PE 11

Archery Notes

Definition: the art or sport of shooting with bows and arrows

Background

Archery dates back to the Stone Age. The bow and arrow were invented by the end of the Upper Palaeolithic, also known as the Late Stone Age. In today’s times, archery is a recreational activity that can be played competitively. Back then its main use was for hunting and combat.

Equipment

* Bow
* Arrows
* Finger tab

Common bow types

**Recurve bow:** a bow with the tips curving away from the archer. The curves straighten out as the bow is drawn and the return of the tip to its curved state after release of the arrow adds extra velocity to the arrow

**Reflex bow:** a bow that curves completely away from the archer when unstrung. The curves are opposite to the direction in which the bow flexes while drawn.

**Self bow:** a bow made from one piece of wood

**Longbow:** a self bow that is usually quite long, often over 5 feet (1.5 metres) long.

**Composite bow:** a bow made of more than one material

**Compound bow:** a bow with mechanical aids to help with drawing the bowstring. Usually, these aids are pulleys at the tips of the limbs.

The most common type of arrow consists of a shaft with an arrowhead attached to the front end with fletchings and a nock attached to the other end.

Finger tabs protect an archer’s fingers from the bowstring.

Rules

Modern competitive archery is governed by the World Archery Federation.

Course

The course in target archery is made of lanes with the buttresses and target at the end of each lane that the archers will be shooting at.

Scoring

There are two sizes of target faces in target archery. One is 122 centimetres wide with the circles being 6.1 centimetres wide. A smaller target face is 80 centimetres wide and the circles being 4 centimetres wide. Each target has 10 concentric circles made up of five colours. The closer you get to the centre of the target the more points you score. The centre of the target is the bullseye and it is worth 10 points. Moving out from the centre each subsequent ring is worth one less point with the very outer ring being worth one point. The archer with the highest point total or with the highest number of scoring hits will be declared the winner of a round.

Penalties

A penalty will be given to an archer when they shoot an extra arrow, take a shot out of turn, or if they take a shot outside of the specified time limit they are given. If any of these penalties occur then the highest scoring arrow of that end will be taken away.

Interesting facts

* Archery was first included as an Olympic sport in 1900, discontinued in 1924, and reintroduced in 1972
* Archery is the national sport of Bhutan
* An arrow fired straight down the shaft of another is called a “Robin Hood”
* Archers must engrave their initials on each arrow in the Olympics
* Archers shoot according to their dominant eye, so just because you’re right-handed it doesn’t mean you’ll be shooting with your right hand

References

<http://www.worldarcherycenter.com/archery-facts/>

<http://www.fuzilogik.com/Sports-Library/Archery/Archery-Rules.html>

<http://en.wikipedia.org/wiki/Archery#Types_of_arrows_and_fletchings>