

SHOOTING STYLES OF THE IFAA

ANNEXURE TO THE LEVEL 1 INSTRUCTION MANUAL



2015



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BASIC IFAA RULES GOVERNING THE BOW

IFAA APPROVED BOWS:

The IFAA accepts any kind of bow, having two flexible limbs.

The archer shall support both the mass weight and the holding weight (draw weight including “let-off”) of the bow without any assistance from any external aid, other than those defined in the relevant styles.

Exec Note: “Split limbs”, “lever action limbs (“power/outer limbs”)” are considered to be single limbs.

A crossbow or a bow incorporating a mechanical drawing device is not approved by the IFAA.

DRAW WEIGHT AND ARROW SPEED

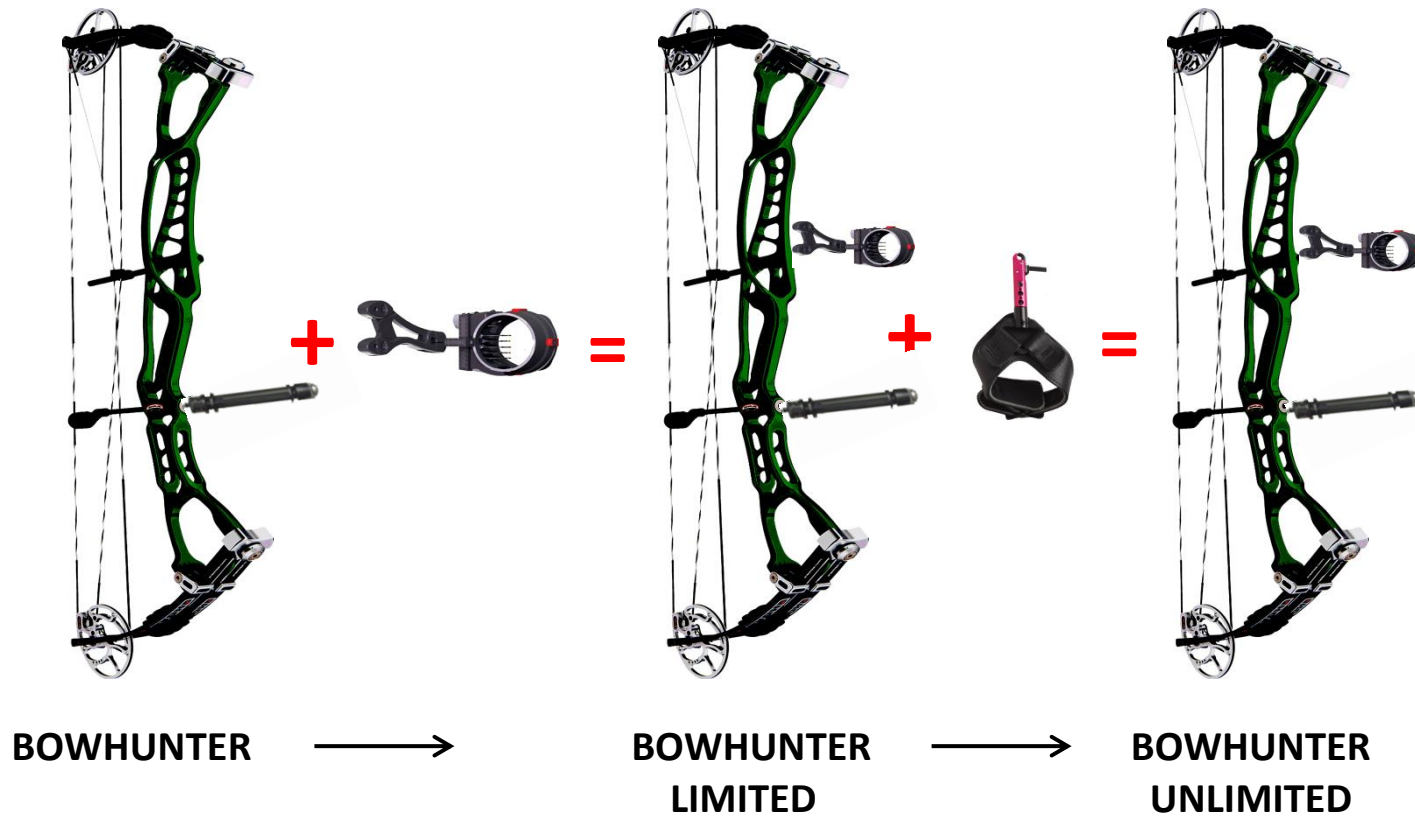
The draw weight of the bow shall be adjusted to prevent an arrow speed to exceed 300 feet per second (fps) (91.5 m/s). Bows that produce an arrow speed exceeding 300fps will be disqualified!

WARANTY AND MAINTENANCE OF EQUIPMENT

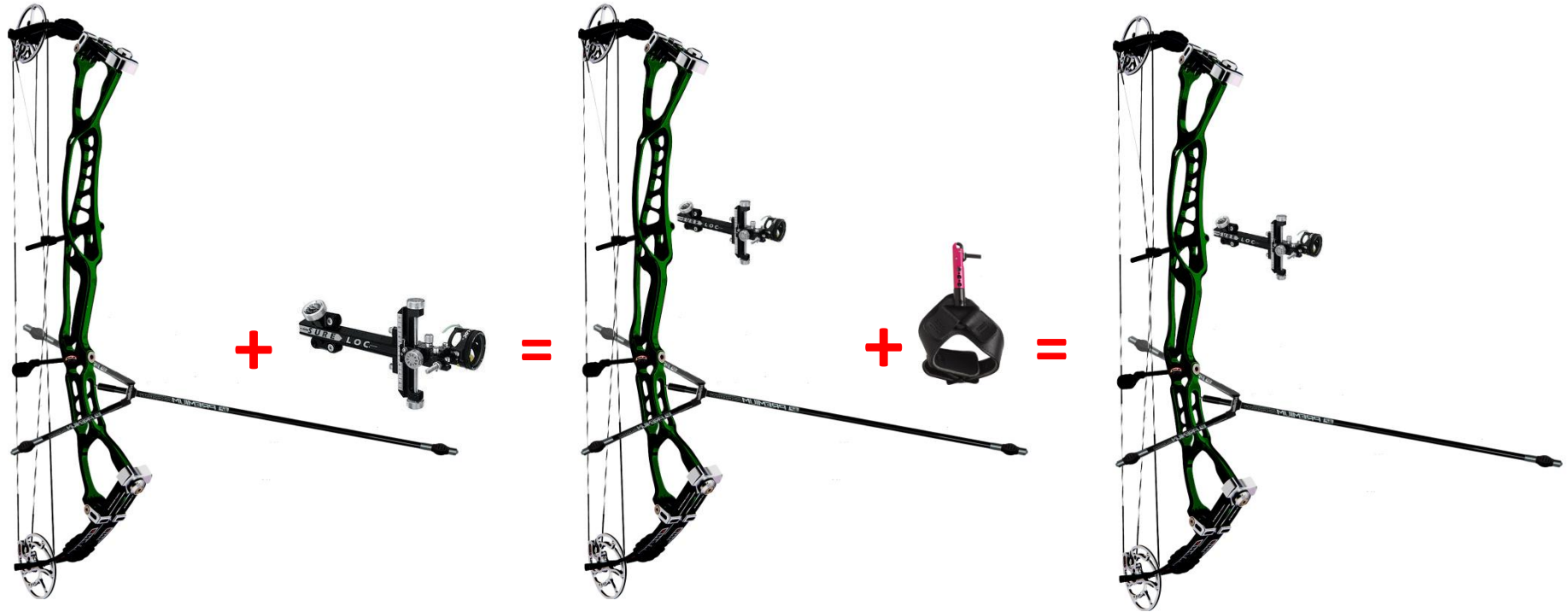
The archer will be responsible to use and maintain his/her equipment in compliance with the warranty regulations of the manufacturer of each specific type of equipment he/she uses.

THE BASIC PRINCIPLE OF STYLE SELECTION

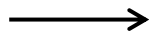
BOWHUNTER SHOOTING STYLES



FREESTYLE SHOOTING STYLES



BAREBOW



**FREESTYLE
LIMITED**



**FREESTYLE
UNLIMITED**

BOWHUNTER - COMPOUND (BHC)

EQUIPMENT RULES:

1. Any type of compound bow that is recognised by the IFAA World Council is permitted.
2. The use of a release aid is not permitted.
3. Bows, arrows, string and accessories shall be free from sight marks, blemishes and/or laminations which could be used for aiming. If such blemishes or markings are present on the window of the bow riser, the full length of the back of the window shall be covered with tape.
4. The use of a levelling device is not permitted.
5. No device of any type that may be used for sighting may be attached to the archer's equipment. Optical devices that assist the archer to obtain consistency in eye alignment and anchor point are not permitted.
6. An adjustable arrow rest may be used to control the space between the arrow and the face of the bow window. The arrow rest shall not extend above the arrow.

Exec Note: parts of the arrow rest that are considered necessary for the proper functioning of such arrow rest may extend above the arrow, especially in the event of very thin arrows. e.g. Stick-on plate, pressure button, spacer, etc.

7. No draw check will be permitted. Draw stops incorporated in the cams are permitted.
8. A kisser button is not permitted.
9. One permanent nocking point only, is allowed on the string. The nocking point may be marked by one or two nock locators.
10. One consistent anchor point only is permitted.
11. All arrows used shall be identical in length, weight, diameter, fletching and nocks, without regard for colour, with allowance for wear and tear.
12. Brush buttons in their proper places at the recurve tip of the bow, string silencers no closer than twelve inch above or below the nocking point and bow quiver installed on the opposite side of the sight window with no part of the quiver visible in the bow window is permitted.
13. One straight stabiliser, coupling device included, if used, not exceeding twelve inch as measured from the back of the bow may be used. No forked stabiliser or any counter balance will be legal. The plunger (where the stabiliser is screwed in) is part of the stabiliser.

SHOOTING RULES:

1. An archer shall touch the arrow when nocked with the index finger against the nock. Finger position may not be changed during competition. In cases of physical deformity or handicap special dispensation shall be made.
2. Draw weight shall not be adjusted during any one round.



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BOWHUNTER - RECURVE (BHR)

EQUIPMENT RULES:

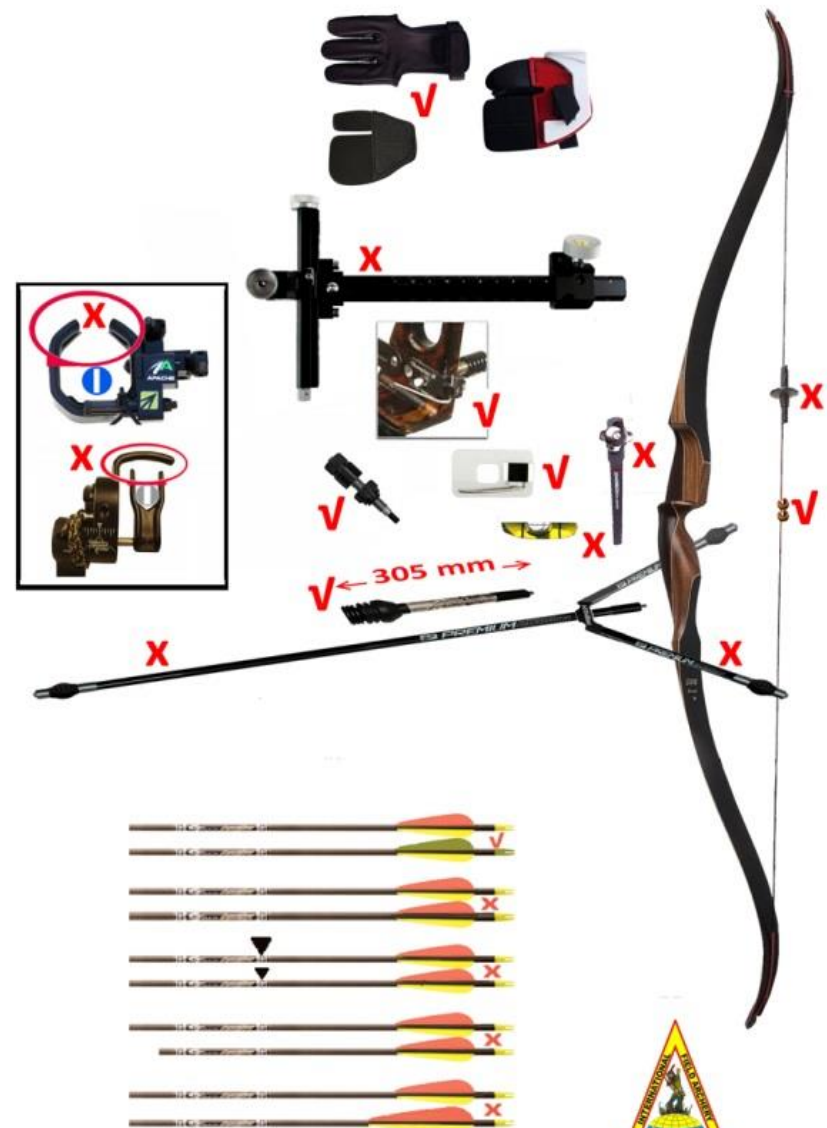
1. Any type of recurve bow that is recognised by the IFAA World Council is permitted.
2. Bows, arrows, string and accessories shall be free from sight marks, blemishes and/or laminations which could be used for aiming. If such blemishes or markings are present on the window of the bow riser, the full length of the back of the window shall be covered with tape.
3. The use of a levelling device is not permitted.
4. No device of any type that may be used for sighting may be attached to the archer's equipment. Optical devices that assist the archer to obtain consistency in eye alignment and anchor point are not permitted.
5. An adjustable arrow rest may be used to control the space between the arrow and the face of the bow window. The arrow rest shall not extend above the arrow.

Exec Note: parts of the arrow rest that are considered necessary for the proper functioning of such arrow rest may extend above the arrow, especially in the event of very thin arrows. e.g. Stick-on plate, pressure button, spacer, etc.

6. No draw check will be permitted.
7. A kisser button is not permitted.
8. One permanent nocking point only, is allowed on the string. The nocking point may be marked by one or two nock locators.
9. One consistent anchor point only is permitted.
10. All arrows used shall be identical in length, weight, diameter, fletching and nocks, without regard for colour, with allowance for wear and tear.
11. Brush buttons in their proper places at the recurve tip of the bow, string silencers no closer than twelve inch above or below the nocking point and bow quiver installed on the opposite side of the sight window with no part of the quiver visible in the bow window is permitted.
12. One straight stabiliser, coupling device included, if used, not exceeding twelve inch as measured from the back of the bow may be used. No forked stabiliser or any counter balance will be legal. The plunger (where the stabiliser is screwed in) is part of the stabiliser.

SHOOTING RULES:

1. An archer shall touch the arrow when nocked with the index finger against the nock. Finger position may not be changed during competition. In cases of physical deformity or handicap special dispensation shall be made.



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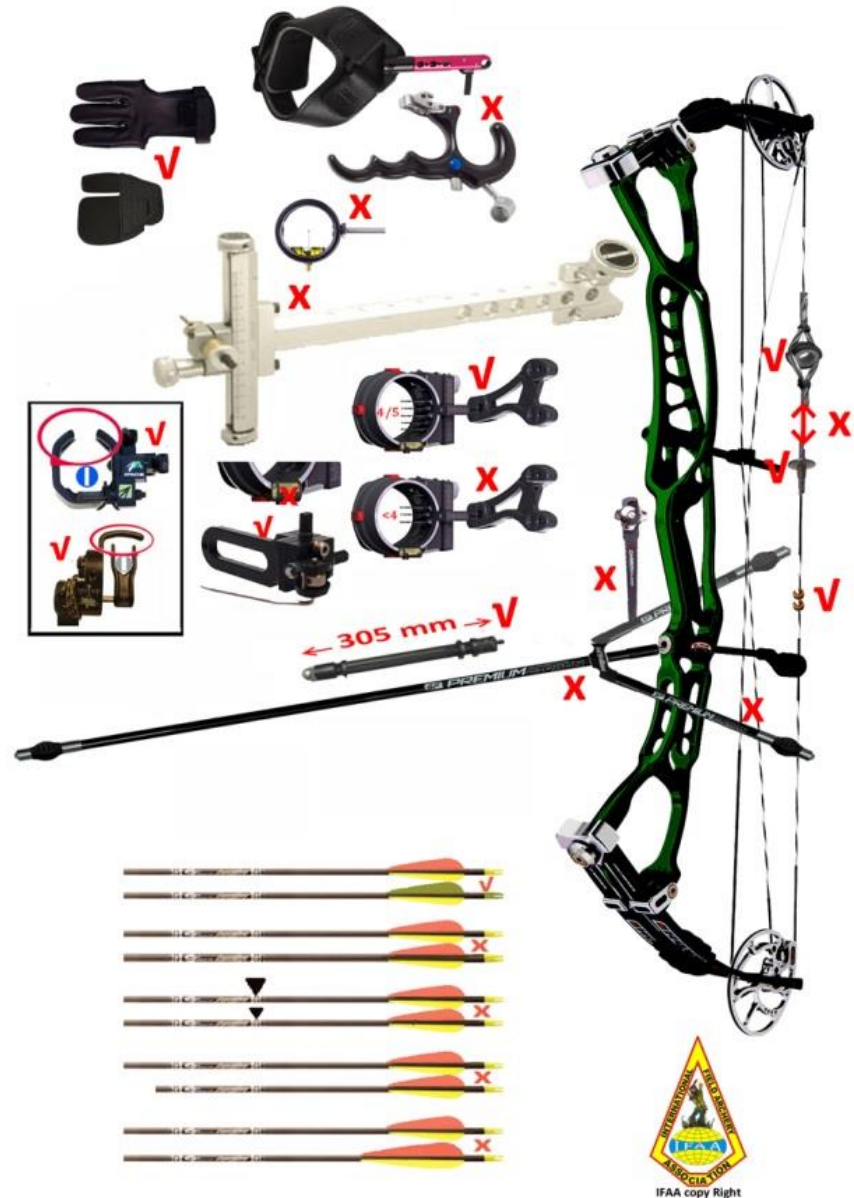
BOWHUNTER LIMITED (BL)

EQUIPMENT RULES:

1. Any type of bow that is recognised by the IFAA World Council is permitted.
2. The use of a release aid is not permitted.
3. A sight with 4 or 5 fixed reference points is allowed.
4. Pin sights are to be of straight stock from point of anchor to sighting points, held nearer horizontal than vertical within the sight, with only one sighting reference possible from each pin or reference point. Hooded pins or scope sights are not permitted.
5. Optical devices that assist the archer to obtain consistency in eye alignment and anchor point are not permitted.
6. The use of a levelling device is not permitted. In the event that a levelling device is incorporated in the pin sight, such device shall be removed or shall be covered with tape.
7. Any type of arrow rest is permitted
8. Only one permanent nocking point is allowed on the string. The nocking point may be marked by one or two nock locators.
9. Draw stops incorporated in the cams are permitted.
10. A kissor button or string peep sight will be permitted but not both. No form of magnifying device may be incorporated in, or attached to the peep sight.
11. Pin Guards/brush guards may be used provided that the distance between the bottom of the top guard and the top pin must be greater than the distance between the top pin and the next highest pin. The same clearance as for the top sight pin applies also to the bottom pin and the bottom guard.
12. All arrows used shall be identical in length, weight, diameter, fletching and nocks, without regard for colour, with allowance for wear and tear.
13. Brush buttons in their proper places at the recurve tip of the bow, string silencers no closer than twelve inch above or below the nocking point and bow quiver installed on the opposite side of the sight window with no part of the quiver visible in the bow window is permitted.
14. One straight stabiliser, coupling device included, if used, not exceeding twelve inch as measured from the back of the bow may be used. No forked stabiliser or any counter balance will be legal. The plunger (where the stabiliser is screwed in) is part of the stabiliser.

SHOOTING RULES:

1. Draw weight shall not be adjusted during any one round.
2. Neither the sight nor any reference point shall be moved during a round.



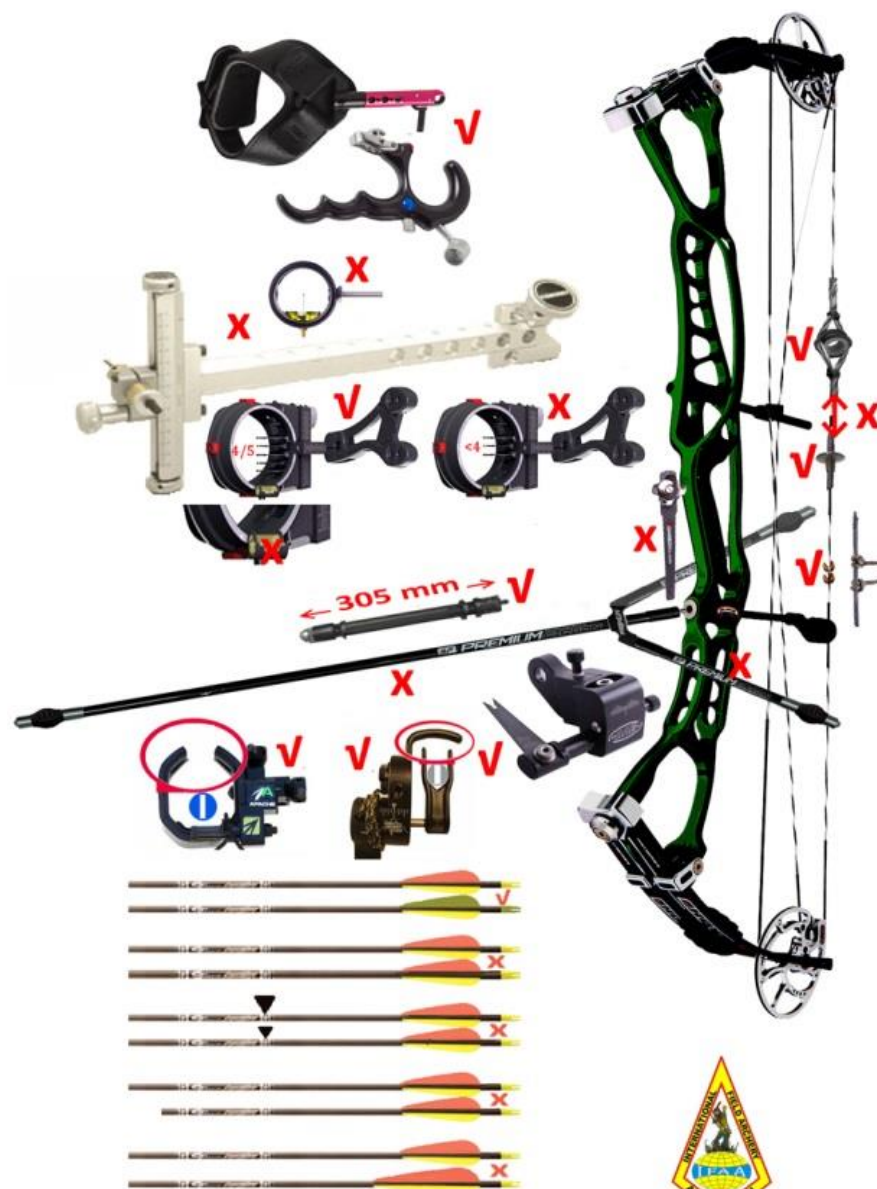
BOWHUNTER UNLIMITED (BU)

EQUIPMENT RULES:

1. Any type of bow recognised by the IFAA World Council is permitted.
2. A sight with 4 or 5 fixed reference points will be allowed.
3. Pin sights are to be of straight stock from point of anchor to sighting points, held nearer horizontal than vertical within the sight, with only one sighting reference possible from each pin or reference point. Hooded pins or scope sights are not permitted.
4. Optical devices that assist the archer to obtain consistency in eye alignment and anchor point are not permitted.
5. The use of a levelling device is not permitted. In the event that a levelling device is incorporated in the pin sight, such device shall be removed or shall be covered with tape.
6. Any type of arrow rest is permitted
7. Only one permanent nocking point is allowed on the string. The nocking point may be marked by one or two nock locators or a "D" loop.
8. Draw stops incorporated in the cams are permitted.
9. Any type of release aid is permitted.
10. A kissers button or string peep sight will be permitted but not both. No form of magnifying device may be incorporated in, or attached to, the peep sight.
11. Pin Guards/brush guards may be used provided that the distance between the bottom of the top guard and the top pin must be greater than the distance between the top pin and the next highest pin. The same clearance as for the top sight pin applies also to the bottom pin and the bottom guard.
12. All arrows used shall be identical in length, weight, diameter, fletching and nocks, without regard for colour, with allowance for wear and tear.
13. Brush buttons in their proper places at the recurve tip of the bow, string silencers no closer than twelve inch above or below the nocking point and bow quiver installed on the opposite side of the sight window with no part of the quiver visible in the bow window is permitted.
14. One straight stabiliser, coupling device included, if used, not exceeding twelve inch as measured from the back of the bow may be used. No forked stabiliser or any counter balance will be legal. The plunger (where the stabiliser is screwed in) is part of the stabiliser.

SHOOTING RULES:

1. Draw weight shall not be adjusted during any one round.
2. Neither the sight nor any reference point shall be moved during a round.



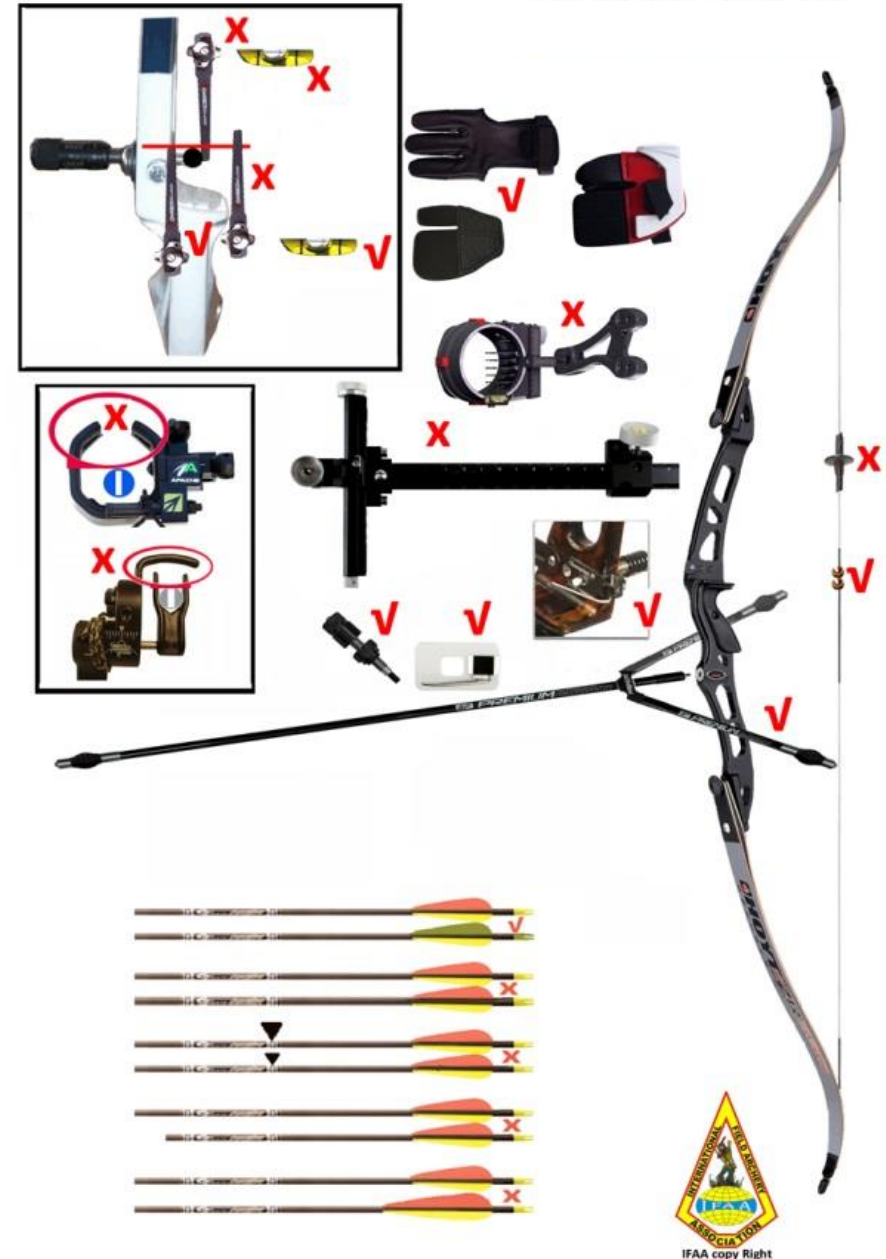
BAREBOW RECURVE (BBR)

EQUIPMENT RULES:

1. Any type of recurve bow recognised by the IFAA World Council is permitted.
2. No device of any type that may be used for sighting may be attached to the archer's equipment.
3. Bow, arrows, strings and accessories shall be free from markings, blemishes, laminations or other which could be used for aiming.
If such blemishes or markings are present on the window of the bow riser, the full length of the back of the window shall be covered with tape.
4. An adjustable arrow rest may be used to control the space between the arrow and the face of the bow window. The arrow rest shall not extend above the arrow.
Exec Note: parts of the arrow rest that are considered necessary for the proper functioning of such arrow rest may extend above the arrow, especially in the event of very thin arrows. E.g. Stick-on plate, pressure button, spacer, etc.
6. The use of any type of stabiliser is permitted.
7. Only one permanent nocking point is permitted which may be marked by one or two nock locators.
8. No mechanical device will be permitted other than one non-adjustable draw check and/or level mounted on the bow, neither of which may extend above the arrow.
9. All arrows used shall be identical in length, weight, diameter, fletching and nocks, without regard to colour, with allowance for wear and tear.

SHOOTING RULES:

None.



FREESTYLE LIMITED COMPOUND (FSC)

EQUIPMENT RULES:

1. Any type of compound bow recognised by the IFAA World Council is permitted.
2. Any type of sight is permitted.
3. A kissar button is permitted
4. Any type of arrow rest may be used.
5. Any type of stabiliser may be used.
6. Only one permanent nocking point is permitted which may be marked by one or two nock locators.
7. Any mechanical device such as an adjustable draw check and/or a level mounted on the bow is permitted. Draw stops incorporated in the cams are permitted.
8. All arrows used shall be identical in length, weight, diameter, fletching and nocks, without regard to colour, with allowance for wear and tear.
9. Release aids are not permitted.

SHOOTING RULES:

None.



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FREESTYLE LIMITED RECURVE (FSR)

EQUIPMENT RULES:

1. Any type of recurve bow recognised by the IFAA World Council is permitted.
2. Any type of sight is permitted.
3. A kissers button is permitted
4. An adjustable arrow rest may be used to control the space between the arrow and the face of the bow window.
5. The use of any type of stabiliser is permitted.
6. Only one permanent nocking point is permitted which may be marked by one or two nock locators.
7. No mechanical device will be permitted other than one non-adjustable draw check and/or level mounted on the bow, neither of which may extend above the arrow.
8. All arrows used shall be identical in length, weight, diameter, fletching and nocks, without regard to colour, with allowance for wear and tear.
9. Release aids are not permitted.

SHOOTING RULES:

None.



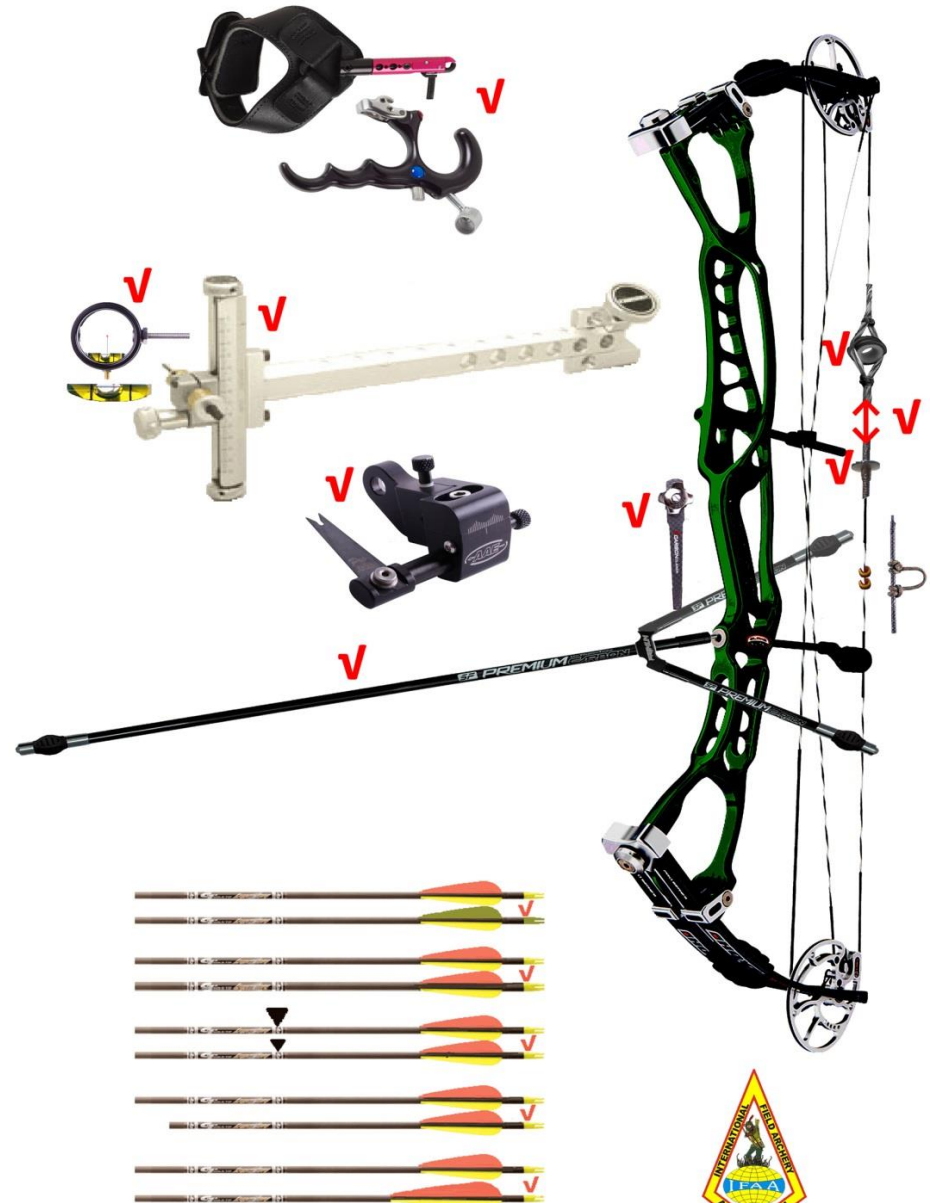
FREESTYLE UNLIMITED (FU)

EQUIPMENT RULES:

1. Any type of bow recognised by the IFAA World Council is permitted.
2. Any type of sight is permitted.
3. A kissar button is permitted
4. The use of any type of stabiliser is permitted.
5. Any type of release aids may be used.
6. Any type of arrow rest may be used.
7. A "D" loop is permitted.
8. Any mechanical device such as an adjustable draw check and/or a level mounted on the bow is permitted.
9. Draw stops incorporated in the cams are permitted.

SHOOTING RULES:

None.



LONGBOW (LB)

EQUIPMENT RULES:

1. A bow of any material, which can be either an one piece bow or a bow that can be taken down in two parts within the handle and put together again as a one piece bow, which when strung displays one continued unidirectional curve. Where there is any doubt as to the continuing curve of the limb when the bow is strung, this can be tested with a string-line that shall show no gaps between the string line and the bow limb, when laid on the back of the bow from the end of the riser fade out to the commencement of the tip reinforcing (or if there are no overlays then to the nock groove).
2. The tip reinforcing may not exceed 20mm in height, measured from the surface of the back of the bow limb and may not exceed 50mm in length, measured from the centre of the string groove towards the bow grip.
3. The bow may contain a window and an arrow shelf. The side of the window shall be slanted over the full length of the window and rounded off at the point where the window intersects with the top bow limb. The window cut may not exceed the centre of the bow.
4. The belly, bow grip, the window and the arrow shelf shall be free of any marks or blemishes that may be used as sighting aids. If such blemishes or markings are present on the window of the bow riser, the full length of the back of the window shall be covered with tape.
5. Any additions to the bow for the purpose of stabilisation, levelling, draw-weight reduction, sighting and/or draw checking are not permitted.
6. Only one nocking point shall be allowed on the string, which may be marked by either one or two nocking point locators. If resting nocks are used -such as ball nocks -only one locator may be used.
7. String silencers no closer than 30 cm above or below the nocking point are allowed.
8. Arrows shall be of wood, fletched with natural feather, and must be of the same fletch and pile, without regard for colour. The arrows must be free of any marks or blemishes that can be used as sighting aids and shall not vary in length by more than 25mm at the start of the competition. Nocks may be of any material and any weight of pile may be used.
9. Entries that do not comply with the above rules shall be classified in the recurve bowhunter style or in the shooting style the equipment is allowed and possible to use.

SHOOTING RULES:

1. The bow must be shot with the "Mediterranean" loose. In cases of physical deformity or handicap special dispensation shall be made.



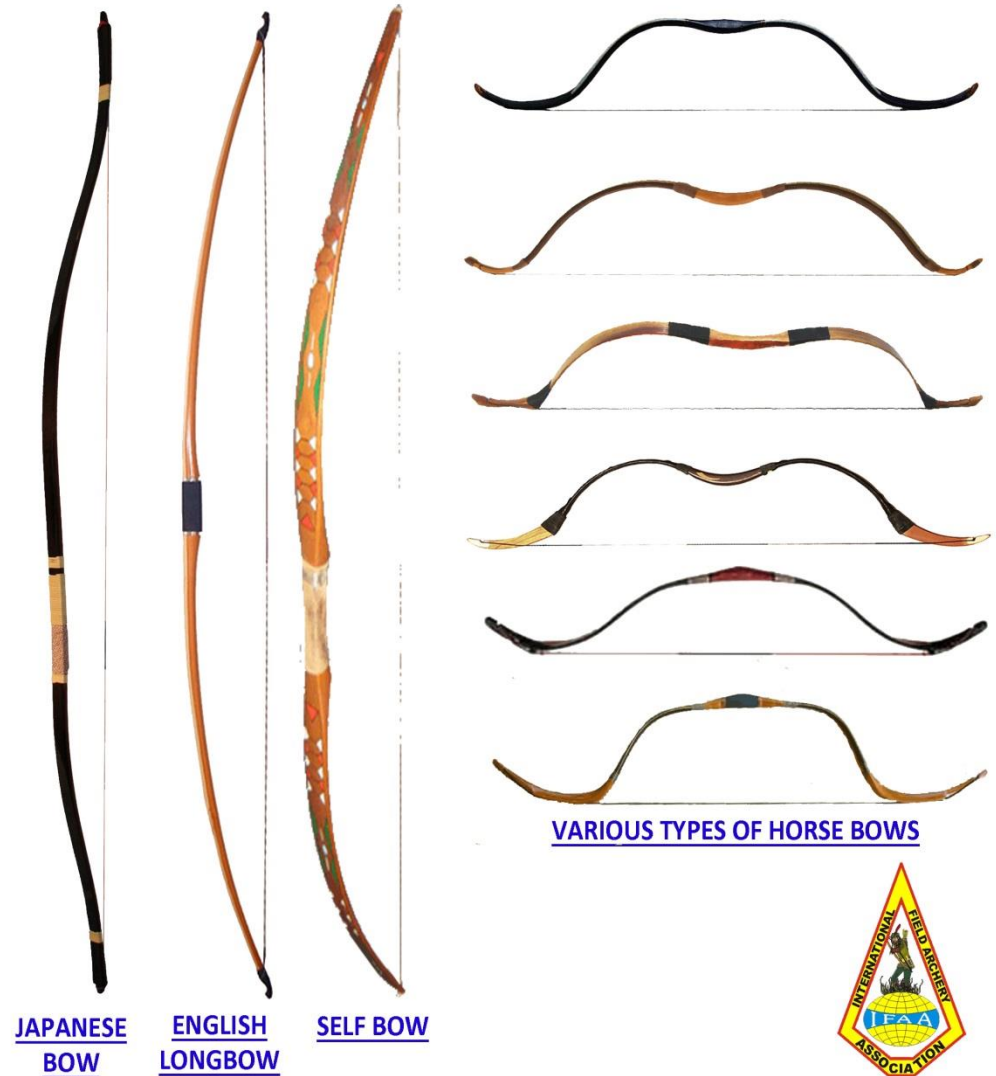
HISTORICAL BOW (HB)

EQUIPMENT RULES:

1. The recognition of the classic bow (also called historical or primitive bow) shall be based on the accepted design and usage during the period preceding the year 1900.
2. There shall be no distinction between the different configurations of bow designs or of materials used.
3. The bow shall be either a self-wood or composite bow.
4. The inclusion of a form of arrow rest or shelf as well as a sight window cut-in shall be permitted, provided such meet the classic configuration of the bow which has established historical precedence.
5. The bow shall be constructed of wood or materials that were used during the period of the bow's historical usage. Modern materials such as carbon fibre, glass fibre and epoxy may not be used. The use of historic glues such as bone glue and hot tree resin is not permitted and only modern glues and adhesives shall be used for the riser and limbs!
6. The standard bowstring material shall be polyester. Historical (such as flax or sinew) and/or modern bowstring materials (such as Kevlar, etc.) may not be used.
7. Arrows shall be of wood, fletched with natural feather, and must be of the same fletch and pile, without regard for colour. The arrows must be free of any marks or blemishes that can be used as sighting aids and shall not vary in length by more than 25mm at the start of the competition. Modern arrow points or piles as well as modern nocks shall be permitted. Nocks that are cut into the shaft are only permitted when these are strengthened with appropriate materials.
8. Accessories such as woven nocking point indicators and thumb rings shall be permitted, provided that such accessory was used during the historic use of the bow.
9. The onus shall rest with the archer to ensure that all the equipment that is used for the tournament is historically correct. The shooter shall show documented proof of the correctness of the equipment if so asked by the technical controllers at the tournament.

SHOOTING RULES:

1. Only the adult division shall be recognised and there shall be no class grades.



VARIOUS TYPES OF HORSE BOWS

