

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 rule. 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 regulation that apply to all divisions. The dress regulations found in Book 3, Article 20.1 shall apply.

22.4. Instinctive Bow Division

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/riser and grip (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 string nocks, 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 an arrow rest as described in [Article 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. Weights inside the bow riser are permitted if installed during the manufacturing process of the bow and not post construction. Any such weights shall be completely invisible on the exterior of the riser and be covered by laminates applied during the initial construction with no visible holes, plugged holes, covers or caps with the exception of the original manufacturer's inlay or insert logo.

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 multi-coloured strands and serving and of the material chosen for the purpose. It may have a centre serving to accommodate the drawing fingers, one or two nocking points to which may be added serving(s) to fit the arrow nock as necessary, and to locate the nocking points. 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.

22.4.2.2. Also permitted are string silencers provided they are located no closer than 30cm from the nocking point.

22.4.3. An arrow rest, which cannot be adjustable.

22.4.3.1. The arrow rest can be a simple plastic self-adhesive arrow rest, a feather rest as supplied by the manufacturer or the athlete can use the bow shelf. If the athlete chooses to use the shelf, the shelf may be covered with any type of material (on shelf only). The vertical part of the sight window may be protected by material which shall not raise more than 1 cm above the resting arrow or be thicker than 3 mm, measured from the riser directly adjacent to the 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), nocks, 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 but may not extend further than 22cm toward the arrow point when measured from the nock groove where the bowstring sits to the end of the wrap). The tips/points of the arrows may not exceed 9.4mm in diameter. All arrows of every athlete shall be marked with the athlete's name or initials on the shaft. All arrows used in any end shall be identical in appearance and shall carry the same pattern and colour(s) of fletching, nocks and cresting, if any. Tracer nocks (electrically/electronically lighted nocks) are not allowed.

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. Markings added by the athlete, whether or not uniform in size, shape and color are not permitted in the instinctive division.

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 surface, 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. Binoculars, scopes and other visual aids may be used for spotting arrows:

22.4.8.1. Provided they do not have any visible scales or marks that can be used to range distances. Marks must be covered so that they cannot be seen or felt by the athlete, this includes those placed by manufacturers if they move when the focus dial is turned.

22.4.8.2. Prescription glasses, shooting spectacles and sunglasses may be used. None of these may be fitted with micro hole lenses, or similar devices, nor may they be marked in any way to assist in aiming.

22.4.8.3. Should the athlete need to cover the non-sighting eye and or glasses lens, plastic, film or tape may be used to obscure vision, or an eye patch may be used.

22.4.9. Accessories are permitted.

22.4.9.1. Including arm guard, chest protector, bow sling, finger sling, belt, back, hip 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

22.6. Accessories for all divisions

For athletes of all divisions the following equipment is not permitted:

22.6.1. Any electronic or electrical device that can be attached to the athlete's equipment.

22.6.2. Any electronic communication device (including mobile phones), headsets or noise reduction devices at any time on the course.

22.6.3. Any type of range finders or any other means of estimating distances or angles not covered by the current rules regarding athletes equipment, or any written memoranda or electronic storage device for storing memoranda. An athlete may carry with him a copy of the World Archery Rules or any part thereof.

22.6.4. Any part of an athlete's equipment that has been added or modified to serve the purpose of estimating distances or angles, nor may any regular piece of equipment be used explicitly for that purpose.