

# ARCHERY LEVEL 1 REQUIREMENTS

## LEVEL 1: PARTICIPATION AND KNOWLEDGE (ALL RANKS)

1. Demonstrate how to follow archery range safety rules and whistle commands.
2. Identify and name a recurve bow and/or compound bow.
3. Explain and demonstrate how to apply and use arm guards, finger tabs, and quivers.
4. On an approved range, demonstrate how to safely and effectively shoot a bow and arrow, including how to establish a correct stance, nock the arrow, hook and grip the bow, raise the bow, draw, anchor, hold, aim, and release/follow through.
5. On an approved range, demonstrate how to safely retrieve arrows after the range is clear and the command to retrieve arrows has been provided.

## NOTES ON ARCHERY LEVEL 1, REQUIREMENT 1

This requirement may be taught in advance of the shooting experience at a pre-event meeting or additional program station in a camp setting. **Be sure to use the actual rules and commands or whistle codes your range will use!**

## ARCHERY RANGE RULES AND COMMANDS

### ARCHERY RANGE RULES

1. Always walk on the range.
2. Keep your arrows in your quiver until you are told to shoot.
3. Only release the bow string when an arrow is nocked and safely pointed toward the target.
4. Leave dropped arrows on the ground until instructed to retrieve them.

**If there is an emergency on the range, immediately tell the instructor.**

### WHISTLE COMMANDS

- 2 WHISTLE BLASTS** = Go to the line.
- 1 WHISTLE BLAST** = Shoot.
- 3 WHISTLE BLASTS** = Retrieve arrows.
- 5 OR MORE WHISTLE BLASTS** = Emergency. Immediately stop shooting, return bows to the rack, and go behind the waiting line.

(From USAA Archery Certification Course – Level 1 manual. Used with permission.)

### Level 1, Requirement 1:

*Demonstrate how to follow archery range safety rules and whistle commands.*

Tigers with their adult partners, and Wolf, Bear, and Webelos Scouts should learn these simple safety rules. When training youth to shoot, be sure to have proper equipment, secure and safe ranges, and clear safety instruction.

### Safety Rules for Archers

1. Observe all state and local laws on using a bow and arrow.
2. Shoot only with proper range supervision.
3. Always check your equipment before shooting. Break and discard all cracked or fractured arrows.
4. Be sure to include all of the safety guidelines and the proper whistle codes.
5. Bows and arrows should be used only in places set aside for their use.
6. Always keep your arrows pointed down or toward the target.

7. Only release an arrow when you can see its full clear path to the target.
8. Shoot only at the target in front of you.
9. Keep the arrows in the quiver until everyone is on or behind the shooting line and the range master has indicated that you may begin shooting.
10. Archers stand with both feet behind the line.
11. Stop shooting immediately upon signal from the range master or if anyone crosses in front of the shooting line or in front of or behind the targets.
12. Use only arrows that have been measured for your proper draw length. Arrows that are too short may cause personal injury or damage to the bow and arrow.
13. Always wear an arm guard and finger tab or glove.
14. Always practice courtesy and good sportsmanship.
15. Always walk, never run, when on the archery range or while carrying arrows.
16. On a target range, leave the bow standing against the target face while you are looking for lost arrows.
17. Stay on marked paths. Travel the direction in which the targets are marked.

### Safety Rules for Range Masters

1. **Know** where arrows will go if the target is missed and to ensure a safety zone is in place.
2. **Lock, secure, and affix signs** to all access gates and entranceways downrange of the Shooting Line to inform people of the activity.
3. **Communicate** with range officers and other camp personnel regarding when and where archery activities will take place.
4. **Avoid shooting into the sun.**

5. **Know how many arrows the archers have** before shooting to be sure they are all retrieved.
6. **Clear the range** of any potential tripping hazards.

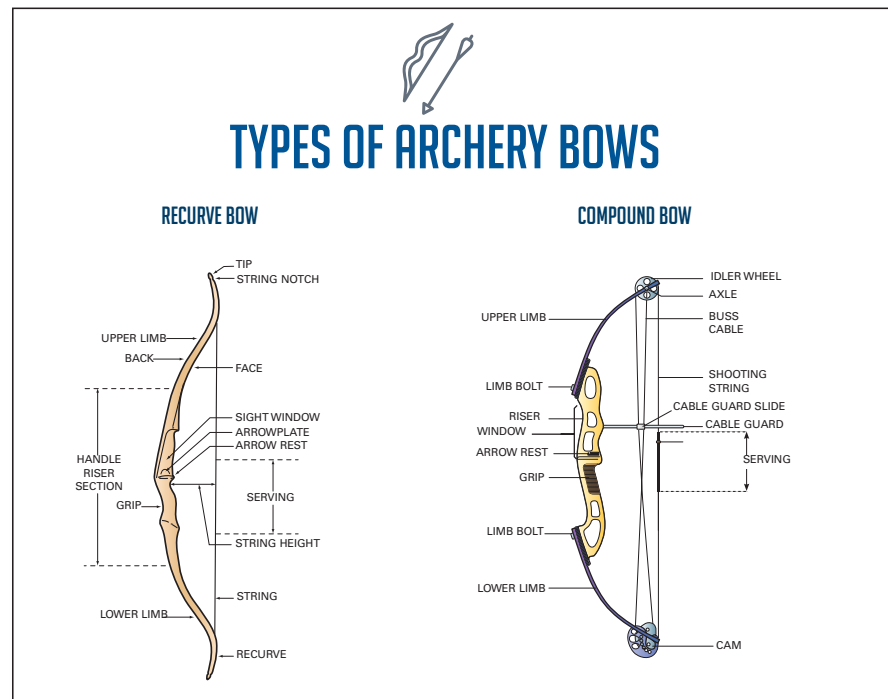
*(From USAA Archery Certification Course – Level 1 manual. Used with permission.)*

### Level 1, Requirement 2:

*Identify and name a recurve bow and/or compound bow.*

The two bows most commonly used by Cub Scouts are

- **Recurve:** Recurve bows are the traditional bow for learners. It allows the archer to better learn proper finger tension. Modern recurve bows are either made entirely of fiberglass, or are a composite of wood and fiberglass. Both options are satisfactory for beginning instruction.
- **Compound:** Compound bows are generally harder to master, but they will produce more consistent results. The pulley system provides a mechanical advantage to assist where strength or stamina is an issue.



All archers should be able to identify a recurve bow and compound bow. If your range uses only one type, obtain an example of the other for identification purposes to meet the requirement.

### Level 1, Requirement 3:

*Explain and demonstrate how to apply and use arm guards, finger tabs, and quivers.*

Use the safety equipment available at your range, and demonstrate how to wear and adjust it properly. This should include arm guards, finger tabs, arrows, and quivers. Depending on the size of your shooters, you may need to adjust which equipment can be used safely. Be sure to cover loose and oversized shirts, jackets, or other items that may constitute a hazard when shooting arrows.



### Arm Guards

An arm guard is a piece of still material, usually leather or nylon, that attaches to the inside of the forearm of the archer's bow arm to protect it from the bowstring upon release. It also holds down jacket and shirt sleeves so they don't interfere with the bowstring's travel. The larger part goes toward the elbow. A right-handed archer should wear the guard on his left arm, a left-handed archer on his right arm.

#### Care of Arm Guards

Arm guards should have laces or elastic replaced when needed. Arm guards should be kept in labeled boxes. All leather goods will last longer if stored in a cool, dry place and occasionally cleaned with saddle soap.

**Every shooter must use an arm guard and finger protector.**

### Finger Tabs

Finger tabs are preferable to gloves for group instruction because they present fewer fitting problems. Made of smooth leather, finger tabs absorb the friction of the bowstring across the fingertips. Without them, painful blisters can develop. Many designs are available, but for beginners the simplest and most inexpensive type is satisfactory.

### Quivers

For the young beginner, having a quiver to use when returning arrows from the target to the shooting line will improve safety procedures.

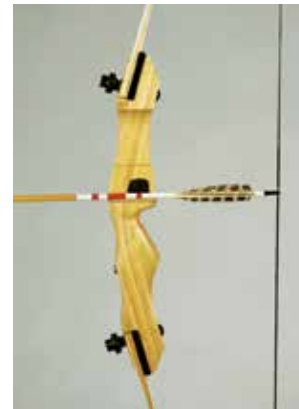
### Level 1, Requirement 4:

*On an approved range, demonstrate how to safely and effectively shoot a bow and arrow, including how to establish a correct stance, nock the arrow, hook and grip the bow, raise the bow, draw, anchor, hold, aim, and release/follow through.*

#### Step 1: STANCE

Stance is the correct foot position of the archer. The goal is to provide a solid foundation for the shot. An archer is most stable in an open stance.

1. Stand with both feet behind the shooting line.
2. Feet should be shoulder-width apart.
3. Move the foot closest to the target back about 3 inches.
4. Turn the toes of both feet toward the target about 30 degrees.



#### Step 2: Nock the Arrow

To nock an arrow is to securely place the arrow onto a bowstring. When the arrow is securely placed on the bowstring, the archer feels and/or hears the arrow "snap" into place.

1. Grasp the arrow below the nock.
2. Bring the arrow up and over the bow and place it on the arrow rest.

3. Spin the arrow so the index vane (usually a different color) points away from the riser and toward the archer's body.
4. Push the nock into place on the bowstring directly below the nocking point.



### Step 3: Hook and Grip

Archers touch the bow in only two places: the bowstring where they “hook” it, and at the grip where they “grip” it. *Hook* is when an archer curls three fingers around the bowstring directly beneath the arrow. The *grip* on a bow is where the archer places his or her hand on the bow.

1. Curl the bowstring with the fingertips of the index, middle, and ring fingers under the arrow.
2. Pull the bowstring back enough to apply a small amount of tension.
3. Center the meaty part of the thumb on the back of the bow grip.
4. Point the thumb toward the target and angle your knuckles 45 degrees. Check to be sure the grip is relaxed.

### Step 4: Raise the Bow

This step gives the archer the opportunity to confirm that all previous steps have been completed before proceeding. Once that is done, do the following:

1. Turn the head toward the target.
2. Rotate the elbow of the bow arm away from the bowstring.
3. Lift both arms to shoulder height.
4. Extend the bow arm fully, keeping the bow vertical.

The archer raises the bow in preparation for drawing back the bowstring. This gives the archer a sense of direction by knowing where the bow is in relation to the target. While raising the bow, it is important to keep the rest of the body still.

### Step 5: Draw

Pull the bowstring back toward the face. The draw should be seamless and smooth.

### Step 6: Anchor

The archer should pull the bowstring back to a consistent anchor point every time to maintain accuracy. For beginning archers, the corner of the mouth is the preferred anchor point.

1. Settle the index finger of the draw hand into the corner of the mouth.
2. Keep the draw hand relaxed and up against the face.

### Step 7: Hold

Move the draw arm elbow slightly behind the arrow to brace the draw weight of the bow. The tension of holding the bow is now transferred from the shoulder and arm muscles to the back muscles.



### Step 8: Aim

Aim is lining up the arrow to the target. Simply put, the arrow will go where it is pointed. The goal is to focus equally on the target and the arrow point.

1. Place the point of the arrow on the intended target area.
2. The eye focus is equally on the arrow point and the target.

### Step 9: Release/Follow Through

Release occurs when the archer relaxes the tips of the fingers that are hooking the bowstring, allowing the bowstring to push the fingers out of the way. Follow-through is the finish position.

**Refer to the Archery Shooting Form poster, found on page 41 of the appendix.**

1. Relax the fingertips to allow the bowstring to push the fingers out of the way.
2. Keep the bow arm up.
3. Finish the shot by allowing the draw hand to fall between the ear and the shoulder.

### Level 1, Requirement 5:

*On an approved range, demonstrate how to safely retrieve arrows after the range is clear and the command to retrieve arrows has been provided.*



### Retrieve Arrows

After all archers have shot their allotment of arrows (usually around six, if time permits), demonstrate and explain the proper methods to retrieve arrows from the target and ground.

First, before any archer goes to retrieve any arrows, permission must be granted by the range officer. The range officer will observe the archers and indicate when all archers have completed shooting and it is safe to retrieve arrows.

1. Follow the proper commands to move to the target line. Archers should walk slowly to the target and watch for arrows on the ground.
2. Remove arrows by standing to the side of the target and brace it with the side of the body. Place one hand on the target at the base of the arrow.
3. Grasp the arrow near the target and pull firmly and slowly straight back toward the shooting line.
4. Place the arrow on the ground.
5. Remove any others and place them on the ground.
6. After all the arrows have been removed, pick up the arrows from the ground. Cover the points with one hand and grasp the arrows near the fletching with the other hand. An arrow buried under the grass should be withdrawn point first and be completely clear of the grass before the arrow is lifted.
7. Walk back to the shooting line and place the arrows into the ground quiver.
8. Move off the range, or prepare to resume shooting, as commanded.



# ARCHERY LEVEL 2 REQUIREMENTS

## LEVEL 2: SKILL AND KNOWLEDGE

To earn the Level 2 Skill and Knowledge recognition, Cub Scouts must complete the Level 1 Participation and Knowledge requirements, and do the following:

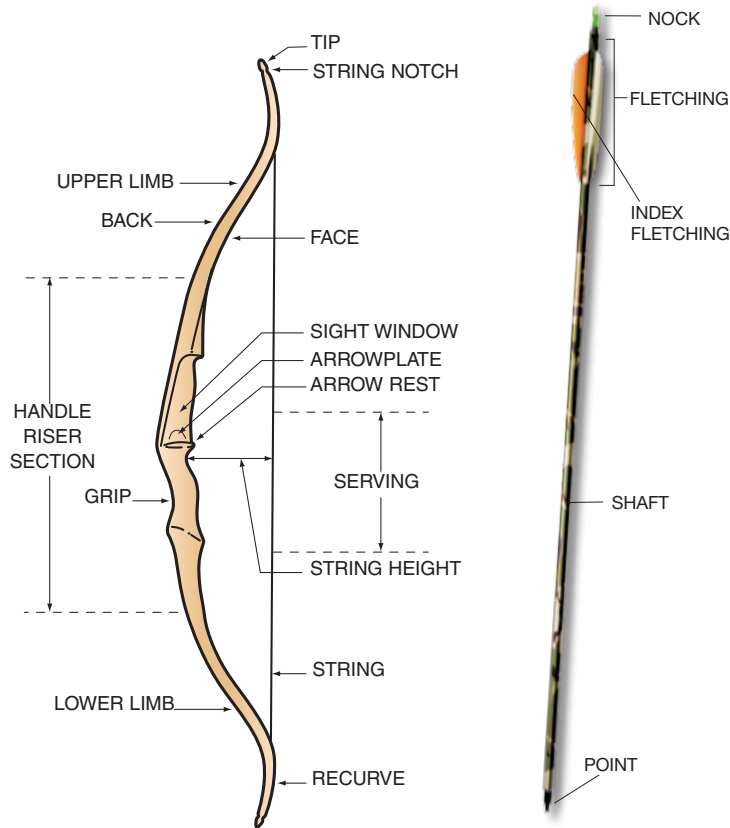
- Tigers must complete S1–S3 from the Tiger column.
- Wolves must complete S1–S4 from the Wolf column.
- Bears must complete S1–S4 from the Bear column.
- Webelos and Arrow of Light Scouts must complete S1–S4 from the Webelos/Arrow of Light column.

	<b>Tiger</b>	<b>Wolf</b>	<b>Bear</b>	<b>Webelos/Arrow of Light</b>
S1	Identify three parts of the arrow and three major parts of the bow you will be shooting.	Identify three parts of the arrow and four major parts of the bow you will be shooting.	Identify four parts of the arrow and five major parts of the bow you will be shooting.	Identify five parts of the arrow and six major parts of the bow you will be shooting.
S2	Shoot three arrows at a target on an approved range; then repeat and do your best to improve your score. (Shoot a total of six arrows.)	Shoot five arrows at a target on an approved range; then repeat and do your best to improve your score. (Shoot a total of 10 arrows.)	Shoot five arrows at a target on an approved range; then repeat twice and do your best to improve your score each time. (Shoot a total of 15 arrows.)	Shoot five arrows at a target on an approved range; then repeat three times and do your best to improve your score each time. (Shoot a total of 20 arrows.)
S3	Demonstrate proper range commands, and explain how and when to use them.	Demonstrate proper range commands, and explain how and when to use them.	Demonstrate proper range commands, and explain how and when to use them.	Demonstrate proper range commands, and explain how and when to use them.
S4		Tell five facts about archery in history or literature.	Tell five facts about archery in history or literature.	Tell five facts about archery in history or literature.

# NOTES ON ARCHERY LEVEL 2 REQUIREMENTS

## Level 2, Requirement S1: Parts of the Bow and Arrow

Review the parts of a bow and arrow with Cub Scouts. Determine that each Cub Scout has identified the number of parts needed to meet the requirement for his rank.



**Arrow:** A shaft made of carbon, aluminum, wood, fiberglass, or composite materials with a point on one end and a nock on the other end. Fletching, which can be either feathers or plastic vanes, are located on the arrow near the nock end.

**Field point:** Similar to a target point and has a distinct shoulder, so that missed outdoor shots are easier to remove from obstacles such as tree stumps

**Fletching:** The stabilizing feathers or vanes of an arrow

**Index fletch or vane:** A different-colored fletch or vane used to indicate proper arrow positioning in relation to the bowstring or bow

**Nock:** The plastic attachment or grooved notch at the end of an arrow used to attach the arrow to the bowstring

**Shaft:** The main structural element of an arrow

**Target Point:** Attaches to the front end of an arrow and penetrates the target

## Level 2, Requirement S2

**Tiger:** Shoot three arrows at a target on an approved range; then repeat and do your best to improve your score. (Shoot a total of six arrows.)

**Wolf:** Shoot five arrows at a target on an approved range; then repeat and do your best to improve your score. (Shoot a total of 10 arrows.)

**Bear:** Shoot five arrows at a target on an approved range; then repeat twice and do your best to improve your score each time. (Shoot a total of 15 arrows.)

**Webelos/Arrow of Light:** Shoot five arrows at a target on an approved range; then repeat three times and do your best to improve your score each time. (Shoot a total of 20 arrows.)

**Cub Scout-level target scoring should be kept simple. For Tigers, it may be just hitting the hay bale or a large piece of paper on the bale. As the archers progress in skill, move to more structured scoring methods.**

Leaders assisting with this requirement should keep in mind the Cub Scout motto, "Do Your Best," at all times. The goal is for the Cub Scout to improve his technique and, as a result, improve his overall performance. There is NO specific score required for this requirement, only improvement. This may mean five misses the first time, and one hit on a hay bale the second time. While it is clearly desired that he would improve to the point of scoring an actual target and, if there is adequate time, it would be good to work to that goal, the requirement only requires improvement.

## Level 2, Requirement S3

*Demonstrate proper range commands, and explain how and when to use them.*

This requirement is to be completed once for the level 1 award, and again for the level 2 award, according to the commands and rules practiced on your approved range.

With assistance from your range master, determine which range commands will be used. This may mean special archery whistle codes, or just a version of the BB gun range commands, depending on your location. This requirement could be partially accomplished off the firing line for instruction and then demonstrated on the firing line.

## Level 2, Requirement S4

*Tell five facts about archery in history or literature.*

Using the material in this guide or another source, help the Cub Scouts learn about archery in history or literature.

### A Brief History of Archery

The advancement of civilization was enhanced by the use and discovery of bows and arrows. The bow and arrow provided a much safer way to hunt and made life easier.

Generally it is thought the spear was the predecessor to the bow. Spearheads have been discovered from many thousands of years ago.

A recognizable bow was discovered dating back to 6000 B.C. that was made from yew or elm.

Egyptians, somewhere around 3500 B.C. to 2800 B.C., are considered the first to use the bow in battle, which gave them superiority over their enemies. This bow was known as a composite bow.

Assyrians developed a shorter recurve bow that provided more power and easier handling around 1500 B.C. Crossbows were also used in ancient China, but not until many years later.

Around 1200 B.C., a famous Egyptian pharaoh named Ramses II gave archery another boost by putting archers on chariots. This mobility allowed the Egyptians to defeat the Hittite army.

Through the course of history the wooden bow was made longer. The British were famous for improving on the bow, which eventually became known as the British longbow. The most famous battle of the longbow was the battle of Crécy in 1346. In 1500, crossbows were banned in England to promote the use of the longbow. In 1595, the army was ordered to replace all bows with muskets. Still, archery has remained a popular sport in England.

Around 1000 A.D., bow and arrow technology swept the Americas. As seen through archeological studies, its use was adopted by most prehistoric Native Americans.

In 1879 the National Archery Association was founded. The first national tournament was held in White Stocking Park, Chicago, Illinois, that same year. The first archery club in the U.S., the United Bowmen of Philadelphia, was founded in 1928.

In 1900, archery became an Olympic sport, but it was dropped after 1920 because the rules could not be standardized. In 1931, the Fédération Internationale de Tir à l'Arc (FITA) was founded in Paris, and it standardized the rules for international competition. Archery returned to the Olympics in 1972 and is still part of the Olympic program. USA Archery is the sanctioning body in the United States for archery events.

