

Lviv State University of Physical Culture named after Ivan Boberskyj

Department of shooting and technical sports

Subject

*"Theory and Methodology of the Selected Sport
and Improvement of Sports Skill – archery"
for 4 courses students*

LECTURE:

"TERMINOLOGY / GLOSSARY IN ARCHERY"

by prof. Bogdan Vynogradskyi

Lviv – 2020

TERMINOLOGY / GLOSSARY

Actual draw length: The personal draw length of the archer measured at full draw, from the bottom of the slot in the nock to the pivot point of the grip plus 1 3/4 inch (45mm), which is the back edge (far side of the bow) on most bows.

Actual arrow length: The personal arrow length of the archer, measured from the bottom slot of the nock to the end of the shaft (this measurement does not include the point/pile); with this end of the shaft at 1 inch (25mm) in front of the vertical passing through the deepest point of the bow grip or the arrow rest.

Actual draw weight: The energy required to draw the bow to the actual draw length (commonly measured in pounds).

Anchor point: A location on the archer's face to where the string hand comes to rest at full draw to give consistency to shooting. Also known as "reference point" or "facial marks".

Apache method: Aiming method along the arrow shaft

Arbalest: (1) A mechanically hand wound crossbow. (2) A person who shoots a crossbow.

Archer: A person who shoots a bow and arrow.

Archer's paradox: The initial stages of flight in which the arrow flexes to clear the bow handle.

Arm guard: A protective shield, usually of leather or plastic, worn on the inner side of the forearm of the bow arm. It protects the arm from being hit by the bow string. Many different designs and types of arm guard can be found

Arrow: A projectile shot from a bow.

Arrow plate: An attachment on the side of the bow to give single point contact to the arrow and provide smooth arrow passage. Not in common use today.

Arrow rest: A device on the bow to provide a contact point; also a resting point, or shelf to support the arrow.

Arrow shelf: A horizontal projection from the bow window upon which the arrow can lie in the absence of an arrow rest.

Arrow straightener: A mechanical device used to detect and eliminate bends in aluminium arrows.

Back (of bow): The side of the bow facing away from the archer, when holding up the bow.

Bare shaft: An arrow shaft without fletching.

Bare-bow: A class of shooting where no sighting marks, protruding stabilizers or other accessories are permitted.

Barrelled arrow: An arrow that has a greater cross section in the middle and tapers down at both ends.

Basic technique: The fundamental technique of shooting a bow and arrow. Usually the style taught during the introduction to archery, forming the basis for consistent shooting.

Belly (of bow): The surface of the bow facing the archer during shooting. Also known as the "face" of the bow.

Black: The fourth scoring colour on the Indoor/Outdoor target face, when counting from the centre of the target.

Blue: The third scoring colour on the Indoor/Outdoor target face, when counting from the centre of the target.

Blunt: An arrow point that is not tapered, generally used for Popinjay or shooting small game.

Bobtail arrow: An arrow that has the greatest cross section at the front of the arrow and tapers down toward the back.

Body alignment: The relationship of the archer's legs, hips, trunk, and shoulders while shooting. Body alignment has to be lined consistently towards the target.

Boss: An alternative name for "Butt".

Bouncer: An arrow that hits and bounces away from the target instead of remaining in the buttress. Also known as a "bounce-out" or "rebound".

Bow arm: The arm that supports the bow.

Bow efficiency: The ratio of kinetic energy received by the arrow to that stored by the bow.

Bow hand: The hand that supports the bow.

Bolt: A projectile shot from a crossbow.

Bow scale: A device that measures the draw weight of a bow.

Bow sight: A device, which can be of several different designs, attached to the bow and which assists the archer in aiming.

Bow sling: A strap attached to the bow through which the archer slips the bow hand, thereby preventing the bow from being dropped upon release.

Bow square: A measuring device that can be temporarily attached to the bowstring, which lies on the arrow rest, to measure various aspects of the bow/string relationship: bracing height, nocking point location, tiller, peep/kisser

location, button height, etc. Also known as string gauge, bow gauge and fistmele gauge.

Bow string: The string for a bow usually made of synthetic material with two looped ends.

Bow stringer: A device which an archer uses to assist in stringing the bow.

Bow window: The cut-out section on the arrow side of the bow to allow the arrow to pass through or near the centre line of the bow.

Bow: A long object with a string attached from one end to the other holding the object bent and under tension and which projects an arrow upon drawing and release.

Bowyer: A person who makes or repairs bows.

Braced bow: A bow that has had a string fitted into position ready for shooting.

Bracer: An alternative name for "arm guard".

Bracing height: The distance between the string and pressure point, usually the throat of the handle or the arrow rest (or the place/point indicated by the manufacturer) when the bow is strung.

Broad-head: A multi-edged sharp arrow point used in hunting live game.

Buffer lane: Strip of land beside the field of play to keep spectators at a safe distance.

Bull's-eye: The area on the target faces with the highest scoring value. A term not often used in target archery, see "gold".

Butt: A device onto which the target face is fixed and which stops the arrow. Also known as "boss"

Button: See Pressure button.

Cam: wheel-like device mounted on the limb tips of a compound bow, and operates to decrease the amount of weight held on the bow string at full draw.

Cant: To tilt the bow left or right while shooting.

Cast: The ability of the bow to propel an arrow and the degree of efficiency with which this is achieved. Denotes the speed of the limbs in discharging the arrow and is used as a term to refer to the parabola made by the arrow in flight.

Centre serving: The serving on the central area of the bow string which protects the bow string from wear.

Centre shot: A bow which is designed to allow the arrow to take a position central to, or on the mid-line, of the limbs. Centre shot is also used to refer to the correct alignment of the arrow

Chest guard: A protective device that covers the side of the archer's chest that is nearest to the bow which keeps clothes out of the path of the string during shooting.

Clicker (draw length check): A device attached to the bow which gives an audible indication when the arrow has been drawn to the desired predetermined draw length.

Closed stance: A shooting stance where the foot furthest away from the target is behind the line drawn from the centre of the target to the foot closest to the target, or the line of the shoulders is more than 180 degrees taking a line from the shooting position to the centre of the target. A clockwise turn of the feet position for a right handed archer, and anti-clockwise for a left handed archer.

Coach: A tutor or teacher of sporting activities.

Cock fletching: The fletching on the arrow that identifies a certain fletching. This fletching is sometimes a different colour from the other two fletchings.

With different types of bow and different bow set-ups the vane could face upward, downward or at right angles to the string. Also known as the cock feather or index vane.

Composite bow: A bow that consists of different laminated parts or materials.

Compound Bow: A bow where the string is attached to pulleys, wheels, or cams to increase the kinetic energy when an arrow is released and to decrease the bow weight held at full draw.

Course: The range on which archery rounds are shot.

Creep: Letting the drawing hand edge forward before releasing, thereby reducing the drawing length.

Cresting: Painted rings on the arrow just in front of the fletching for decoration or identification. Cresting is optional.

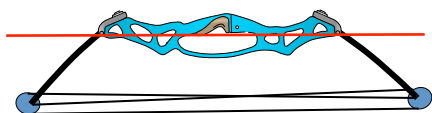
Cross hair: A sight which has two fine lines that cross at right angles; the intersection of the lines is used for lining up on the given aiming point.

Crossbow: A bow that is fitted horizontally on to a stock, and is shot in a fashion similar to a rifle.



I would like to enter the Crossbow section.

Deflexed riser: A riser with ends slightly bent towards the archer, built-in during construction, for smoother draw.



Director of shooting: The official in charge during a tournament.

Dominant eye: The eye which is dominant while aiming with both eyes open and is preferentially used by the archer. This is physiologically determined.

Draw: The act of pulling back the bow string thus storing energy in the bow.

Draw (Flemish): The use of only the index and second fingers to draw the bow, the index finger above the arrow and the other beneath the arrow.

Draw: The action of opening the bow.

Draw-force curve: The curve as charted with the increase of weight during the draw being one axis, and the measured draw length being the other axis.

Drift: Left or right movement of an arrow during flight caused by the wind.

Drop away rest: An arrow rest/launcher that drops away, clearing the path for the arrow as the bow string is released. (Mainly used on compound bows).

Dry-fire: release of the string without the normal discharge of the arrow.

Eccentric pulley or wheel: A cam like wheel mounted on the limb tips of a compound bow, used to decrease the amount of weight held on the bow string at full draw.

End: A specific number of arrows shot before the

archers go to the target to score and collect their arrows. Usually three or six arrows per end.

Facial Marks: See Anchor point.

Fadeout: The point where the non-working part of the limb connects to the riser fades out to the working part of the limb.

Field Archery: A type of archery round shot outdoors in an undulating wooded area with targets of varying sizes and at varying distances. The archers walk from target to target.

Field Captain: A person controlling the shooting along all or part of the shooting line, and who is responsible to the judge

Field point: An arrow point that is usually heavier than a target point and with the diameter of the front end smaller than the arrow shaft.

Finger tab: A piece of leather worn on the drawing hand to protect the fingers and give a smoother release to the string.

Finger sling: A piece of leather, plastic or rope looped at each end through which the archer slips the thumb and finger after taking hold of the bow, permitting a loose grip on the bow. It also prevents the bow from being dropped upon release.

Fishtailing: A horizontal left/right motion of the nock of an arrow during its flight to the target.

Fistmele: The distance between the bow grip and string when the bow is strung as measured by the closed hand with the thumb extended. The fistmele is no longer used in modern target archery and has been superseded by the more accurate bow square.

Flemish twist: A method of assembling a bow string end loops by twisting the material similarly to that of making a rope. It eliminates the need for serving the string loops.

Fletching jig: A mechanical device that is used for accurate and consistent placement of the vanes on an arrow for gluing.

Fletching: (1) The feathers or plastic vanes fitted to the arrow. (2) The process of attaching fletch to an arrow shaft.

Flight archery: Shooting for maximum distance for the type and weight of bow being used.

Flinch: To move either the bow or release arm just prior to the release, usually caused by anticipating the clicker or fear of hitting the arm. A flinch includes any twitch preceding release.

Follow through: Continuing all activities produced during the full draw (visual, physical, mental and respiratory) during and after the shot. Very often this term is only applied to the physical activity of the upper limbs.

Foot markers: Small objects placed in the

ground to mark the place where the individual places the feet to assist with consistency of stance.

Footing: A hardwood section that is spliced onto the front of a wooden arrow shaft to give extra strength and durability.

Freestyle: An old definition of a shooting class where the bow has a single string and the bow is held with one hand and the string is drawn and released with the fingers of the other hand.

Freeze: A shooting flaw where the archer aims outside of the gold (bull's eye) and cannot move the sight aperture into the centre. Also, an inability to release an arrow. A psychological shooting problem.

Full draw: The position reached when the string has been pulled back to the anchor point (facial reference point) prior to the release.

Gold: The central scoring colour of the Indoor/Outdoor target face.

Grain: A small measure of weight used for arrow components (1 gram = 15.432 358 353 grains).

Ground quiver: An arrow holder that sits on or sticks into the ground; may also hold a bow.

Group: The pattern of an archer's arrows as they appear on the target.

Handle: The centre section of a bow also called the "riser".

Hanger: An arrow that does not penetrate the target fully but hangs down the face.

Heeling (the bow): A term used when the archer puts most of the pressure on the lower part of the palm (with the heel of the bow hand) when at full draw.

Holding: Maintaining a steady bow position at full draw during aiming.

Horizontal plane: The plane parallel to level ground that travels through the middle of an archer's arrow at full draw

Hen fletching: Fletching other than the index fletch or cock feather. Sometimes called the shaft fletching.

Index fletching (Recurve): The fletching that is fixed to the arrow at right angles to the nock slot (as for archers shooting with fingers).

Index fletching (Compound): The fletching that is fixed to the arrow and is in line with the nock slot (as for archers shooting a compound bow using a release aid and arrow launcher).

Instinctive: A method of shooting in which no sight or other aiming device is used. The archer looks at the target and shoots.

Judge: The person responsible for the application of the rules of shooting during a

tournament.

Kisser button: A small disc, or similar, which is fitted to the bow string and is drawn to the lips, or other reference point before loosing (releasing).

Kyudo: The traditional Japanese form of archery.

Laminate: A bow laminated from two or more kinds of wood or other synthetic materials.

Launcher: An arrow rest where the arrow rests on top of a pronged extension just under and in line with the arrow. Can be spring loaded or drop away.

Left hand archer: An archer who holds the bow in the right hand, draws with the left hand and aims with the left eye.

Left hand bow: A bow with the window cut out on the right hand side when viewed from bow's string side.

Let down: To return the string to the rest position from draw without releasing the bowstring.

Let-off: The weight reduction from the peak weight to the holding weight on a compound bow.

Level: A bubble device or spirit level attached to the sight to help the archer maintain a vertical bow position. Very common on compound bows, but not permitted for competition on Recurve bows.

Limbs: The parts of a bow that bend when the bow is drawn and give the propelling force to the arrow.

Longbow: A traditional bow popular in England in the middle ages, usually 6 feet or more in length and made of Yew wood or similar.

Loop: The woven or served eyes at the ends of a bow string that fit into the notches at the tip of the limbs when the bow is strung.

Loose: The action of the hand at the point of release. The act of releasing a bow string to shoot the arrow.

Low wrist: A bow hand position where the hand is flat against the bow grip and the pressure during the draw is in line through the forearm bone.

Mark: The precise place the archer is aiming to hit.

Mat: A device onto which the target face is fixed and which stops the arrow.

Mass weight: The weight of any piece of equipment placed on a weighing scale; usually used in reference to the bow. Not to be confused with the "draw weight".

Minnowing: Similar to "fishtailing" but the

movements are less severe but much faster.

Monofilament: A single strand material which is one of the possible materials used for the centre serving on the string.

Nock locator: A locator on the bowstring against which the arrow nock is placed and indicates the nocking point.

Nock: This is a device fitted to the back of the arrow that has groove in it which fits onto the string. Also, it is refers to the grooves at the extreme ends of the limbs in which the loop ends of the bow string are fitted.

Nocking point: The marked position on the bowstring where the arrow nock is placed before drawing and releasing.

Open Stance: A shooting stance where the line of the shoulders is less than 180 degrees taking a line from the shooting position to the centre of the target. An anti-clockwise turn of the feet for a right handed archer & vice versa for a left handed archer.

Over bowed: An archer using a bow that is too strong for them.

Over braced: A bow that has a bracing height greater than the manufacturers' recommendation, or a bow that is fitted with a string too short for optimum and safe performance.

Over draw: A device fitted with an arrow rest that protrudes inside of the bow allowing for shorter arrows to be used. Sometimes used on compound bows.

Overdrawing: To pull the string further back than optimum at full draw and may cause limb failure.

Overdrawing: To pull the string further back than optimum causing the arrow to fall off the arrow rest.

Pass through: An arrow that hits the target but passes right through.

Peak weight: The highest weight achieved during the drawing of a compound bow.

Peeking: A shooting flaw wherein the archer moves the head, or the bow out of the way, at release to watch the flight of the arrow.

Peep-sight: A plastic or metal device attached to the string and has a small hole which the archer looks through to line up the front sight with the target. Also, required to give clarity to a magnifying front sight in compound shooting. Only permitted in the compound bow division.

Perfect end: An end in which all arrows land in the highest scoring zone.

Petticoat: An outer, non-scoring area, on some target faces where the target pins are placed to

hold the face on the target mat. Also known as the "Skirt".

Pile or Pyle. The metal tip attached to the front of the arrow shaft. Also known as the arrow point.

Pinching: Squeezing the arrow nock with the drawing fingers whilst at full draw.

Pin-hole: The exact centre of the gold ring in the target face that is used in competitive events. Also know under various terms such as Bull's-eye, Spider...

Plucking: A shooting flaw in which the string hand is pulled out and away from the face or facial mark (anchor point) at the moment of release.

Point: The metal tip attached to the front of the arrow shaft. Also known as the "Pile".

Point of aim: This is the place or the object at which the archer aims when using the tip of the arrow to aim. This may be above, below or on the target or on the ground, depending on the distance of the target and the cast of the bow.

Popinjay: A type of archery where the targets (representing birds) are placed on a mast. The archers stand under the mast and shoot upwards to knock the "birds" off the perch.

Porpoising: The up and down movement of an arrow in flight, usually caused by a wrongly positioned nocking point.

Powder pouch: A container for talcum or similar powder often used to dry an archer's hands or applied to the finger tab for a smoother release.

Practice bow: A simple bow with a light draw weight, usually used when teaching beginners.

Pressure button: A device that fits to the bow and protrudes just above the arrow rest which can be adjusted to assist in obtaining true arrow flight. Also known as Plunger button, Berger button or Button.

Pressure point: The place on the bow grip where the hand pressure is located when at full draw.

Pull: To remove arrows from the target.

Quiver: A holder for arrows that may be worn by the archer or placed on the ground. This may also be mounted on a hunting bow.

Range: (1) The distance to be shot. (2) The place where shooting takes place.

Rebound: See Bouncer.

Recurve bow: A bow with limb tips that are curved forward, away from the archer.

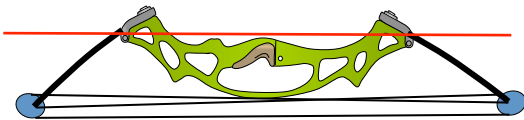


Do you have a Recurve Unlimited Division?

Red: The second scoring colour on the Indoor/Outdoor target face, starting at the centre of the target.

Reference point: see Anchor point

Reflexed: A riser or bow limbs that curve away from the archer (convex).



Release: The act of freeing the bow string from full draw to launch an arrow.

Release aid: A mechanical hand-held device mainly used with compound bows, which attaches to the bowstring and is used to draw and release the string, minimizing the string deflection on release.

Right hand archer: An archer who holds the bow in the left hand, draws with the right hand and aims with the right eye.

Right hand bow: A bow with the window cut out on the left hand side when viewed from the bow's string side.

Riser: The centre section of a bow to which the limbs are attached.

Round: A complete set of ends shot at designated distances and sizes of targets to obtain a standard score.

Self-Arrow: an arrow made from a single piece of wood.

Self-Bow: A bow made from a single piece of wood.

Self-Nock: A groove made in the back of a wooden arrow and reinforced with twine and glue for the purpose of nocking the arrow to the string

Serving tool: A mechanical device to assist in winding serving material onto the bow string.

Serving: Thread wrapped around the bowstring at its centre and on the loops to protect the string and reduce wear.

Shaft fletching: Fletching other than the index fletch. Sometimes called the hen fletching.

Shaft size: An identification code given to a particular arrow size and properties to allow matching a particular arrow with the bow weight in use.

Shaft: The main body of the arrow; an unfletched arrow tube or solid wood dowel.

Shake: A crack running with the grain in a bow stave.

Shooting glove: A partial glove with three fingers to protect the drawing hand fingers and to ensure a smooth release of the bow string. Used mainly by hunters and uncommon in target archery.

Shooting line: A single line marked parallel to the targets from which all archers shoot.

Shooting plane: The plane, perpendicular to the ground, in which a shot arrow flies.

Sight bar: The vertical part of the bow sight to which the aperture assembly is attached.

Sight block: The moveable portion of the bow sight which holds the sight pin.

Sight extension: A bar that allows the bow sight to be extended away from the bow towards the target.

Sight pin: The part of the bow sight that is superimposed on the centre of the target during the act of aiming.

Sight window: The recessed area of the riser just above the grip.

Sight: Any device mounted on the bow that allows the archer to aim directly at the target or mark.

Sighters: Practice arrows shot prior to the commencement of a tournament.

Sipur: An extension which is fitted to a bow to enable a short arrow to be used (usually used in flight shooting and not in target archery).

Skirt: An outer, non-scoring area, on some target faces where the target pins are placed to hold the face on the target mat. Also known as the "Petticoat".

Sling: A strap used by an archer to prevent the bow from being dropped upon release. See also Bow Sling, Finger Sling or Wrist Sling

Snap shooting: Shooting without pausing to aim carefully or shooting before reaching the facial marks or anchor point.

Spectator line: A clearly marked line over which spectators must not pass.

Spine: A measure of the stiffness of arrows. Some manufacturers use different measurements

across the supporting points and different weights to calculate the spine of their own manufactured shafts. Most commonly, however, it is the measured deflection of an arrow shaft established by hanging a specified weight (880 grams) from its centre whilst being supported at both ends across 28".

Springy rest: A small spring with an arrow rest extension and substitutes for a Pressure button.

Stabilizer: A rod and weight assembly mounted on either the face or back of the riser to help eliminate torque of the bow around its axis upon release.

Stacking: A rapid disproportionate increase in draw weight when drawing some (usually older) Recurve bows.

Stance: The physical alignment of the body in relation to the target in preparation for shooting.

Stave: A wood blank that a bow is fashioned from.

Stock: The main part of a crossbow which houses the trigger mechanism and to which the bow prod is fixed.

String alignment: The visual relationship between the bowstring and the bow limbs or sight.

String fingers: The fingers that hold the bowstring when shooting a bow.

String gauge – see bow square/fistmele gauge.

String grip (Mediterranean): The use of the first three fingers to draw the bow, the index finger above the arrow with the other two below the arrow.

String grip (Apache): The use of the first three fingers to draw the bow, with all three fingers below the arrow. Commonly used by beginners to allow aiming along the shaft.

String grip (Mongol): The use of the thumb around the string just below the arrow. The thumb is locked in position by closing the index finger round the end of the thumb. The arrow would be on the same side of the bow as the hand that is drawing the string. This form of the draw is uncommon in modern target archery but is found in several traditional archery disciplines.

String height: See bracing height

String jig: A device on which bow strings are made.

String loop: The part of the string that fits over the nocks at the end of the bow limbs.

String walking: A style of shooting where the archer moves the position of the string fingers on the string to adjust the vertical displacement of the arrow. No bow sight is permitted when this method of shooting is being used.

String: The cord on a bow to which the arrow is nocked, usually made of synthetic material.

Tab: See Finger tab.

Tackle: Archer's equipment.

Take down bow: A bow consisting of a riser and separate limbs that can be assembled for use and disassembled for storage or transport.

Target archery: A competitive round shot at fixed distances in an open field.

Target face: The cloth or paper or cardboard scoring area mounted on the target butt.

Target lane: Accommodation for, at most, three archers to shoot simultaneously from the shooting line at one target butt.

Target panic: The inability to hold the sight on the gold long enough to steady the bow sight and aim before release. Also known as "Gold Shy

Target Stand: A structure which holds the target butt in the designated correct position.

TFC: Torque Flight Compensator; an old adjustable flexible coupling fitted between stabilizer rods and the riser to damp down vibrations.

Thumb ring: A ring that fits onto the thumb with a small raised section that holds the string during the draw. Mainly used in the Eastern and Asian countries in traditional archery.

Tiller (static): The difference in measurements between a given point on the top and bottom bow limbs and the bow string. Most bows now have adjustable limb bolts that assist in adjusting the tiller measurements. Usually 4-9mm more at the top limb measurement is preferred.

Timber hitch: Traditionally the knot which is used to form the second loop on a string which has been manufactured with one loop, such as a longbow string.

Tip: The extreme end of the narrow part of the limbs.

Torque: A rotation of the bow about its axis upon release of the bow string.

Toxophilite: One who enjoys the sport of archery.

Toxophilus: The title of the first book to teach the art of archery, written in 1544 by Roger Ascham who was the archery coach to Queen Elizabeth 1st of England.

Toxophily: The love of the sport of archery

Trajectory: The curved path an arrow follows during its flight to the target.

Tuning: Adjustments made to the bow and arrow set-up, to achieve the truest arrow flight possible.

Under-bowed: An archer shooting a bow that is too weak for the task being undertaken.

Under-draw: An archer who does not draw the bow to its full potential.

Under-strung: A bow with a string too long resulting in a low bracing height and reduced efficiency.

Unit aiming: Maintaining the relationship of the body's shooting line while adjusting the elevation needed from the waist or hips.

Upshot: The final shot in an archery tournament.

Valley: The point of the lowest holding weight reached while drawing a compound bow.

Vane: A feather or plastic fletching fitted to the arrow.

Vertical plane: The plane parallel to the shooting line and perpendicular to the ground that includes the archer's spine.

Waiting line: A line parallel to the shooting line which the archers about to go to the shooting line must not cross until given the signal to do so.

Wall (Back): Limit of drawing of a compound bow beyond which the string cannot easily be pulled.

Wand: A piece of wood, 6 feet long, and 2 inches wide, that is driven vertically into the ground serving as a shooting mark. Used in the traditional ancient event of "splitting the wand", at 100 yards.

Wax (string): Material, traditionally bee's wax used to seal the bow-string preventing excessive moisture being absorbed. It also binds the string fibres together and lubricates the loop ends.

Weight: The force required to draw the bow, measured in pounds to the specified draw length. Not to be confused with the mass of the bow

White: The fifth or outermost scoring colour on the Indoor/Outdoor target face.

Windage: Horizontal correction of the bow-sight adjustment to compensate for wind drift.

Wobble: An erratic motion of an arrow in flight.

WORLD ARCHERY standard arrow: An arrow not exceeding the diameter of 25/64 of an inch (9.4mm) with a specification of the XX75 alloy or its equivalent.

WORLD ARCHERY standard bow: A basic one piece or take down bow with wood and/or glass fibre limbs. It can have a simple sight and a non-adjustable arrow rest. The tab or finger protection must exclude any form of stiffening or

locating platform. The un-braced bow complete with its accessories must be capable of passing through a hole of 12.2cm in diameter.

WORLD ARCHERY: Previously known as Fédération Internationale de Tir à l'Arc. The international governing body of archery.

Wrist sling: A strap, cord or lace that wraps around the archer's wrist and the bow, thereby preventing the bow falling to the ground during release.

Yaw: An arrow's erratic motion during flight.

Yellow: The central scoring colour on the Indoor/Outdoor target face.