

## **SCA Missile Combat Rules**

### MARSHALING MISSILE COMBAT

1. The Marshal-in-Charge (MIC) shall be responsible for establishing a safe area for spectators and non-combatants. The Marshal-in-Charge shall ensure that all spectators are made aware of the danger of missile weapons prior to the start of combat. He shall attempt to minimize the risk to all spectators, participants, and bystanders as much as is possible given the constraints of the site.
2. Where missile combat is to take place, a readily identifiable boundary for the combat shall be established. The Marshal-in-Charge shall establish a safe distance for the spectators from the boundary as is appropriate to the scenario and missiles used.
3. If any combatant crosses any established boundary (i.e., into a spectators' area), a hold must be called immediately and the combatant(s) involved must be repositioned safely before being allowed to resume combat. Any combatant who crosses such a boundary and then discharges a missile or otherwise endangers a spectator will be ejected from the battle and may be ejected from the event or subject to other sanctions. Any combatant intentionally striking, or attempting to strike, a non-contact archer or any non-combatant (water bearer, marshal, herald, etc.) with a weapon shall be ejected from the battle and may be ejected from the event or subject to other sanctions. This also applies to any missile user intentionally hitting, or attempting to hit, a non-combatant or spectator with any missile.
4. Marshals should pay special attention to enforcement of the capture/slaying rules, and to strictly enforcing the above rules concerning crossing boundaries.
5. Non-combatants, such as marshals, on the field during combat are required to wear eye protection which is sufficient to protect against the combat arrows or other missiles in use, such as industrial or sports safety glasses or goggles. Note: An SCA legal helm is considered sufficient protection. Eye protection for golf tube arrows tipped with tennis balls is strongly recommended, but not required.

## DEFINITIONS

### 1. Light Weapons:

Projectile weapons including, but not limited to, bows and arrows, crossbows and bolts, slings and stones or bullets, javelins, darts, and throwing axes. Other weapons in this class, including knives and siege engines, exist and have been used.

### 2. Full-Contact Missile Combatant:

A combatant wearing armor which meets at least the minimum requirements for rattan (heavy) weapons combat and who will be using missile equipment in combat.

EXCEPTION: A full-contact missile combatant's hand protection shall meet the Archer's Gauntlet requirement as defined below in the Missile Combat Rules.

### 3. Non-Contact Missile Combatant:

A combatant wearing armor which meets at least the minimum requirements for light weapons combat and who will be using missile equipment in combat.

### 4. Anti-Bounceback Device (ABD):

A device attached to the nock end of an arrow which prevents or greatly reduces the possibility of injury in the event of a wood or fiberglass shafted arrow bouncing back nock first, or of a fighter falling upon an upright shaft.

## **MISSILE COMBAT RULES**

### FULL-CONTACT COMBAT ARCHERS (HEAVY ARCHERS)

6. Full-Contact Combat Archers shall meet the minimal Society standards for a fully armoured, heavy weapons combatant. The only exception to this rule shall be those archers equipped with the "Archer's Gauntlet" (see Point Three below).
7. Full-Contact Combat Archers shall be authorized to participate by the marshallate, following established marshallate procedures. During this authorization all Combat Archers must show:
  - That they are familiar with the Rules of the Lists, the SCA Missile Combat Rules, and all the rules and conventions of combat pertaining to missile combat in their Kingdom.
  - That they can recognize and accept a killing blow.

- That they are safe to themselves and their opponents.
  - That they can keep their bow out of the way during combat.
  - That they have an awareness of spectator safety.
3. Full-Contact Combat Archers shall wear an "Archer's Gauntlet" on the hand which is used to pick up and draw arrows. The hand in which the bow is held shall meet the minimum Society standards for hand protection for a fully armoured, heavy weapons combatant. The "Archer's Gauntlet" shall be a minimum of a hockey glove with the fingers cut off, so that the back of the hand and the wrist are protected. Other gauntlets such as demi-gauntlets may be used in place of the "Archer's Gauntlet" described above, so long as they provide equivalent or greater protection.
  4. A Full-Contact Combat Archer may be struck/killed in the same manner as any combatant on the field. A cry of "yield" shall be accepted. Once killed, Full-Contact Combat Archers are treated as any other dead combatant, being removed from combat as soon as practical (thus decreasing the chance that a bow will be stepped on).
  5. When only full-contact missile troops are on the field, archers must be far enough from their target so that their arrow will be airborne before it strikes their target. If mixed troops are on the field, the minimum distance from the target is five yards.
  6. A Full-Contact Combat Archer may become a regular combatant provided that he/she is authorized as a regular combatant and does two things:
    - Discards his/her bow in a safe manner, so as not to cause a hazard, and replaces it with an approved weapon/weapons and/or shield.
    - Either changes his/her "Archer's Gauntlet" for a combat-legal gauntlet, or places that hand in an approved basket hilt. "Approved" in this instance means the basket hilt was inspected and approved by a warranted marshal while the Combat Archer was wearing his/her "Archer's Gauntlet" inside the basket hilt.

#### NON-CONTACT COMBAT ARCHERS (LIGHT ARCHERS)

8. Non-Contact Combat Archers shall meet the Missile Weapon equipment standards.
2. Non-Contact Combat Archers shall be authorized to participate by the marshallate, following established marshallate procedures. During this authorization all Combat Archers must show:
  - That they are familiar with the Rules of the List, the SCA Missile Combat rules and all the rules and conventions of combat pertaining to missile combat in their Kingdom.
  - That they are safe to themselves and their opponents.
  - That they can recognize a killing blow from a missile.
  - That they have an awareness of spectator safety.
3. Each Kingdom shall establish a safe method of determining that Non-Contact Combat Archers are "dead" (such as approaching within 10 feet of the archer, touch kill, etc.).

4. Non-Contact Combat Archers must be no closer to their target than five yards when shooting.
5. Non-Contact Combat Archers are not to be struck by any heavy weapons combatant. They are subject to missile fire.

NOTE: Since only Lochac in the West and the Southern Reaches of Caid still use 3/4 inch blunts, reference to these has been removed from the rules. The SCA Marshal will continue to allow the above-named regions to use the blunts, as well as plumes instead of the red pheon for the non-contact symbol. No new use of any combat archery head less than 1 1/4 inch in diameter will be permitted.

## **MISSILE COMBAT EQUIPMENT**

### GENERAL

- All missile combatants bear final responsibility for the condition and safety of their own equipment.

### ARMOR

#### Basic Requirements:

1. All armor shall be fastened so as to prevent its being dislodged during use. All armor shall protect the wearer regardless of the wearer's posture or position.
2. Non-combatants will bear conspicuous insignia which identify their non-combat status (usually the arms of their office).
3. Eye protection suitable for the missiles in use is required for all participants, such as marshals, heralds, etc., on the field during combat. When tennis ball-tipped golf tube arrows are used exclusively, eye protection is strongly recommended, but not required.
4. When wood/fiberglass shafted arrows are used, industrial or sports safety glasses may be worn, or adequate screening or shatterproof plastic, such as Lexan, may be attached to the helm over the eyes to provide additional eye protection.
5. The lenses of all eye wear shall be shatterproof safety glass or plastic, such as industrial safety glasses meeting ANSI Z 87.1 standard. Ordinary glass lenses are prohibited.
6. The use of minimum 1/8 inch thick Lexan or other equivalent shatterproof plastic worn on the outside of the helm, as additional eye protection, is allowed. This is in addition to combat-legal bars or visor slots.

### Non-Contact Armor Requirements:

1. In combat situations where light weapons are used exclusively, the minimum requirement is a fencing mask. The mask or helm must cover the front and sides of the head, and be fastened in such a manner as to prevent it from coming off or being significantly dislodged during normal use. In addition, the back of the head must be covered with heavy padding, at a minimum.

A barred or visor slotted helm of 18 gauge metal, which otherwise meets the minimum SCA construction standards, is acceptable. A helm without legal face bars or slots shall have all openings covered with well-secured perforated metal, chain mail, or stout wire mesh with openings of no more than 1/4 inch (soldered or woven). Window screen or galvanized hardware cloth is not acceptable. Shatterproof plastic such as Lexan, of a minimum 1/8 inch thickness, may also be used.

If chain mail is used, the links must be hard tempered, welded, soldered, or otherwise strengthened to avoid opening under impact.

2. If non-contact missile users are to be on the field during mixed combat, they must wear a helm which meets the minimum SCA construction standards, except that it may be made of 18 gauge steel. It must be padded adequately to protect against an unintentional blow. However, if the helm resembles a standard heavy combat helm it must be made of 16 gauge or heavier steel. The helm shall be marked with 4 inch or taller red pheons of the Interkingdom Non-Contact symbol.
3. Puncture- and thrust-resistant padding for the back of the head, the throat, and the neck is required. Tournament combat helms and neck armor are acceptable equivalents.
4. Kidney and groin armor meeting minimum SCA tourney standards is required.
5. A minimum of leather gloves shall be worn on the hands.
6. It is required that shoes or boots be worn on the feet.
7. Protection for the knees of resilient material is required.

### Full-Contact Armor Requirements:

1. Full-contact missile users shall wear armor meeting the minimum requirements for combat using rattan (heavy) weapons.
2. They shall wear a minimum of an archer's gauntlet or demi-gauntlet on the hand that is used to pick up or draw the arrow or to throw any missile.
3. It is required that shoes or boots be worn on the feet.

## BOWS

### General Requirements:

1. The draw weight of the bow is to be determined at 28 inches draw length, as measured from the center of the bow riser.
2. If both wood/fiberglass shafted arrows and golf tube arrows are to be used at the same time, then those bows designed exclusively for golf tube arrows (see "Heavy Bows" below) must have the full width of the upper limb clearly marked with a strip of red tape, or the equivalent, for the top six inches.
3. Bows may not be used to strike an opponent, nor may they be used as a shield against rattan weapons. However, non-contact combat archers may protect themselves from attack if necessary.
4. No one may shoot a non-approved missile from their bow. For example, shooting a wood shaft arrow from a bow with more than 30 pounds draw is not permitted. Such use may be considered grounds for removing a fighter from the field and/or revoking his/her authorization.
5. Due to the restrictions which have been placed on missile weapons (i.e., bow draw weight, arrow construction), missiles are not generally required to strike as hard as non-missile weapons in order for the blow to be counted.
6. Compound bows are not permitted.

### Light Bows:

1. A Combat Archer may use any recurve or longbow that is in a safe and usable condition, so long as the bow does not exceed 30 (thirty) pounds draw weight at 28 inches of draw. Bows shall be inspected before use by a warranted marshal, knowledgeable about archery equipment and safety.
2. Bows of 30 (thirty) pounds or less are considered Light Bows and may be used to shoot either wood or fiberglass shafted arrows or golf tube arrows.

### Heavy Bows:

1. Bows used only for shooting golf-tube arrows are considered Heavy Bows. They may have a draw weight of up to 50 (fifty) pounds at 28 inches of draw. Bows shall be inspected before use by a warranted marshal, knowledgeable about archery equipment and safety.
2. If the arrows to be used are not golf tube arrows, but their nock ends cannot penetrate the visor slot or bars of a combat-legal helm, then the bow to be used may be permitted to have a draw weight of more than 30 (thirty) pounds. This will be determined, on a

case-by-case basis, by both the Society Marshal and Society Archery Marshal at the request of the kingdom Earl Marshal.

## CROSSBOWS

### General Requirements:

1. Crossbows may not be used to strike an opponent, nor may they be used as a shield against rattan weapons. However, non-contact combat archers may protect themselves from attack if necessary.
2. No one may shoot a non-approved missile from a crossbow. Such use may be considered grounds for removing a fighter from the field and/or revoking his/her authorization.
3. Compound crossbows are not permitted.

### Light Crossbows:

1. A Light Crossbow is one which does not exceed 600 inch pounds. The number of inch pounds is determined by multiplying the length of the power stroke in inches by the pounds of pull at the locked position on the string. (The pull weight is to be measured at the nut--i.e., string position when the crossbow is cocked.) A Combat Archer may use any Light Crossbow that is in a safe and usable condition.
2. Crossbows shall be inspected before use by a warranted marshal, knowledgeable about archery equipment and safety.

### Heavy Crossbows:

1. Crossbows shooting exclusively golf-tube arrows may have a power of up to 1000 inch pounds, and are considered Heavy Crossbows.
2. If the arrows to be used are not golf tube arrows, but their nock ends cannot penetrate the visor slot or bars of a combat-legal helm, then the crossbow to be used may be permitted to have a draw weight of more than 600 inch pounds. This will be determined on a case-by-case basis, by both the Society Marshal and Society Archery Marshal at the request of the Kingdom Marshal.

## ARROWS AND BOLTS

### General Requirements:

1. Arrows may only be used as missiles launched from a bow. No arrows shall be used as hand-held thrusting weapons. Such use may be considered grounds for removing a fighter from the field and/or revoking his/her authorization.

2. New designs or materials for blunts, shafts, etc. must first be tested at a kingdom level for safety and durability. Interested parties should contact the Society Archery Marshal for testing standards. Then the test results must be sent to both the Society Earl Marshal and Society Archery Marshal for approval at Society level and for distribution to the other kingdoms.

#### Wood or Fiberglass Shafted Arrows and Bolts:

1. Arrows must have a blunt head, such as a Markland or modified Markland, Thistle Missile, Baldar, UHMW, Morak or other SCA approved combat blunt. The padded face of the blunt may be flat, rounded or parabolic, but not pointed.
  - Fiberglass shafted crossbow bolts may not use Thistle Missile blunts for heads.
  - Handmade blunts are required to have a minimum of half an inch of resilient padding (measured after taping) over the full striking surface of the face. The padding should have progressive give and should hold up under repeated impact. The blunt must have a finished diameter of at least 1 1/4 inches and must not be capable of being forced through the one-inch opening of the bars of a combat-legal helm for more than 1/2 inch.
2. Padding on the face of a blunt which has compacted under use to less than a half- inch in thickness must be replaced.
3. Only wood or solid fiberglass shafted arrows are permitted. Shafts should have a minimum diameter of 1/4 inch for fiberglass or 5/16 inch for wood.
4. Blunts shall be firmly secured to the shaft so that they cannot come off on impact or if the shaft is broken. The cable tie alone is not sufficient for Baldar Blunts. All blunts must be secured by at least one strip of 1/2 inch wide (minimum) good quality electrical or strapping tape. This strip shall run over the face of the blunt and down the sides, and onto the shaft for at least one inch. It shall be secured to the shaft by another strip of tape which wraps around it as well as the base of the blunt and the shaft. Other methods which provide equal or greater safety are permitted with the approval of the Kingdom Marshal.
5. Maximum allowable draw length (bottom of the nock slot to just behind the blunt) is 28 inches.
6. Metal points must be removed prior to mounting blunt points. The front end of the shaft must be flat, not pointed. A slight rounding of the edges is allowed for ease of construction. The use of metal points or sharp shafts will be considered grounds for removing a fighter from the field and/or revoking his/her authorization.
7. The shaft of the arrow shall be spirally or longitudinally wrapped with plastic tape, such as electrical tape, Mylar, or strapping tape, totally covering the surface from the front of the fletching to the tip of the shaft. The tape should be strong enough so that if the shaft should break, it will still be held together.



8. Wood or fiberglass shafted arrows shall be used only after inspection supervised by a marshal. Archers shall be responsible for re-checking the safety of all arrows at the time of use.
9. All arrows shall be clearly marked for identification with the name of the user. For interkingdom wars the name of the kingdom shall be included as well to make it easier to locate the maker/owner of the arrows.

#### Gleaning of Arrows:

1. Golf tube arrows may be gleaned and reinspected upon the field by the archer and then reused.
2. If mixed arrow types are used (wood/fiberglass shafted and golf tubes) then only golf tube arrows may be gleaned and field inspected. The wood/fiberglass arrows may be removed from the field and inspected under the supervision of a marshal during the battle.

NOTE: The gleaning and field inspection of fiberglass or SCA approved ABD shafts will not be allowed at this time. When they have been in use for some time with no indication of safety problems, then they will be considered for field inspection.

#### Golf Tube Arrows:

- Golf Tube Combat Arrows shall be constructed by using a plastic golf tube and attaching a tennis ball, foam thrusting tip or other approved head to the reinforcing ring end.

#### To construct the tennis-ball style:

Using a strong cord of 1/8" or less diameter, tie the tennis ball to the golf tube by crossing two pieces of cord through the golf tube underneath the reinforcing ring, and over the tennis ball. Be sure that the knots are located on the side of the tennis ball and not at the tip. Securely tape the tennis ball to the tube using fiber-reinforced tape. Be sure that the cords are securely taped to the tennis ball to prevent slippage. These cords will prevent the tennis ball from being torn loose when the arrow strikes a hard surface.

To construct the foam thrusting-tip style:

Construction methods should be similar to those of thrusting tips for rattan weapons. The tip should be a minimum of 1.5 inches diameter, and should allow for a minimum of 1 inch of compression. The shaft of the arrow need not be taped as there is no chance of breakage. Fletches are recommended for better stability during flight. Fletches must be of feathers or of a soft, flexible material such as plastic vanes, foam or duct tape, and rounded so as not to have sharp corners.

To reduce the likelihood of a golf tube arrow penetrating an SCA legal helm in the event of "bounce-back," a plug made of foam, paper, 35mm film can or similar material should be put in the nock end of the arrow so as to limit the tendency of the tube to compress upon impact. (Alternative solutions to this problem are subject to the Earl Marshal's approval.)

Maximum allowable arrow draw length (bottom of the nock slot to just behind the blunt) is 28 inches. The use of lightweight foam to stiffen the shaft may be permitted. This must not add substantial additional weight to the arrow.

#### FULL-CONTACT COMBAT JAVELIN THROWERS (HEAVY JAVELIN THROWERS)

1. Full-Contact Combat Javelin Throwers shall meet the minimum Society standards for a fully armoured, heavy weapons combatant. The only exception to this rule shall be the "Archer's Gauntlet" (see Point Three below).
2. Full-Contact Combat Javelin Throwers shall be authorized to participate by the marshallate, following established marshallate procedures. During this authorization all Combat Javelin Throwers must show:
  - That they are familiar with the Rules of the List, the SCA Missile Combat Rules, and all the conventions of missile combat in their kingdom.
  - That they can recognize and accept a killing blow.
  - That they are safe to themselves and their opponents, i.e., they can throw a javelin so that it hits head first.
  - That they have an awareness of spectator safety.
3. Full-Contact Javelin Throwers shall wear, at minimum, an "Archer's Gauntlet" or demi-gauntlet on the hand that is used to throw javelins. The other hand shall meet the minimum Society standards for hand protection for a fully armoured heavy weapons combatant.
4. A Full-Contact Javelin Thrower may be struck/killed in the same manner as any combatant on the field. A cry of "yield" shall be accepted. Once killed, Full-Contact Javelin Throwers are treated as any other dead combatant, being removed from combat as soon as practical.

5. A Full-Contact Javelin Thrower may become a regular combatant as long as he/she is authorized as a regular combatant and does two things:
  - Discards, in such a way as to not cause a hazard, any javelins being held in the hands or arms and takes up an approved weapon and/or shield.
  - Either changes his/her "Archer's Gauntlet" for a combat-legal gauntlet, or places his/her hand in an approved basket hilt. "Approved" in this instance means that the basket hilt was inspected and approved by a warranted marshal while the javelin thrower was wearing his/her "Archer's Gauntlet" inside the basket hilt.
6. Javelins shall not be used to block heavy weapon blows.
7. Javelins may be used while carrying a shield.

#### NON-CONTACT JAVELIN THROWERS (LIGHT JAVELIN THROWERS)

1. Non-Contact Javelin Throwers shall meet the Missile Weapon equipment standards.
2. Non-Contact Javelin Throwers shall be authorized to participate by the marshallate, following established marshallate procedures. During this authorization all javelin throwers must show:
  - That they are familiar with the Rules of the List, the SCA Missile Combat rules, and all the conventions of missile combat in their Kingdom.
  - That they are safe to themselves and their opponents, i.e., they can throw a javelin so that it hits head first.
  - That they can recognize a killing blow from a missile.
  - That they have an awareness of spectator safety.
3. Each Kingdom shall establish a safe method of determining that Non-Contact Javelin Throwers are "dead" (such as approaching within 10 feet of the javeliner, touch kill, etc.).
4. Non-Contact Javelin Throwers are not to be struck by any heavy weapons combatant. They are subject to missile fire.

### **MISSILE COMBAT EQUIPMENT**

#### JAVELINS

1. Javelins may be constructed from lengths of one inch outer diameter (3/4 inch inner diameter), schedule 40 PVC tubing, or equivalent materials approved by the marshallate. Any equivalent should be as strong or stronger, and not significantly heavier, than schedule 40 PVC tubing. The use of Silo-flex, ASTM number D-2239, with a wall thickness of 1/8 inch and a 1 inch inside diameter, is also permitted.
2. Darts are a short version of javelins and follow the same construction standards.

3. Javelin shafts shall be spirally or longitudinally wrapped with fiber tape or any other material that will safely contain any breakage.
4. Striking tips shall be constructed according to tourney weapon thrusting tip standards.
5. The butt end of the shaft must be covered to present a flat and solid surface, i.e., with PVC pipe caps.
6. The total weight of the javelin should not exceed 2 pounds.

(NOTE: The two-pound limit will not take effect until one year after the rules go into force. This is to allow those kingdoms using 2.2 pound (1 kilo) javelins time to replace them. However, no new 2.2 pound javelins should be constructed during that time.)

7. Javelins shall be marked with the name of their user or maker. For interkingdom wars they shall also be marked with the name of the kingdom to make it easier to locate the maker/user of the javelins.
8. The javelin shall be constructed so that, when thrown head first, it will always strike head first. If necessary, fins, fletching, streamers, etc. should be used to prevent the javelin from turning and striking butt first. The fins should be constructed of a non-rigid material, such as closed cell foam or leather.

## OTHER MISSILE WEAPONS

### General Rules:

1. A missile shall not contain any material, such as beans, sand, etc., which could enter the eyes if the missile came loose or broke.
2. All missile weapons shall be marked with the name of their user or maker. For interkingdom wars they shall also be marked with the name of the kingdom to make it easier to locate the maker/user of the weapons.

### Hand Thrown Missiles:

1. Hand thrown missiles may include, but are not limited to: axes, throwing knives, etc.
2. Hand thrown missiles shall not exceed two pounds in weight. They should have progressive give similar to a legal javelin head. Lighter weight missiles may have less progressive give.

### Hand-Held Mechanically Launched Missiles:

1. Hand-held mechanically launched missiles may include, but are not limited to: hand and staff slings, spear/dart throwers, tennis ball shooting crossbows. Hand or shoulder held guns are not allowed.

2. Tennis ball missiles shall not exceed 3 ounces in weight. The balls may be perforated with a 1/4 inch maximum diameter hole by drilling. To prevent their collapsing when stepped on, they may not be slotted.
3. Darts or javelins used with spear throwers shall be of golf tube construction. The spear thrower shall not be capable of throwing a golf tube dart/javelin more than eighty yards. The spear thrower must not be able to pass through the bars of a SCA legal helm.
4. The maximum range for three-ounce tennis ball missiles launched from a hand held weapon is 90 yards and for two-ounce tennis ball missiles, 100 yards.

#### Non-Contact Missile Troops:

- Non-contact missile troops using either hand thrown or hand-held mechanically launched missiles must be no closer to their target than five yards.

#### Full Contact Missile Troops:

- When only full-contact missile troops are on the field, combatants using either hand thrown or hand-held mechanically launched missiles, such as spear throwers, must be far enough from their target so that their missile will be airborne before it strikes their target.

## **KINGDOM LEVEL MISSILE COMBAT OFFICERS**

Each kingdom level missile combat officer shall report quarterly to the Society Archery Marshal. This is in addition to any reporting required by kingdom law.

### **SUPPLEMENTARY RECOMMENDATIONS--MISSILE COMBAT RULES**

#### **MISSILE COMBAT EQUIPMENT--GENERAL**

9. The wearing of armor and clothing that gives as period an appearance as possible is strongly encouraged, e.g., no exposed knee or elbow pads, duct tape, bright blue plastic, etc.
10. The use of hand bows and crossbows that have a period appearance is strongly recommended.

#### **ARMOR**

##### **Basic Requirements:**

1. It is strongly recommended that Marshals wear groin and kidney protection. Marshals are also urged to wear marshaling tabards, or carry a clearly marked marshaling staff.
2. It is strongly recommended that minimum society armour be worn by all non-combatants, such as marshals, who may accidentally come in contact with combatants or missiles.

##### **Non-Contact:**

1. It is strongly recommended that non-contact helms be designed to avoid resemblance to a standard heavy combat helm.
2. Sleeves covering the entire arm and made of sturdy material (denim, trigger cloth, light leather, etc.) are recommended.
3. Pants covering the entire leg and made of sturdy material (denim, trigger cloth, light leather, etc.) are recommended.
4. Sturdy boots that support the ankle and soles that give good traction are strongly recommended.
5. Protection of resilient material for the elbows is strongly recommended. Additional protection of rigid material for knees and elbows is strongly recommended.

6. Gloves which are padded on the outside of the hand are recommended. A half gauntlet of rigid material for the string or throwing hand and a full gauntlet for the bow or non-throwing hand will give greater protection and are recommended.

Contact:

1. Sturdy boots that support the ankle and soles that give good traction are recommended.
2. In addition to the required "Archer's Gauntlet," a light leather glove which covers the fingers is strongly recommended, and will eliminate the need for finger tabs, etc.

#### WOOD OR FIBERGLASS SHAFTED ARROWS/BOLTS

1. The use of 11/32 inch shafts for wood arrows is strongly recommended, as the thicker shafts are less apt to break. The use of greater than 5/16 shafts for fiberglass makes an overly heavy arrow, and is not recommended.
2. Anti-bounceback devices (ABDs) which either prevent or reduce the chance of a bounceback entering the bars or visor slot of a legal helm can greatly reduce the chance of injury, and are recommended.

