

Shooting Styles

A. General

1. A conventional bow of any type may be used provided it subscribes to the accepted principal and meaning of the word "bow" as used in archery competition, i.e., an instrument consisting of a handle (grip) riser and two flexible limbs, each ending in a tip with string nock. The bow is braced for use by a single bowstring attached directly between the two string nocks only. In operation it is held in one hand by the handle (grip) riser while the other hand draws, holds back and releases the string. In the case of physical disability of the arms or hands, a chew strap may be used in place of fingers or release aids.
2. Compound bows may be used, provided:
 - 2.1 Basic design includes a handle riser (grip) and flexible limbs.
 - 2.2 Total arrow propelling energy is developed from a flexing of the materials employed in limb construction.
 - 2.3 Weight reduction factor is of no consequence.
 - 2.4 Bows which develop any portion of arrow propelling energy from sources "other than the limbs" shall not be allowed. This is not to be construed to mean that compound bows which employ other sources of arrow propelling energy, not specifically listed in this paragraph, will be allowed.
 - 2.5 The cables of the compound bow shall be considered as part of the string and all applicable string rules except color requirements shall apply.
3. The maximum peak draw weight allowed in NFAA competition shall be 80 pounds, with a maximum arrow speed of 300 feet per second, with a variance of 3%. See By-Laws Article IV, Section D, Paragraph 1, Subparagraph 1.9.
4. Any device that would allow the mass weight, or the draw weight of the bow to be relieved from either or both arms, at full draw, shall be declared illegal.
5. All overdraws shall be designed in such a fashion as to prevent the arrow from falling off the shelf causing an unsafe condition.
6. Maximum arrow shaft diameter allowed in NFAA competition will be 0.422 inches, with point diameter not to exceed 0.425 inches. The shaft diameter will include any wrap placed on the arrow and will include the size of the nock and the nock insert. If the arrow wrap, nock, or nock adapter exceed 0.422 inches in diameter and are embedded in the scoring area of the target, the arrow shall not be scored and will be reshot.

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7. No archer shall draw a bow in any manner that if accidentally released could fly beyond a safety zone or a safety arrangement over shoot area, backstop, etc. A warning will be given on the first instance. Second instance will require removal of archer from event.

~~8. Crossbows may be used as a separate style/division at National level Indoor events. They are optional at all other events and facilities at the discretion of respective responsible National, Sectional, State, Club, and Tournament officials.~~

9. Lighted nocks are not allowed.

10. All requests for rulings on equipment must be accompanied by an example of the item in question to the assigned committee and for examination by the Board of Directors prior to voting.

11. No arrow twirling or handling of arrows in an unsafe way. Every attempt should be made by the archer to keep arrow pointed toward the ground or target at all times. A warning will be given on the first instance. Second instance will require removal of archer from the event.

12. The maximum total width of the archer and all their equipment may not extend into the adjacent shooting lanes.

B. Barebow (BB):

1. Archers shooting Barebow style will use bow, arrows, strings, and accessories free from any sights, marks or blemishes that may be used as a sighting aid.

2. An adjustable arrow plate may be used provided it does not extend more than ¼" above the arrow.

3. The use of stabilizers shall be permitted. The rear stabilizer shall not touch any part of the body.

4. One consistent nocking point only is permitted and may be held by one or two nock locators, which shall be snap on type, shrink tubing, thread or dental floss, tied or served on the serving. Nocking point locators shall not extend more than one half inch (1/2") above or below the arrow nock when at full draw.

5. Only one adjustable draw check and level mounted on the bow, neither of which may extend above the arrow and a mechanical type arrow rest and cushion plunger are permitted.

6. Only gloves, tabs, or fingers shall be permitted, except in the case of physical disability of the arms or hands, a chew strap may be used in place of fingers.

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7. All arrows shall be identical in length, weight, diameter and fletching, with allowance for wear and tear. Powder on the arrow points shall be permitted as a visual aid.
8. The ends or edges or laminated pieces appearing on the inside of the upper limb shall be considered a sighting mechanism.
9. No device of any kind, not including arrow rest, arrow plate or plunger button, that can be used for sighting, will be used or attached to the archer's equipment.
10. The pylon (string clearance bar) will be allowed in this style if it is not located in the sight window.
11. No part of the arrow rest may extend more than $\frac{1}{4}$ inch above the arrow in the sight window.

C. Freestyle or PRO (FS) (Pro):

1. Any type of sight and its written memorandum may be used.
2. Any release aid may be used provided it is hand operated and supports the draw weight of the bow and is not attached to the bow other than the bowstring. In the case of physical disability of the arms or hands, a chew strap may be used in place of fingers or release aids.
3. The rear stabilizer shall not touch any part of the body.

D. Modern Bowhunter (MBH):

Bowhunter freestyle with a movable site and a 15 inch stabilizer.

E. Freestyle Limited (FSL):

1. Any type of sight and its written memorandum may be used.
2. Release aids shall be limited to gloves, tabs and fingers. In the case of physical disability of the arms or hands, a chew strap may be used in place of fingers.
3. The rear stabilizer shall not touch any part of the body.

F. Freestyle Bowhunter (BHFS):

1. A maximum of (5) five fixed reference points: Points of attachment shall not be considered reference points. A line running vertically from its top attachment in the pin guard to its bottom attachment in the pin guard would be legal. Sighting reference points, string peep (with or without a lens) and/or kiss button may not be moved during a round. Scopes, clickers and draw checks are not allowed. A round or oval housing around the points of reference is not considered a scope as long as no lens is used. No additional pin guard may be used. A sight pin

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consisting of a housing with a hole through it, that does not contain a fixed reference point within the hole, is not allowed.

2. Release aids will be permitted. In the case of physical disability of the arms or hands, a chew strap may be used in place of fingers or release aids.
3. A pinguard mounted on the sight, and a level mounted anywhere will be legal in this style of shooting, provided that there are no additional marks or blemishes on either of these items that could be used for sighting.
4. A string of suitable material with a center serving and end servings of the same or different color than the string may be used. One consistent nocking point only is permitted. Nocking point locators shall not extend more than $\frac{1}{2}$ inch above or below the arrow nock when at full draw. Brush buttons and string silencers properly attached will be legal.
5. One anchor point only is permitted.
6. All arrows shall be identical in size, length, weight, and fletching with allowances for wear and tear.
7. Brush buttons, string silencer, positioned no closer than midway between the nocking point and where the string touches the wheel/cam, and bow quiver installed on the opposite side of the sight window, with no part of the quiver or attachments visible in the sight window are legal. One straight stabilizer, coupling device included if used, which cannot exceed 12 inches at any time, as measured from the back of the bow, V-bar, counterbalance and string dampeners may be used.
8. An archer will not be permitted to change the draw weight of the bow during a round.
9. During a round no adjustments may be made to the bow and its related equipment unless equipment failure is recognized.

G. Traditional:

1. This style of shooting is for those who wish to compete with the Recurve or Longbow.
2. No device of any kind, including arrow rest, that can be used for sighting will be used or attached to the archers' equipment.
3. There shall be no device, mechanical or otherwise, in the sight window except the arrow rest, arrow plate or plunger button.
4. No part of the arrow rest may extend more than $\frac{1}{4}$ inch above the arrow in the sight window.

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5. No clickers, drawchecks or levels will be allowed. No laminations, marks or blemishes on the face of the bow or in the sight window will be legal.
6. The string may be of any color but must have a single color center serving. One single nocking point is permitted. One or two nock locators may be used. Brush buttons and string silencers, properly placed may be used. Any other marks or string attachments will be illegal.
7. One anchor point only is permitted.
8. The archer shall touch the arrow when nocked and drawing the arrow with the index finger against the nock. Finger position may not be changed during competition. In the case of physical disability of the arms or hands, a chew strap may be used in place of fingers.
9. Gloves, tabs or fingers shall be the only legal releases. In the case of physical disability of the arms or hands, a chew strap may be used in place of fingers.
10. All arrows shall be identical in length, weight, diameter and fletching with allowance for wear and tear.
11. One straight stabilizer, coupling device included, if used, which cannot exceed 12 inches at any time as measured from the back of the bow.
12. No written memorandum will be allowed.
13. Bow Slings are permissible.
14. During a round no adjustments may be made to the bow and/or its related equipment unless equipment failure is recognized.
15. For all tournaments below the Sectional level, all traditional archers may shoot at Youth distances at the discretion of each State or Club.

H. Freestyle Limited Recurve or FITA (FSL Recurve):

1. Any type of sight and its written memorandum may be used, providing the sighting mechanism has no magnification. Levels, string peep sights, marks, ties or string attachments to the string and electronic devices are not allowed. A kisser button may be used.
2. Release aids shall be limited to gloves, tabs and fingers. In the case of physical disability of the arms or hands, a chew strap may be used in place of fingers.
3. This style is limited to use of recurve bow or longbow.

I. Barebow Recurve (BB Recurve):

1. This style of shooting is for those who wish to compete with the Recurve or Longbow.

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2. Archers shooting Barebow Recurve style will use bow, arrows, strings, and accessories free from any sights, marks or blemishes that may be used as a sighting aid. No laminations, marks or blemishes on the face of the bow or in the sight window will be legal. Multi-colored bow risers, and trademarks located on the inside of the upper and lower limb or on the riser are permitted.
3. An arrow rest and cushion plunger are permitted. There shall be no device, mechanical or otherwise, in the sight window except the arrow rest, arrow plate or plunger button.
4. No clickers, draw checks or levels will be allowed.
5. Weights and / or vibration dampeners are permitted. The bow, with any combination of weight(s) and vibration dampener(s) installed must meet the requirement of paragraph 6 without having to flex vibration dampeners to fit through the ring. Weight(s) and dampener(s) may be added below and above the riser's grip, but must not aid the athlete in aiming or ranging in any way.
6. The unstrung bow complete with permitted accessories shall be capable of passing through a hole or ring with a 12.2 cm inside diameter +/- 0.5 mm.
7. The string may be any color but must have a single color center serving. Brush buttons and string silencers, properly placed, may be used.
8. One consistent nocking point only is permitted and may be held by one or two nock locators.
9. Face walking and string walking are allowed.
10. Gloves, tabs or fingers shall be the only legal releases. Marks or lines may be added directly to the tab and shall be uniform in size, shape and color. In the case of physical disability of the arms or hands, a chew strap may be used in place of fingers.
11. All arrows used shall be identical in length, weight, diameter, fletching, and nocks, without regard to color, with allowance for wear and tear.
12. No part of the arrow rest, cushion plunger or arrow plate may extend more than ¼ inch above the arrow in the sight window.
13. For all tournaments below the Sectional level, all Barebow Recurve archers may shoot at Youth distances at the discretion of each State or Club.

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J. Longbow - Wood

1. A one, two, or three piece straight ended bow constructed of wood or laminated wood with nonadjustable limbs. When the bow is braced, the string must not touch the limbs between the notches on the limb. The belly and the back of the bow may have carbon or fiberglass on them.
2. The belly of the bow must be free of any marks or blemishes that can be used as sighting aids.
3. The bow may contain a window and an arrow shelf. No mechanical or elevated rests may be used.
4. Only one nicking point is allowed on the string which may be marked by one or two nocking point locators.
5. The archer shall touch the arrow when nocked and drawing the arrow with the index finger against the nock. In case of physical disability of arms or hands, a chew strap may be used in place of fingers.
6. Finger position cannot change during a competition.
7. One anchor point only is permitted.
8. All arrows shall be identical in length, weight, diameter and fletching with allowance for wear and tear.
9. No written memorandum will be allowed. Bow slings are permissible.
10. Participation in this style may shoot any type of arrow.
11. For all tournaments below the Sectional level, longbow archers may shoot at Youth stakes distances at the discretion of each state or club.

K. Longbow A/C:

1. This style of shooting is for those who wish to compete with the Longbow using carbon or aluminum arrows.
2. A one, two, or three piece straight ended bow constructed of wood or laminated wood with nonadjustable limbs. When the bow is braced, the string must not touch the limbs between the notches on the limb. The belly and the back of the bow may have carbon or fiberglass on them.

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3. The belly of the bow must be free of any marks or blemishes that can be used as sighting aids.
4. The bow may contain a window and an arrow shelf. No mechanical or elevated rests may be used.
5. Only one nicking point is allowed on the string which may be marked by one or two nocking point locators.
6. The archer shall touch the arrow when nocked and drawing the arrow with the index finger against the nock. In case of physical disability of arms or hands, a chew strap may be used in place of fingers.
7. Finger position cannot change during a competition.
8. One anchor point only is permitted.
9. All arrows shall be identical in length, weight, diameter and fletching with allowance for wear and tear and must be wood.
10. No written memorandum will be allowed. Bow slings are permissible.

L. Recurve:

1. This style is for recurve bows that are shot from the shelf with no elevated rest.
2. No device of any kind that can be used for sighting shall be allowed in the sight window.
3. There shall be no mechanical or other device in the sight window except the arrow.
4. The only foreign material allowed in the sight window will be felt, Velcro or leather on the side and shelf of the bow. The side plate shall be no higher than 1/4" above the arrow that is used.
5. No clickers, draw checks, grip sears, weights or levels will be allowed. No marks or blemishes on the face of the bow or in the sight window will be allowed. No stabilizer.
6. During a round no adjustments may be made to the bow and/or its related equipment.
7. Vertical bow quivers are permissible.
8. The string is allowed to be colored, but the center serving must be a uniform color or pattern. Brush buttons and string silencers may be used. Any marks or string attachments shall be illegal.
9. One anchor point only is permitted, no face or string walking will be allowed.

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10. The archer shall touch the arrow nock with the index finger when drawing the arrow. Finger position shall not change during competition.
11. Glove, tabs or fingers shall be the only release devices deemed legal. Unless physical disability of the arms or hands, a chew strap may be used in place of fingers.
12. All arrows shall be identical in length, weight, diameter and fletching with allowance for wear and tear.
13. No written memorandum will be allowed.
14. No device for measuring distance and/or gap shall be allowed.
15. Maximum distance for this class shall be 50 yards.