



2010 WARRIOR GAMES ARCHERY RULES

These rules are modified paralympic rules to suit the population of the Warrior Games

Disabilities

- Open to All

Archery Events *there must be a minimum of 4 participants per disability

- Compound Open
- Recurve Open

GENERAL EVENT RULES

Maximum number of participants: 32 per division
Divisions will be combined unless enough women register

Shooting Distance: 30 m

Target Size: 122 cm

Qualifying round will be six arrow ends / 4 minutes

Medal rounds will be three arrow ends / alternating shots, 30 seconds per shot

Archery competition will be outside, even if inclement weather. The only thing that will cause the competition to move indoors will be lightning. Please be prepared for all types of weather. If indoor venue is not accessible, post pone or cancel event.

Equipment Rules: FITA (www.archery.org)

COMPOUND BOW

Maximum 60 pounds

No electric or electronics

Arrows fit to bow

Magnification on the sight is okay, but only one aiming point

Peep sight on the string is fine

Recommendations

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 on feathers should be no larger than 3"
Glue in points (100-120 grains)
Adjustable sight (only one aiming point)
Mechanical release

Measuring Draw Length for a Compound Bow: (two methods)

Best: Go to a pro shop; have them do it.

This will work: Draw Length is the distance from the nock point to the throat of the grip plus 1 3/4". Typically, this length will also be about the same length of arrow needed by the compound archer.

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 length of both arms, hands and chest. This measurement, minus 15 then divided by 2, is your draw length.

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. So your height in inches minus 15 and then divided by 2 will be your draw length, or at least a very good starting point.

RECURVE BOW

Bow – handle and limbs
Arrows fit to bow
No magnification, no electric or electronics
Finger release
Adjustable sight

Recommendations

Hoyt, PSE, Sky (find height & poundage chart)
New shooters – recommend 30 pounds maximum

Aperture

An assembled recurve bow should be about as tall as the individual shooting it, while that person is standing. For a person shooting from a wheelchair it probably needs 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 possible.

Other Equipment

Finger tab – Used to protect the fingers from the string. A finger tab works better than a glove. They come in many styles and many materials. Most recurve shooters use either a Cavalier Elite, or a SOMA.

Mechanical release – These come in many styles, and are used to release the string. Carter, TruBall, and Scott make most of the releases.

Armguard – protects the arm from the string. Can be long (made by Neet, Vista) or short (Beiter, Win & Win, Neet, Vista)

Chest guard – keeps the string from getting caught in clothes and/or hitting the chest

Quiver – holds arrows

Finger/wrist sling – keeps the bow in the hand, yet allows the hand to be relaxed

Recommended Accessories

Arrow puller

Lube

Binoculars or spotting scope

Bowcase (recommend hard esp. if flying)

Bowstand or bowpod (to hold the bow while you are not shooting)

Hat (make sure it doesn't interfere with string)

Pen or pencil

****TENTATIVE DRAFT SCHEDULE****

Tuesday, May 11, 2010

1300 – 1500 Practice at Venue

Wednesday, May 12, 2010

0730 – 0800 Practice Rounds

0815 – 1000 Qualifying Round

1015 – 1230 Medal Round