



White Rose Archers

Beginners' Handbook



Autumn 2021

Contents

- 1. Introduction**
- 2. Club Officials**
- 3. Fees**
 - 3.1. Membership Fees**
 - 3.2. Shooting Fees**
- 4. Shooting Times**
 - 4.1. Outdoor Shooting**
- 5. Safety and Etiquette**
 - 5.1. Safety**
 - 5.2. Etiquette**
- 6. Getting Started**
 - 6.1. Archery Equipment**
 - 6.2. Access to the clubhouse and storeroom**
 - 6.3. Clothing**
 - 6.4. Setting Up Target**
 - 6.5. Setting Up Target and Scoring**
- 7. Making Progress**
 - 7.1. Rounds**
 - 7.2. Handicaps**
 - 7.3. Classifications**
 - 7.4. Badges**
 - 7.5. Competitions**
 - 7.6. Scoring**
- 8. Mobile Phones**
- 9. Smoking**

1. Introduction

This guide is intended to give new members of White Rose Archers basic information relating to the sport of archery, the club and how it works. It is a quick summary of what was covered in the beginners' course. You may have just completed the White Rose Archers' course or have joined the club having completed a course elsewhere. In either event you are most welcome.

Experienced members are always around during shooting times. They are always willing to help and you should not be afraid to ask. However, the contents of this guide will answer some of your most basic questions.

The club also has its own website with an abundance of helpful information, including more detailed information to what is summarised in this guide.

The White Roses Archers website address is:

www.whiterosearchers.co.uk.

2. Club Officials

Club officials will endeavour to make themselves known to you and other members will be able to introduce them. A list of officials is posted in the clubhouse.

3. Membership and Shooting Fees

3.1. Membership Fees

The membership categories and current fees can be found on the WRA website.

3.2. Shooting Fees

Shooting fees are:

Outdoor Shooting: £1.00 for seniors and 50p for juniors if you have chosen to pay per visit. (To be paid on the field.) There is an option to pay shooting fees annually.

4. Shooting Times

Shooting times are as follows:

4.1. Outdoor shooting

Takes place at Salem Field, Hebden Bridge every Sunday and Wednesday (setting up from 10:00am for 10.30am - 2.00pm shooting) and Thursday evenings between April and September (setting up from

4:30pm for 5.00pm to 8:30pm shooting). Note - please confirm outdoor dates with the club.

5. Safety and Etiquette

As was stressed on the introductory course, safety and etiquette are an important part of the rules of shooting. The full document from Archery GB is available on their website (archerygb.org) and includes other useful information such as bow styles, other forms of archery, scoring systems and range layouts.

5.1. Safety

Although safety was comprehensively covered on the beginners' course, it is so important that the key points are worth repeating (See Archery GB Rules of Shooting for the comprehensive of rules):

- 5.1.1. As long as access gates are closed and locked and relevant signs and flags are put out members aged 18 and over can shoot by themselves.
- 5.1.2. Juniors. When junior archers (ie under 18) are shooting individually or in groups they must be supervised by an adult member of Archery GB (excluding honorary members) and a second adult must be present.
- 5.1.3. No archer may draw his bow, with or without an arrow, except when standing at the shooting line, pointing towards the target.
- 5.1.4. Archers should only take their position on the shooting line and load their arrow when the assigned lookout or Field Captain has blown the whistle once.
- 5.1.5. If anyone present where archery is taking place becomes aware that shooting should be halted for safety reasons (e.g. dogs/dog walkers entering the field), that person must call "FAST". On hearing this call all archers must immediately stop shooting, lower their bows and return unshot arrows to their quiver. If necessary, the call of "FAST" should be repeated by other archers to ensure that everyone has heard.
- 5.1.6. If anything is dropped in front of the shooting line, even if it is within arm's reach, do not attempt to retrieve it until the "all clear" signal of three blows on the whistle is given by the assigned lookout or Field Captain
- 5.1.7. Archers should indicate when they have completed their shooting for that end by stepping back away from the shooting line.
- 5.1.8. Only when the assigned lookout or Field Captain gives the "all clear" signal of three whistles should archers step forward of the shooting line to collect their arrows

5.2. Etiquette

New archers may initially find the shooting protocols a little bewildering. This extract from the introduction to the Archery GB rules of shooting gives some useful guidance:

A Good Archer:

- 5.2.1. Does not talk in a loud voice whilst others are shooting.
- 5.2.2. Does not talk to another competitor who obviously prefers to be silent.
- 5.2.3. Does not make any exclamation on the shooting line that might disconcert a neighbour in the act of shooting.
- 5.2.4. Does not go behind the target to retrieve his arrows before his score has been recorded.
- 5.2.5. Does not walk up and down the shooting line comparing scores.
- 5.2.6. Does not touch anyone else's equipment without permission.
- 5.2.7. Does not leave litter.
- 5.2.8. When calling scores does so in groups of three, for example '7 – 7 – 5' pause '5 – 5 – 3'.
- 5.2.9. If a member breaks another's arrow through his own carelessness, he pays for it, in cash, on the spot.
- 5.2.10. Thanks the Target Captain at the end of each round for work on his behalf.

6. Getting Started

6.1. Archery Equipment

White Rose Archers operate an equipment rental service, which is a very good way to get into the sport of archery. For a monthly rental fee of £5.00 you will get a recurve bow, 6 arrows, a quiver, finger tab and arm guard. All repairs to the equipment are included in the hire price unless the damage is caused negligently.

Rented archery equipment will be kept at the clubhouse unless prior arrangements are made with equipment officer.

One of the main advantages of renting a first bow over buying one is that as you progress you can try different bow strengths until you get to a level that is best for you. Another advantage is that accidentally damaged equipment is repaired as part of the rental service. For example replacing a damaged fletching is a specialist task best done by someone who knows what they are doing.

The number of retail outlets supplying archery equipment is limited in this area. A couple are listed below with links to their websites:

[Aardvark Archery \(Pudsey, near Leeds\)](#)

[Phoenix Archery, Burnley](#)

Others further afield can be found on the White Rose Archers' website.

6.2. Access to the clubhouse and storeroom

About 20 club members have keys for the buildings at Salem Sports Field. Once members have been shooting for a while and become competent in setting up targets and understand the safety rules applicable to the sports field they can obtain keys as well, if they wish. There is a £10 deposit required which is refunded on return of the keys. The advantage of having a set of keys is that if a member is the first, or even the only, person to arrive it will still be possible to shoot subject to the safety rules.

6.3. Clothing

Salem Field can be a beautiful, tranquil and often warm and sunny place to shoot. However, the weather in the valley can change quickly. Certainly in the winter months you will need warm clothing and waterproofs. At all times of the year, wearing/bringing layers of clothes will ensure members are prepared for all eventualities of the unpredictable Calder Valley weather. The field can also get quite muddy after rain so suitable footwear is recommended (either boots or wellingtons). Loose clothing, such as open jackets, can impede shooting. To avoid getting caught in the bow, long hair should be tied back or tucked under a hat. White Rose Archers' branded clothing (polo shirts, T-shirts, sweaters and rain jackets) can be purchased through the club.

When attending tournaments at other clubs, the White Rose Archers' branded clothing should be worn.

6.4. Setting Up Your Target

All the necessary target equipment is kept in a storage hut on the field. You will be shown how to set up and take down a target once you join the club, but please, don't hesitate to ask if you ever need a reminder. The target should be positioned centrally on the shooting line marked on the field at the chosen distance.

Also, members are advised that the setting up and taking down of targets should be carried out without delaying other archers. This may require a couple of visits to the target area between ends in order to complete the task.

6.5. Retrieving Arrows and Scoring

When approaching the target after being given the all clear (three whistles) watch out for stray arrows in the ground as they can be difficult to spot.

Record scores before going to collect any arrows that have missed the target and overshot. Without touching any arrows relate the scores to the scorer in groups of three (eg 9-7-7 pause 5-3-Miss).

How to pull arrows out of the target safely and without damaging them will have been demonstrated on the beginners course but demonstrations videos can be found on YouTube. Don't hesitate to ask a member if you need help. Using an arrow puller can be helpful.

7. Demonstrating progress

Personal progress in archery can be demonstrated in a number of ways. There are medals for achievement to be gained, established rounds that can be shot and even competitions to enter.

7.1. Rounds

Shooting rounds is akin to playing a round of golf except that there are a wide variety of nationally recognised rounds to choose from in archery. The different types of rounds each consist of a specified number of arrows shot at different distances. There are two principal categories, **imperial** and **metric**.

7.1.1. Imperial Rounds

These predominantly use five-zone scoring and a 122cm diameter target. Five zone scoring is where the whole coloured bands on the target are used. White equals 1 point, black 3 points, blue 5 points, red 7 points and gold 9 points.

For example, the Junior National Round comprises 4 dozen arrows at 40yds followed by 2 dozen arrows at 30yds. A list of Imperial Rounds is posted in the clubhouse.

7.1.2. Metric Rounds

Metric Rounds are shot at the Olympics, World Championships and tournaments abroad. They are shot using the rules of World Archery (the International Federation for Archery), they use 10-zone scoring where each ring on the target face has a score from 1 to 10. Each colour is divided into two rings. A list of Metric Rounds is posted in the clubhouse.

Scores from the rounds can be submitted to the club's Records Officer and will be used to calculate a handicap. The results from at least three rounds must be submitted to get a handicap.

7.2. Handicap System

The archery handicap system is a measure of how good an archer is and allows archers of different proficiencies to compete against each other on equal terms. The handicaps start at 100 and go down to 0 (the lower the handicap, the better the archer).

You need to shoot any three rounds during the year to gain a handicap and your handicap will be the average of those three rounds. After that, each round shot to a better standard will lower your handicap. It does not go up again if you later shoot to a lower standard. At the end of the year the average handicap of your best three rounds will be the rating carried over to the following year. For the outdoor season, handicaps are reset on 1st January and for the indoor season, 1st July.

Keeping a note of your handicap each time you shoot enables you to compare one round with another. For example, a Short Junior National round with a score of 503 would give you a handicap of 65. If you then shot a Junior National round at the same standard, you would expect to achieve a score of 401.

7.3. Classification System

Built on to the handicap system is the classification system. A classification gives you a general rating of ability. The rating system for seniors starts at unclassified and then progresses through 3rd Class, 2nd Class, 1st Class, Bowman, Master Bowman to Grand Master Bowman. For juniors the grades are unclassified, 3rd Class, 2nd Class, 1st Class, Junior Bowman to Junior Master Bowman. These ratings are achieved by shooting three rounds at a certain standard. They may be different rounds shot at any time during the year. Generally, the higher the grade the longer the distances that have to be shot. The distances juniors have to shoot are determined by their age.

Different classifications can be held for different bow types and only apply for the calendar year in which the qualifying scores are shot. Archers must re-qualify each year to retain the classification.

If necessary, ask the club's Records Officer for further explanations and for information regarding the rounds to be shot to achieve each classification.

7.4. Badges

7.4.1. Osprey Badges

White Rose Archers operate an Osprey badge scheme. This only applies to new starters in their first year. Coloured badges are awarded for achievement. The first badge is white then black, blue, red and finally gold. The white badge is awarded for reaching or exceeding a given score with 3 dozen arrows on a 122cm diameter target at 20yds. The score required depends on your age, gender and type of bow used. Examples are 237 for a Senior Gent with a recurve bow and 142 for a Senior Lady shooting barebow.

Subsequent badges are related to handicap and are awarded when a handicap for a round is at or below a specific value. The handicaps needed to qualify for the Osprey badges are posted in the clubhouse.

7.4.2. 252 Badges

The 252 Award is designed to help archers practise shooting at different distances and recognise their achievements. Badges are awarded for reaching a score of 252 or above (varies with bow type) with 3 dozen arrows using a 122cm diameter target and the imperial 5 zone scoring (see below). This score needs to be obtained on two separate dates for seniors. However, juniors (under 18) only need to submit one score sheet. Different coloured badges are awarded for different shooting distances starting at white for 20yds up to purple at 100yds. WRA will award the first badge free of charge. A nominal sum is charged for subsequent badges.

7.4.3. Other badges

A number of nationally recognised badge schemes are also available. Details of these can be found on the Archery GB website at: archerygb.org.

7.5. Competitions

WRA hold a programme of competitions that you can enter once you have gained a handicap. The programme continues throughout the year. Details of the competitions can be found on the club calendar, posted on the WRA website.

If beginners don't feel ready to compete on competition days, they are still welcome to come along and shoot shorter distances on the field. However, the choice of round on the day may be limited to number of arrows being shot at each distance to match the competition round.

7.6. Scoring

It is important that score sheets are filled in correctly or they will not be valid. An example scoresheet with notes for guidance is included at the end. Completed scoresheets should be left in the box in the clubhouse.

8. Mobile Phones

Whilst mobile phones should not be a distraction to other archers it is advisable to have one with a fully charged battery available in case of an emergency.

9. Smoking

The use of cigarettes and e-cigarettes should be confined to areas away from the shooting area and clubhouse.

And finally

“I hear and I forget, I see and I remember, I do and I understand”.
Confucious

You've heard it on the beginners' course, you've read it here,
now go and shoot, but above all, ENJOY!!



NAME 2 Joe Bloggs

DATE 2 14/03/2016

2 ROUND 100/80 yd NEW 80/60 yd LONG 60/50 yd NATIONAL 50/40 yd SHORT 40/30 yd JUNIOR SHORT JUNIOR

2 BOWSTYLE REC C/P L/BOW B/BOW TRAD X/BOW

122 cm face														E/T	HITS	GOLD	SCORE	R/T
7	5	5	3	M	M	20	9	7	5	5	1	M	27	9	1	47	4	
9	9	5	5	1	1	30	7	7	7	5	M	M	26	10	2	56	5	
7	7	5	5	5	3	32	7	5	5	5	3	M	25	11	0	57	160	
5	5	5	5	3	3	26	7	5	5	3	1	1	22	12	0	48	208	
6 DISTANCE TOTAL														42	3	208		
122 cm face														E/T	HITS	GOLD	SCORE	R/T ctd
9	7	7	7	5	3	38	7	7	5	5	3	1	28	12	1	66	7	
9	7	7	5	5	3	36	9	9	7	7	3	3	38	12	3	74	8	
6 DISTANCE TOTAL														24	4	140		
Archer	9	<u>Joe Bloggs</u>	Target captain	<u>Fred Smith</u>	GRAND TOTAL	66	7	348	8									

COMPLETING A SCORESHEET.

E/T = End Total (for 6 arrows); R/T = Running Total (that is, of ALL arrows shot, not just at each distance)

The numbered points above relate to the following stages:

- 1 There are several Rounds in Archery. Each one has a dedicated Scoresheet but they are all completed in the same way. This example round is a Junior National, shot on a 122cm target face, with 4 doz arrows at 40 yds and 2 doz at 30 yds, 5 zone scoring (i.e. 9,7,5,3,1). Metric rounds are 10 zone scoring (i.e. 10 down to 1) and will require 10s instead of Golds.
- 2 Ensure the full name of the archer, date, round *(i.e. by distance shot) and bowstyle * are noted. Without these two * the round can be neither handicapped nor recorded.
- 3 Fill in the arrow values, scoring highest first. Mark "M" for misses and non scoring arrows (not -, /- or 0). Enter the combined score of each 6 arrows (i.e. an "end") in the E/T column.
- 4 Complete the total hits, golds and score for each dozen arrows
- 5 As you continue the round, keep adding on every dozen score in the R/T column to give the running total
- 6 Rounds can consist of 1, 2, 3 or 4 distances, so at the end of each distance, total up all the Hits, Golds and Score for that distance
- 7 Continue adding every dozen total for a Running Total - do not start a new Running Total at the new distance
- 8 At the finish of the round, add up the hits, golds and scores from all the Distance Totals to give a Grand Total of hits, golds and score. The Grand Total score here should tally with the final entry in the Running Total column.
- 9 Check and sign your scoresheet. Even if someone else is scoring for you, it is your responsibility to ensure that your scores are complete and correct. Incomplete scoresheets will be returned for completion.

And finally if in doubt please ask.