



Beginner Programme

Outline:

This programme has been designed in alignment with [World Archery](#) rules and competition categories. The learning modules (below) focus on the core principles of Barebow & Recurve Target Archery. These include fundamental techniques, aiming methods and the effective use of archery equipment.

The ultimate goal of the programme is to equip beginner archers with the knowledge, skills and confidence required to participate at the official competition distance (18m or 9m) on the official target size (40cm).

Learning Modules:

1. Gap Shooting
2. String Walking
3. Sight Shooting
4. Stabilisation & Finger Slings
5. Shot Routine & Fundamental Technique
6. Equipment
7. Competition

Other Theory:

1. Scoring Process
 - [Scoresheet Template](#)
 - [Beginner Qualifying Results Form](#)
 2. Range Procedure & Safety Considerations
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Qualifying/Performance Levels:

- Qualifying will be on World Archery official targets.
- Beginners will start on the 80cm target and progress to the 60cm target at level 4.
- Each end will consist of 3 (three) shots.
- Scoring will be X, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1, 0 as illustrated on the target face below.
- Line-Cutters: An arrow must break into the black line in order to gain the higher score value.
- Max score per end = 30 pts.
- The respective distances and score requirements are outlined in the table below.
- The first three distances of the programme can be achieved with any shooting style. Archers will be expected to qualify using the techniques taught in that month's module.
- At level 4, Archers will need to choose between Barebow & Recurve (Sights) and shoot the relevant qualifying score.
- [Official Scoresheet](#) must be used.
- Double Scoring is mandatory. I.e: Two score sheets per archer.
- While it is possible to use club equipment for the whole programme, it is recommended and often required that archers acquire their own equipment for levels 4 & 5.
- Level 5 is the official World Archery Indoor Round, consisting of 60 arrows and may need to be shot over two sessions due to time constraints.

Level:	Colour:	Distance (U13):	Target Size:	Arrow Qty:	Score Requirement:	
1	White	10m (5m)	80cm	6 x 3 = 18	125	
2	Black	14m (7m)	80cm	6 x 3 = 18	125	
3	Blue	18m (9m)	80cm	6 x 3 = 18	125	
4	Red	18m (9m)	60cm	6 x 3 = 18	120 (Barebow)	130 (Recurve)
5	Gold	18m (9m)	40cm	6 x 3 = 18	Tables Below	

Barebow			Recurve		
Age Category	Gender	Score (180)	Age Category	Gender	Score (180)
U10	Girls	87	U10	Girls	100
	Boys	90		Boys	103
U13	Girls	100	U13	Girls	110
	Boys	103		Boys	113
U15 (Cub)	Girls	87	U15 (Cub)	Girls	100
	Boys	90		Boys	103
U17 (Cadet)	Women	93	U17 (Cadet)	Women	105
	Men	96		Men	108
U20 (Junior)	Women	96	U20 (Junior)	Women	107
	Men	100		Men	110
Senior	Women	100	Senior	Women	110
	Men	103		Men	115
50+ (Master)	Women	96	50+ (Master)	Women	107
	Men	100		Men	110

Monthly Class Format:

Week 1	Module Introduction
Week 2	Challenge or Exercise relevant to the module
Week 3	Practise at your qualifying distance (Learn scoring)
Week 4 *	Additional Practice Session (*If 5 classes in a month.)
Final Week	Qualifying - Shoot a scored round (See qualifying levels below)

Shooting Styles:

Style Name:	Description:	Official Rules:
Barebow	Bare Recurve. Sights & stabilisers NOT permitted.	
Recurve	Olympic Recurve. Sights & Stabilisation permitted.	
Compound	Compound Bow with Cams and/or Wheels.	

Age Group Classification:

Classification:	Age Group:	Description:
Under 13	10 - 13 Years	Up to and including the year of 13th birthday.
Cub	13 - 15 Years	Up to and including the year of 15th birthday.
Cadet	15 - 17 Years	Up to and including the year of 17th birthday.
Junior	17 - 20 Years	Up to and including the year of 20th birthday.
Senior	20 - 50 Years	Open Class.
Master	49 Years +	Includes the year of 50th birthday and beyond.

Recording Results:

- Results for all qualifying rounds must be submitted immediately after the round using the [Beginner Qualifying Results Google Form](#).
- Double Scoring is required. Therefore, 2 x Corresponding Score Sheets must be handed in to the coach/administrator to verify your submitted results.

Graduation/Certification:

- Archers are to be assessed by their coach for graduation.
 - All score-based qualifying levels must be reached.
 - Theory from learning modules must be understood and effectively applied during the programme.
 - On successful graduation archers will be awarded an official Sentient Archery Beginner Programme Certificate.
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