



THE ARCHERY NEW ZEALAND

BEGINNERS' HANDBOOK

Welcome

You've now completed your introductory course in Archery. You've been taught the basics, usually with a recurve bow, and hopefully you want to go a little further. This booklet has been assembled to help you along the way. If, after reading it, you have any questions then please contact a club member.

So What's Next?

Well it depends a little on your age. If you are under 18 then there is a division of ANZ (that's Archery New Zealand not the bank) called JAMA or 'Junior and Midget Archers', Old fashioned name eh!. This division has been around for a long time and it focus's only on archers under 18 years old. There are competitions for the novice and within age groups such as under 10 years old (U10 we say), or U14, U16 and U18. The distances, and number of arrows shot are predetermined, each one

is called a 'round' which is made up of a series of distances, with a number of 'ends' per distance. As an example the 'Horsham' is a round usually for U12 boys and girls and is 36 arrows shot at each of the following distances - 40, 35, 30, and 25 metres. For the longer two distances there are 6 'ends' of 6 arrows shot at the same time, for the shorter ends 3 arrow ends are normal – Why, you ask? It's because there will be more arrows in the yellow and if you shot more than three arrows they would damage each other or possibly not all fit in the bull. Have a look at the JAMA section on the ANZ www.archerynz.co.nz website for a list of the rounds and ages. There is usually a JAMA coordinator in every club.

For new adult archers you have to shoot a little further than the juniors but the same idea follows; rounds, ends and arrows, however, there is another small complication. The target size gets smaller at the two closer distances!

While the maximum we ever shoot in target archery is 90m you do not have to go there straight away, nearly all club inter-competitions will allow a 'novice' entry to a shorter shoot than the one you should be doing for your age.

Remember that Archery is not like a football team where you will continue as a group and shoot together (though you can if you want to). It is primarily an individual sport where most of the time you will be attempting to beat your own scores, get better, and beat other archers

Also your training has not come to a stop. All archers at all levels need coaching.

So What Type Of Archery Do You Want To Do!

What, you mean there is other types than recurve? Yes, there are basically three types of bow (with variations in each) and basically two types of archery style – target shooting (that's what you did

on the introductory course) and field archery. As an organization ANZ only promotes target archery but there are field rounds at major outdoor competitions. Field and hunting clubs can be found on the web if you want to go that way.

What about bow type? – The three main types that you will see are recurve, compound and cross bow. If you go to competitions you will see all three types, and usually see both recurve and compound nearly every day at your club. (The cross bowers hide most of the time I reckon).

What's the difference? Quite a lot, too many differences to go into in this booklet, but a Google search will help here, Try my favourite web site

<http://www.audcoarchers.co.uk/Equipment.aspx>.

Have a look at the download on <http://www.archersreference.co.uk/download.html>

In the end it's about what you want to do and what type of archer you want to be. Don't be scared to go up to someone and ask them about their bow. They will be pleased to tell you all about it and all its fancy fittings. Have a go at the different types, sometimes a recurve is just not what's good for you, but it's where you need to start.

Equipment

There are lots of suppliers in NZ. They are all experienced archers and will assist you to get best gear for you. Obviously there are second hand web sites but you need to be careful, gear can be bent and useless. Always get someone to look at it for you if you are new to archery. Have a look at the ANZ web site. Children grow quickly and hence arrows and bows will need changing quite often.

Archery, like all sports, is expensive so don't go for the best (and most expensive) until you are sure that you are committed or have stopped growing! There are some items, however, that don't change too much so sometimes it's worth getting good gear at the start. Ask other archers why they are using the gear they are. Watch how they shoot. Watch how they handle their gear. There are lots of variations, and not all are to do with performance. In most cases your bow weight (strength in pounds to pull it back), draw length (how far you pull an arrow back) and the arrow size (spine) will be geared specifically to you and your body size. There are 'look up' tables to help with all of this; however, your outfitter will take you through it. You should note though that after a while you will pull with more strength and with a longer draw length than you did at the beginner's course, so always make sure your equipment can handle these increases.

Look after your gear. Remember that you are not going to get a new set of arrows the day before a competition so think ahead about your gear needs.

Join a Club

As well as providing club activities, clubs have many other functions. They organise interclub competitions, coaching, and club competitions. By being a member you can be part of the administration and help direct the way the club is going. They also monitor safety and provide you with insurance should you damage someone else (Public Liability) but only when you shoot at the club.

Clubs will usually organise outdoor shoots in the summer and indoor shoots (18m) in the winter.

Usually the joining fee includes membership of ANZ which allows you to compete internationally under the NZ banner and take part in national competitions. Being a member of ANZ means you are automatically part of FITA which is the international governing body. Clubs are the best way to get into archery, sure they have their own rules and you have to obey them but that's the same with all clubs. (And of course there are always those working bees!). A list of clubs and contact numbers is on the web site.

Competitions

There are many types so let's spend a little time looking at them. Due to distances between clubs there are more and more postal shoots. This is where a club coordinator posts the scores to a central organizer who sorts out the winners. JAMA does this monthly. There is also a club against club postal shoot called the NZ POSTAL LEAGUE (imaginative name eh!). Soon there is going to be a

NZ versus Australia postal shoot for JAMA members.

JAMA also has its own national competitions. These are organized at a single venue, usually over a weekend with shoots on both days. There are competitions like this in both the North and South Island for both indoor and outdoor.

Many competitions are open to all archers. These are usually hosted by one club and they mainly occur over the summer. There are two types, Major Tournaments and FITA tournaments. Usually the club will advertise the day and the rounds to be shot; often these are two day shoots, sometimes three days. A day is from 8.30am to about 3pm so it's a long day. (Parents bring your knitting). A FITA tournament is really just a major tournament that has been registered with FITA and hence scores can qualify for international ratings or for world records.

How Far Can You Go?

ANZ holds national tournaments, the outdoor one being the major one that is held in January each year, and the indoor one held about August. The outdoor one coincides with the AGM of Archery New Zealand.

There are also many international competitions, the ultimate now being the Commonwealth Games and the Olympics, and yes you can go if you are good enough! The process is that you apply to ANZ to go, and if you're good enough you could be selected. The main difference is that you can only use recurve bows in the Olympics but both compound and recurve in the Commonwealth Games.

There are of course world championships for recurve, compound and crossbow, as well as the nationals of other countries, such as Australia. Members of ANZ attend most of these.

Often the larger competitions will offer different rounds. Some of these you may never have seen before, but have a go, most are fun. At the ANZ outdoor nationals, for example, there is a Clout (shooting arrows in the air to hit a target along way away on the ground), field shoots where you have to guess the distance to the target or a animal (use old arrows, they go missing if you shoot like me) or sometimes field targets where you know the distance. There are medals for each and some unusual trophies like the Maid Marian where the closest arrow to the clout target on the first end wins.

Web Site

So where can you find out about all these competitions? – on the Archery New Zealand Web site at www.archerynz.co.nz. There are sections showing the date of the New Zealand national and club competitions as well as international shoots. There is a section for JAMA and the one called

REFERENCE that contains all the rules for ANZ as well as the descriptions of the approved rounds. The section AWARDS AND PINS shows all the medals that you can claim from both ANZ and FITA.

The section SHOOTING RECORDS lists of all the NZ and National records organized by bow type and rounds. The ARCHERY LINKS page will take you to web sites for FITA as well as suppliers of equipment. CONTACTS will give you the ANZ board members.

So How Are Competitions Organised?

The answer is like a military operation if they are done well. Archery, like all international sports, is highly regulated, from the dimensions and the layout of the grounds to the methods of judging and the etiquette on the line.

DOS

Like an army there is always a leader. In the case of archery this is the DOS or Director Of Shooting whose job it is to control the shoot, control the timing (yes that's right you only have so much time to shoot those 6 arrows!) and generally control the day.

Judges

Before you shoot, the judges (they are the ones in the red shirts and funny red hats) will have checked the target height, the distances, and also have to check your bow and arrows. All of your arrows have to be named and numbered so they are unique to you. The judges will be on the field all day. Some may shoot themselves. (We often wish they would!)

Shooting

You will be allocated a target to shoot on (the 'target draw'). You will be allowed to practice at

the longest distance only. The DOS will control this. Then there is a break and the real competition starts.

The DOS will call you to the line, start the shoot for the end (6 or 3 arrows), warn you that the total time allowed is near and finally signal the end of time. (Usually you will have 20 seconds to get ready and then 40 seconds per arrow). All this is done with lights and whistles or a combination of both. After you have shot you must put your bow down (behind a marked line) and when everyone has finished the DOS will signal all of you to go and score your arrows at the same time. Obviously this is done for safety. Sometimes the DOS will ask you to wait if an archer has had an equipment failure and couldn't shoot all the arrows in the given time. Yes you can complete your shoot if you have a failure so if it happens to you then put your hand up for a judge.

Scoring

Along with the other archers that have been allocated to your target, you go up and score your own arrows. That is to say you call out the scores of each of your arrows in order. You must start at the highest arrow score. So your score would be 10,10,9,8,8,7, not 10,10,7,9,8,8. If another archer reckons you have scored incorrectly then he can protest and call for a judge to look at the arrow and make a decision on the actual score. If you have an arrow that cuts the line between two scores then you are allowed to score it as the higher score. If in doubt call a judge – they have magnifying glasses to look for this! Generally, in major competitions, two scorers will separately add up your end total on separate score sheets (we call this 'double scoring'). It is a check on the adding.

When all of the archers on your target have finished scoring then all of the arrows can be removed and you all go back to your bows. Don't

dawdle! Most rounds last 6 to 8 hours so the longer you take scoring the longer the day is. Don't forget the DOS will not call you back to the line to shoot again until the last archer and judge is off the range.

Usually the two long distances are shot in the morning with a break between the distances, and after lunch the two shorter distances are shot again with a break between. As these are only 3 arrow ends the afternoon's shooting is longer than the morning.

At the end of the shoot, you, as the archer, have to sign the two copies of your score sheet before it is returned to the DOS. Not only do you have to agree with the total scores but you have to make sure that all the other information is on the score sheet, like your name, your division, the round you are shooting as well as the number of arrows you shot, the number missed, how many X's (the very center

of the 10 score) and the total number of 10s. One sheet will be returned to you at the end of the shoot.

Safety

Safety is most important and never more so than when you are on the line with many other archers. Generally you are expected to behave as a sensible person. You have a weapon in your hands after all.

So: NEVER 'load' your bow before the DOS calls you to the line. NEVER point your bow at anything other than the target (preferably your own! Don't laugh it happens lots), NEVER get in the way of another archer shooting. ALWAYS step back from the line when you have finished shooting, NEVER cross the line until the DOS calls you forward to score your arrows. The Judges will be watching and you can be assured that they will take you off the line if you misbehave (after a formal warning!).

The other thing to note is that it is a long day; some competitions are two or three days long. It may be hot and you need to look after yourself. Make sure you have plenty of sun block on, wear a hat! You can wear sunglasses if you like. Drink lots, eat slowly all day, not all at once (it slows you down after lunch). Get into the shade between ends, usually the organizers will have tents or covers up for you. Ask for help if you need it if your gear gives problems, drink lots (I've already said that, it means I mean it)

Clothing

Believe it or not but what we wear to international competitions is governed by FITA and when you are at National competitions by ANZ. Clubs also have their own rules. In general for all shoots you can wear your club uniform, any international uniform if you represented NZ somewhere, or all whites (top and longs/shorts). If the DOS says that the weather is 'inclement' then it means the

weather is bad and you can basically wear what you like (within reason of course).

Etiquette

(A fancy word for doing the little things). There are some things that we do as a common courtesy to other archers that you won't find in a rule book.- Take only your own arrows out of a target. -Never play with another archer's equipment unless you ask. - Leave room on the line for other archers on your target. - Don't talk on the line during shooting. - Don't move off the line suddenly if you have finished shooting and another archer is shooting, wait for them to finish.- Don't talk or fool about behind the line, it can ruin the concentration of others. - Leave archers alone if they want to be alone; people can be quite different on a line during a completion. - Don't sledge. - Don't eat on the line.

Archery New Zealand Board

ANZ is an affiliated society that is run by an elected board. The Board has a President, Vice President, Treasurer and Secretary (the Executive) and has elected members who are to specifically represent the different sub groups such as JAMA, Coaches, Judges, and the archers themselves. All of these positions are elected for a two year period. Most clubs are affiliated societies as well and hence have elected members.

Voluntary Organisation

All positions are voluntary so if you would like to help then just put your hand up. Welcome and enjoy!