

*Please note - These are just reminders – if you spot anything unusual or anything you are not sure of then please refer to the Rules of Shooting and the Chair of Judges*

### Recurve

- Riser – not shoot through. Multi coloured okay.
- String – one or two nock locators. Either a lip or a nose mark, nothing else. The serving cannot end in the line of sight. Nothing else allowed.
- Arrowrest – the pressure point no further than 4cm back from the throat of the handle
- Draw check indicator – only one, audible and/or visual
- Sight – only 1 sight or sighting point. No prism, lens, magnifying device or leveller. Can be fibre optic. Pin or tunnel maximum length 2cm before bending
- Stabilizers – cannot be a string guide or touch anything but the bow
- Arrows – all be the same, have archers name/initials on shaft. Max shaft – 9.3mm, max pile – 9.4mm. Arrow wrap maximum length of 22cm from throat of nock
- Tab – nothing to help hold, draw or release the string
- Nothing electric or electronic

### Compound

- Riser – can be shoot through. Multi coloured okay. Can have cable guards. Maximum peak weight 60lbs
- String – one or two nock locators. Can have a lip mark, nose mark, peephole “in line device”, loop bowstring, peephole etc.
- Arrowrest – the pressure point no further than 6cm back from the throat of the handle
- Draw check indicator – only one, audible and/or visual
- Sight – may have a levelling device, magnifying lens and prisms
- Stabilizers – cannot be a string guide or touch anything but the bow
- Arrows – all be the same, have archers name/initials on shaft. Max shaft – 9.3mm, max pile – 9.4mm. Arrow wrap maximum length of 22cm from throat of nock
- Release aid – cannot be attached to the bow or be electric or electronic
- Nothing electric or electronic

### Compound Barebow

- Same as Compound, but –
- Riser – must be bare except for an arrowrest and 1 stabilizer. Bare from all protrusions, marks, blemishes that could be used for aiming – including no sight block
- String – nothing that could be used for aiming
- Stabilizers – one allowed, no longer than 12 inches (30.5cm)

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### Longbow

- Bow – wood and MUST have horn nocks. Arrows less than 27 inches = 5 foot or more. Arrows 27 inches or more = 5 feet and 6 inches or more. Depth not less than 5/8ths of the width. Bamboo okay.
- String – can have a kissers, but no marks for aiming. No in-string silencers are allowed
- Arrowrest – no support for the arrow
- Sight – a mark on the limb OR a band no more than 1/8 inch in size OR a ground marker not more than 6 inches tall or 3 inches in diameter
- Arrows – wood (not bamboo). No max size but the pile should not be bigger than the shaft where they meet. Arrows should be marked so they can be easily claimed
- Tab – nothing to help hold, draw or release the string
- Nothing electric or electronic

### Barebow

- Riser – not shoot through. Multi coloured okay. Bare from all protrusions, marks, blemishes that could be used for aiming – including no sight block
- String – one or two nock locators. No lip or a nose mark. The serving cannot end in the line of sight. No in-string silencers are allowed
- Arrowrest – the pressure point no further than 2cm back from the throat of the handle
- Draw check indicator – Not allowed
- Sight – not allowed
- Weights – allowed anywhere on risers as long as they can go through 12.2cm ring regardless of the angle without moving, flexing or turning the attachments
- Arrows – all be the same, have archers name/initials on shaft. Max shaft – 9.3mm, max pile – 9.4mm. Arrow wrap maximum length of 22cm from throat of nock
- Tab – nothing to help hold, draw or release the string
- Nothing electric or electronic and nothing that can be used as a sight

### American Flat bow

- Bow – when strung the string must only touch the string nocks and nothing else. For women not less than 150cm in length and for men not less than 160cm in length – measured when strung from string nock to string nock along the outside of the bow
- String – one or two nock locators, nothing else. The serving cannot end in the line of sight. Allowed string silencers as long as no closer than 30cm to the nocking point
- Arrowrest – if bow has an arrow shelf it can be used as a rest and can be covered in a soft material. No other rest allowed and no draw check indicator allowed
- Sight – not allowed
- Stabilizers – not allowed
- Arrows – wood. Fletches must be natural feather. All be the same, have archers name/initials on shaft. Max shaft – 9.3mm, max pile – 9.4mm
- Tab – nothing to help hold, draw or release the string
- Nothing electric or electronic

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### Crossbow

- Stock – any safe material, must have mechanical trigger. There must be a bolt retaining clip
- Prod – any material except metal. No longer than 900mm in length when strung. Draw weight and draw length must be marked on prod
- Draw Weight/length – no more than 95lbs (43kg) at string latch. Draw length (from string to string latch) no more than 300mm
- String – any non-metallic material
- Bolts – any material. Minimum 12 inches, maximum 15 inches. Three plastic or feather fletches. Should not cause unreasonable damage to the target
- Sights – Telescopic or magnifying sights are not allowed. Distance between front and back sight no more than 720mm
- Accessories – Are allowed foot stirrups attached to the bow; stabilisers; palm rest; butt hook that doesn't rest directly on the shoulder and no more than 150mm in length
- Types of crossbow – Must be drawn by hand. Cocking aids, gloves or fingerstall are not allowed. Pistol crossbows are not allowed
- LAW – When travelling on public transport or walking in public the prod must be removed and the prod and stock carried in a case/cover