elite Silver	325
Elite Bronze	315
Grand Master	305
Master	285
Gold	265
Red	245
Blue	225
Black	195
White	175

Common Archery Terms

Category: The combination of a Division and a Class

Class: Women, Men, Masters & Veterans, Junior Age Groups

Discipline: Outdoor Target Archery, Indoor Target Archery, Field Archery, Clout Archery, Flight Archery

Division: Bow Type (Recurve, Compound, Barebow Recurve, Barebow Compound, Longbow)

Round: Designates the number of arrows to be shot at specific distances (Bracket) at specific sized target faces

Outdoor Target Archery Rounds

Rounds	Total Arrows	Number of Arrows at Each Distance										Possible Score	
		Distances (metres)											
		90	70	60	55	50	45	40	35	30	25	20	
FITA 90/1440	144	36+	36+			36*				36*			1440
FITA 70/1440	144		36+	36+		36*				36*			1440
FITA 60/1440	144			36+		36+		36*		36*			1440
Intermediate	144				36+		36+		36*		36*		1440
Horsham	144							36+	36+	36*	36*		1440
Long Sydney	120	30+	30+	30+		30+							1200
Sydney	120		30+	30+		30+		30+					1200
Long Brisbane	120	30+	30+	30*		30*							1200
Brisbane	120		30+	30+		30*		30*					1200
Adelaide	120			30+		30+		30*		30*			1200
Short Adelaide	120					30+		30+		30*		30*	1200
Hobart	90	30+	30+			30+							900
Perth	90		30+	30+		30+							900
FITA 60/900	90			30+		30+		30+					900
Short Canberra	90					30+		30+		30+			900
Junior Canberra	90							30+		30+		30+	900
Grange	90			90+									900
Melbourne	90					90+							900
Darwin	90							90+					900
Geelong	90									90+			900
Newcastle	90											90+	900
Holt	90					90*							900
Stamford	90							90*					900
Drake	90									90*			900
Wollongong	72	36+	36+										720
Townsville	72		36+	36+									720
Launceston	72					36*				36*			720
Short FITA 90/720	72	18+	18+			18*				18*			720
Short FITA 70/720	72		18+	18+		18*				18*			720
Short FITA 60/720	72			18+		18+		18*		18*			720
FITA 70/720	72		72+										720
FITA 60/720	72			72+									720
FITA 50/720	72					72*							720
50/720	72					72+							720
45/720	72							72+					720
35/720	72									72+			720

Legend
 + 122cm Diameter target face.
 * 80 cm Diameter target face.
 ** Note

The FITA 60/900 Round is also known as FITA 900 or Canberra Round.
 FITA 60/1440 is also known as the Fremantle Round.

Other "Short" and "Junior" rounds may be created by reducing distances by 10m and 20m respectively.

Updated
20/11/11

Clout Archery

Class	180m	165m	145m	125m	100m
Men	Compound, Standard Compound	Recurve, Standard Bow, Barebow Compound	Longbow, Barebow Recurve		
Women		Compound, Standard Compound	Recurve, Standard Bow, Barebow Compound	Longbow, Barebow Recurve	
Master + Veteran Men	Compound, Standard Compound	Recurve, Standard Bow, Barebow Compound	Longbow, Barebow Recurve		
Master + Veteran Women		Compound, Standard Compound	Recurve, Standard Bow, Barebow Compound	Longbow, Barebow Recurve	
20 & Under Men	Compound, Standard Compound	Recurve, Standard Bow, Barebow Compound	Longbow, Barebow Recurve		
20 & Under Women		Compound, Standard Compound	Recurve, Standard Bow, Barebow Compound	Longbow, Barebow Recurve	
Cadet Men		Compound, Standard Compound	Recurve, Standard Bow, Barebow Compound	Longbow, Barebow Recurve	
Cadet Women			Compound, Standard Compound	Recurve, Standard Bow, Barebow Recurve, Barebow Compound, Longbow	
Intermediate Boys & Girls			Compound, Standard Compound	Recurve, Barebow Compound	Longbow, Barebow Recurve
Cub Boys & Girls				Compound, Standard Compound	Recurve, Standard Bow, Barebow Recurve, Barebow Compound, Longbow