



ISAA Beginner Archer's Intervarsity Competition Handbook

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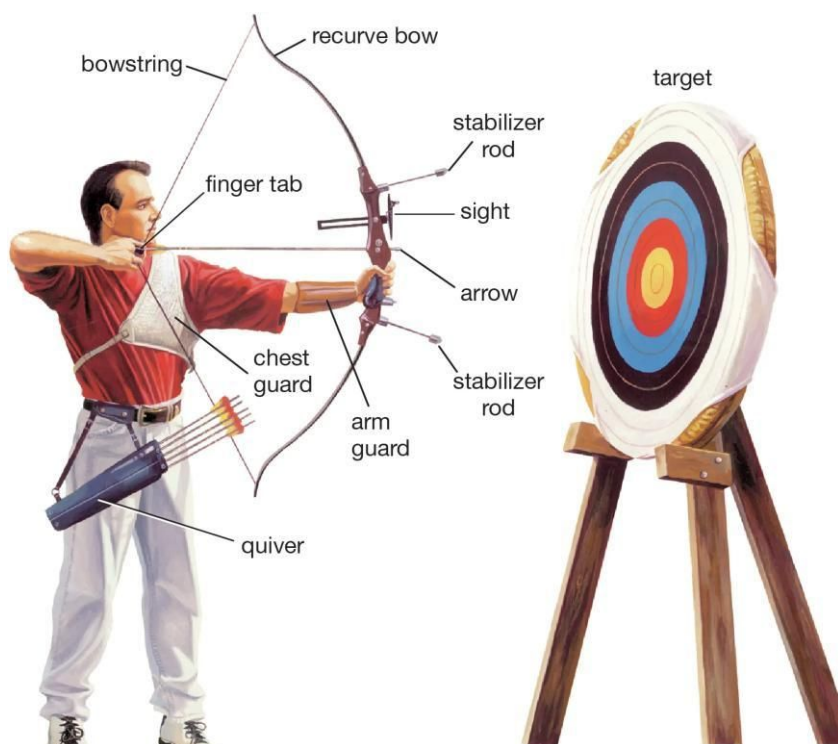
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Competition Day at a Glance – Quick Start Guide

A one-page reference for new archers on competition day.

Arrival Time	Arrive 45–60 minutes before shooting starts for registration and equipment inspection.
Dress Code	Club jersey or plain black t-shirt, sports bottoms. No jeans, camo, crop tops, short skirts/shorts, or open shoes.
Must Bring	Bow & arrows (marked), quiver, finger tab, arm guard, pen (blue/black), water/snacks, weather gear.
Whistle Commands	2 whistles = to the line; 1 whistle = shoot; 3 whistles = collect arrows.
Key Rules	Never touch arrows or targets before scoring is complete. Never cross the shooting line unless it is time to collect If in doubt ask your coach or a judge



Useful Tools & Links

- **IANSEO:** Target lists, live results, and rankings → ianseo.net

Chapter 1: Introduction

Welcome to the ISAA Beginner Archer's Intersivity Competition Handbook – updated for the

2025/2026 season. This guide is designed for college archery clubs and new archers to navigate competitions with confidence. It contains essential rules, competition formats, scoring methods, and etiquette so that your first season is smooth and enjoyable.

Created in collaboration with ISAA-affiliated clubs and the ISAA Committee, it combines the constitution, event guidelines, and real-world tips from experienced hosts. Special thanks to all who provided feedback for this edition.

What to Expect at Your First Competition

Many first-time competitors are unsure about distances, scoring, and procedures. This handbook covers:

- Shooting distances by category
- Scoring formats & scorecard completion
- Number of arrows per end and round structure
- Competition layout & rules
- When & how to interact with judges/coaches

General competition set up

- The standard ISAA indoor competition consists of 2 rounds of 30 arrows each.
- Each round has 10 ends of 3 arrows.
- Scoring includes counting 10s, 9s, and total points.
- There are usually 2 sighter ends before the scoring starts, where arrows are not scored but help you adjust.

Number of Events

- Each season has exactly 5 Intersivity competitions.
- At least 2 of those must happen in the first semester (before Christmas).

Prizes

- Individual indoor and outdoor league prizes are awarded at the last competition of the season.
- Nationals and Open prizes are given out by the hosts on the day.

Entry Fees

- There is a maximum entry fee for each event, which is set at the ISAA's EGM..



Quick Terms used in Archery Competitions

Term	Meaning
End	One set of 3 arrows (indoors)/ 6 arrows (outdoors)
X	Inner 10-ring
Sighter	Practice ends before scoring starts
Equipment Line	Line behind the shooting line for gear
Line Breaker	Arrow touching the edge of a higher score
3m Line	An arrow that lands past the 3m line (counts as a miss) If the arrow lands in between the shooting line and the 3m line an archer may shoot another arrow.
720 Round	72 arrows at a set distance (outdoor standard)
Double 720	Two 72-arrow rounds, often split in AM/PM

Basics to Bring to every Competition

- Bow and arrows (bring spares!)
- Quiver
- Finger Tab
- Arm Guard
- Finger Sling
- Bow Stand
- Arrow puller
- Water bottle & food/lunch
- Sunscreen & hat (or rain gear!)
- Club jersey or sportswear **(no jeans/camo)**
- Notebook & pens **(Blue or black only)**



Common Beginner Confusions & Tips

Confusion	Tip
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How to score properly	Score arrows highest to lowest; mark line breakers carefully.
When to call a judge	For unresolved scoring disputes between archers or to emend an incorrect scorecard marking.
What is a “line breaker”?	Arrow touching the line between two scoring zones—score higher value.
What is a “sighter round”?	Practice shots before scoring starts (usually 2 ends of practice).
Where to stand & when	Behind the shooting line until told to shoot; then collect your bow and walk to the shooting line for your end.
Can I shoot out of turn?	No, always follow shooting order (AB/CD rotation).
How to mark the score sheet	Use clear handwriting; double-check totals and sign your name only when you're sure your score is correct.
Equipment check requirements	Follow the rules for your bow category; ask a judge if unsure.
“One-Arrow Shoot Off”	When a tie occurs during a H2Hs match this method is used where both archers shoot a single arrow and the one who shoots a higher score/ is closest to the centre wins

Chapter 2: Competition Structure & Formats

Typical Competition Formats

- **Qualification Rounds:**
 - Indoor: **2 rounds of 30 arrows** (total **60 arrows**), in **ends of 3 arrows**.

- Outdoor: A **720 Round** (72 arrows) in **2 rounds of 36 arrows** in **ends of 6 arrows**
- 2 Sighter ends take place before scoring starts for both indoors and outdoors.
- **Head-to-Head Knockouts (H2Hs):**
 - Archers shoot 3 arrows per end.
 - Matches are won based on **set points** (recurve and barebow) or **total score** (compound). E.g Best scoring end (out of 30 points) wins and that archer is awarded 2 points. In the case the both archers score the same amount of points (out of 30) then each archer is awarded 1 point each.
 - First to 6 set points (recurve and barebow) or highest score after 5 ends (compound) wins.
 - In case of a tie → **one arrow shoot-off** closest to centre wins.
 - Take place after qualification rounds at Nationals, Student Open and Outdoor Finals.

ISAA competitions fall into several types:

- Indoor (18m distance, 40cm target face)
- Outdoor (30–70m distances, 80–122cm faces)
- Intervarsities (student-focused, friendly but competitive)
- Fun Shoots (themed, relaxed atmosphere)
- Nationals & Opens (formal, qualification standards)

Key Differences Between Indoor & Outdoor

Feature	Indoor	Outdoor
Distance	18m	30–70m
Arrows per End	3	6
Number of Ends	20	12
Total Arrows	60	72
Timing	90s for 3 arrows	180 seconds for 6 arrows

Overview of Non- IV Competitions

- **What are the other student competitions?**
 - Student Open - Hosted by a different club each year - Qualification round + Head to Heads.
 - National Student Indoor Championships - Hosted by UCC - Qualification Round + Head to Heads.
 - Friendly competitions (e.g Halloween Shoot)

Hosting & Club Involvement Basics

- **Who Hosts Competitions?**

- Clubs take turns hosting Intervarsities, Student Open and Friendlies.
- This is decided at the ISAA AGM at the end of the academic year.

- **How Can You Get Involved?**

- **Volunteer roles** include setting up equipment, registration desk, line running, scoring tables, and clean-up.
- Volunteering at competitions is fun, strengthens your club ties, and often earns appreciation from your committee!

- **Hosting Tip:**

- Every helping hand counts — no experience is needed to assist with set-up, scoring, or tear-down.

Chapter 3: Categories & Eligibility

Recognised Archery Styles

Competitions are divided by bow type:

- **Recurve** - Sight and stabilizers allowed, but no mechanical release
- **Compound** - Uses release aids and magnified sights.
- **Barebow** - No sights, stabilizers, or release aids.

Longbow archers compete under the **Barebow** category.

Competition Categories

Categories are based on **bow style**, **skill level**, and **gender**:

- **Skill Levels:** Beginner, Intermediate, Advanced
- **Gender Divisions:** Open (all genders) and Female

Recurve Beginner Open	RBO
Recurve Intermediate Open	RIO
Recurve Advanced Open	RAO
Recurve Beginner Female	RBF
Recurve Intermediate Female	RIF
Recurve Advanced Female	RAF
Compound Open	CO
Compound Female	CF
Barebow Beginner Open	BBO
Barebow Intermediate Open	BIO
Barebow Advanced Open	BAO

Barebow Beginner Female	BBF
Barebow Intermediate Female	BIF
Barebow Advanced Female	BAF

Category Eligibility by Scores

To compete at a given level, you must not exceed these scores in any single Intervarsity or official WA competition:

Recurve:

- Beginner (RBO / RBF): 399 pts
- Intermediate (RIO / RIF): 499 pts
- Above that → You must compete in RAO / RAF (Advanced)

Barebow:

- Beginner (BBO / BBF): 299 pts
- Intermediate (BIO / BIF): 399 pts
- Above that → You must compete in BAO / BAF (Advanced)

Compound:

All archers compete in CO or CF – no beginner/intermediate split.

- One category per competition only.
- Archers can only move up (never down) to a higher level.
- If you qualify for the next category mid-season, you finish the season in your current category and move up next season.
- If you choose to move up early: previous scores won't carry over unless both categories use the same target face.

Target Face

Category Groups	Target Face
RBO, RIO, BBO, BIO, BAO (and Female)	40cm (option: tri-spot for Intermediates & Advanced)

RAO, RAF, CO, CF

Tri-spot 40cm only

Indoor Pin Requirements

When an archer scores above a set number of points — determined by their bow type and the colour of the pin — they become eligible for an ISAA Achievement Award, recognising their progress and advancement in the sport. There are both indoor and outdoor achievement pins. Below are the requirements for each indoor pin available.

ISAA Category Pin Awards

Indoor Season Points

	White	Black	Blue	Red	Gold
Recurve	350	400	450	500	550
Barebow	300	350	400	450	475
Compound	400	450	500	550	565

Contact your club regarding the pins if you've met the point requirement for the pins.

Guest Archers

Archers from outside the ISAA (i.e., World Archery members) may take part if the host allows.

Guest Archers must be Archery Ireland (AI) members. IFAF members may also compete at the discretion of the hosts.

Guest archers are ranked separately and do not count toward league results.

Guest archers compete under a separate category that is only divided by bow style and gender.

- Bow Style: Recurve, Barebow and Compound

- Gender Divisions: Open (all genders) and Female

Chapter 4: Target Etiquette & Shooting Procedures

Essential Equipment Guidelines

- Fully assembled **bow** with stabilisers/sights already attached.
- Clearly **marked arrows**:
 - With your **initials or full name**

- Numbered 1–6 consistently
- **Finger tab** and **arm guard** – must be worn during all shooting.
- **Quiver tag** from registration (shows target and position)

Earplugs

- Must be **non-electronic** (no Bluetooth/music) - Loops are usually allowed.
- Inform a **judge before the start** of shooting

💡 If a judge asks you to fix equipment, ask a coach or experienced archer for help immediately.

Competition Dress Code

Wear:

- Your **club archery jersey** or a **plain black t-shirt**

Do **NOT** wear:

- ✗ Jeans
- ✗ Camouflage clothing
- ✗ Crop tops
- ✗ Open shoes (e.g., sandals, flip-flops)
- ✗ Shorts or skirts above the knee or shorter than fingertip length
- ✗ Baggy or excessively loose clothing

General Etiquette

- Be quiet in the venue—**do not disturb ongoing shooting**
- Set up gear in designated area (may be behind the line or in another room)

Registration

- Register at the desk or with your **club captain**

- Receive your **quiver tag**:
 - Target number (e.g., T4)
 - Shooting position (A, B, C, or D)

Equipment Inspection

Bring:

- Assembled bow
- Marked arrows
- Finger tab
- Arm guard
- Quiver Tag

Judges will check:

- Compliance with your **bow category** (Barebow/Recurve/Compound)
- Arrows are correctly labelled

Shooting Etiquette and Behavior

On the Shooting Line

- **Stay silent** – no talking or whispering
- **Ask for help** by **raising your arm** quietly
- Do not talk to fellow archers mid-end
- Coaches may advise quietly behind the line – keep focus
- Be aware of your breathing if you're facing another archer while shooting

Behind the Shooting Line

- Do not cross the **equipment line** unless signaled
- Walk carefully; avoid bumping other archers' gear
- Clap respectfully at the end of the 60 arrows - to mark the end of the competition.

Shooting Order & Rotation

Each archer is assigned a letter (A, B, C, D) for a target.

 **Shooting Rotation:**

- First End: **A & B shoot**, then **C & D**
- Next End: **C & D shoot**, then **A & B**

- Rotation continues throughout the round

Shooting Clock & Whistle Commands

Signal	Meaning	Action
2 Whistles	To the Line	Step up, prepare
1 Whistle	Start Shooting	90s for 3 arrows (indoor), 4 mins for 6 arrows (outdoor)
Green→Yellow Light	30s Remaining	Finish your shots
3 Whistles	Stop Shooting	Return to waiting area

✗ Arrows shot **after time** will be disqualified.

✗ Only 3 arrows count per end — extras are scored as **lowest 3**.

Sighters (Practice Ends)

- Usually **2 ends** of **unscored** practice arrows
- Use them to:
 - Adjust your sight
 - Warm up physically and mentally
 - Check bow setup and comfort

⚠ No sighters after the break! Use your first ones well.

Summary: Do's & Don'ts at the Target

 Do	 Don't
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Wait for signal before approaching line	Talk or distract others while on the line
Point bow only downrange	Turn your bow sideways or toward others
Mark holes before pulling arrows	Touch arrows/target before scoring
Use blue/black pens	Use red ink (reserved for judges)
Raise hand for help	Walk across other archers' line space
Sign scorecard clearly	Forget to take a photo for your records

! There are usually **no sighters after the break**, so make the first ones count!

Chapter 5: Scoring Basics

Target Procedures & Scoring

Scoring Process

- **Two scorers** (from different clubs) per target.
- Scores are called **highest to lowest**.
- Scorecard must show:
 - End score
 - Cumulative total
 - 10s and 9s count

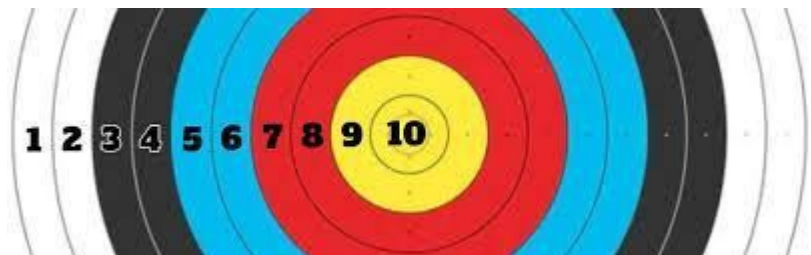
Important Rules

- Use **blue or black pens only** (Judges use green and red).
- **Mark arrow holes** before pulling arrows (vertical mark into the hole).
- **Agree on scores before touching arrows.**
- Line-breaker? – If an arrow touches the dividing line **with no visible colour of the lower score**, it is awarded the higher value.
- Only call a judge for:
 - Scoring disputes
 - Arrow bounce out
 - Equipment failures
 - Arrow falls behind the 3 metre line

How Scoring Works

Points Breakdown:

- Each arrow scores between **1 to 10 points** based on which ring it hits.
- The innermost ring (sometimes marked "X") counts as **10 points** but also as an "X" for tiebreaks.
- **Line Breakers:**
 - If an arrow touches the dividing line with no visible colour of the lower score, it scores the **higher value**.
- **Bounce outs:**
 - If an arrow hits the target and falls or "bounces" out of the target, the lowest value unmarked hole is awarded for that arrow.
 - This is why it is so important to mark arrows every end.



Filling Out Score Sheets

Individual Scorecards:

- Record arrows from **highest to lowest**.
- Use **blue or black pen only**.
- For each end, write:
 - Arrow scores (in descending order)

- **End total**
- **Cumulative total**
- Number of **10s** and **9s**

Team Scorecards:

- Similar process, but scores are combined for the team total.
- Both individual and team cards must be signed.

Using lanseo & Submitting Scores

- Some competitions use the **lanseo** scoring system (via app or paper).
- Always take a **clear photo** of your signed scorecard.
- Keep it for your records or for club records.

How to Correct

- **Only judges** may authorise score corrections.
- Corrections must be **signed or initialled** by the judge.

! Common Penalties:

Late Shot	Highest scoring arrow scored as 0
Extra Arrows	Only lowest 3 arrows count
Unsigned Scorecard	Score of zero
Score Discrepancy	Lower score recorded
Missing Totals	Lower score recorded

! COMMON SCORING MISTAKES TO AVOID

- Forgetting to mark arrow holes
- Incorrect maths or skipping totals
- Not recording misses ("M")
- Touching target/arrows **before scoring finishes**
- Not signing the scorecard

After the Competition

 Finalising Scorecards:

1. Sign your section as **Archer**.
2. Scorers sign their sections. (You cannot write yourself down as your own scorer even if you are one of the scorers for the target)
3. Double-check all totals, 10s, and 9s.
4. Take a photo of your scorecard, for your own records.

 Target Faces:

- Only remove target faces once scores are finalised and approved.
- You may be allowed to take it as a souvenir.

Chapter 6: Outdoor IV Overview

Outdoor Round Formats

- 6 arrows per end
- 12 ends = 72 arrows total
- Each archer shoots 6 arrows per end within 180 seconds (3 minutes).

Season Format

- League Medal Winners: Top 3 scores out of 4 Intersarsity competitions.
- Final IV: 72-arrow qualification round followed by head-to-head knockout bracket.



Outdoor Medals & Leaderboards

- 🏆 League Medals: Awarded based on top 3 scores from 4 Intersarities.
- 🥇 Head-to-Head Medals: Awarded based on knockout results at the Final IV.

Final Intersarsity Format

- 72-arrow qualification round.
- Head-2-head matches are seeded based on qualification rankings.
- To enter the Head-2-Head competition, archers must have attended at least one IV earlier in the season.

Distances for Categories and Levels

Bow Type	Beginner	Intermediate	Advanced
Recurve	50m	60m	70m
Barebow	30m	40m	50m
Compound	-	-	50m (all)

- If you choose to shoot a higher distance than required, you compete in that higher category for the full outdoor season.

Scoring:

- Same as indoor scoring
- Call scores from highest to lowest.

- "X" = Inner 10 (marked separately on the scorecard).
- Example: X, 10, 10, 9, 9, 7 → End Total = 55, Xs = 1, 10s = 3
- Total each end and update your cumulative total.

Adjusting Sights for Distance

- Sight settings change significantly between 30m, 50m, 60m, and 70m.
- Use club practice to record and mark your sight marks for each distance.
- Mark your settings clearly before competition day.

Sight Settings

- Sight marks are essential: distances dramatically change where your arrows land.
- Record and label your settings during club practice.

Outdoor Pin Requirements

 ISAA Category Pin Awards 					
Outdoor Season Points					
	White	Black	Blue	Red	Gold
Barebow	350 (30m) 300 (40m)	400 (30m) 350 (40m)	520 (30m) 460 (40m)	520 (50m)	580 (50m)
Recurve	300 (50m) 250 (60m) 200 (70m)	400 (50m) 350 (60m) 300 (70m)	500 (50m) 450 (60m) 400 (70m)	550 (60m) 500 (70m)	575 (70m)
Compound	450	500	550	600	660
Contact your club regarding the pins if you have hit the point requirements					
 Best of luck in the outdoor season! 					

Differences from Indoor Etiquette and Scoring

Longer ends: 6 arrows outdoors vs. 3 arrows indoors.

Time: 180 Seconds per end outdoors vs. 90 seconds indoors.

Weather considerations: Be prepared for wind, rain, or sun.

Larger target faces and greater emphasis on endurance.

Chapter 7: Common Questions & Troubleshooting

Understanding Rankings & League Tables

Archery competitions often contribute to club leagues or personal rankings:

- Scores from IVs and league events are used to calculate:
 - Individual rankings
 - Club standings

Frequently Asked Questions (FAQ)

Q: Does my indoor level affect my outdoor competition?

- Not directly. Outdoor competitions often have longer distances and different weather factors. - This will be updated in the 2025 ISAA EGM.

Q: What if I don't understand the scoring or rules during the competition?

- Call a judge or ask your coach. It's always better to ask than to guess.
- Use this guide to answer any other questions.

Q: Can I shoot extra arrows if I miss?

- No. Only the first three arrows (Indoor competitions) or six arrows (Outdoor competitions) per end count.
- Shooting extras could result in a penalty.
- You may be able to make up arrows or an end if there is a valid reason (the arrow did not pass the 3m line, medical, equipment failure etc..) and a judge allows.

Q: What if I'm not sure how to fill the scorecard?

- Ask the more experienced scorer, a teammate, or a judge.
- Totals, number of 10s and 9s, and signatures must be accurate.
- Incorrectly filled or unsigned cards can result in disqualification. If in doubt, the lower score or zero will be accepted.

Q: How do I know when it's my turn to shoot?

- Follow the whistle system: 2 whistles = to the line, 1 whistle = shoot, 3 whistles = collect arrows.
- Check your shooting rotation: AB/CD.

Q: What should I bring to every competition?

- Full bow setup (including any tools you need).
- Marked arrows (initials + numbered).
- Tab, arm guard, quiver, finger sling.
- Spare string (optional but recommended).
- Club jersey or black t-shirt.
- Water, snacks, comfortable shoes.
- Pen for scoring.

Q: Are there breaks? How do I handle long events?

- Yes, most competitions have a short mid-event break.
- Use breaks to eat, hydrate, and check your equipment.
- Be back in time for shooting resumption — no sighters after the break!

A to Z of Your First Archery Competition

A – Arrive Early

Give yourself plenty of time to check in, set up your equipment, and get familiar with the venue.

B – Bring Essentials

Pack your water, snacks, scorecards, arrows, bow, finger tab, arm guard, and any necessary paperwork or membership cards.

C – Check Equipment

Ensure your bow, arrows, and all accessories meet the competition rules. Double-check your sight settings.

D – Dress Code

Wear your club archery jersey or a plain black T-shirt. No jeans, camouflage, crop tops, open shoes, short skirts, or baggy clothes.

E – Equipment Inspection

Be ready for judges to inspect your bow, arrows (with initials/markings), finger tab, and arm guard before shooting.

F – Familiarise Yourself with the Rules

Take time to learn basic competition rules, scoring, and etiquette before the event. Knowing what to expect reduces stress on the day.

G – Get Your Target Assignment

Know your target number and shooting group (A, B, C, D). Check Ianseo or the event board for your assignment.

H – Handle Score Sheets Carefully

Learn how to record scores neatly in a blue/black pen, call scores correctly, and double-check totals before signing.

I – Ianseo Familiarity

Get comfortable using Ianseo (or paper scoring). Know where to find your lane assignment, start times, and rankings.

J – Judge Calls

Only call a judge when necessary: for scoring disputes, bounce-outs, equipment failure, or if you're unsure of the rules.

K – Keep Track of Your Arrows

Mark all arrows with your initials and number them. Always shoot, collect, and check your own arrows carefully.

L – Listen for Instructions

Watch and listen for whistle commands or buzzer sounds to know when to approach the line or stop shooting.

M – Mark Your Arrows

Mark your arrows with unique fletching, colors, or wraps to identify them easily on the target face.

N – Note the Distances

Know the distance you're shooting for your category:

Indoors	Outdoors
18m for all categories and bow types	- Recurve (50m - 70m) - Barebow (30m - 50m) - Compound (50m)

O – Observe Safety Rules

Never draw or shoot without permission. Follow all safety commands and never cross the line early.

P – Plan Your Breaks

Know when breaks are scheduled. Use them to hydrate, snack, and mentally reset.

Q – Qualification Round

Most competitions start with a qualification round (e.g., 60 or 72 arrows) to determine rankings for medals or knockouts.

R – Respect the Line

Stay behind the shooting line until it's your turn. Don't step forward until everyone has safely finished shooting.

S – Sighters

Check if sighter (practice) ends are allowed before scoring begins. Use them to adjust your sight and settle in.

T – Timing

Know how much time you have per end (2 minutes indoors for 3 arrows, 4 minutes outdoors for 6 arrows). Pace yourself so you don't rush your shots or run out of time.

U – Understand Categories

Make sure you know your bow category (Recurve, Barebow, Compound) and your competition level (Beginner, Intermediate, Advanced).

V – Verify Scores

Before signing a scorecard, double-check that scores, cumulative totals, and 10s/Xs are correct.

W – Water and Snacks

Archery competitions can be long! Bring enough water, light snacks, and maybe electrolyte drinks to stay sharp.

X – X's and 10's

An “X” (inner 10) is recorded separately in outdoor competitions (and specific styles of indoors e.g Kings scoring) and may be used for tie-breaks. Know how to count and record both accurately.

Y – You're Learning

Every competition is a learning experience. Don't hesitate to ask questions or observe more experienced archers.

Z – Zero in on Your Focus

Take a deep breath, focus on each shot one at a time, and most importantly—enjoy the day!