

# Archery Study Guide

## Basic Rules:

- Archers straddle the shooting line
- Partners sit behind the established safety line when not shooting
- Always load the arrow pointed at the target
- Keep the bow on your hip when knocking the arrow
- Have your quiver (cone) of arrows in front of you when shooting
- One person removes arrows from the target at a time

## Scoring:

- The face of the target has five colored rings and they have the following point values: White = 1, Black = 3, Blue = 5, Red = 7, and Yellow = 9
- An arrow that splits two colors will be given the higher of the two values
- An arrow that bounces off the target face will be given the value witnessed by the shooter and partner. If not witnessed, the value is 7

## Whistle Commands:

- 2 whistles = "Get bow", go to shooting line and get your stance, put your bow on your toe
- 1 whistle = "Shoot" all 4 arrows, hang bow back on the stand and sit down by your partner behind the safety line
- 3 whistles = "Go get arrows", Walk to the target, use 2 hands to remove arrows, walk back and put your arrows in your cone. Sit down behind the safety line

## Eleven Steps To Archery Success:

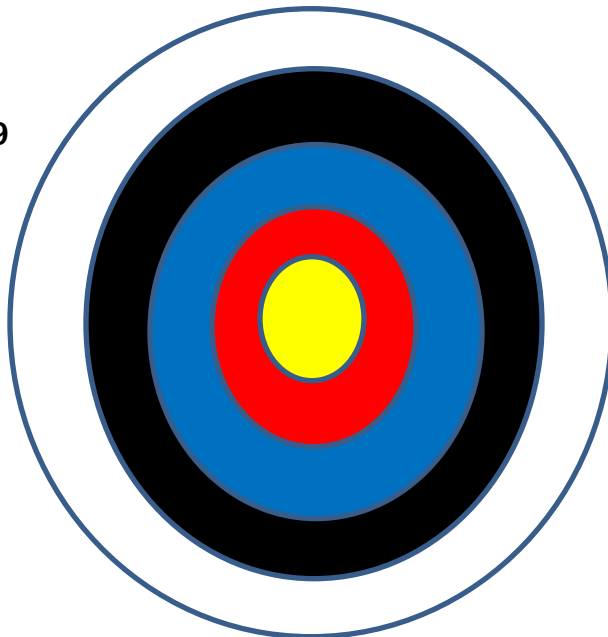
- Stance: straddle the shooting line, shooting foot slightly backward, out to shoulder width and with shooting toe angled toward the target
- Nock arrow: different colored fletching toward the target below the nock indicator
- Draw hand set: 3 fingers on the bow string below the arrow nock
- Bow hand set: Grip bow with a relaxed hand on a slight 30 degree angle (helps avoid zingers as well)
- Pre-Draw: Raise bow and get ready to shoot
- Draw: Pull the bow string back to the side of your face
- Anchor: Index (pointer) finger anchors (touches) the corner of your mouth
- Aim: aligning the tip of your arrow on the target with your dominant eye
- Shot set-up: create a slight movement to the rear with your drawing shoulder
- Release: let go of the bow string by relaxing your fingers and hand all at once
- Follow-through: draw hand moves backward after release and your thumb should touch your back shoulder (hand should tickle your back shoulder)

### Archery Terms:

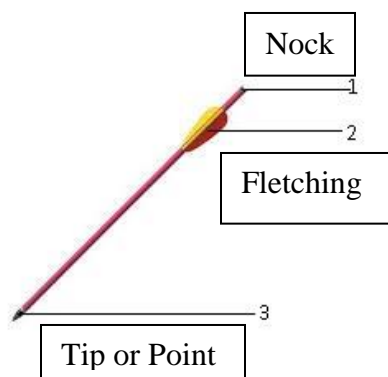
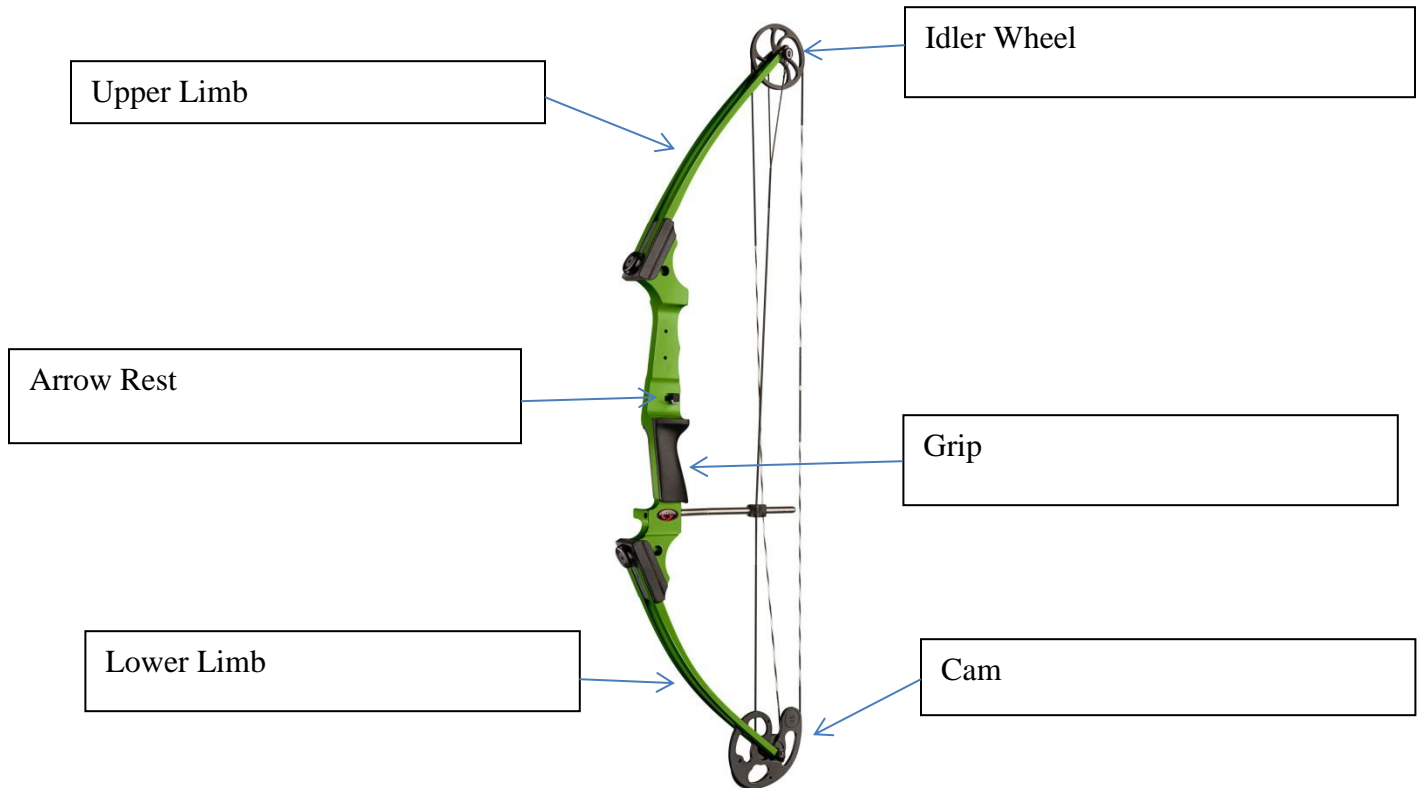
- **Arrow rest:** The shelf on the bow that supports the arrow when shooting
- **Fletching:** Feathers on the arrow – 2 are the same, 1 is different
- **Draw:** To pull the bow string back
- **Limbs:** The upper and lower arms of the bow
- **Nock:** The groove in the end of the arrow which snaps on to the bowstring
- **Quiver:** Device that holds your arrows for you when shooting
- **Rebound:** An arrow that bounces off the target
- **String fingers:** the 3 fingers used to draw the bowstring
- **Riser:** Middle shaft of the bow between the two risers
- **Stance:** Your feet being in the correct shooting position (straddling the shooting line)
- **Idler wheel:** Wheel at the top of the bow that this string goes around
- **Cam:** the pulley system for a compound bow
- **Nock Locator:** the metal piece on the string where the nock of the arrow is snapped on below it
- **Grip:** Where you non-dominant hand holds the bow

### Target Values:

White = 1  
Black = 3  
Blue = 5  
Red = 7  
Yellow = 9



## Parts of the Bow



## Parts of the Arrow