



MOSSLEY HILL ARCHERS

Handbook

INTRODUCTION:

This booklet is intended as a guide and introduction to your membership of Mossley Hill Athletic Club, Archery Section.

The Mossley Hill Archers are affiliated to Archery GB, the sport's national governing body, via our region, Northern Counties (NCAS), and our county, Lancashire (LAA). Archery GB was formerly known as GNAS or the Grand National Archery Society. GNAS has its foundations in Liverpool.

We shoot under the Archery GB Rules of Shooting, and you will start to learn these rules as you continue in the sport, but a full set are available via the internet at www.archerygb.org, further information can be found in your 'The Archery for Beginners' guidebook.

The international governing body is World Archery, formerly known as FITA, Federation Internationale de Tir a L'Arc.

Our website is www.mossleyhillarchery.co.uk, or find us on facebook under Mossley Hill Archery Club, where you will find more information about our club and any events that are taking place.

OBJECTS OF THE ARCHERY SECTION:

The section is here to provide facilities for the practice of archery, arrange for instruction in the sport and to further archery interest in general.

MEMBERSHIP:

Membership is open to all, who have paid their fees, who display safety on the range, and who are prepared to abide by the Mossley Hill Athletic Club and Section rules.

GENERAL INFORMATION:

In accordance with club rules, you are not permitted to shoot or use the facilities, unless and until your annual fee has been paid. We operate a strict 'no pay-no shoot' policy.

Fees are due on the 1st April each year.

Although the Archery GB and Club fees are due at different times of the year, subs are paid to the club in a single annual sum.

We shoot all year round, with the main activity taking place on the clubs grounds. Shooting is permitted any day of the week, on the grounds, subject to there being no agreed restriction with other ground users or the athletic club.

During the summer months (April to September) the main meeting is on a Tuesday evening, from approx. 18:00. Non-key holders may wish to, and do feel free to check with the committee, or other members, to determine if there will be shooting on any additional days or nights.

After shooting we take the opportunity to meet in the main club house for a chat, this is an ideal opportunity to talk through any difficulties, and get to know the other club members. Mossley Hill Athletic Club restricts any junior members' use of the main hall and rooms after 21:00. (This will not apply to section functions, such as the AGM).

During the winter months our Tuesday club night takes place indoors; **a subscription is required for this facility, which is separate from your annual club fees.** We compete in a monthly indoor match called the Portsmouth Round.

Winter shooting also takes place outdoors, weather permitting. We are members of a national postal league and we compete in a match once a month (October to March); commonly known as the Frostbite competition.

We are a multi discipline group, with various members being keen, not just in target shooting, but also field archery, clout, and roving marks. Members use a variety of bow and bow styles, including English Long-Bow, American flat bow, Olympic recurve, sighted and Bare-Bow, and Compound. If you wish to experience these other forms of activity, please don't be afraid to ask.

COMMUNICATION:

Watch the club notice board (summer) or listen to the announcements for details of any competitions, work parties etc that might be taking place. Events also appear on our facebook site, website or are sent by email or text. Please make sure the club secretary has your up to date e-mail address and telephone number, and of course, check facebook regularly to keep up with the latest news and events.

COMMITTEE:

The section's official business is conducted by a committee which is made up of a group of dedicated section members. Committee positions are elected at each AGM and any member can put themselves forward for election to the committee. If you would like to get more involved running of the section feel free to approach any of the existing committee who will happily explain the various roles and responsibilities to you.

HELPING TO RUN THE SECTION:

The section is a mutual help organisation. Each member is required to assist in the setting up and storing of equipment for shooting as well as various ad hoc tasks needed for the smooth day to day running of the section. Any member intending to shoot must be prepared to assist in the setting out of the field, subject to their physical abilities, and not expect others to do it for them. If you leave before others, have the respect to ask if those remaining need your help in putting the equipment away, prior to your departure.

CLUB EQUIPMENT:

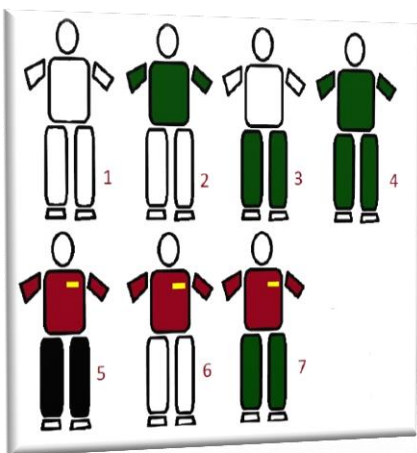
Those new to the sport and who have completed our beginner course may have the use of our club bows for a period of four calendar weeks after completion of the course. We cannot provide for longer periods due to ongoing coaching.

The section equipment is stored in two storage containers to the gable rear of the main club buildings. Keys will only be issued to members after a period of

time and following new members displaying control of the shooting range by being 'field captain' for a number of section trophy shoots. On resignation or termination of membership keys must be returned to the section secretary.

Members are required to keep the equipment storage clean and tidy. From time to time work parties will be arranged to maintain and refurbish equipment. If anyone notices any club equipment that is in need of any repairs please let the Equipment Officer or any other member of the committee know.

DRESS CODE:



Items 1-4: Traditional Archery GB colour ways

Items 5-7: Mossley Hill house colours of claret & gold (maroon & yellow)

Preferred option is item 5

The section has a relaxed view to dress on club days and nights other than a strict adherence to no sandals or open toed shoes or exposed midriffs. On these days denim may be worn, but at trophy shoots **no** denim is permitted.

Trophy shoots are our show pieces, and members are required to wear permitted colour schemes. Novices are exempt for their first year of shooting.

The colours are white, dark green, black, maroon and gold. They can be worn as per the above diagram. All colours are solid colours, there should be no variegation. Bottoms means trousers or skirts and the top may be long or short sleeved. Official club shirts are available for order at any time via www.rhinosports.co.uk, design reference RS-2799-placket for the long and short sleeved v neck, and design reference RS-2799-crew for the short sleeved crew

neck shirt. Plain maroon polo shirts and sweats are available for purchase direct from the section, just ask a committee member. A bulk order of jackets and/or hoodies will also be placed periodically, a member of the committee will co-ordinate this with the section members.

There will be a probationary year for you to acquire colours unless you are attending external shoots (tournaments) where you will be required to conform to the Archery GB dress code and wear official club 'colours'.

Trophy winners be aware that they may be disqualified if they are not in the correct attire, just as they would be at open shoots.

TROPHY SHOOTS AND CLUB CALENDAR:

We organise a number of straight and handicapped shoots throughout the year which are open to all club members. We attempt to combine two competitions per shoot, one straight and one handicapped, as follows:

- Mossley Hill Trophy & Silverman, Short Metric round.
- Jubilee Western & Western Arrow, Western round.
- George Formby Shield & American Pairs, (both handicapped), American round
- Long-Bow Western, straight shoot long-bows, Western round.
- Clout, various distances subject to age. Not handicapped.
- Frost-Bite, compound and recurve straight shoot. 3doz at 30m.

The calendar for the events is displayed in the main storage container, but announcements are normally made of upcoming events.

These shoots are the ideal way for you to ease into participating in tournaments at other venues, as you will pick up that vital knowledge for attending external shoots regionally and nationally.

To enter a handicap shoot you will need to have 3 qualifying scores in order for your handicap to be calculated. Simply submit your scores personally to our club records officer or put your completed sheet in their pigeon hole in the main container.

At present there are no junior specific trophies, but medals will be awarded to group winners. Any member or patron can donate trophies and determine the conditions that apply in order to win the trophy.

RANGE SAFETY:

The rules of safety are set out in the Archery GB guide lines and are in your 'Beginners' guidebook, pages 25, 26 and 27.

Shooting will be controlled by a field captain, who will be in charge for that occasion. When shooting in a small informal group, you should appoint a captain between you, who will decide on safe movement between ends.

As Mossley Hill grounds are open to the public and other sports users, you are required to ensure that the warning notices are displayed on the football barrier and that the gate adjoining the bowling green is secured at all times, as this is a blind spot to your line of vision.

As part of your personal equipment it would be wise to purchase a whistle. If shooting in pairs, one of you should keep a watch on the field, and give due notice in case of trespass onto the range, you will also need this for when you are earning your 'key' and acting in the capacity of field captain.

No junior or beginner is allowed to shoot unless an experienced senior member of 3 years standing is present on the range.

GUIDE TO SHOOTING LINE AND RANGE ETIQUETTE:

On page 58 of the Archery GB 'Beginners' guidebook there is listed some of the etiquette that should be adopted. Etiquette, like language, develops over time, but if you follow your fellow club members' lead you will be on the right lines.

Etiquette relates to those accepted rules of behaviour, which allow us all to enjoy our participation in the sport.

It must be remembered that many members take their sport very seriously, and put in many hours of practice, both in terms of shooting practice, mental and equipment preparation, especially on the run-in and during competition.

The section has specific rules which form part of our Standing Orders, a copy of which are displayed in the main storage container.

In general, **on club days**:

- Be prepared to assist in the putting up and return of equipment.
- Set the safety notice.
- Set up sufficiently away from the waiting line, so that the field captain can monitor the line.
- Do not hold conversations in a loud voice whilst archers are shooting.
- Do not make loud exclamations on the shooting line.
- Do not leave the field early, without informing other archers or asking if anything needs clearing.
- Those shooting a round, take precedence, in terms of timing, over other groups.
- If more than one round being shot, it is a case of first come first served.
- If you are shooting a round, you must appoint a field captain to control the whole range.
- Do not join or leave the shooting line when the archers on either side of you are at full draw.
- When wanting to join in at a specific target & distance, ask if it's ok to do so as the archer may be working on a particular tuning setup.

On trophy days:

- Be attired in club colours.
- Arrive with sufficient time to help set up the range.
- Have all your equipment ready to be shot, do not be undertaking major repairs.
- Do not give, or expect coaching on the line.
- If advice is required, seek it/give it away from the line, and in a quiet voice.
- Turn off all electrical devices; it is not acceptable to have mobile phones ringing and being answered.
- If you require your phone for emergencies, mention this to the field captain.
- When giving your scores, do so in rhythmic blocks of three.

- Do not wander the waiting line, checking on other archer's scores.
- Do not engage archers in deep conversation that is likely to distract their train of thought.
- Do not involve section officials in section business.
- Thank your scorer at the completion of shooting.
- Thank the field captain at the end of the shoot.
- Remove your litter.
- Remain on the field to clear away and store equipment.
- Remain for the presentations.
- Ensure you follow safety requirements, at all times.

MAKING PROGRESS AND GETTING RATED FOR HANDICAP/CLASSIFICATION:

Now that you are shooting you will want to progress.

Early on you will be finding that you are still not consistent in a number of areas, do not be worried by this. You are still finding your stance, draw length, anchor/register, and loose. It takes time, time that coaching alone will not give you; **you have to put in the hours and mileage.** The senior members will help you with major problems, but sometimes it is merely a matter of practicing.

Having a notebook is one of the best tools and friends you can have. Noting changes to equipment will allow you to revert if needs be. It is also worth noting your scores, what you did, what went well and what didn't as they can serve as a handy reference.

When you start scoring, noting your scores and its handicap rating will allow you to see how you are improving from one round to another. You will need to set a handicap by submitting at least three rounds to the records officer for your rating to be determined. **Acquire a set of handicap tables!**

The Section also adopts the optional system of 'classifications', which will rate you from 3rd class to Bowmen. Again the Archery GB web pages will show you these set out in table form. The club records officer will determine your classification for you, once you have submitted sufficient qualifying scores.

Consider the two systems as separate but akin to Fahrenheit and Centigrade. The handicap tables are a more accurate method of grading you than classifications, but classifications will additionally give a measure over distances.

The members handicap and classification ratings are logged by our Records Officer, and they will assess your handicap at the start of each year by averaging you three best scores, or however many are available. Classifications are carried over for one year, and in order to maintain you higher classification you have to shoot three scores equivalent to that class during the following year, or drop to a new rating.

DISTANCE BADGES:

Once you have acquired and set up your own equipment, and have got to know your way around it's adjustments, you will want to move up the distance range. We always advise caution with this as moving to longer distances has its problems, including loss of form and lost or damaged arrows. To help you to monitor your early advancement, to help you to gain confidence in all distances, and to allow us to ensure you are shooting safely, the club runs a distance achievement badge scheme.

The scheme requires you to score 200 points from 3doz arrows on a 122cm face using 5 zone scoring. You start at 20 yards and advance in 10 yard increments up to 60 yards. Advancement to a longer distance should not be done without attaining the badge for the shorter distance.

You can shoot the round on your own to try to achieve your badge at any time; you simply need to let us know so we can make sure you are conforming to rules of the scheme. From time to time the club will run an official badge round evening to ensure all members have adequate opportunities to try to achieve their badges. Completed badge score sheets must be submitted to the scheme co-ordinator in order for the award to be made. Blank distance badge score sheets are kept in the container.

Badges are white for 20 yards, black for 30 yards, blue for 40 yards, red for 50 yards and gold for 60 yards.

MOSSLEY HIL A.C. JUNIOR ARCHERS:

Juniors are individuals under the age of 18. Once you have attained your 18th birthday, you will register as a senior.

The Section accepts juniors at the age of 12, as a lowest age limit, although if your parent or guardian is a shooting member of the Section, we can allow younger members, but you must be with that parent or guardian at all times.

Due to the Child Protection Act, juniors under the age of 16 must be supervised by the parent or guardian whilst on the Club's grounds or within their environs.

The Section has a long and illustrious history of junior and senior archers. Our juniors have in the past held many national, regional and county records, along with the accompanying championships. There is no reason why this will not continue.

Juniors shoot rounds which are age specific, there is however no reason why you cannot shoot in the next age group up. The groups take into account the limitations for distance that the lighter equipment imposes on you. The table below details the maximum distances juniors of the various age groups are expected to shoot. These limits avoid juniors damaging their body's development by trying to draw a bow of a higher poundage than they are physically capable of holding.

Maximum shooting distances by age group		
Gent	Ladies	Maximum distances
U18	-	80 yards /70 metres
U16	U18	60 yards / 60 metres
U14	U16	50 yards/ 50 metres
U12	U14	40 yards/ 40 metres
-	U12	30 yards/ 30 metres

There are many competitions juniors can choose to take part in, ranging from our own club events, competitions at nearby clubs, regional events and also national events arranged by Archery GB.

At our own events, because of the numbers of age groups, we do not have specific trophies for juniors. Medals, however, are awarded for each age group who participate in the shoots. With handicapped shoots, juniors stand as much chance of winning any of the trophies as the senior members due to the very efficient handicapping system.

The national body have a junior section within their web pages, and you are recommended to read this via archerygb.org/juniors. Regionally, we come under Lancashire Archery who have a very active junior group. Keep checking their website <http://www.lancashire-archery.org.uk/> for their regular junior newsletter and a list of local shoots you can participate in. You can also browse our website and maybe like our facebook page to keep up to date with what is happening at the club.

The section has a Junior Co-ordinator to assist the committee in the organisation of the juniors. Through them the seniors are available to offer advice and instruction to you.

As with the seniors you will be expected to participate in the setting up and tidying away of equipment, this is an ideal way to get to know the members and integrate into the family of archers. You are also expected to adhere to the general club rules and etiquette.

And the last thing – Enjoy Yourself!

TARGET ARCHERY ROUNDS

Metric Outdoor Rounds.															
122cm & 80cm faces. 10 zone scoring. Number shows dozen at each distance															
Round	122cm face							80cm face							Total
	90m	70m	60m	50m	40m	30m	20m	50m	40m	30m	20m	15m	10m		
FITA (gents)	3	3						3		3					12
FITA (Ladies)/ Metric I		3	3					3		3					12
ITA (cadet ladies)/ Metric II			3	3					3	3					12
Metric III				3	3					3	3				12
Metric IV					3	3					3		3		12
Metric V						3	3					3	3		12
Long Metric (gents)	3	3													6
Long Metric (ladies)/ Long Metric I		3	3												6
Long Metric II			3	3											6
Long Metric III				3	3										6
Long Metric IV					3	3									6
Long Metric V						3	3								6
Short Metric								3		3					6
Short Metric I								3		3					6
Short Metric II									3	3					6
Short Metric III										3	3				6
Short Metric IV											3		3		6
Short Metric V												3	3		6
Half FITA (gents)	1.5	1.5						1.5		1.5					6
Half FITA (ladies)/ Half Metric I		1.5	1.5					1.5		1.5					6
Half FITA (cadet ladies)/ Half Metric II			1.5	1.5					1.5	1.5					6
Half Metric III				1.5	1.5					1.5	1.5				6
Half Metric IV					1.5	1.5					1.5		1.5		6
Half Metric V						1.5	1.5					1.5	1.5		6
FITA Standard Bow			3			3									6
Olympic Round		1													1
FITA 900			2.5	2.5	2.5										7.5
FITA 70m (FITA 720)		6													6
FITA 60m			6												6
FITA 50m								6							6

Imperial Outdoor Rounds												
Measured in yards. 122cm face at all distances. 5 zone scoring												
Round	100y	80y	60y	50y	40y	30y	20y	10y	Total	Gents	Ladies	max
York	6	4	2						12	Adult	Adult	1296
Hereford/Bristol I		6	4	2					12	U18	Adult	
Bristol II			6	4	2				12	U16	U18	
Bristol III				6	4	2			12	U14	U16	
Bristol IV					6	4	2		12	U12	U14	
Bristol V						6	4	2	12	-	U12	
St George	3	3	3						9	Adult	Adult	972
Albion		3	3	3					9	Adult	Adult	
Windsor			3	3	3				9	Adult	Adult	
Short Windsor				3	3	3			9	U16	U18	
Junior Windsor					3	3	3		9	U14	U16	
Short Junior Windsor						3	3	3	9	-	U12	
New Western	4	4							8	Adult	Adult	864
Long Western		4	4						8	Adult	Adult	
Western			4	4					8	Adult	Adult	
Short Western				4	4				8	U16	U18	
Junior Western					4	4			8	U14	U16	
Short Junior Western						4	4		8	U12	U14	
American			2.5	2.5	2.5				7.5	Adult	Adult	810
St Nicholas					4	3			7	U14	U16	756
New National	4	2							6	Adult	Adult	648
Long National		4	2						6	Adult	Adult	
National			4	2					6	Adult	Adult	
Short National				4	2				6	U16	U18	
Junior National					4	2			6	U14	U16	
Short Junior National						4	2		6	U12	U14	
New Warwick	2	2							4	Adult	Adult	432
Long Warwick		2	2						4	Adult	Adult	
Warwick			2	2					4	Adult	Adult	
Short Warwick				2	2				4	U16	U18	
Junior Warwick					2	2			4	U14	U16	
Short Junior Warwick						2	2		4	U12	U14	

Indoor Rounds										
Dozen at each distance										
Distance	18m	18m	25m	30m	20y	20y	25y	20y		
Face size	40cm	40cm special	60cm	80cm	60cm	40cm	60cm	16" special	Additional rules	Max
GNAS Rounds										
Bray I						2.5			Full size face only	300
Bray II							2.5		Full size face only	300
Stafford				6					Full size face only	720
Portsmouth					5				Full size face or 6 zone face	600
Worcester								5	5 arrows per end, 1 end sighters	300
Vegas		5							2 ends sighters. One arrow at each target	600
FITA Rounds										
FITA 18	5								Full size or triple face	600
FITA 25			5						Full size or triple face	600
Combined FITA	5		5						Full size or triple face	1200
Match Round I	1								Triple face only	120

PERSONAL LOG:

[illegible]

