

## Competition Check List.

### 1. Dress

You will be expected to wear white and / or dark green clothing, or your top may be your Club Colours. Take extra clothing with you for different weather conditions & waterproofs if you have them.

### 2. Equipment

Before the competition, check that everything is in working order – no bent or damaged arrows, string shot in & not worn on the serving or nock points, bow ready and that you have any spares you may need. Do it in advance not on the day.

Also take a packed lunch + snacks like bananas/cereal bars & a flask for hot drinks. You should drink a minimum 1lt of water during the shoot to prevent dehydration – this is as well as other drinks you may have - & sometimes 3 lt or more if it's really hot!

Always take sun lotion (protects against the sun & wind!) & a hat.

### 3. Arrival

On arrival at the venue, book in with the organizers. You should arrive early enough to allow yourself plenty of time to set up your equipment and compose yourself before the competition.( at least 45min before shooting starts)

### 4. Equipment Inspection

Some competitions have equipment inspection prior to the shoot, this entails the archer and their equipment being checked for compliance with the G.N.A.S./FITA Regulations. All your arrows must carry your name or initials for identification.

### 5. Sighters

In GNAS Rounds usually one end of arrows are allowed in competitions to fine-tune your sight marks. In FITA Rounds there may be up to 45min Practice.

### 6. Whistle

Most competitions are controlled by the Judge/Director of Shooting, by the use of a whistle. A single blast indicates commence shooting. Two blasts indicate that it is safe to approach the targets to score and retrieve arrows. Three blasts or a shout of FAST means STOP shooting. Even if at full draw, come down and do not release your arrow, as there is danger.

### 7. Shooting Position

There will normally be four archers on each Target, these are usually indicated by the letters A, B, C and D on the score sheet. Archers A and B are the first detail, C and D are the second detail. Archers A and C shoot on the left of the target number on the shooting line, B and D on the right of the number.

### 8. Target Captain

The archer indicated as C on the score sheet is the target captain, and it is their responsibility to enter the score for all the archers on that target, except when there is 'double scoring' in which case you should all take a turn, unless agreed otherwise.

### 9. Alternating

In GNAS Rounds archers A and B go first, shoot three arrows and retire from the line, then archers C and D shoot their first three arrows and retire. A and B shoot their remaining three arrows followed again by archers C and D. After scoring and collecting their arrows, on the whistle to commence shooting the next end, archers C and D go first. This alternating of who shoots first for each end continues throughout the competition.

In FITA Rounds you shoot all your arrows before leaving the line.

### 10. Scoring

On approaching the target to score your arrows, do not touch either your arrows or the target boss until all the scores have been entered on the score sheet by the target captain. Any arrow touching a dividing line between two scoring areas, counts as the higher value, if in doubt, your fellow archers should be able to agree the value of your arrow, if not, then call for the judge to give a decision. Always check your score as it is entered on the score sheet.

If a mistake in the value of an arrow is made on the score sheet, you must call a judge to make the correction & initial that mistake before any arrows are withdrawn from your target.(mistakes in adding up can be altered by the archers)If keeping your own score in a pad it is advisable to keep a check of each dozen as you go along, or at least at the end of each distance.

At the end of the tournament you will be asked to sign the score sheet to say that you agree with it, this is the score that is entered in the results, in GNAS Rounds mistakes cannot be rectified at the end.

In FITA Rounds you are actually signing that you agree the arrow values, so mistakes in the adding up of a final score can be altered.