

Adult Classes & Rules for 2020 Traditional Nationals

Modern Traditional Class

Recurve or Longbow – Either bow that uses any Limb attachment system where Tiller and/or Weight is adjustable. (ie. ILF, DAS, Ect.). May be shot off the shelf or use an all plastic arrow rest and any plunger. Arrow rest **may** be spaced/ shimmed out to achieve center shot. No adjustments to the arrow rest/ plunger are allowed while on the course.

Recurve Class

Recurve - 1 piece or take down that uses a solid attachment system for the Limbs and that has no adjustment for Weight or Tiller. If Riser has a hole / insert for a plunger / arrow rest, it must be void/ empty. Must be shot off the shelf or an all plastic or feather stick on rest is allowed and must be attached directly to the riser. Arrow rest **may not** be spaced/shimmed out from sight window. If shooting off the shelf, strike plate and/or shelf material cannot be over 1/8" thick.

Longbow Class

Longbow - 1 piece or take down that uses a solid Limb attachment system for the limbs and that has no adjustment for weight or tiller. If Riser has a hole / insert for a plunger / arrow rest, it must be void/ empty. Must be shot off the shelf. Strike plate and/or shelf material cannot be over 1/8" thick.

Selfbow Class

Selfbow - No man made material may be used on bow except string material and glue. No performance enhancing material may back the bow (ie. Another wood, bamboo, rawhide or sinew). Only decorative materials such as snake skins may be used. **Arrows** – must be wood, bamboo or cane.

General Rules for All Classes

No sights of any kind on the bow or string, No stabilizers, No Releases, No Range finders. Any weight attached to a bow other than a bow quiver will be considered a stabilizer. Arrows may be made of any material **except** in the selfbow class. The only adjustment a shooter may make to their bow while on the course is a brace height adjustment by twisting the string or replacing a broken string. Binoculars are allowed **except** during the Sunday Shoot off

Shooting Style

All classes must be shot using fingers directly in contact with the bowstring using a glove, finger tab or bare fingers. **String walking and face walking are not allowed in any class.** Archers must use the same nocking point and anchor point for each shot and the index finger must contact the string in the same place for each shot. The index finger must touch the nock of the arrow.