

## 22. Chapter 22

### Athletes Equipment

This article lays down the type of equipment athletes are permitted to use when shooting in World Archery competitions. It is the athlete's responsibility to use equipment which complies with the rules. Any athlete found to be using equipment contravening World Archery Rules may have his scores disqualified.

Described below are the specific regulations that apply to each division followed by the regulations that apply to all divisions.

The dress regulations found in Book 3, Article 20.1 shall apply.

#### 22.4. For the Instinctive Bow Division the following items are permitted:

**22.4.1.** A bow of any type, which complies with the common meaning of the word bow as used in target archery, consisting of a handle (grip), riser (no shoot-through type) and two flexible limbs each ending in a tip with a string nock. The riser is produced of a natural or resin based material (e.g. wood, bamboo, horn, cloth, fibreglass, and a portion of the riser may include carbon/graphite or metal). The riser must be of laminated construction or one piece of wood. The bow may be of a take-down type and may incorporate factory installed metal fittings in the riser for limb attachment, sight mount inserts, cushion plunger insert and stabilizer bushings only. The bow may include a single adjustable limb for tiller adjustment only, but may not have adjustable limb pockets for bow weight adjustment. The riser may include thin synthetic laminates up to 6 mm in width to use for limb/pocket protection for structural use within the riser, but no more than one quarter of the riser's construction may be produced of metal or synthetic material. The riser must contain some wood or bamboo. For non-takedown bows, limb laminates of any material that fade into the riser section are permitted. The bow is braced for use by a single string attached directly between the two stringnocks, and in operation is held in one hand by its handle (grip) while the fingers of the other hand draw and release the string.

The bow as described above shall be bare, except for a simple plastic industry standard glued arrow rest (see 22.4.3) and free from protrusions, sights or sight marks, marks or blemishes or laminated pieces (within the bow window area) which could be of use in aiming.

**22.4.1.1.** Multi-coloured bow risers and trademarks located on the inside of the upper and lower limb are permitted. However if the area within the sight window is coloured in such a way that it could be used for aiming, then it must be taped over.

**22.4.2.** A bow string of any number of strands.

**22.4.2.1.** Which may be of different colours and of the material chosen for the purpose. It may have a centre serving to accommodate the drawing fingers, a nocking point to which may be added serving(s) to fit the arrow nock as necessary, and, to locate this point, one or two nock locators may be positioned. At each end of the bowstring there is a loop which is placed in the string nocks of the bow when braced. No lip or nose mark is permitted. The serving on the string shall not end within the athlete's vision at full draw. The bowstring shall not in any way assist aiming through the use of a peephole, marking, or any other means.

**22.4.3.** An arrow rest, which cannot be adjustable.

**22.4.3.1.** The arrow rest can be either a simple plastic industry standard glued rest or the athlete can use the bow shelf, in which case it may be covered with any type of soft material. No other types or arrow rests shall be allowed.

**22.4.4.** No drawcheck device may be used.

**22.4.5.** String and face walking are not permitted.

**22.4.6.** Arrows of any type may be used provided they comply with the common meaning of the word "arrow" as used in target archery, and do not cause undue damage to target faces or butts.

**22.4.6.1.** An arrow consists of a shaft with a tip (point), nock, fletching and, if desired, cresting. The maximum diameter of arrow shafts shall not exceed 9.3mm (arrow wraps shall not be considered as part of this limitation as long they do not extend further than 22cm toward the point of the arrow when measured from the throat - nock hole where the string sits - of the nock to the end of the wrap), the tips (points) for these arrows may have a maximum diameter of 9.4mm. All arrows of every athlete shall be marked with the athlete's name or initials on the shaft. All arrows used shall be identical and shall carry the same pattern and colour(s) of fletching, nocks and cresting, if any.

**22.4.7.** Finger protection in the form of finger stalls or tips, gloves, or shooting tab or tape, to draw and release the string is permitted, provided they do not incorporate any device that shall assist the athlete to draw and release the string.

**22.4.7.1.** An anchor plate or similar device attached to the finger protection (tab) for the purpose of anchoring is not permitted. The bow must be shot using the "Mediterranean" loose (one finger above the arrow nock) or fingers directly below the arrow nock (index finger no more than 2 mm below nock), with one fixed anchor point. The athlete must choose either Mediterranean or fingers under nock, but may not use both. Finger protection when shooting with fingers under the nock must have a continuous surface or connected finger stalls, with no ability to shoot split finger. When using the Mediterranean loose a separator between the fingers to prevent pinching the arrow may be used.

**22.4.8.** Field glasses, telescopes and other visual aids may be used for spotting arrows:

**22.4.8.1.** Provided they do not represent any obstacle to other athletes.

**22.4.8.2.** Prescription spectacles, shooting spectacles and sunglasses may be used. They may not be fitted with micro-hole lenses, or similar devices nor marked in any way which can assist in aiming.

**22.4.8.3.** Should the athlete need to cover the spectacle glass of the non-sighting eye, then it shall be fully covered or taped, or an eye patch may be used.

**22.4.9.** Accesories are permitted.

**22.4.9.1.**

Including arm guard, chest protector, bow sling, belt-, back- or ground-quiver. Devices to raise a foot or part thereof, attached or independent of the shoe, are permitted provided that the devices do not present an obstruction to other athletes at the shooting peg or protrude more than 2cm past the footprint of the shoe. Also permitted are limb savers. Arrow quivers shall not be attached to the bow.