Chapter Eight: Athletes' Equipment

8.1 General
For all specifications relating to athletes’ equipment such as Recurve, Compound and Barebow Recurve, refer to current FITA Rules and any amendments that may be introduced from time to time. For all other equipment refer to Archery Australia Shooting Rules. For equipment rules for Barebow Compound and Longbow refer to these rules and for Crossbow refer to WCSA rules.

8.2 Longbow

8.2.1 The bow
The bow shall correspond to the traditional form of a longbow which means that when strung the string may not touch any other part of the bow but the string nocks. Two or three piece take down bows are permitted. Centre shot is allowed.

The bow may be made from any type of material or combination of material. The shape of the grip and the limbs are not restricted.

If the bow has an arrow shelf that shelf may be used as an arrow rest. It may be covered with any type of soft material but conventional arrows rests used on Recurve or Compound Bows are not permitted.

The bow as described above must be bare, except for the arrow rest, and free from protrusions, sight marks, marks or blemishes or laminated pieces (within the bow window area), which could be of use in aiming.

The un-braced bow complete with permitted accessories shall be capable of passing through a hole or ring of 12.2cm inside diameter ± 0.5mm.

8.2.2 Bow Length
For Women, Cadets and younger Classes the bow length shall not be less than 150cm in length and for 20 and under, Open, Masters and Veterans the bow length shall be not less than 160cm in length. The length of a bow is measured between the string nocks on the back of the bow when the bow is unstrung.

8.2.3 Arrows
An arrow consists of a shaft with head (point), nock, fletching and, if desired, cresting. All arrows of every athlete shall be marked with the athlete's name or initials on the shaft. All arrows used in any one end shall be identical and will carry the same pattern and colour(s) of fletching, nocks and cresting, if any. Only natural feathers shall be used as fletching.

Arrows may be fitted with target (bullet, chisel or conical shaped) or field points (screw-in or glue on) designed for target or field shooting that do not cause undue damage to target faces or butts may be used. There is no restriction on the weight of arrow points.

The maximum diameter of an arrow shaft will not exceed 9.3mm, the point for these arrows may have a maximum diameter of 9.4mm.

Wood and aluminium arrows are permitted, but carbon or carbon/aluminium compensates are not permitted.

Hunting arrows or arrows fitted with hunting heads or arrowheads with a historical or traditional design are not permitted.
8.2.4 Accessories

Accessories permitted are:

- Finger Protection in the form of finger tabs, shooting gloves or thumb rings, provided they do not incorporate any device to hold back, draw and release the string. The stitching on the tabs shall be uniform in colour and marks or lines shall be uniform in size, shape and colour.
- Bracers (arm guards), dress shield, bow sling, belt or ground quiver and tassel.
- String silencers or vibration dampeners providing they shall not end within the athlete's vision at full draw.
- Vibration dampeners (limb savers), lightweight string material on the bow to act as a wind indicator.
- Foot markers are permitted providing they do not protrude more than 1cm above the ground.
- Field Glasses, telescopes or other optical aids may be used for spotting arrows, provided they do not represent any obstacle to other athletes on the Shooting Line or Shooting Pegs.
- Prescription spectacles, shooting spectacles and sunglasses may be worn. None of these may be fitted with micro hole in lenses, or similar devices, nor may they be marked in any way that can assist in aiming. The spectacle glass of the non-sighting eye may be fully covered or taped, or an eye patch may be used.

Accessories not permitted are:

- On the unmarked Field and Forest Rounds and 3D Rounds none of the above is permitted to incorporate any kind of range finding device or equipment (e.g. scales) incorporated or attached.
- Sight or sight mark(s) on the bow that may assist as aids to aiming.
- Weights, stabilisers or torque flight compensators.
- Draw check indicators.
- Plastic or synthetic fletchings.
- An anchor plate or similar device attached to the finger protection (finger tabs, shooting gloves or thumb rings) for the purpose of anchoring.
- Additional memoranda for estimating distances and markings on the bow or other accessories.

8.2.5 Shooting

All rules governing the Barebow Division shall apply to the Longbow Division with the exception of specific matters detailed in these rules.

The Longbow Division athletes shall shoot using either the Mediterranean release that is, one (1) finger above and (2) two fingers below the arrow (when shooting one (1) finger must touch the nock of the arrow), or a thumb ring provided it does not incorporate any device to hold, draw and release the string. Face or string walking is not permitted.
8.3 **Barebow Compound Equipment**

Barebow Compound Equipment shall comply with the following:

8.3.1 A bow of any type may be used provided that it complies with the requirements in these Rules for Compound Equipment. The bow (no shoot-through riser types are permitted) must be bare and free from any protrusions, marks, sight-marks, blemishes or laminated pieces which could be used, consciously or unconsciously, as an aiming reference. Multi coloured risers, trademarks located on the inside of the upper limb, limb savers and light weight string on the bow as a wind indicator, are permitted.

One Torque Flight Compensator fitted with one straight single rod stabiliser is permitted. The whole assembly may protrude no more than 305mm in a straight line from the bow. Angular mounting devices are NOT permitted.

Where a bow is manufactured without provision for a low cable-guard, then the cable guard may be fitted to the sight attachment holes. If the bow is drilled and tapped for a low cable-guard, then the low cable-guard position must be used.

8.3.2 The bow-string made up of any number of strands (which may be of different colours) of the material chosen for the purpose. It may have a central serving to accommodate the drawing fingers (release aids are not permitted) and a nocking point consisting of one (1) or two (2) nock locaters may be added to the string serving. Suitable string termination for connection to bow or cables is permitted.

The serving on the string must not end within the archer's vision at the full draw position. The bow-string and bow cables must not in any way offer additional aid in aiming through a peephole, marking, or any other means.

8.3.3 The arrow rest may incorporate a moveable pressure button, pressure point or arrow plate and as well may be of the shoot around, shoot over or spring loaded (vertical and horizontal) style, but must not incorporate a drop away action which has the rest raised into position prior to or upon draw using rubber tubing, spring, a cable, magnetic or mechanical set up and drops away upon release. The pressure point in all types may not be placed further back than 6cm (inside) from the throat of the handle (pivot point) of the bow.

8.3.4 Finger protections in the form of finger stalls or tips, gloves, shooting tab or tape (plaster) to draw, hold back and release the string are permitted, provided they are smooth with no device to help to hold and/or release the string.

Shooting tabs may be built up of several layers of any material suitable for their use and allow for the part of the tab behind that used for drawing the string to be stiff using different materials for this build-up (the latter can be leather, plastic, metal, etc.). No shapes have been specified and no limitations in respect of sizes set.

An anchor plate or similar device attached to the finger protection may be used for the purpose of anchoring.

A separator between the fingers to prevent pinching the arrow may be used.
Finger protection may not have marks indications, scales or other such means to identify placement of the drawing hand fingers on the bowstring, subject to the following:
Symmetrical stitching or screws etc are allowed provided they are used by the manufacturer for the purpose of holding separate layers of the tab together.
Stitching evident for the purpose of aiming or distance refinement must be covered.
Marks that come from natural wear are acceptable.
An ordinary glove, mitten or similar may be worn on the bow hand but must not be attached to the grip.
Release aids are not permitted.

8.3.5 Arrows of any type may be used provided they are uniform in length and size and they subscribe to the accepted principle and meaning of the word arrow as used in target archery, and that such arrows do not cause undue damage to target faces and buttresses.
An arrow consists of a shaft with head (point), nock, fletching and if desired, cresting. The maximum diameter of arrow shafts shall not exceed 9.3mm, the heads (points) shall not exceed 9.4mm. (see Appendix 8C for diagram)
The arrows of each athlete shall be marked with the athlete's name or initials on the shaft and all arrows used for the same end shall carry the same pattern and colour(s) of fletching, nocks, and cresting if any. The archer's name or initials shall be on the shaft in the area of the fletching or in the area which may be provided by the manufacturer. All arrows used in any one end shall be identical and will carry the same pattern and colour(s) of fletching, nocks and cresting, if any.

8.3.6 Prescription spectacles, field glasses, telescopes and other visual aids may be used for spotting arrows provided they do not represent any obstacle to other competitors as far placement on the shooting line is concerned.
Prescription spectacles or shooting spectacles or sunglasses are allowed. None may be fitted with micro-hole lenses, or similar devices, or marked in any way, which can assist in aiming. The non-sighting eye may be fully covered.

8.3.7 Accessories are permitted such as bracers (arm guards), dress shield (chest guard), bow-sling, belt or ground quiver, tassel and foot markers (which shall not protrude more than 10mm above the ground), limb savers, a tripod for a scope (providing it does not create an obstacle for any other competitor on the shooting line), wind indicators (non-electric or non-electronic) may be attached to the equipment used on the shooting line (etc light ribbons), electronic wind indicators which may only be used behind the shooting line).

8.3.8 A Sight, draw-check indicator (audible and/or visual), and stabilisers are not permitted.

8.4 Crossbow Equipment
For Crossbow Equipment see Chapter 15.
APPENDIX 8C - Arrow

Diagram of an arrow with labels:
- Pile (Point)
- Shaft
- Creating
- Initials
- Fletches
- Nock