

# Archery Disciplines

**TARGET:** The most commonly practiced form of archery, target tournaments are held both indoors and outdoors. The archers shoot from a line, which runs parallel to and is a designated distance from the target faces. Targets are comprised of multi-colored concentric circles which each have point values. A shot in the innermost circle scores the highest point value (usually 10), while a shot in the outermost circle scores the fewest (usually one). No points are awarded for a shot that misses the target. Target divisions include the recurve (Olympic) bow, compound bow and barebow. Events at the Olympic Games are in the outdoor target discipline, using the recurve (Olympic) bow only, and are shot at a single common distance, 70 meters (230 feet).

**FIELD:** A challenging outdoor discipline in which the archer takes on the terrain along with the target, field archery has widespread participation. A course is set up with 24 targets, which are marked with the distance to the shooting line. The distances to another 24 targets remain unmarked. Three arrows are shot on each target for a total of 144. The targets are placed with such difficulty that the shots do not resemble target archery. Many of the shots are made uphill or downhill and require consideration for obstacles. Field events are held for the recurve (Olympic) bow, compound bow and barebow divisions.

**FLIGHT:** Shooting for distance is the objective of Flight archery. Two types of arrows, regular flight and broadhead flight (arrows with cutting heads, suitable for hunting), are used and can be combined with many types of bows: standard recurve and compound bows, crossbows, flight bows that have an extended handle and a large overdraw, "primitive" bows and the "footbow". Records are kept for each combination of bow, arrow and shooter class sanctioned by the NAA's Flight Committee. In a flight tournament, each archer shoots four ends of six arrows. Each end may be in a different class. A different bow can be used for each class or the archer may shoot the same bow for all four classes. Note that the world's record for the footbow is over a mile!

**CLOUT:** A rarely practiced discipline, most archers take part in clout archery only for fun. Basically, it is a test of trajectory skill, the same talent used in the lighting of the flame at the 1992 Summer Olympic Opening Ceremonies. In clout archery, the target (15 meters in diameter) consists of five concentric circular scoring zones on the ground, which are outlined on the ground. The innermost circle is worth five points, and scores decrease to one point in the outermost circle. Each senior recurve archer shoots 36 arrows at the target at a range of 165 meters (540 ft) for men, 125 meters (409 ft) for women; male compound shooters shoot 185 meters (606 ft), and female 165 meters (540 ft). Youth rounds are identical, except the distance is 125 meters (409 ft).

**CROSSBOW:** Crossbow events are held in target (indoor and outdoor) and clout. Outdoor target events are shot at a 60-cm, 10-ring multi-colored target face. Indoor rounds are shot at a 40-cm, 10-ring target face. In the clout round, six ends of six arrows are shot from 165 meters at a 48-ft diameter target on the ground.

**SKI-ARCHERY** (aka Ski-Arc): A relatively new discipline, Ski-Archery combines archery with cross country skiing. It is performed much like the Olympic Biathlon, which features rifle shooting instead of archery. Bows are carried in a special backpack by the archers while they are skiing. The course is 12 kilometers long for the men and eight for the women. One end of four arrows is shot every four kilometers, and, in one of those ends, the archer shoots from a kneeling position.

Targets are 16 centimeters in diameter and are positioned 18 meters from the shooter. Each shot is either a hit or a miss. For every target missed, the archer must ski a 350 meter penalty circuit before leaving the target site. The first athlete to complete the course is the winner.

**ARCATHLON:** A summer arcathlon event is a combination of target archery shooting and running, a challenging experience. The athlete is required to run a course and stop at prescribed points to shoot at fixed targets. The typical course is between 5 and 12 km. Athletes make three shooting stops, shooting four arrows at each. The typical event consists of a one-mile run followed by four arrows shot from a standing position, then another one-mile run followed by four arrows shot from the kneeling position, then another one-mile run followed by four arrows shot from the standing position.

Bows are normally stored at the shooting range, but competitors have the option of carrying them. Targets are 16 centimeters in diameter and are positioned 18 meters from the shooter.

**3-D ARCHERY:** Targets in 3-D events are lifesize replicas of a variety of wildlife. These events combine the skills of determining distance to the target, determining what part of the target to hit and the actual shot. The majority of these events are outdoor, but several indoor tournaments exist. Most archers who compete in these events use a compound bow. Archers competing in the typical 3-D tournament walk a course and shoot 40 arrows at 40 different targets. The tournament is usually held over either one or two days.