



Adaptive Sports USA  
Archery Rulebook

## 1. TARGET ARCHERY

1.1 Adaptive target archery is conducted in accordance with World Archery (WA) rules. To be thoroughly versed in adaptive target archery, one should be familiar with the Adaptive Sports USA Rulebook as well as the WA Rulebook, which is available through USA Archery (USAA) or WA. Following are some of the rules governing equipment that can be used in adaptive competition. (Neither the USAA nor the WA dress code will be enforced.)

1.2 Adaptive Sports USA recognizes the following Adult and Junior Divisions:

- Recurve Division
- Compound Division
- W1 Division
- Barebow\*\*
- Basic Compound\*\*
- VI - Visually impaired

\*\* Barebow is a WA category that is growing and is included in most USAA competitions. The Basic Compound category was added into Jr. Olympic Archery (JOAD) to give a place to kids shooting Genesis bows so they are not competing with compound shooters using scopes and releases.

In all categories, except at national events, male and female categories can be combined (but it is not necessary).

1.3 Each of the Divisions identified above have the following classes:  
- Adult (age 23 and up for Adaptive Sports USA sanctioned events)  
- Juniors (ages 7 to 22 for Adaptive Sports USA sanctioned events)

### Age Divisions

Young Adult: Through the year of their 22nd birthday

Junior: Through the year of their 20th birthday

Cadet: Through the year of their 17th birthday

Cub: Through the year of their 14th birthday

Bowman: Through the year of their 12th birthday

Yeoman: Through the year of their 9th birthday

1.4 Competitors are grouped according to Division and Class at each competition.

1.5 Separate events for Junior Nationals and Adult Nationals can be recognized.

1.6 A division for archers using bow stands can also be offered at all events.

## 2. COMPETITOR'S EQUIPMENT GENERAL REGULATIONS

(For more detailed rules, see the WA rulebook. Book 3, Chapter 21 has the specific para archery rules).



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2.1 For the Recurve Division, the following items are permitted:

A bow of any type provided it complies with the common meaning of the word “bow” as used in target archery, that is, an instrument consisting of a handle/riser and grip, (no shoot through type) and two flexible limbs each ending in a tip with a string nock. The bow is braced for use by a single string attached directly between the two string nocks, and in operation is held in one hand by its handle (grip) while the fingers of the other hand draw and release the string.

A sight is allowed; however, no magnification is allowed and it can have only one aiming point. Levels and peep sights are not allowed.

Finger tabs or gloves can be used. Releases are not allowed in the recurve division; however, a mouth tab can be used.

Stabilizers are allowed.

Maximum arrow size is 9.3 mm (2314). All arrows used in an end should match (color, fletchings, nocks). Arrows should have the archer’s name or initials on the shaft.

2.2 For the Compound Division, the following items are permitted:

A Compound Bow - which may be of a shoot through type riser, is one where the draw is mechanically varied by a system of pulleys or cams. The bow is braced for use by cables or bowstring(s) attached directly to the cams, the string nocks of the bow limbs, cables, or by other means as may be applicable to the design. No equipment may be electric or electronic.

The peak draw weight shall not exceed 60 lbs.

All types of additional devices are permitted, unless they are electric, electronic, compromise safety, or create unfair disturbance to other athletes.

A release aid may be used provided it is not attached in any way to the bow. Any type of finger protection may be used.

Stabilizers are allowed.

Maximum arrow size is 9.3 mm (2314). All arrows used in an end should match (color, fletchings, nocks). Arrows should have the archer’s name or initials on the shaft.

2.3 For the W1 Division, the following rules apply:

Equipment rules are basically the same as WA rules for recurves. The compound bow is considered the adaptation. Compound or recurve bows can be used.



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- The peak draw weight of the bow is 45 pounds
- No peep sights or scope sights are allowed
- Level device is not allowed
- Release aids are permitted
- For the 50 m round and match play, the full 80 cm target face will be used

### 2.4 For the Barebow Division, the following rules apply:

A barebow meets the requirements of the recurve bow but is bare except for the arrow rest and it is free from protrusions, sights or sight marks, marks or blemishes or laminated pieces (within the bow window area) which could be of use in aiming. The unbraced bow complete with permitted accessories shall be capable of passing through a hole or ring with a 12.2 cm inside diameter.

No releases are allowed.

Maximum arrow size is 9.3 mm (2314). All arrows used in an end should match (color, fletchings, nocks). Arrows should have the archer's name or initials on the shaft.

### 2.5 For the Basic Compound Division, the following rules apply:

A basic compound is a bow in which the draw is mechanically varied by a system of pulleys or cams with no draw stop. Maximum draw weight is 20 pounds. No sight, stabilizer, peep, or kisser button is allowed. An arrow rest is permitted.

Gloves, tabs, bare fingers, are allowed. Releases are not allowed in this division; however, a mouth tab can be used. (This is modified for Adaptive Sports USA competitions)

### 2.6 For the Bow Stand division, any type of bow stand can be used as long as it can be operated safely. The arrow must be drawn back at the level of the target (no sky draws).

## 3.0 CLASSIFICATION

*All archers who compete at a sanctioned regional or national Adaptive Sports USA archery event shall be classified as per 3.2 below. Archers who have not yet been classified shall be allowed to compete but the scores cannot count for ranking, records, or obtaining any titles. Adult archers may compete in an Adaptive Sports USA recreational round but no records will be recognized without being classified. (Classification categories and shooting categories are not the same.)*



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### 3.1 Classes

W1 - W1 class athlete represents a para archer who demonstrates functional impairments in at least three limbs and the trunk. All W1 archers are required to shoot from a wheelchair.

W2 - A W2 para archer will have paraplegia or comparable disability. Athletes in this class display minimal or no limitations in upper extremity strength, range of motion, or coordination. W2 athletes shoot from a wheelchair.

ST - A Standing class archer is one who meets the minimum requirements according to the Functional Classification System. This includes athletes with an amputation of the forearm above the wrist (no wrist joint present) or amputation of the lower 1/3 of the leg (no ankle joint present). Some standing archers are allowed to use stools.

### 3.2 Classifiers *(to be added at a later date)*

### 3.4 Classification Cards *(to be added at a later date)*

## 4.0. ASSISTIVE DEVICES

**These are not the official WA rules or USAA rules. WA rules are included in an Appendix at the end.** *Any athletes who wish to compete internationally or in tournaments outside of Adaptive Sports USA control need to be aware of World Archery and USA Archery rules as they could be enforced. Also, some Adaptive Sports USA adult events may be able to qualify a military archer for a VA stipend. USAA rules must be enforced if stipend qualification is desired.*

*At an Adaptive Sports USA competition, athletes can use whatever strapping and/or support they need in order to compete. Wheelchairs and stools are allowed. Wheelchairs must have wheels, not tracks. Releases are allowed in the Open Compound, W1, and Basic Compound categories. Mouth tabs are allowed in all categories.*

## 5.0 TARGET ARCHERY EVENTS

At outdoor target events, the tournament field may be used by the competitors for practice on all of the days of the competition at times arranged by the Organizers.

Recurve, barebow, basic compound archers will shoot the 122 cm target.

Compound archers and basic compound archers will shoot the 80 cm target. W1 archers will shoot the full size 80 cm targets.

All outdoor events will be 12 ends of 6 arrows (total of 72). A break can be held after 6 ends



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5.1 Adult Distances

Adult rounds: (*Classification is required for adult competition rounds: it is not required for the recreational rounds.*)

Recurve - 70 meters at a 122 cm target  
Recurve recreational (or novice) - 30 meters at a 122 cm target

Compound - 50 meters at an individual 80 cm target  
Compound recreational (or novice) - 30 meters at a full size 80 cm target

W1 - 50 meters at a full size 80 cm target  
W1 Recreational (or novice) - 30 meters at a full size 80 cm target

5.2 Youth Distances

*Adaptive Sports USA Junior Nationals Distances*

Age group	Recurve	Compound/W1	Barebow/Basic
Young Adult	50 m	50 m	50 m
Junior	50 m	50 m	50 m
Cadet	50 m	50 m	50 m
Cub	30 m	30 m	30 m
Bowman	30 m	30 m	30 m
Yeoman	20 m	20 m	20 m

*The Junior National event is an event to eventually prepare athletes for competition in local, national, and international events. Therefore, it is important that the WA and USAA distances are offered and that all junior archers learn the official rules. At regional events, tournament organizers are given a lot of leeway in distances for the archers, but rules of shooting (including coaching) should not be changed.*

*Classification is not required for the regional youth rounds. An open (or recreational) category can be added for archers who use shooting stands or who cannot shoot the distances listed above. The recommended distance is 20 m for cubs, bowman, and yeoman and 30 m for cadets, juniors, and young adults. Distances for the open category can be modified by the tournament director. No records will be recognized. These distances cannot be used for qualifying for the national event.*



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Recreational	Recurve
Young Adult	30 m
Junior	30 m
Cadet	30 m
Cub	20 m
Bowman	20 m
Yeoman	15 m

### 5.3 QUALIFYING STANDARDS

Qualifying standards for the Adaptive Sports USA Junior Nationals will be 100 points for all junior categories. Tournament organizers can determine adult qualifying standards, if necessary. **Qualifying standards must be shot at the official Junior Nationals distances.**

### 6.0 RANGE SETUP

Whenever possible, the WA Field of Play Layout should be followed. The minimum requirements to be followed are outlined below with comments explaining how adaptations can be made.

Whenever possible, the range should be set up for everyone to shoot at the same time. If multiple lines are necessary, all athletes in the same class and division must shoot at the same time. (For example, all Junior Compound shooters must shoot at the same time.)

Shooting lanes must be a minimum of 5 meters wide. Two targets can be in each lane. The distance between targets must be at least 2.5 meters, measured from the center of the gold to the center of the gold. (This is the WA standard. At international events, there are two archers in wheelchairs or three standing archers on each target. If there are two lines then there can be one archer in a wheelchair and two standing archers)

Each target butt should be set up at an angle between 10 and 15 degrees from vertical.

The center of the gold shall be 130 cm above the ground with a +/- 2 cm tolerance.

A waiting line for athletes waiting for their turn to shoot should be marked. It is usually five meters behind the shooting line. This can be adjusted if necessary, but should be a minimum of three meters.

A line parallel to the shooting line shall be marked 3 meters in front of the shooting line. An arrow going past this line is considered a shot arrow.

Safety zones or barriers should be erected or indicated 20 meters away from the sides of the shooting lanes and 50 meters behind the furthest target butt.



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To avoid sun glare, it is suggested that the archers are shooting toward the north or south. When this is not possible, the recommendation is to shoot toward the west in the morning and toward the east in the afternoon.

Target butts should be tied or staked down to prevent being blown or pulled over.

Each butt shall have a target number. These numbers shall be a minimum of 30 cm tall. Target numbers shall be fixed above or below the center of each target butt so they are clear of the target face. The rule used to be the numbers were black on yellow and yellow on black, but the rule is now that they contrast and are easy to see.

Each butt shall have a wind directional flag fixed 40 cm above the center of each target butt. The flag should be between 25-30 cm and it should be easy to see from the shooting line.

### 7.0 SHOOTING

For the least conflict with other events, it is highly recommended that all archery events be held the first four days of the Regional and National Games.

Each archer shall shoot his arrows in ends of six arrows each. The maximum time permitted for an archer to shoot an end of six arrows is four minutes.

The recommended number of archers per target is three if standing; two if using wheelchairs. However, there shall be no more than four per target. This would require two lines (AB/CD)

Coaching and spotting arrows is permitted. However, it cannot interfere or distract other archers on the shooting line. Coaches must stay behind the waiting line.

There will be double scoring cards used in all rounds.

All athletes in one class and division shall shoot simultaneously in individual rounds.

The maximum time allowed for the retrieval of missed arrows shall be the time necessary to complete the scoring of all targets. This can be adjusted by the Director of Shooting (DOS).

There shall be at least one USA Archery National Judge at any National Championship.

All score cards must be signed by the scorer(s) and the archer.

The judge or DOS shall control the start and end of each time limit with a whistle or other audible sound. The whistle blows shall be as follow:

- Two (2) whistles - athletes move to the shooting line or being prepared to shoot.
- One (1) whistle - shooting shall begin
- Three (3) whistles - all shooting shall cease and athletes and/or scorers can proceed to the targets for scoring.



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- Five (5) or more whistles - emergency - all shooting is to cease immediately and all arrows shall be removed from the bows and placed in their quivers.

Under no circumstances may an arrow be re-shot. An arrow may be considered not to have been shot if:

- The arrow falls from the bow or is mis-shot and a part of the arrow shaft lies within the zone between the shooting line and the 3 meter line, and provided the arrow has not rebounded.
- The target face or butt blows over. The Judges shall take whatever measures they deem necessary, and compensate adequate time for shooting the relevant number of arrows. If the butt only slides down, it shall be left to the Judges to decide what action to take, if any.

In the event (during the qualification round) of an equipment failure, verified by a Judge, or a medical issue, verified by medical personnel, extra time may be given to make the necessary repairs, change the damaged equipment or for medical personnel to determine the problem and decide whether or not the athlete is fit to continue competing unassisted. However, the maximum time to make up arrows is 15 minutes (following regular order of shooting and timing). The athlete shall make up the appropriate number of arrows at the earliest opportunity under the supervision of a Judge. (There is not a time limit for fixing the equipment - that can take as long as necessary; the time limit has to do with making up arrows. Fifteen minutes is usually enough time for two to three ends.)

In the event of an equipment failure the athlete shall call a Judge while stepping back from the shooting line or by raising an arm.

All arrows holes shall be marked prior to pulling any scored arrow. Marks should be about 1 cm long on two sides of the arrow. All arrows should be scored before being marked or pulled.

### **8.0 CONDUCT**

Athletes may not raise the bow arm until the signal to start shooting is given. (They can load arrows once the signal to go to the line is given.)

No athlete may touch the equipment of another without the latter's consent. Serious cases may lead to penalties being applied.

The DOS shall be advised if an athlete, when drawing back the string of his bow uses any technique which, in the opinion of the Judges, could allow the arrow, if accidentally released, to fly beyond a safety zone or safety arrangements (overshoot area, net, wall, etc.) If an athlete persists in using such a technique, he shall, in the interest of safety, be asked by the Chairperson of the Tournament Judge Commission or the DOS to stop shooting immediately and to leave the field.

No athlete may draw his bow, with or without an arrow, except when standing on the shooting line. If an arrow is used, the athlete shall aim toward the target butts, but only after being satisfied that the range is clear both in front of and behind the target butts.



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All other rules of sportsmanship shall apply.

Any electronic communication device (cell phones, pagers, iPods), headsets or noise reduction devices) are not allowed in front of the waiting line. Electronic devices used for keeping track of score can be taken to the target.

## **9.0 NATIONAL RECORDS**

National records may be set at Adaptive Sports USA sanctioned tournaments or USAA sanctioned tournaments.



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**Appendix**

**21.6. ASSISTIVE DEVICES (from the World Archery rulebook) – These rules do not apply at Adaptive Sports USA events. They are included for informational purposes only.**

Assistive devices are only allowed if they have been permitted by an international classifier and included on the athlete's classification card. Athletes who no longer meet the criteria to be classified as a Para-athlete, may nevertheless require an assistive device to enable them to shoot a bow and arrow in general competition, but not to provide help to shoot well. Such athletes will have an international classification card dated November 2013 or later specifying any assistive device that may be used. Assistive devices include the following:

21.6.2.

Wheelchair:

- A wheelchair of any type (provided that it does not have more than four wheels) may be used provided it subscribes to the accepted principle and meaning of the word "wheelchair";
- No part of the wheelchair may support the bow arm while shooting;

For wheelchair athletes, the sides of the back support of the chair may not be further forward than half the width of the athlete's body at each side.

[EXT=67]

- All parts of the chair shall be at least 110mm below the athlete's armpit while shooting at any distance. For W1 sport class athletes, if there is a medical reason for the back of chair height to be less than 110mm below the armpit, the additional height may be approved by classifiers and noted on the athlete's classification card;
- The body support protruding forward from the main vertical frame of the chair back shall not be longer than 100mm and shall be at least 110mm below the athlete's armpit;
- The wheelchair shall not exceed 1.25m in length;
- The use of anti-roll devices is allowed.

21.6.3.

Stool:

A stool of any type may be used provided it subscribes to the accepted principle and meaning of the word stool.

- No part of the stool may support the bow arm while shooting;
- No part of the stool may be in contact with the trunk of the athlete. (This means the athlete cannot lean against the back of the stool);
- The area of contact with the ground, framed by the legs of the stool and the feet of the athlete shall not exceed the width of 60cm x 80cm along the shooting line.

21.6.4.

Block:

Athletes with legs of different lengths may use a raised platform of any substance under 1 foot – or as a part of the shoe – in order to be more stable when standing. Limitations in size and position are similar to the devices described in [REF=828].

21.6.5.

Permitted Body support:



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- Only W1 athletes are allowed to use both a protrusion and strapping at the same time. They may use any amount of body support/strapping to maintain body stability as long as no support is given to the bow arm while shooting;
- Other athletes, when their international classification card allows strapping, may have only a single strap of not more than 2 inches (5 centimetres) wide at any point and wound only horizontally and only once around the torso;
- For some wheelchair athletes, leg strapping may be authorised as specified on their international classification card.

21.6.6.

Prosthesis:

- A prosthetic arm including a “hand” may be used and may be attached to the bow provided that the attachment is not totally rigid nor permanently fixed.

21.6.7.

Release aid:

- Any release aid may be attached to the wrist, elbow or shoulder, or held in the mouth, and permanently attached to the string as applicable, provided no release aids may be used with the Recurve Open class (excepted mouth tab).

21.6.8.

Bow bandage:

Athletes with a bow arm disability may use the bow tied or bandaged to the hand provided that it is not totally rigid nor permanently fixed.

21.6.9.

Bow arm splint:

Athletes with a bow arm disability may use an elbow or wrist splint.

21.6.10.

String arm wrist splint:

Athletes with a string arm disability may use a wrist splint.

21.6.11.

Assistant:

W1 athletes unable to nock their arrows may have a person to load the arrows onto the bow. These persons may give the athletes any verbal or other assistance, especially regarding the spotting of arrows, and adjusting the bow sight. These persons shall not disturb other athletes. The athlete and assistant shall be recognisable as partners wearing the same uniform and, where athlete numbers are worn, they shall wear the same number.