WORLD

CROSSBOW

SHOOTING

ASSOCIATION

BASIC SHOOTING RULES for BEGINNERS

TARGET, SPORTING & MEDIEVAL CROSSBOW and GENERAL RULES.

Basic shooting rules for those new to Target Crossbow shooting.

For more information and a copy of the current complete Shooting Rules go to the World Crossbow Shooting Association website at www.worldcrossbow.com/rules

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DEFINITIONS.

Arbalist / Arbalest	The name given to a person who shoots a crossbow.
Assisted Shooter	The name given to a special type of competitor who has a disability which prevents them complying with the general shooting rules.
Bench	A stable table/platform on which to put the crossbow and support for shooting the Bench Round.
Bolt	The name given to a projectile (similar to an arrow) which is shot from a crossbow.
Braced	The crossbow is braced or strung when the string is fitted between the limb nocks.
Bushland Round	A competition in which the targets are laid out on a course at varying distances to simulate hunting.
Catch / Latch	A part of the trigger which holds the string of a spanned crossbow.
Category	A complete competing area, e.g., Target Crossbow Men or Sporting Crossbow Senior Woman.
Clear Draw	The distance between the braced string and the catch (also “power stroke”).
Compound Crossbow	A crossbow which incorporates mechanical advantage where the limbs are interconnected by cables, string and eccentric wheels or cams
Crossbow	A device which shoots a bolt.
Division	An age or gender competing area, e.g., Men, Boy, Girl, Senior Woman, Assisted Men.
Federation	An association which represents a country.
Forest Round	A competition in which the targets are laid out on a course at varying distances to simulate hunting.
Hanger	A bolt which has hit and caught in the target and is hanging across the target face.
Kneeling	One knee on the ground and the other knee bent facing the target for Medieval crossbows shooting the Bench round.
Load	The act of placing a bolt into a spanned crossbow.
may	Indicates that an action is NOT mandatory.
Medieval Crossbow	A crossbow designed and constructed in a similar manner as those made in medieval times but using modern materials – not necessarily a replica.
must / shall / will	Indicates that a rule or action is mandatory. *[strictly speaking MUST is stronger than SHALL]*

Prod	That part of the crossbow (the bow, bow limbs) which provides the force to propel the bolt.
Prone	Lying front (face) down on the ground.
Range	An area in which the targets are placed, and the shooting is done.
Rebound (bouncer)	A bolt which has hit and bounced off the target.
Recurve Crossbow	A crossbow which has its limbs interconnected via a single string.
Span	The act of pulling the string of a crossbow back ready for shooting - latching.
Sporting crossbow	A crossbow primarily manufactured for hunting.
String	The cord which interconnects the limbs.
Target	The combination of a Target Face, Butt/Buttress and Stand
Target Face	The aiming and scoring point for a crossbow.
Target Butt/Buttress	The material behind the target face for stopping for a bolt.
Target Stand	A framework which supports the Target Butt.
Target Crossbow	A crossbow specifically manufactured for shooting in competition.
Vertical Prod Crossbow	A crossbow designed to be used with the prod vertical.
Wind Indicator	A type of flag fixed above the Target to indicate the direction and strength of the wind.
3D Round	A competition in which the 3-dimensional targets are laid out on a course at varying distances to simulate hunting.

The complete Shooting Rules may be downloaded from the World Crossbow Shooting Association website at www.worldcrossbow.com

Section 1

SHOOTING EQUIPMENT.

Crossbow target shooting may be dangerous if careless actions and poor equipment maintenance is permitted. Some basic safety requirements.

- Never use unsafe or poorly maintained equipment.
- Never shoot upwards into the air.
- Never point a crossbow at another shooter.
- Only ever point a crossbow at the target provided.
- Never load a crossbow with a bolt unless you are ready to shoot at the target provided.
- If leaving a crossbow unattended. Ensure it is not loaded and is pointed at the target provided.

TARGET CROSSBOW.

Target crossbows are generally a handmade crossbow and must conform to the following. (See Appendix 1).

- Target crossbows are hand drawn only. Maximum draw weight is 95lb.
- The crossbow trigger must be mechanical. Electronic, pneumatic, or hydraulic are not permitted.
- The crossbow must have bolt retainer.
- The crossbow string and serving must be non-metallic materials.
- The crossbow string attachments such as centre nocking points using metal or plastic are not permitted.
- Compound prods (limbs) are not permitted.
- Magnified sights are not permitted.
- Sights that project a laser light/dot onto the target are not permitted.



SPORTING CROSSBOW.

The Sporting crossbow is a commercially produced crossbow primarily designed for hunting and must conform to the following.

- The crossbow must be fitted with a safety catch which can be manually or automatically engaged when spanning.
- The crossbow must have a bolt retainer.
- The crossbow must have a foot stirrup for safety when spanning.
- The crossbow may have a telescopic sight and optimiser.
- The crossbow may be spanned using a cocking aid.
- Sights that project a laser light/dot onto the target is not permitted.
- Poundage limits apply.





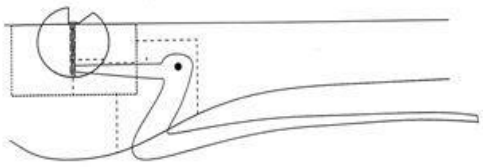
MEDIEVAL CROSSBOW.

Medieval crossbow shall be of the 1100 - 1500 century design and made from natural materials such as wood.

- The crossbow trigger must be a simple mechanical device.
- The crossbow must not have any sights.
- A foot stirrup is recommended for safety
- A spanning (cocking) aid is permitted.



Typical Trigger arrangement.



CROSSBOW BOLTS.

Target crossbow bolts.

- Bolts to suit a Target crossbow may be made from any suitable material such as aluminium or carbon fibre. (see Appendix 2)
- Broadhead points are not permitted.
- Points must be bullet or conical shape to suit the bolt diameter.
- Target crossbow bolts must be less than 8.23mm in diameter and have a max length of 457mm down to a minimum length of 304mm.
- The bolt diameter will vary as they must match to crossbow.
- Bolts must have fletching. There is no restriction on size or number but generally they have three of about 25mm - 45mm in length.
- All bolts in a set must be identical for size, length, and colours.
- All bolts must be longer than the track of the crossbow.





Sporting crossbow bolts.

- Sporting crossbow bolts are similar to target crossbow bolts.
- Bolts used in sporting crossbows are specified by the manufacturer for length and size.
- Points must be bullet or conical shape to suit the bolt diameter.
- All bolts must be longer than the track of the crossbow.

Medieval crossbow bolts.

- Medieval crossbow bolts must be made from wood.
- Points must be bullet or conical shape to suit the bolt diameter.
- Bolts must be fitted with fletching's made from natural materials such as feathers.
- All bolts in a set must be identical for size, length, and colours.
- All bolts must be longer than the track of the crossbow.



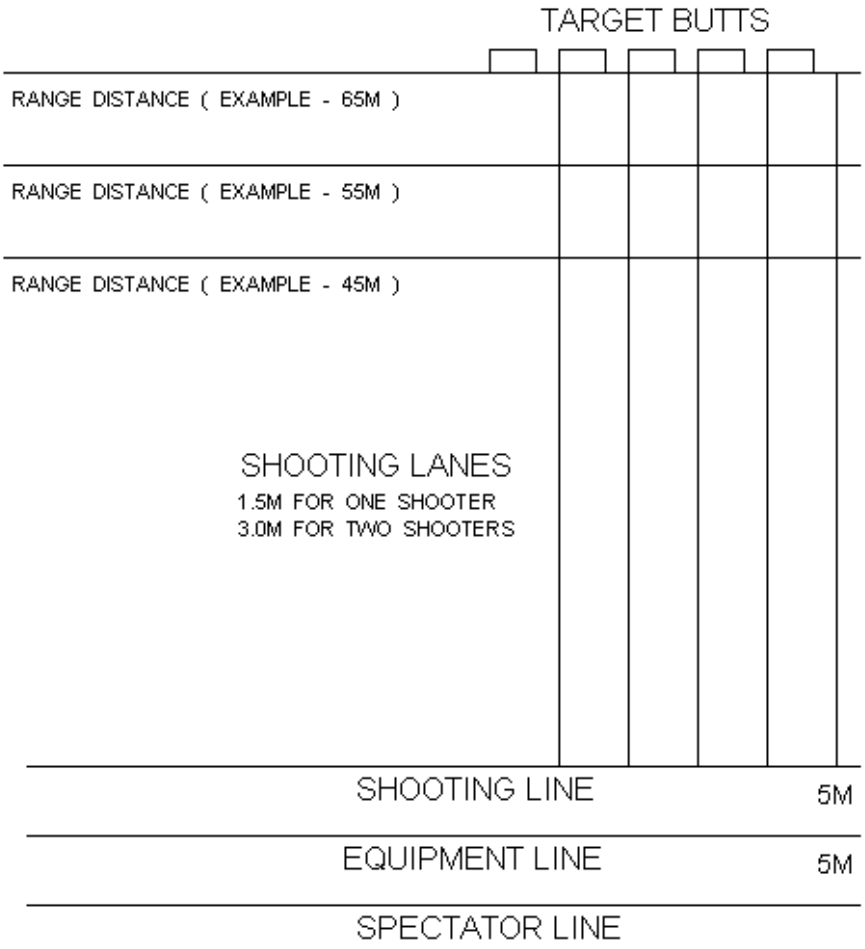
SECTION 2.

RANGE LAYOUT AND EQUIPMENT.

This diagram shows a typical Target range layout. The range distances shown are an example only and these distances will vary depending on the round to be shot. Shooting distances vary from 20m to 65m. Target Butts Refer Appendix 3.

For safety reasons it is strongly recommended that clear space be secured behind the butts (min 65m) and at the side of the range (min 20m).

MINIMIUM 65M CLEAR OVERSHOOT
BEHIND TARGET BUTTS



SECTION 3.

Shooting Control and Range Safety.

Now that you have your shooting range set up and you are ready to shoot.
We must now control the shooting to ensure the safety of all. This is done by one person on the day acting as Range Captain. Their job is to control when shooting starts and stops and when it is safe to proceed to the target to retrieve your bolts from the target butts.
The Range Captain will use a whistle with the following signal sequence to control the shoot.

Signal sequence.

When all shooters are ready and standing at the equipment line.

one (1) blast move to the shooting line and prepare to shoot.

two (2) blasts span and load the crossbow and start shooting.
When all shooters have finished shooting the required bolts usually 6 bolts and stepped back to the equipment line.

three (3) blasts Stop shooting and place crossbow at the equipment line and proceed to the target butt. If necessary unload and unspan the crossbow before leaving the bow unattended.
When all shooters have returned from the target butts and waiting at the equipment line. The Range Captain may start the shooting sequence again if safe to do so.

five (5) or more blasts Stop shooting immediately and point the bow at the ground as this is the emergency signal and wait for the range captain instructions. If necessary unload and unspan the crossbow.

Example of a Shooting Range set up for a shoot.



SECTION 4.

Rounds.

The chart below provides an example of the rounds that may be practiced. There are specific rounds that may be shot in competition, but any combination of distances and number of bolts may be practiced.

All the rounds shown are scored on a 60cm - 10 ring coloured face (Appendix 4)

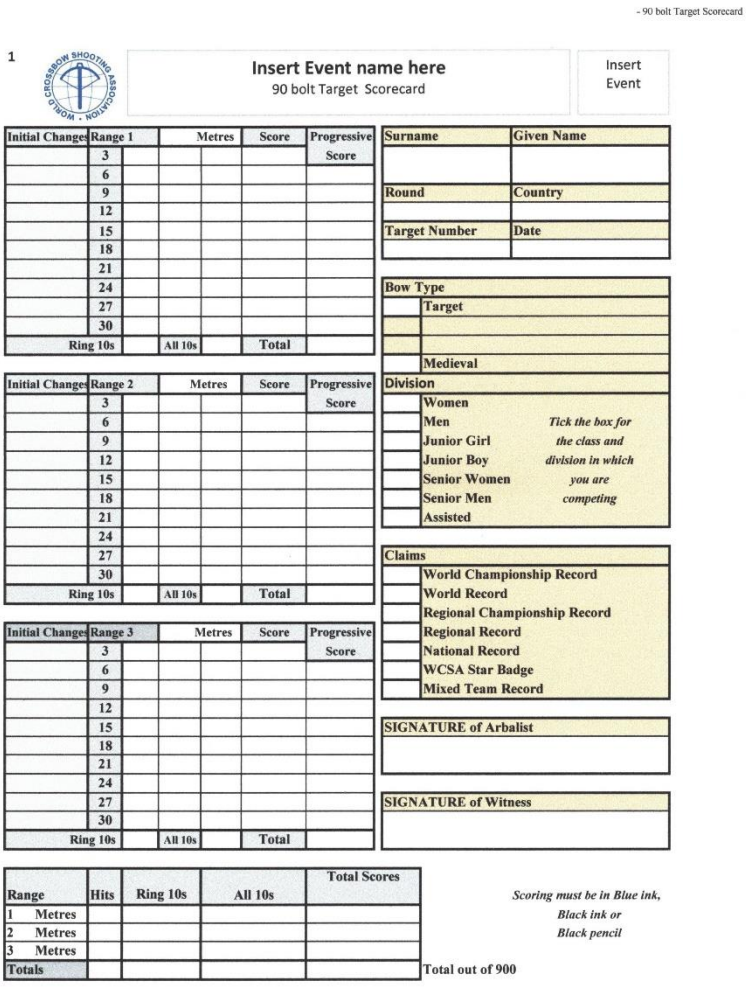
Distance and number of bolts at each distance

Round	20m	30m	35m	40m	45m	50m	55m	60m	65m
X-Newcastle	90								
X-Geelong		90							
X-Darwin				90					
X-Melbourne						90			
X-Short Canberra		30		30		30			
X-Canberra				30		30		30	
TC-900					30		30		30

SECTION 5.

Scoring and Score sheets.

Scoring for any round is done on a score sheet (example below) or electronically via an App on a mobile phone.
The layout of the score sheet may vary depending on the number of bolts to be shot. Bolts are shot in ENDS and an end my be 3, 4 or 6 shots depending on the round selected.
Each ENDS bolt score is entered onto the score sheet in the space provided from highest scoring bolt to the lowest scoring bolt for that end and totalled in the appropriate space. (Target Face - see Appendix 4)
At the end of the shoot a total score is entered, and the shooter and the scorer sign the score sheet. All other details should be filled out such as Name, round, date, bow type etc.



- 90 bolt Target Scorecard

1

Insert Event name here
90 bolt Target Scorecard

Insert Event

Initial Changes	Range 1		Metres		Score	Progressive Score
	3					
	6					
	9					
	12					
	15					
	18					
	21					
	24					
	27					
	30					
Ring 10s			All 10s		Total	

Initial Changes	Range 2		Metres		Score	Progressive Score
	3					
	6					
	9					
	12					
	15					
	18					
	21					
	24					
	27					
	30					
Ring 10s			All 10s		Total	

Initial Changes	Range 3		Metres		Score	Progressive Score
	3					
	6					
	9					
	12					
	15					
	18					
	21					
	24					
	27					
	30					
Ring 10s			All 10s		Total	

Range	Hits	Ring 10s	All 10s	Total Scores
1 Metres				
2 Metres				
3 Metres				
Totals				

Total out of 900

Surname	Given Name
Round	**Country**
Target Number	**Date**

Bow Type	
	Target
	Medieval

Division	
	Women
	Men
	Junior Girl
	Junior Boy
	Senior Women
	Senior Men
	Assisted

Tick the box for the class and division in which you are competing

Claims	
	World Championship Record
	World Record
	Regional Championship Record
	Regional Record
	National Record
	WCSA Star Badge
	Mixed Team Record

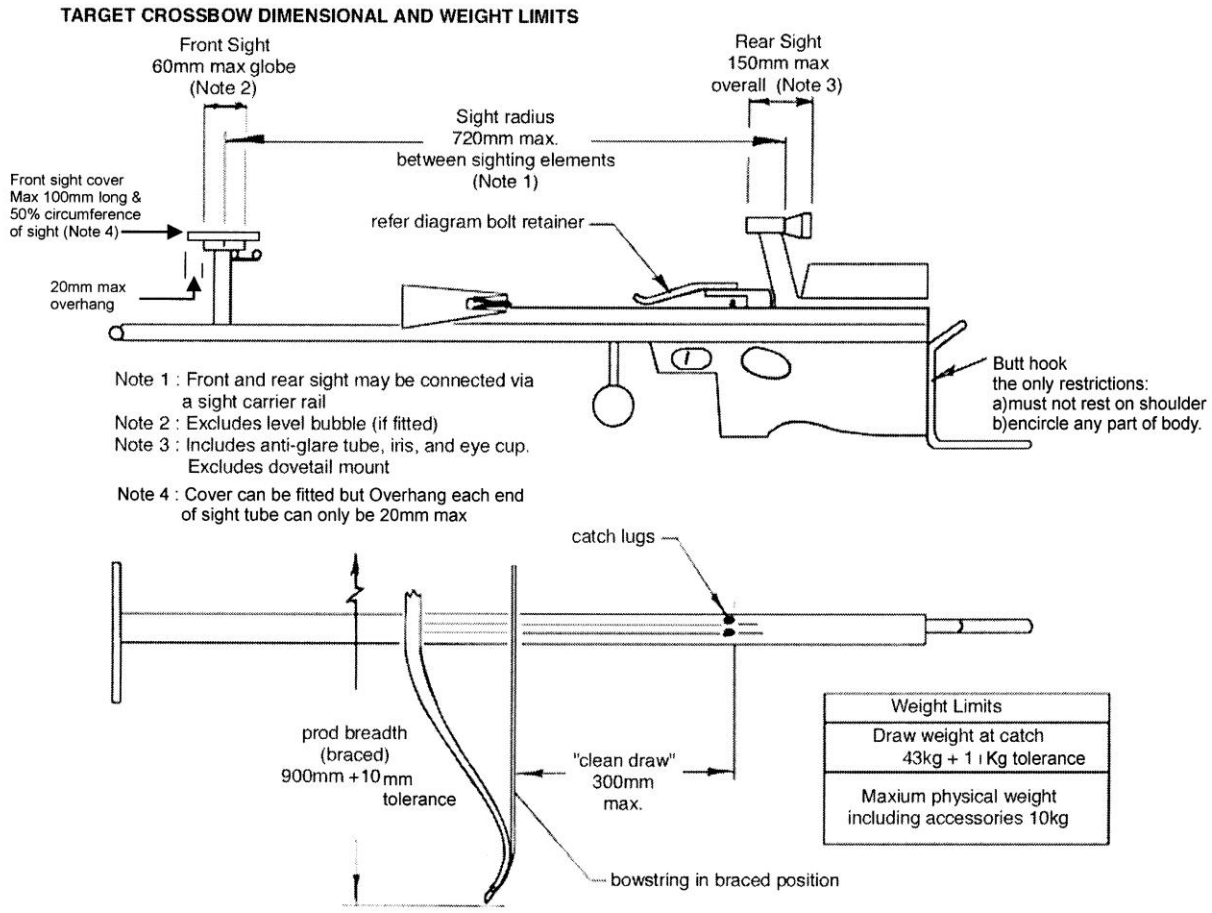
SIGNATURE of Arbalist

SIGNATURE of Witness

Scoring must be in Blue ink, Black ink or Black pencil

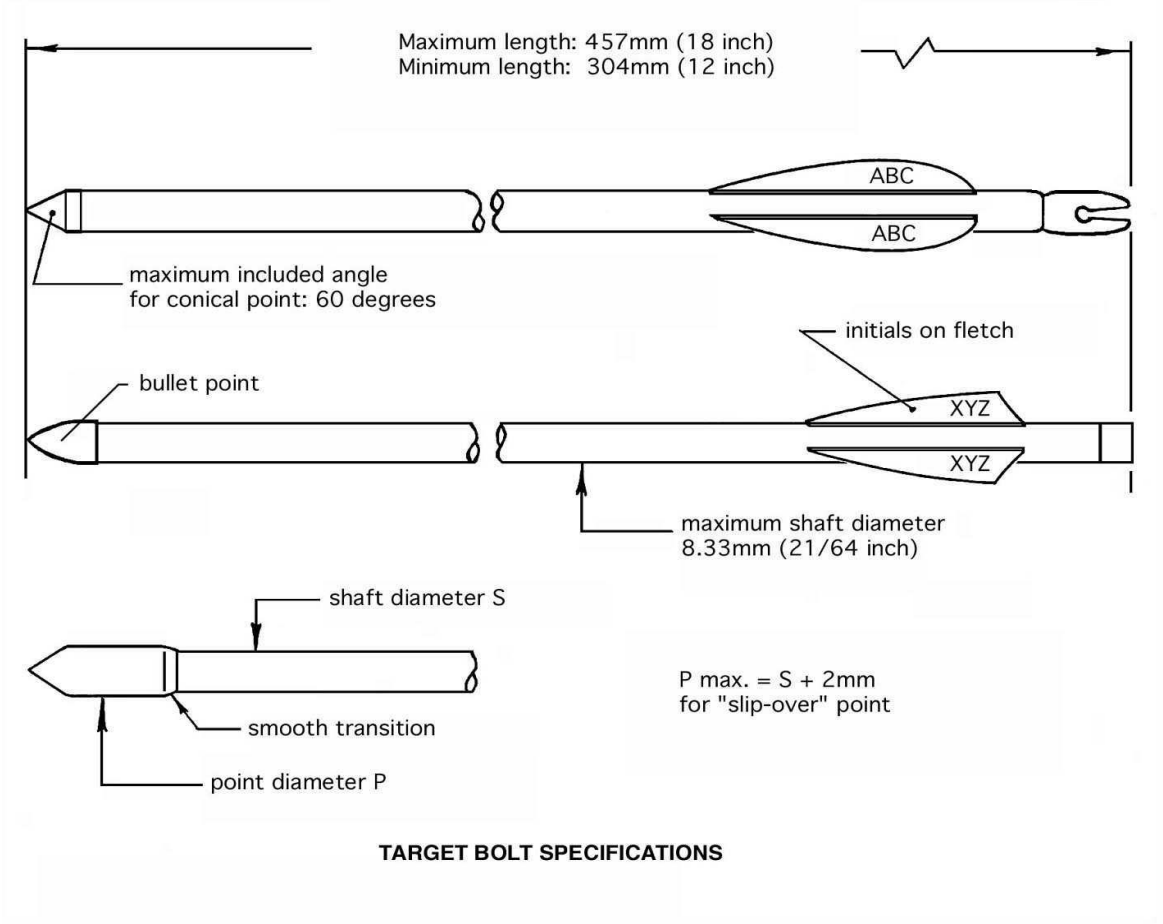
Appendix 1

Target Crossbow specification.



Appendix 2

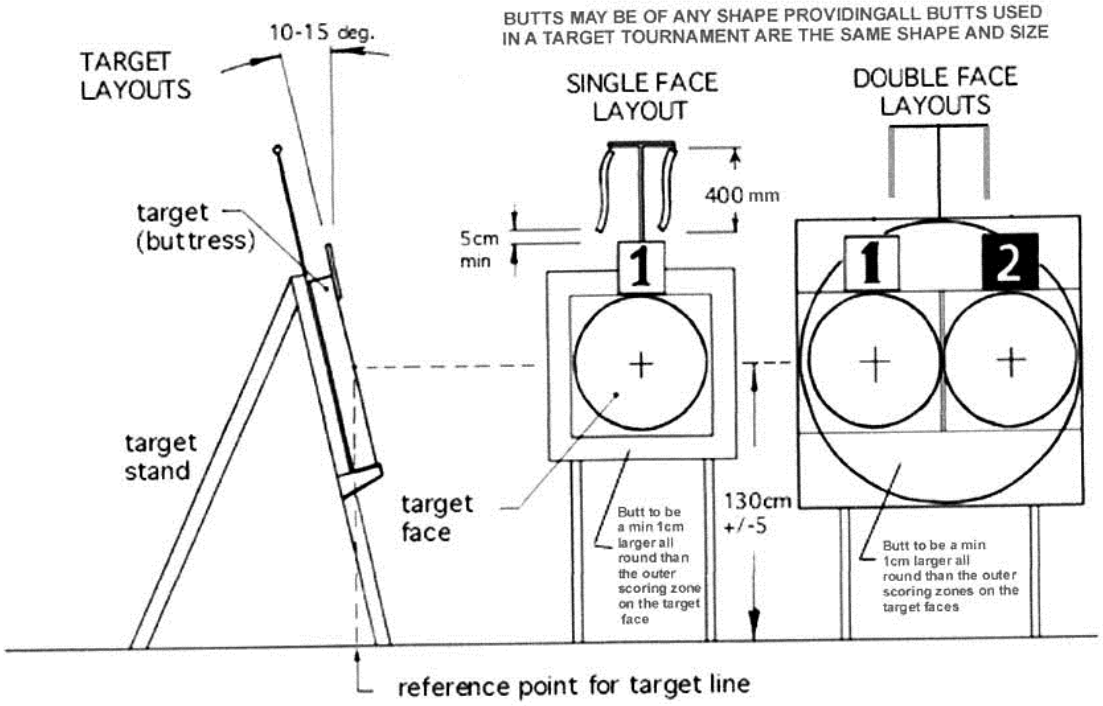
Target Crossbow Bolt specifications.



TARGET BOLT SPECIFICATIONS

Appendix 3

Typical Target Butt.



Examples of target butts



Fixed



Mobile

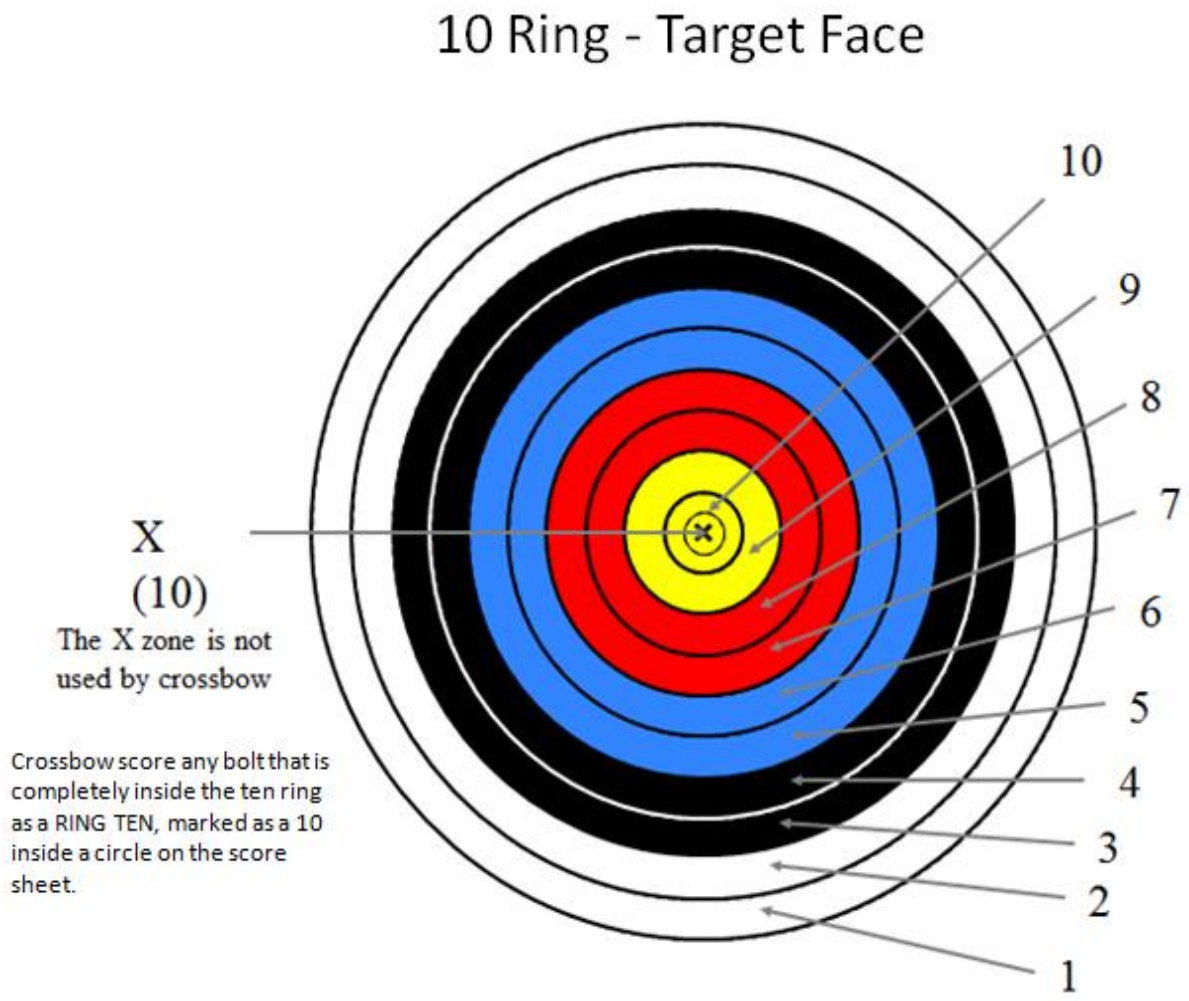


Competition

Appendix 4

Target Face (10 ring coloured)

The "X zone" (ring 10) is only used for count back in competition if there is a tied score.



NOTES.