

## 2016 DOD WARRIOR GAMES: ARCHERY RULES

2016 DoD Warrior Games-Archery rules will follow the World Archery/FITA rules except where otherwise noted. International Paralympic Committee  
Classification: <http://www.paralympic.org/classification>. Recurve Draw  
Chart: <http://www.bestrecurvebowguide.com/recurve-bow-draw-weight-chart-for-choosing-drawing-weight/>.

### 1. **DISABILITY/CLASSIFICATION GROUPS:**

- 1.1. Classification Open:
  - 1.1.1. Applicable to all athletes with the exception for the Visually Impaired (VI) Athletes.
  - 1.1.2. Athletes do not compete based on gender or disability with the exception of the VI.
- 1.2. Classification VI.

### 2. **ARCHERY EVENTS:**

- 2.1. Compound Open and VI
- 2.2. Recurve Open and VI
- 2.3. Team Compound and VI
- 2.4. Team Recurve and VI

### 3. **GENERAL ARCHERY EVENT RULES:**

- 3.1. Each team may submit six (6) archers for compound bow events and six (6) archers for recurve bow events. This does not include VI or Ultimate Champion slots.
- 3.2. There must be a minimum of two (2) participants per event.
- 3.3. Archers must choose to shoot either compound bow or recurve bow (cannot shoot both).
- 3.4. Men and women will be combined for all archery events.

### 4. **ARCHERY EVENT TOURNAMENT FORMAT:**

- 4.1. Shooting Order:
  - An AB/CD shooting format will be used for this tournament.
  - AB archers will shoot their arrows and then come off the line.
  - CD archers will follow, shooting their arrows next.
  - VI archers may stay on the line.
  - Once completed, all archers will retrieve their arrows and score.
- 4.2. Shooting qualification rounds: There will be a qualification round where the competitors (each archer) shoot two 300 rounds consisting of 10 ends of three arrows, 2 minutes per end with a 20-minute break between rounds. The top

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eight athletes in each individual event will move to the elimination (medal) round.

- 4.3. Elimination rounds: The elimination round will be single elimination. Team members may compete against each other in the elimination round. Elimination rounds for each event will be four ends of three arrows, alternating shots, with 30 seconds per shot. Archers are ranked 1 - 8. (Example: 1 vs 8, 2 vs 7, 3 vs 6, 4 vs 5, winners move on) Note: Only the actual medal rounds are 30 second, alternating shots.
- 4.4. Shooting Distance: 18 Meters
- 4.5. Format is subject to change due to time or other unforeseen circumstances.

### 5. EQUIPMENT SPECIFICATIONS RULES:

#### 5.1. Targets:

5.1.1. Targets (Open, Non-VI). Target Size: 40cm (single spot or triangular three spot). All compound shooters will shoot inner ring ten and all recurve shooters will shoot outer ring ten. Athletes will shoot on same triangular or single shot target for 300 rounds.



Figure 1: 40 centimeters single spot



Figure 2: 0 centimeters three spot

5.1.2. Targets (VI). Target Size: 60 centimeters single spot



Figure 3: **Visually Impaired** 60 centimeters single spot

- 5.2. Blindfolds: VI archers will compete in a separate classification than sighted archers. In the spirit of fairness, all VI archers will wear blindfolds and will, therefore, shoot with a tactile sight. This blindfold can be either a sleep mask or wraparound glasses or goggles and will be checked by the judge before and during the competition. archers *will wear blindfolds* to remove any sight advantage.

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- 5.3. Tactical Sight: Adaptive equipment (foot-locator/tripod with sighting aid) may be used by VI archers and must be secured in place across the shooting line and may remain in place for the duration of the competition.
  - 5.3.1. Only VI archers are allowed to shoot at this position. If the VI archer qualifies to shoot in the elimination (medal) round, he/she may remain in the same position on the shooting line, even if his/her opponent is not on an adjacent target.
  - 5.3.2. The VI archer must be allowed time to sight-in prior to official shooting in order to position the adaptive sighting equipment properly on the shooting line.
- 5.4. VI assistants: VI archers are permitted to have an assistant.
  - 5.4.1. VI assistant role: The role of the VI assistant is to tell the VI archer where their arrows are landing and also to inform them of any safety issues.
  - 5.4.2. Because a VI archer may also be using a mouth tab due to an arm injury/illness/wound, the assistant may be allowed to load the competitors bow in addition to calling the arrows on the target.
  - 5.4.3. No other information will be given during the shooting and the VI assistant must try not to be a disturbance to other archers.
  - 5.4.4. When the VI archer has finished his scoring arrows, the assistant must retire behind the waiting line.
  - 5.4.5. After the signal for the completion of that end of arrows, the assistant may help the archer to set up equipment, adjust the sight, and guide the archer to the target. He or she may also converse with the archer.
  - 5.4.6. The archer and assistant must be recognizable as partners and, when back numbers are worn, both the archer and the VI assistant should wear the same number.
- 5.5. Resources: [www.seenolimits.org/IPC-VIupdatedRules.pdf](http://www.seenolimits.org/IPC-VIupdatedRules.pdf)

### 6. **COMPOUND/RECURVE TEAM COMPETITION:**

- 6.1. Compound and recurve bow team: Each Service may have only one compound and one recurve team, which is composed of three archers selected from the individual archery competitors, including the VI and Ultimate Champion.
- 6.2. The competition will be best score wins.
- 6.3. Each team will have 2 minutes to shoot six arrows (two arrows by each archer).
- 6.4. All archers will stay on the shooting line.
- 6.5. There will be three ends per match.
- 6.6. Tied Scores: Ties will be broken by each team member shooting one arrow
  - 6.6.1. The team with the arrow closest to the center will be the winner.
  - 6.6.2. When/if a tie occurs, the team with the most arrows in the 10 ring will win.

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### 6.7. Start of the archery team match:

6.7.1. Two blasts of the whistle will signal: "get ready."

6.7.2. A single blast, 10 seconds later, will indicate the start of archery team competition.

6.7.2.1. The first archer must not take the arrow out of the quiver until after the single blast.

6.7.2.2. The following archers cannot remove their arrows from the quiver until the archer before them has indicated the completion of shooting.

## 7. COMPOUND BOW AND ARROW REGULATIONS:

7.1. Maximum draw 60 pounds

7.2. No electric or electronics

7.3. Arrows fit to bow

7.4. Magnification on the sight is allowed, but only one aiming point is permitted.

7.5. Peep sight on the string is fine.

7.6. Arrow regulations: Maximum arrow size of 2315 (9.3 mm for the shaft; 9.4 mm for the point).

7.7. Compound bow recommendations (Note: not regulations):

- 36" axle to axle or more
- Brace height 7" or more
- At least 2" draw length adjustment
- At least 10 lbs. of weight adjustment (maximum is 60 pounds)
- No hard cams or dual cams
- 65% let off
- Recommend single cam or cam and a half
- Peep sight (without tubing is better)
- Carbon arrows
- Vanes or feathers should be no larger than 3"
- Glue in points (100-120 grains)
- Adjustable sight (only one aiming point)
- Mechanical release

7.8. Draw length for a compound bow:

7.8.1. Recommendation: Professional adjustment at local pro shop. If unable to go to a pro shop, draw length is the distance from the nock point to the throat of the grip plus  $1\frac{3}{4}$  inch. Typically, this length will also be about the same length of arrow needed by the compound archer.

7.8.2. To measure your draw length, stand with your back to a wall stretching your arms out against the wall. Measure the distance from the end of your middle finger to the end of your other middle finger, basically the

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length of both arms, hands, and chest. This measurement, minus 15 then divided by two, is your draw length.

- 7.8.3. Resist the temptation to make your draw length longer than it should be, as this will affect your accuracy. Your wingspan typically is the same as your height in inches. To figure it out, calculate your height in inches and then subtract 15 and then divide by two, and you will have your draw length, or at least a very good starting point. Example: (HT- 15 ÷ 2 = Draw; 66inches – 15 ÷ 2 = 25.5).

### 8. **RECURVE BOW REGULATION AND ARROW RECOMMENDATIONS:**

- 8.1. Regulation bow – handle and limbs
- 8.2. Arrows fit to bow
- 8.3. No magnification, no electric or electronics
- 8.4. Finger release
- 8.5. Adjustable sight
- 8.6. Maximum arrow size of 2315 (9.3 mm for the shaft; 9.4 mm for the point)
- 8.7. Draw recommendations chart based on gender and frame (see Figure 4).

Small-Frame Female (100-130 lbs.)	25-35 lbs.
Medium-Frame Female (130-160 lbs.)	25-35 lbs.
Large-Frame Female (160+ lbs.)	30-45 lbs.
Small-Frame Male (120-150 lbs.)	30-45 lbs.
Medium-Frame Male (150-180 lbs.)	40-55 lbs.
Large-Frame Male (180+ lbs.)	45-60 lbs.

Figure 4: Draw recommendations chart:

(<http://www.bestrecurvebowguide.com/recurve-bow-draw-weight-chart-for-choosing-drawing-weight/>)

- 8.8. Examples of recurve bow brands include: Martin, Samick Hoyt, PSE, and Sky
- 8.9. New shooters: Recommend 30 pounds maximum aperture
- 8.10. Recurve bow tips:
  - An assembled recurve bow should measure roughly about the same height as the person shooting it in standing position.
  - For a person shooting from a wheelchair it will likely need to be shorter. Risers (handles) come in short (23”) and long (25”).
  - The limbs come in short, medium and long.
  - A short handle with short limbs would be 64” long; a long handle with long limbs would be 72”.
  - By mixing handles and limbs, the sizes in between are made possible.
  - Resources: <http://www.worldarchery.org>.

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### **9. RECOMMENDED ACCESSORIES FOR ALL ATHLETES:**

- 9.1. Finger tab: Finger tabs are used to protect the fingers from the string and may work better than a glove. Tabs come in many styles and many materials. Most recurve shooters use either a Cavalier Elite, or a SOMA.
- 9.2. Mechanical release: Mechanical releases come in many styles, and are used to release the string. Example of manufacturers include: Carter, TruBall, and Scott make most of the releases.
- 9.3. Armguard: Armguards protect the arm from injury by the string. Available manufacturers for long armguards include: Neet, Vista, and for short armguards: Beiter, Win & Win, Neet, and Vista.
- 9.4. Chest guard: Chest guards keep the string from getting caught in clothing and/or hitting the chest.
- 9.5. Quiver: holds arrows
- 9.6. Finger or wrist sling: Finger or wrist slings keep the bow in the hand, yet allows the hand to be relaxed.
- 9.7. Arrow puller
- 9.8. Lube (commercially available or tire shine fluid/cleaner works)
- 9.9. Binoculars
- 9.10. Bow case: Hard bow cases are recommended to prevent damage to your equipment.
- 9.11. Bow stand or bow pod (to hold the bow when not shooting)
- 9.12. Pen or pencil