

**Braintree Bowmen – New Members Pack**



**New Members  
Welcome Pack**

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### **Welcome**

Welcome to Braintree Bowmen from the Committee and members. We hope that you enjoy your archery and continue to shoot with us for many years to come.

This pack has been put together to give new members an insight into the various aspects of Archery, both at a club and regional level.

Membership of the club is paid for on an annual basis. The Treasurer will inform all existing members of the club when they are due and the methods of payment. Club fees, amongst others, are discussed at the Annual General Meeting held in April. ALL club members are entitled / encouraged to attend (including the parents of juniors). Remember that this is your club. The committee are here to help and ensure safe and enjoyable shooting.

If you have any questions, please feel free to speak to a member of the committee who will be more than happy to help.

Chairman & Committee  
Braintree Bowmen

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### Safety

Archery is a safe sport. A few simple steps can ensure that it continues to remain so. The following points should be noted:

- Keep loose clothing / hair tied back
- Never approach the shooting line until a single whistle has been blown
- Never load an arrow, unless you are on the shooting line
- Never cross the shooting line to collect your arrows until a double whistle has been blown
- A shout of FAST means STOP. Do not shoot a loaded arrow, but return it to your quiver
- Walk, NEVER run
- Make sure fellow archers on your target are WELL CLEAR before you start to pull your arrows.
- Parents of juniors (under 14) must always be in attendance and be within visual range of their child

### Etiquette

There are many 'rules' of etiquette for Archery, but below are the main ones to consider:

- Do not approach the shooting line if the archers either side of you are about to shoot
- If an archer on the line is at full draw, wait until they have shot the arrow before leaving the shooting line
- Never touch another archer's equipment without asking
- Always help setup and put away the targets on club nights/days. Veteran, lady and junior archers should not lift the bosses as they are extremely heavy. If every archer did their bit, it wouldn't take long to set up and pack away – more time for shooting!

### Tournaments

Various clubs hold open tournaments that all archers are allowed to attend, the following points should be taken into account when considering entering a tournament:

- **Dress:**
  - The majority of tournaments enforce the GNAS dress code 307.
  - Archers must wear either club colours or the GNAS green and/or white (excl. shoes and waterproof coats, etc.).
  - Braintree Bowmen tournaments do not enforce this rule
- **Scoring:**
  - If there are four archers shooting on a target, it is traditional that it is the third person on the list that scores. If you are third and do not want to score, decide amongst the rest who will – you don't have to!
  - Never touch your arrows until the scores are recorded – it may invalidate that arrow.
- **Record status shoots:**
  - Archers entering record status shoots may be subject to drug testing.
  - This will normally be mentioned on the entry form.

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### Terminology

- Archer The person shooting the arrows.
- Anchor The position of the drawing hand under the chin.
- Arrow Rest A shelf on the side of the bow which supports the arrow.
- Best Gold The shot nearest to the exact centre of the Gold, for which a prize is usually given at a tournament.
  
- Boss The part of the target without the face.
- Bouncer An arrow which has rebounded from the target. No score is given to it, even if a witness saw where it struck. The Archer may shoot another arrow, which is scored as long as the original arrow is found in front of the target.
  
- Bow Weight The poundage required to draw the bow to the full length of the arrow.
  
- Bowyer One who makes bows.
- Brace To 'Brace' a bow is to tension it so that the string can be fitted.
  
- Bracer A guard made of leather or other firm material which is worn on the forearm of the bow hand to protect it from the string after the loose.
  
- Bracing Height The distance between the bow and the string, taken at the nocking point.
  
- Clicker A device, usually a thin strip of metal, which is fitted to the side of a bow and one end of which rests against the arrow. As the point of the arrow comes past the clicker, the metal is released to strike the edge of the bow with a sharp 'click'. This is the moment for the archer to loose. NOT recommended for beginner archers.
  
- Cock Feather/Fletching The odd-coloured feather/fletching set on the arrow shaft at right angles to the nock. The other two fletchings are called shaft feathers/fletchings.
  
- Creeping The fault of letting the string come away from the chin during aiming, instead of keeping it pressed in until the moment of loose.
  
- End Six arrows shot consecutively.
- FAST A shout of FAST to stop archers shooting. It should be instantly obeyed, even when on the very point of loosing.
  
- F.I.T.A. Le Federation International de Tir à l'Arc, the International body of sport, also refers to the rounds designed by them for international competitions.
  
- Fletcher One who makes arrows, also used to mean one who attaches fletchings to a shaft.
  
- Flight Shooting Type of competition without a target where the arrow that has travelled the furthest is the winner. e.g. distance not accuracy.
  
- Field Archery More like a round of golf where archers move from one target to another. With target sizes and distances being different.
  
- G.N.A.S. The Grand National Archery Society, the ruling body of the

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- Lady Paramount sport in the United Kingdom.  
This is the title given to the lady who presents the prizes at the close of a tournament, but she is also in fact the supreme arbitrator in any disputes that may occur. In recent years to combat sexual equality we can also have a Lord Paramount instead.
- Loose The act of letting go the drawn bowstring. Note archers may loose or shoot arrows, but they never ever 'fire' them!
- Longbow Traditional bow made from wood with stacked belly and horn nocks. The bow shall carry no support for the arrow.
- Nock The slots in the tips of a bow, made to take the string, also the slot in the end of the arrow. To 'nock' an arrow is to place it on the string.
- Nocking Point A marked part of the string where the arrow is placed. Usually made from small metal crimps or strands of dental floss attached to the string serving.
- Pile The point of the arrow.
- Pinhole The exact centre of a target.
- Quiver A case or receptacle for holding arrows.
- Riser The centre section or handle of the bow. Note that the part of the bow you actually hold is called the handgrip, not the handle.
- Recurve The modern type of tournament bow, as opposed to the older long bow. 'Recurve' refers to the way in which the limb tips appear to curve back on themselves
- Stablisers Rod and weight system attached to tournament bows for better balance and performance.
- Serving A tough whipping of thread or monofilament which protects the middle and ends of the bow string.
- Take-down bow A bow with a separate handle, usually aluminium alloy, and detachable recurve limbs. Take down bows are convenient and versatile; should an archer wish to use a different draw weight, only the limbs need to be changed.
- Tab A piece of leather or tough plastic that fits over the fingers which hold the bowstring.
- Toxophilite A student or lover of archery.

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### Constitution

#### General Provisions

- 1 The Club shall be called Braintree Bowmen, hereinafter referred to as the Club.
- 2 [a] The funds and property of the Club shall be vested in the Chairman, Secretary and Treasurer.  
[b] All monies and sums received on behalf of the Club and property provided by the Club shall remain the property of the Club and there will be no right of distribution of Club property to the members.  
[c] In the event of the Club being wound up any funds left after all the liabilities have been met shall be distributed according to the decision of the remaining members at that time.
- 3 The objects of the Club shall be the promotion and encouragement of Archery in all its forms as shall be legal in the UK.
- 4 The shooting regulations as prescribed in the G.N.A.S. Rules of Shooting shall be accepted as governing the relevant branches of the sport of Archery practised by the Club and its members
- 5 Nothing will be included in this constitution which conflicts with that of the G.N.A.S.
- 6 The postal address of the Club shall be that of the Secretary.
- 7 The Constitution of the Club shall not be altered or amended except at the Annual General Meeting or at an Extraordinary General Meeting of the Club. Members wishing to move a proposition designed to alter or amend the Constitution shall submit each proposition to the Secretary twenty-eight days before the General Meeting at which each proposition is to be considered. Notice of such proposition which it is intended to move shall be sent to all members entitled to receive notice of such a meeting.

#### Club Membership

- 8 There shall be the following classes of members:
  - Senior Members
  - Junior Members
  - Honorary Members
- 9 Any person interested in Archery, having attained the age of 18 shall be eligible for admittance as a Senior Member, or under that age a Junior Member.
- 10 Any person whom the Club may wish to honour for distinguished service to the Club may be elected at a General Meeting of the Club as an Honorary Member for Life or for a specified period of time.
- 11 All members shall accept the jurisdiction of the Club and shall conform to such conditions, shooting rules and regulations as may be determined from time to time.

#### Subscriptions

- 12 All members as defined in Clause 8 other than Honorary Members shall pay an annual subscription and shooting fee to the Club at the rate to be determined from time to time by members in general meeting.

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- 13 [a] All subscriptions shall become due on 1st September.  
[b] A member who has not paid his subscription by 4 weeks after due date in any one year shall cease to be a member of the Club unless the Club Committee considers there are extenuating circumstances.

### **Management**

14 The management of the Club shall be entrusted to the Club Committee.

15 The Club Committee will consist of the following minimum posts:

- Chairman
- Vice-Chairman
- Secretary
- Treasurer
- Child Protection Officer

Other Committee posts will be created as required, and include the following:

- Tournament Booking Officer
- Treasurer
- Records Officer
- Equipment Officer
- Field Captain
- Training Officer
- Junior Shooting Member

16 A Chairman, Secretary and Treasurer shall be appointed by members in General Meeting which shall determine the terms of their appointments from time to time.

17 At meetings of the Club Committee the Chairman, if it is necessary to prevent a deadlock, is entitled to an additional casting vote.

18 The Club Committee may appoint Sub Committees and may delegate to such Committees powers within defined limits.

### **Auditors**

19 An auditor shall be appointed annually by members in the General Meeting.

### **Finance**

20 The Club shall cause to be prepared and shall present at the Annual General Meeting a balance sheet showing the financial position of the Club on the 28th February of the preceding year together with an Income and Expenditure Account for the 12 months ending on that day.

21 A copy of the Balance Sheet and Income and Expenditure Account duly certified by the Auditor, shall be sent with notice convening the Annual General Meeting to each Club Member.

22 A Bank Account shall be maintained in the name of the Club. All cheques and orders withdrawing monies from the Account shall be signed by any two of the Club Chairman, Secretary or Treasurer.

### **General Meetings**

23 The Annual General Meeting shall be held between 1<sup>st</sup> January and the end of the indoor season at a place to be determined by the Club Committee. Not less than twenty-one clear days notice of such meeting shall be sent to each Club member.

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### **Extraordinary General Meetings**

- 24 The Club Committee, or at the request of 20% or more Club Members shall call an Extraordinary General Meeting. Not less than twenty-one clear days notice of such meeting shall be sent to each Club member. Notice of any proposition which is intended to be moved shall be sent to all Club members entitled to receive notice of the meeting.

### **Voting and Quorum**

- 25 At all general Meetings
- 25% of members shall form a quorum.
  - Each Senior / Junior Club member shall be entitled to one vote.
  - The Chairman shall, in the event of a tie in voting, be entitled to cast an additional deciding vote.
- 26 In case of an emergency the Chairman, Secretary and Treasurer have full powers to act.

### **Winding Up**

- 27 The Club shall not be wound up other than by a resolution passed by 75% of the members at an Annual or Extraordinary General Meeting.

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**Rounds - Outdoor GNAS (5 zone scoring)**

ROUND	122cm face							
	100y	80y	60y	50y	40y	30y	20y	15y
York	6	4	2					
Hereford		6	4	2				
Bristol I		6	4	2				
Bristol Ii			6	4	2			
Bristol Iii				6	4	2		
Bristol Iv					6	4	2	
Bristol V						6	4	2
St. George	3	3	3					
Albion		3	3	3				
Windsor			3	3	3			
Short Windsor				3	3	3		
Junior Windsor					3	3	3	
New Western	4	4						
Long Western		4	4					
Western			4	4				
Short Western				4	4			
Junior Western					4	4		
Short Junior Western						4	4	
American			2½	2½	2½			
St. Nicholas				4	3			
New National	4	2						
Long National		4	2					
National			4	2				
Short National				4	2			
Junior National					4	2		
Short Junior National						4	2	
New Warwick	2	2						
Long Warwick		2	2					
Warwick			2	2				
Short Warwick				2	2			
Junior Warwick					2	2		
Short Junior Warwick						2	2	

Dozens of arrows at each distance

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**Rounds - Outdoor Metric (10 Zone Scoring)**

Round	122cm face								80cm face					
	90m	70m	60m	50m	40m	30m	20m	15m	50m	40m	30m	20m	10m	5m
F.I.T.A. (Gents)	3	3							3		3			
F.I.T.A. (Ladies)		3	3						3		3			
Metric I		3	3						3		3			
Metric II			3	3						3	3			
Metric III				3	3						3	3		
Metric IV					3	3						3	3	
Metric V						3	3						3	3
Long Metric (Gents)	3	3												
Long Metric (Ladies)		3	3											
Long Metric I		3	3											
Long Metric II			3	3										
Long Metric III				3	3									
Long Metric IV					3	3								
Long Metric V							3	3						
Short Metric									3		3			
Short Metric I									3		3			
Short Metric II										3	3			
Short Metric III											3	3		
Short Metric IV												3	3	
Short Metric V													3	3
Half Metric (Gents)	1½	1½							1½		1½			
Half Metric (Ladies)		1½	1½						1½		1½			
Half Metric I		1½	1½						1½		1½			
Half Metric II			1½	1½						1½	1½			
Half Metric III				1½	1½						1½	1½		
Half Metric IV					1½	1½						1½	1½	
Half Metric V							1½	1½					1½	1½
FITA. Standard Bow				3		3								
FITA 900			2½	2½	2½									

Dozens of arrows at each distance

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### Rounds - Indoor

#### 10 Zone Scoring

Round	80cm face	60cm face		40cm face	
	30m	25m	20y	25m	18m
F.I.T.A. 18m					5
F.I.T.A. 25m		5			
Combined F.I.T.A.		5			5
Bray I					2½
Bray II		2½			
Portsmouth			5		
Stafford	6				

Dozens of arrows at each distance

#### Others

ROUND	Special		
	18m	20y	
Worcester		5	special face, scoring 5,4,3,2,1 outwards from centre white, shot in ends of 5 arrows
Vegas	5		special face scoring 10,9,8,7,6 outwards from inner gold

Dozens of arrows at each distance