

Instinctive (WA Traditional) Rules Interpretations

Revision 10-Mar-2024

	Description	Year
1	Book 4, Chapter 22, Article 22.4.1 as supplemented by Interpretation dated January 21, 2022 Wooden laminates on Traditional Bow	2022
2	Book 4, Chapter 22, Articles 22.2.4.1 and 22.4.7.1 Clarification traditional division	2022
3	Bk4vArt22.4.1 Instinctive Bow Limb Pocket	2020
4	Bk4 Art22.4.1 Instinctive Bow and ILF System	2019
5	Bk4 Art23.1 Kneeling	2019

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Book 4, Chapter 22, Article 22.4.1 as supplemented by Interpretation dated January 21, 2022

World Archery Norway has requested an interpretation as to what is required if a riser in the Traditional Division has wood laminates and how do the rules apply to certain risers.

The Constitution and Rules Committee (“C&R”) finds the question presented to be within the terms of reference of the Technical Committee with consultation with the Field and 3D Archery Committee.

C&R has determined that the following interpretation is not contrary to the existing rules or Congress decisions.

The following is the majority decision of the Technical Committee:

If the riser is not made entirely from wood, then it must contain wood laminates that run the entire length of the riser. For the wood laminates to be considered as running through the entire length of the riser, the wood laminates must begin and end where the limbs are mounted. The wood laminates may be broken by the shaping and cutting out of the grip. The wood laminates must be an integral part of the original construction of the riser and cannot be a cosmetic addition.

As a visual guideline for judging risers for the Traditional Division, the photographs below provide a review of the types of risers that should be allowed or disallowed.

Photograph #1 shows four different risers. All of the risers shown have full length vertically laminated wood within the structure. All of these risers conform to the rules and are legal as far as the wood laminate is concerned.



Photograph #2 shows a traditional riser with wood laminates, however the laminates do not run through the entire length of the riser with the exception of the grip. It is not possible to tell from the photograph what the black material is. If the black material is not wood then this riser does not conform to the rules and is not legal. If the black material is wood then this riser would be legal as far as the wood laminate is concerned.



Photograph #3 shows three risers with wood laminates, however the laminates do not run through the entire length of the riser with the exception of the grip. It is not possible to tell from the photograph what the black material is. If the black material is not wood then these risers do not conform to the rules and are not legal. If the black material is wood then these risers would be legal as far as the wood laminate is concerned.



Photograph #4 shows a single riser that has multiple vertical laminates that run through the entire length of the riser. This riser conforms to the rules and is legal as far as the wood laminate is concerned.



Photograph #5 shows a single riser where the core of the riser is likely phenolic and laminated with wood the full length of the riser with the exception of the grip. This riser conforms to the rules and is legal as far as the wood laminate is concerned.



The above interpretation only addresses wood laminates in the riser and does not address whether or not the riser complies with other requirements such as that contained in Article 22.4.1. and Article 22.4.1.1.

World Archery Technical Committee, 22 April 2022
Approved by the World Archery C&R Committee, 5 May 2022
Published and effective: 30 May 2022

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Book 4, Chapter 22, Articles 22.2.4.1 and 22.4.7.1

At the 2021 World Archery Congress, Congress voted to approve Motion 15 creating a Traditional Division which will take effect on January 15, 2022. Since approval of this Motion, several common questions have been raised in response to the new Rule. Therefore, the Technical Committee and the Field & 3D Archery Committee would like to issue an interpretation to clarify the new Rule regarding the Traditional Division.

The Constitution and Rules Committee (“C&R”) finds the question presented to be within the terms of reference of the Technical Committee and the Field and 3D Archery Committee.

C&R has determined that the following interpretation is not contrary to the existing rules or Congress decisions.

Joint response from the Technical Committee and the Field and 3D Archery Committee:

[Book 4, Chapter 22, Article 22.4.1] – “*The riser is of laminated construction and includes wooden laminates or made of one piece of wood.*”

If the riser includes wood laminates, the riser must contain at least two wood laminates within the original construction of the riser. The wood laminates must be present through the entire length of the riser to be legal. Any wood laminates must be visible and easily verified as wood by a judge. Painting, or coating the riser so that the wood laminates are not visible may lead to disqualification of the bow. There is no restriction on the length of the riser.

Book 4, Chapter 22, Article 22.4.1 – “*Bows may have adjustable limbs for poundage and tiller adjustment.*”

The limb pockets at each end of the riser may allow for adjustment of poundage (draw weight), tiller and lateral alignment.

Book 4, Chapter 22, Article 22.4.7.1 – “*When shooting, the index finger or middle finger must be within 3 mm of the nock or touch the nock (split finger or 3 fingers under). When shooting split finger, a finger separator between the fingers to prevent pinching may be used. A single anchor or face walking is permitted. String walking is not permitted.*”

The athlete may choose to shoot with either three fingers under the nock or with one finger above the nock and the remaining finger(s) below the nock. The athlete may not change finger position on the string during the competition as this is *string walking* and is not permitted.

World Archery Technical Committee and Field and 3D Archery Committee

November 22, 2021

Approved by the World Archery C&R Committee December 31, 2021

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Book 4, Chapter 22, Article 22.4.1

World Archery Norway indicated that a bow is being produced with two adjustable tiller bolts. Around both bolts there is a rubber-piece that seem to function as a dampener for limb-vibrations. This can be replaced by a brass bolt and nylon-washer to avoid the dampening-function. If one of the two rubber-spacers is replaced with a brass-bolt as described, can the other tiller bolt be left with the rubber-spacer under the Instinctive Bow Division? Or do you have to change both rubber-spacers with fixed material to avoid any dampening on the limbs?

The Constitution and Rules Committee (“C&R”) finds the question presented to be within the terms of reference of the Technical Committee.

C&R has determined that the following interpretation is not contrary to the existing rules or Congress decisions.

Response from the Technical Committee:

It is the unanimous decision of the Technical Committee that the riser as shown in the photo below may not incorporate a rubber dampener in the limb pocket that must be locked down. The intent of the Instinctive Bow division was to have a simple bow, where one limb could be adjusted to set bow tiller, but without the ability to adjust limb poundage during a competition. Limb dampeners are allowed, but not in the location of the limb pocket that must be immovable for each competition the athlete participates in. The Technical Committee does not consider the rubber components to be simply “spacers” as they would provide some dampening capabilities for the limb that requires non-adjustment. To be legal, the rubber spacer/dampener will require replacement with a solid component on the limb that must be locked down. The other limb pocket does not require modification and may incorporate a rubber dampener in that limb pocket.

World Archery Technical Committee, 8 August 2020

Approved by the World Archery C&R Committee, 15 August 2020

Published and effective: 11 November 2020



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Book 4, Chapter 22, Article 22.4.1

The Field & 3D Archery Committee has requested an interpretation as to what constitutes an appropriate limb locking system for the second limb on bows used in the Instinctive Bow Division and whether a bow with international limb fittings (“ILF”) may be used in the Instinctive Bow Division. Article 22.4.1 provides, in part: “The bow may include a single adjustable limb for tiller adjustment only, but may not have adjustable limb pockets for bow weight adjustment.”

The Constitution and Rules Committee (“C&R”) finds the question presented to be within the terms of reference of the Technical Committee.

C&R has determined that the following interpretation is not contrary to the existing rules or Congress decisions.

Response from the Technical Committee:

The question of what constitutes an appropriate limb locking system for the second limb in the Instinctive Bow Division is subjective. Article 22.4.1 states that the bow may not have adjustable limb pockets. However, as long as one pocket is locked down and cannot be adjusted during competition, the Technical Committee believes that this is an adequate solution for the Instinctive Bow Division.

Adjustable limb pockets would not be allowable if we follow the absolute definition of the rule. However, and this is a critical point, there are almost no bows on the market that could truly follow this rule to the letter.

We understand there is not any one best solution for locking down a limb on an adjustable limb pocket. The judges, at their discretion, will determine if the “fix” of one limb is adequately secured and cannot be moved during competition. In this case, ILF limbs would be legal as long as one limb is satisfactorily locked down to a point that the judges are satisfied it cannot be altered during competition.

One alternative to locking down the limb is as follows: Although the two risers in the photos below are not bows permitted in the Instinctive Bow Division, the weight adjustment bolt is virtually the same. There are other types of limb bolts and limb locking methods, but the idea of locking one limb down so it cannot be adjusted further is the same. The concept is to place metal or hard plastic spacer/washers between the riser and the limb adjustment bolt flange (where the blue arrows point). The limb would then be tightened down on top of the spacer/washers until it can't go any further, providing a hard, non-adjustable stop. If during competition a judge found space between the spacer/washers and riser or flange, then the judge would know that the bolt was tampered with. This solution gives the athlete the opportunity to set the bow weight he or she wants, find or make hard spacers that fill that section and lock the limb down securely. Or, the athlete could turn the one limb bolt to maximum with no spacer as long as it could

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not be adjusted further. If the judge requests, the athlete must demonstrate that the bolt cannot be tightened further on the spacer/washers. By using this application to lock down a limb, no bows are ruined and it works as a solid, non-adjustable limb.

Note: The spacers or washers must be made of a hard material that cannot be compressed when tightening down the weight adjustment bolt. The judges can test the spacers or washers with the tip of a pin to make sure they are not rubber tubing or other material that can be compressed.

The above alternative is only one possible method and other methods which are satisfactory to judges to lock down a limb on an adjustable limb pocket solution are also permitted.

World Archery Technical Committee, 22 August 2019

Approved by the World Archery C&R Committee, 26 August 2019



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Book 4, Chapter 23, Article 23.1

The Field and 3D Archery Committee has requested an interpretation as to what constitutes kneeling as permitted under Article 23.1.

The Constitution and Rules Committee (“C&R”) finds the question presented to be within the terms of reference of C&R.

C&R has determined that the following interpretation is not contrary to the existing rules or Congress decisions.

Response from C&R:

C&R has concluded that kneeling is an act where one or both knees are on the ground but the athlete’s weight is not being supported by sitting or resting on his or her feet, heels, or legs. Kneeling is not intended to allow the athlete to have additional stability by supporting his or her weight on legs, feet or heels.

Applying this analysis to the pictures below:

Image 1 – legal

Image 2 – not legal since weight is on legs and heels

Image 3 – not legal since weight is on legs and feet

Image 4 – legal

Image 5 - legal if athlete is not resting on the back of left leg, heel or foot.

Constitution and Rules Committee, 19 March 2019

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Image 1



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Image 2



Image 3



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Image 4



Image 5

