



World Crossbow Shooting Association Inc.
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Competition and Shooting Rules for World Championship. Regional Championship. Registered Star competition.

**Safety
Target Crossbow
Standard Crossbow
Freestyle Crossbow
Medieval Crossbow
Bolts
Clothing
Coaching**

Book 3 of 11.

for

Target, Standard, Freestyle, and Medieval Crossbow

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BOOK 3. SAFETY, CROSSBOW TYPES, BOLTS & CLOTHING

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35 COMPETITOR'S RESPONSIBILITY FOR SAFETY

- 35.1 Nothing in these Rules, either express or implied, will remove a competitor's personal obligation to ensure that they fully comply with the accepted shooting rule(s), and that no injuries are sustained by others due to any equipment failure, or other negligent act or omission on their part on, or near the shooting line. This includes any damage sustained by bolts fracturing, or failing during a competition, or at other shooting event.
- 35.2 Crossbow target shooting may be dangerous if careless or lax shooting attitudes and poor tackle maintenance habits are permitted to develop.
Competitors will not:
- a) use any equipment that is unsafe,
 - b) shoot upward into the air.
 - c) direct a crossbow loaded or otherwise except at the target provided.
- 35.3 When required all competitors will submit their own shooting equipment and accessories, including clothing for compliance with safety and other restriction checks.
- 35.4 A competitor submitting equipment, including crossbow, bolts, clothing and accessories for pre-event scrutineering and safety checks, is required to present equipment, etc. that is in good working order, and in full compliance with these Rules.
- 35.5 During equipment scrutineering a competitor may be required to demonstrate in a controlled fashion, that the crossbow latch and bolt retainer is safe to operate in its offered state, and that the competitor has suitably maintained it in a suitable state of fitness. It will be an offence to operate any crossbow or use other equipment in an unsafe condition, in which case the equipment will not be permitted to be used.
- 35.6 In Outdoor and Indoor Target, Competitors may **NOT** span, load, and raise or aim the crossbow while on the shooting line before the signal to shoot is given (one (1) Blast). The crossbow must be pointed at the ground and held in a safe position.
In the FOREST, BUSHLAND or 3D rounds competitors must keep the crossbow in a safe condition and pointed in the direction of the target while at the shooting post.
- 35.7 In the interest of personal safety, it is strongly recommended that the fingers of the hand which is loading the bolt be kept straight and pointing towards the front of the crossbow.
- 35.8 The bolt will only be loaded (nocked) in the crossbow with the crossbow pointed at the ground or floor, in front of the shooting line or post and in the direction of the allocated target butt, with the exception of the Medieval crossbow, when loading the bolt, the crossbow must not be raised above horizontal. Assisted Shooters with an Assistant will only load the bolt while it is stable on the support stand and pointed no higher than the top of the target butt. Assisted Shooters without an Assistant when loading the bolt must not raise the crossbow above horizontal.
- 35.9 Loading a bolt in an elevated crossbow is NOT PERMITTED with the exception of Medieval and Assisted Shooters as referred to in (BOOK 3 - clause 35.8) above. Competitors who fail to observe this SAFETY rule, if repeated after a warning by a Judge will be disqualified and asked to leave the target shooting line or escorted from the Forest, Bushland, 3D course and not return.
- 35.10 When a loaded crossbow is lowered during the act of shooting it must not be turned away from the direction of the allocated target butt.
- 35.11 When the Director of Shooting or Judge signals to stop shooting all crossbows must immediately be lowered, the bolt removed and the crossbow un-spanned (unlatched).
- 35.12 When the spanned and loaded crossbow is being raised during an Outdoor Target Event it will only be directed at the competitors designated target and WILL NOT BE ELEVATED HIGHER than necessary to reach the target butt.
At an Indoor Target Event the crossbow will only be directed at the competitors designated target and WILL NOT BE ELEVATED HIGHER than the top of the butt.
On a Forest, Bushland or 3D Course care must be taken to NOT ELEVATE the crossbow higher than necessary to reach the target butt.
- 35.13 If a defect occurs (e.g., trigger failure) in the crossbow during the shooting of an end, the competitor must stop shooting immediately, with no further shot taken. If the crossbow is still loaded with a bolt, it must be lowered so that it points to the ground, or floor, in the direction of the competitor's designated target butt, the bolt removed and the crossbow un-spanned (unlatched) if possible. If it is not possible to un-span the crossbow, the safety latch (if fitted) will be applied. For Outdoor and Indoor Target, the competitor will then take one step back (leaving the crossbow on the shooting line (directed at the target) if it cannot be unloaded or un-spanned) with a hand or flag held above their head as a signal to the Judge. For Forest, Bushland and 3D Rounds the competitor will move back off the shooting line (crossbow to be pointed at the ground) and a Judge will be called.

35.14 If a trigger failure has occurred:

In Outdoor or Indoor Target, the crossbow must be removed from the competition shooting line, and repaired and proved safe, to the satisfaction of the Judges, with test shots on a butt set up at short range (e.g., 10 - 20 metres) for this purpose before being returned to the competition shooting line. The competitor may repair the equipment but can only make up any missed shots to a maximum of fifteen (15) minutes at the end of the distance.

In Forest, Bushland, and 3D competitions the crossbow must be removed from the competition shooting line, and repaired and proved safe, to the satisfaction of the Judges, with test shots on a butt preferably at short range (e.g., 10 - 20 metres) before being returned to the competition shooting line. It may be possible to use a target close to where the failure and repairs occurred depending on the circumstances and the discretion of the Judge concerned without having to leave the course. The competitor has twenty (20) minutes to carry out repairs (excluding test shots) after which time the group will move on to the next target and continue with the competition. While awaiting the twenty (20) minutes repair time the group will stand to one side and permit other groups to pass them. After the twenty (20) minute period the other competitors in the group will start shooting again. In the event that the competitor is unable to complete the repairs to the satisfaction of the judges within the stated time of twenty (20) minutes, they can, after repairs are completed, catch up with their group and continue shooting but are not able to make up any lost shots.

35.15 If a prod breakage has occurred:

In Outdoor or Indoor Target and the Bench, Prone, Kneeling Round competition, the competitor will be allowed three sighting shots for Target and Medieval (1 end of 3 minutes in which the shots are not scored) and two sighting shots for Standard and Freestyle (1 end of 3 minutes in which the shots are not scored) before resuming scoring shots. Any missed scoring shots may be made up at the end of the distance being shot to a maximum of fifteen (15) minutes. For Forest, Bushland, and 3D - The competitor has twenty (20) minutes to carry out repairs. NO sighting shots are permitted.

36 CROSSBOW EQUIPMENT

36.1 At WCSA World Championships and all WCSA sanctioned events, all crossbows and associated equipment will be checked by the Judges prior to the start of the event. Any crossbow or associated equipment considered unsafe or not complying with these rules by the judges will not be permitted to shoot. Any Target Crossbow, Medieval Crossbow, Standard Crossbow and Freestyle Crossbow equipment listed below is suitable for the Bench, Kneeling and Prone rounds.

UNDER NORMAL CIRCUMSTANCES, COMPETITORS (EXCEPT ASSISTED SHOOTERS WITH AN ASSISTANT) MUST BE ABLE TO REMOVE THEIR BOLTS FROM THE TARGET BY THEMSELVES.

36.2 **TARGET CROSSBOW (for Target, Forest, Bushland, and 3D rounds)**

36.2.1 Any crossbow may be used which conforms with the following.

- a) must be drawn by hand, without the aid of any mechanical device. Finger protection may be used to span the bow but must be removed during the act of shooting. A soft flexible glove may be worn for spanning and shooting (*BOOK 3 - clause 38.10*).
- b) must be equipped with a mechanical trigger.
- c) must be fitted with a single bolt retainer except those using bolts with archery style clip on nocks. Front mounted bolt retainers are not permitted. (*BOOK 11 - Appendix 5, Bolt Retainer and String Loops*).

The removal or malfunction of a bolt retainer will be deemed to render the bow unsafe and may result in immediate disqualification if not repaired to the satisfaction of the Tournament Judges Commission.

- d) Prod assemblies may be made from any safe materials and may be either of one (1) or two (2) piece construction.

In the case of metal prods, the limbs will be bound and wrapped with a continuous length of a suitable material passed around the prod so as to contain any fragmentation of the metal in case of limb failure.

The maximum length of the prod when strung, must not exceed 900mm (+ 10 mm tolerance) and they must be clearly and permanently marked to show the draw weight and the draw length (maximum design draw weight). The maximum permissible draw weight is 41.kg + 1kg tolerance (95lb + 2.2lb) irrespective of construction. The manufacturers design weight must be visible when the prod is fitted to the riser block, in the event that the prod is in two (2) sections each section must be marked.

- e) Bow strings and servings must be made from non-metallic materials. Bow strings may be connected either directly to the limb tips or by means of axle pins (fixed or pivoting, metallic or synthetic). String loop attachments made from hard solid material (e.g., plastic or metal) are not permitted (*BOOK 11 - Appendix 5, Bolt retainer and String Loops*).
- f) The maximum clear draw from the string at rest to the latch is 300mm.

- g) The sighting system will consist of no more nor less than two (2) separate open or dioptre (aperture) sight units, mounted in accordance with (BOOK 11 - Appendix 1). Full length sight carrier rails may be used.

The maximum length from front sight to rear sight must not exceed 720 mm. The measurement is to be taken between sighting elements. *(BOOK 11 - Appendix 1, Target Crossbow).*

The maximum length of front sight Tube must not exceed 60 mm. Length of rear sight unit must not exceed 150 mm inclusive of antiglare tube and eye-shield (if fitted). *(BOOK 11 - Appendix 1, Target Crossbow).*

36.2.2 Recoilless crossbows are permitted.

36.2.3 Crossbows fitted with "Over-and-Under" tracks are NOT permitted.

36.2.4 A fixed or universally adjustable butt hook/plate may be used, provided that for all settings used by the competitor in competition it complies with the following:

- a) It does not rest on / nor is supported by the top of the shoulder.
- b) It does not encircle any part of the body or limbs.

36.2.5 The following accessories are permitted, provided the total weight of the crossbow with all accessories fitted does not exceed 10 kg (22 lbs).

- a) Foot Stirrups attached to the stock or a separate footplate in conjunction with a stock-mounted eyebolt.
- b) An adjustable Palm rest or handle provided it does not extend beyond or envelops the wrist.
- c) Balance weights, Extension rods (Stabilizers), Torque Flight Compensators and appropriate attachment brackets. The competitor is permitted a free choice on the number and position of these accessories relative to the crossbow, provided they do not interfere with another competitor (on the shooting line) and provided that when the crossbow is shooting they do not touch, the ground (floor) or the shooters clothing, body, or other equipment.
- d) String Attachments, i.e., separate string loops, archery type "nock-sets" or centre nocking points (fixed or free-floating), provided (BOOK 3 – clause 36.2.1e) and (BOOK 3 - clause 36.2.6e) are complied with.
- e) One kisser button type Locator (to check head position) permitted in addition to a cheek piece on the stock.
- f) The use of Liquid Levels (level bubble) in the line of sight.
- g) The use of cross-over prisms (special rear sight adapter enabling right-handed shooter to use left eye or vice versa), provided (BOOK 3 - clause 36.2.6. (g), (h), (i)) is complied with.
- h) Tinted lenses (filters) may be part of the crossbow sight, but must be capable of being checked at any time by the Judges
- i) A sight shade over the front sight, which is no longer than 100mm, may only protrude a maximum of 20mm on either end or 20mm on each end of the sight with a maximum curved cover of 50% of the circumference of the sight. *(BOOK 11 - Appendix 1, Target Crossbow).*
- j) Eye Blinder (either attached to bow or person).
- k) Track cover to keep track dry.
- l) Prod Bracing Strings
- m) Limb savers securely attached and cannot come off during the act of shooting.

36.2.6 The following **ARE NOT PERMITTED**

- a) Pistol Crossbows.
- b) Electronic Equipment or Components on the crossbow or used by the competitor either attached to or separate from the crossbow when on the shooting line, except as specifically or otherwise provided for under (BOOK 3 - clause 38.5 and 38.6).
- c) Crossbows equipped with Electronic and/or Pneumatic and/or Hydraulic trigger.
- d) Compound prods, and prod assemblies with mechanical moving parts.
- e) Attachments designed to guide the string along the track/stock, i.e., any form of sledge, bead or any other attachment designed to control lateral string movement along the track.
- f) The use of Slings or Straps to steady the crossbow.
- g) Magnifying Sights.
- h) Sights that project a Laser light or other aiming dot on the target. There will be nothing in the sighting system which aids in the determination of distance for Forest, Bushland, and 3D Rounds.
- i) Prescription spectacles, shooting spectacles, sunglasses and tinted glasses cannot have micro-hole lenses or similar devices, nor marked in anyway which can assist in aiming.

- j) Corrective Lenses Not Permitted to be part of the Crossbow.
 - k) Vertical Crossbows (vertically mounted prod assemblies).
 - l) The use of any attachments or equipment not mentioned in this specification.
- 36.2.7 Target Crossbow diagram including dimensional limits is set out in (BOOK 11 - Appendix 1, Target Crossbow and Appendix 5, Bolt Retainer and String Loop).

36.3 STANDARD CROSSBOW (for Target, Forest, Bushland, and 3D rounds)

This equipment division will comprise mass produced crossbows as delivered from any commercial manufacturer.

The following add on parts are permitted: -

Non-proprietary Trigger, Telescopic Sight including Optimisers, sound / vibration damping devices, spanning (cocking) aids and Foot Stirrup.

The following add on parts are prohibited: -

All add on parts including Palm Rest, Butt Hook, Carry Slings and Dioptre and Micrometer Sights as used on Target Crossbows.

36.3.1 Foot Stirrup

A foot stirrup is recommended and permitted for safety, even if it is not part of the original manufacturer's equipment.

36.3.2 Prod assembly

- a) The prod (bow limbs) may be made of any material. In the case of metallic prods, the limbs shall be bound with a suitable tape to prevent personal injury in the case of failure.
- b) Bow strings and servings must be made from non-metallic materials.
- c) The **Standard Crossbow** division will be limited to a maximum calculated momentum of

0.55 lb f/s (2.43 N s).

Momentum will be calculated using the manufacturers' published bolt speed and their test bolt mass (typically, 400 grains). The Technical Committee will continue to review these limits.

Formula used

Imperial (Bolt mass in grains / 7000) x (Bolt speed in feet per second / 32) = lb f/s

Example - $(400/7000) \times (365/32) = 0.65 \text{ lb f/s}$

Metric (Bolt mass in grams / 1000) x Bolt speed in metres per second = N s

Example - $(26/1000) \times 111 = 2.88 \text{ N s}$

36.3.3 Sighting Systems

Standard Crossbow sighting systems are limited to the original manufacturers sighting system as supplied or a Non-proprietary telescopic sight including an optimiser. Sighting systems using laser and or any range measuring devices are not permitted. There will be nothing in or on the sighting system which aids in determining distance or projects a laser light or other aiming dot on the target.

36.4 FREESTYLE CROSSBOW (for Target, Forest, Bushland, and 3D rounds)

This equipment division will comprise any safe crossbow that does not comply with the Target, Medieval and Standard crossbow regulations.

Modifications and add on parts including Non-proprietary Trigger, Telescopic sights including Optimisers, palm rest, cheek plates, spanning (cocking) aids, foot stirrup, Butt Hook and auxiliary weights are permitted with no restriction except that as otherwise specified in these Shooting Rules.

The following add on parts are prohibited: - Carry Slings, oversized dials for telescope adjustment.

36.4.1 Foot Stirrup

A foot stirrup is recommended and permitted for safety, even if it is not part of the original manufacturer's equipment.

36.4.2 Butt Hook

A butt hook is permitted, but the butt hook must not exceed 80mm in length when measured from the stock end mounting face and not wider than the stock end mounting face. The butt hook must not be taller than or rest on top of the shoulder or encircle any part of the body.

(refer Book 11 – Appendix 2)

36.4.3 Prod assembly

- a) The prod (bow limbs) may be made of any material. In the case of metallic prods, the limbs will be bound with a suitable tape to prevent personal injury in the case of failure.
- b) Bow strings and servings must be made from non-metallic materials.
- c) The **Freestyle Crossbow** division will be limited to a maximum calculated momentum of

0.75 lb f/s (3.32 N s).

Momentum will be calculated using the manufacturers' published bolt speed and their test bolt mass (typically, 400 grains). The Technical Committee will continue to review these limits.

Formula used

Imperial (Bolt mass in grains / 7000) x (Bolt speed in feet per second / 32) = lb f/s

Example - $(400/7000) \times (365/32) = 0.65 \text{ lb f/s}$

Metric (Bolt mass in grams / 1000) x Bolt speed in metres per second = N s

Example - $(26/1000) \times 111 = 2.88 \text{ N s}$

36.4.4 Sighting Systems

Freestyle Crossbow sighting systems are not limited except that sighting systems that project a laser light or other aiming dot on the target are not permitted. Any range measuring devices, and Dioptre and micrometer sights are not permitted. There will be nothing in or on the sighting system which aids in determining distance.

36.5 ALL STANDARD & FREESTYLE CROSSBOWS must be fitted with:

36.5.1 A safety catch or pin which can be set manually or automatically when the crossbow is spanned.

36.5.2 An operational bolt retainer which prevents the bolt slipping forward when the crossbow is pointed towards the ground. (In the case of a trackless crossbow, a bolt retainer is not required).

36.6 MEDIEVAL CROSSBOW.

The Medieval Crossbow category is to provide competition for those Arbalists using a Medieval style crossbow. Medieval Crossbows shall be representative of the crossbows from 1000AD to 1600AD. The Medieval crossbow shall be constructed (where possible) using materials and construction methods from the period. Modern materials and construction methods may be substituted provided the overall appearance of the medieval crossbow is representative of the period. Where possible substituted modern materials are to be covered or disguised for the appearance of the period.

Only safe Medieval crossbows are permitted, provided they comply with these rules.

All additional items such as string traps, all sighting systems, balance weights, stabilisers, torque compensators, string cushions, limb savers, and spirit levels etc are prohibited.

Any point of aim used by the competitor shall be an existing point or feature in the area of the target and maybe in front or behind the target butt. Placing or creating a new point of aim in the area of the target either in front or behind the target butt is prohibited.

36.6.1 Tiller (Stock)

- a) The Tiller (Stock) shall be made from wood or layers of natural materials glued together to form the Tiller (Stock). The Tiller (Stock) design is not limited except where noted in these rules. (BOOK 11 - Appendix 3a).
- b) A replaceable Nut housing is permitted and shall be made of similar materials to the Tiller (Stock).
- c) A replaceable bolt track is permitted and shall have a maximum thickness of 5mm. Modern engineered plastics such as Teflon etc are prohibited. (BOOK 1 - Appendix 3b).
- d) A fletching groove is permitted in addition to the replaceable bolt track. The fletching groove may also be used as the bolt track. The replaceable track or fletching groove (if required) shall be carved from the Tiller (Stock) material.
- e) The Tiller (Stock) butt end shall be maximum 50mm high x 50mm wide and be either flat or convex (rounded) in shape. (BOOK 11 - Appendix 3a).
- f) A Rifle style butt end on the Tiller (Stock) is prohibited. (BOOK 11 - Appendix 3c).
- g) The Bolt track to Tiller (Stock) butt end top surface offset shall be up to 30mm MAX. (BOOK 11 - Appendix 3a).
- h) A Bolt retainer is permitted. The bolt retainer design must not be capable of being used as a sighting system.
- i) Decoration using engraving, etching or inlay is permitted.

- j) All forms of sighting systems including any form of gauging calibration such as Aiming sticks are prohibited.
- k) All spanning (cocking) aids are permitted and shall only be manually operated.
- l) All Medieval crossbows shall not exceed a total weight of 10kg (22lbs).
- m) A foot stirrup is recommended but not mandatory.

36.6.2 Lath (Prod).

- a) The Lath (Prod) shall be made of any material and shall be a one-piece construction with a maximum spanned width of 900mm. On all Lath (Prod) assembly's the limbs shall be bound with a suitable material such as Linen, Hemp, or Leather etc to prevent personal injury in the case of a failure. The Lath (Prod) shall be covered or disguised to be representative of the period.
- b) The maximum draw weight of any Lath (prod) assembly shall be 115kg (253lbs).
- c) Two separate limbs as used on Target, Standard and Freestyle crossbows are prohibited.
- d) Mounting of the Lath (Prod) assembly to the Tiller (Stock) is not limited except that it must be an under-slung design. This means the entire Lath (Prod) assembly shall be mounted below the level of the bolt groove on the Tiller (Stock). (BOOK 11 - Appendix 3d)
- e) All Medieval crossbow strings and servings shall be made from any non-metallic material. The string diameter including the serving shall be 5mm min up to 11mm max diameter (depending on the poundage of the Lath) measured at the centre of the string directly above the bolt track on a braced Lath (Prod) and be of appropriate appearance for a medieval crossbow. (BOOK 11 - Appendix 3d string example).

36.6.3 Trigger Design.

- a) The Trigger mechanism shall be of the simple rotating Nut and Tickler style. (BOOK 11 - Appendix 4).
- b) The use of modern bearings such as Needle, Roller and Ball bearings are prohibited.
- c) The use of simple pin and bush pivots are permitted.
- d) A single leaf spring may be part of the trigger mechanism to assist with positive trigger engagement.
- e) A safety pin, catch, wedge or another simple device may be fitted to prevent the trigger mechanism from operating accidentally.

37 CROSSBOW BOLTS

UNDER NORMAL CIRCUMSTANCES, COMPETITORS (EXCEPT ASSISTED SHOOTERS WITH AN ASSISTANT) MUST BE ABLE TO REMOVE THEIR BOLTS FROM THE TARGET BY THEMSELVES.

ARCHERY TYPE WRAPS ARE NOT PERMITTED. Wraps are an additional type of covering fitted over all or parts of the bolt.

37.1 TARGET CROSSBOW BOLTS

- 37.1.1 Bolts may be made from any material and of such design as not to cause unreasonable damage to target butts.
- 37.1.2 preferred point will be Parabolic or Conical (Chisel) point shape. **Broadhead type points are NOT permitted due to target butt damage.**
- 37.1.3 Conical (Chisel) Points having an included point angle of greater than sixty (60) degrees are NOT permitted.
- 37.1.4 Bolts fitted with a point with a diameter larger than the shaft diameter are permitted. Such points will be a maximum of no more than two (2) mm greater than the diameter of the shaft (where the shaft enters the point).
- 37.1.5 All points will be parallel, within + 0.5mm of the maximum diameter of the point.

37.1.6 Bolt Size

Length: Minimum Bolt length 304 mm (12 inches) Maximum Bolt length 457 mm (18 inches) Maximum diameter size of shaft is 3/8 inches (9.525mm). (BOOK 11 - Appendix 6, Bolts)

37.1.7 Bolts must be fitted with Fletches. There is no restriction as to size or number. All bolts in a set will be made to the same specifications and colours.

37.1.8 All bolts being shot in an end must have identical fletch sizes and colours with respect to each bolt.

37.1.9 All bolts will bear the name or initials of the competitor to whom they belong. Such markings will be on each fletch or on the shaft.

37.1.10 All Bolts must be longer than the track of the Target Crossbow they are to be launched from.

37.2 STANDARD and FREESTYLE CROSSBOW BOLTS FOR TARGET, FOREST, BUSHLAND, AND 3D ROUND.

37.2.1 Standard and Freestyle Crossbow bolts may be made from any safe material and of such design as not to cause unreasonable damage to target butts.

37.2.1 Bolt weight shall be as per the manufacturers specifications.

37.2.2 Preferred Points will be either Parabolic or Conical (Chisel) point shape.

Broadhead type points are NOT permitted due to target butt damage.

37.2.3 Bolts fitted with point with a diameter larger than the shaft diameter are permitted. Such points will be a maximum of no more than two (2) mm greater than the diameter of the shaft (where the shaft enters the point).

37.2.4 Bolts must be fitted with Fletches. There is no restriction as to size or number. All bolts in a set will be made to the same specifications and colours.

37.2.5 All bolts being shot in an end must have identical fletch sizes and colours with respect to each bolt.

37.2.6 All bolts will bear the name or initials of the competitor to whom they belong. Such markings will be either on each fletch or on the shaft.

37.2.7 All Bolts must be longer than the track of the Standard or Freestyle Crossbow they are to be launched from.

37.3 MEDIEVAL CROSSBOW BOLTS.

37.3.1 Medieval crossbow bolts will be made from wood and of such design as to not cause unreasonable damage to the target butt.

37.3.2 Preferred Points will be either Parabolic or Conical (chisel) point shape.

Broadhead type points are NOT permitted due to target butt damage.

37.3.3 Bolts fitted with point with a diameter larger than the shaft diameter are permitted. Such points will be a maximum of no more than two (2) mm greater than the diameter of the shaft (where the shaft enters the point).

37.3.4 Only "self-nocks" are allowed, that is. The self-nock shall be formed from the wooden shaft material. Self-nocks may be bound with thread. Self-nocks shall be flat or concave open-end form. Nocks with slots or grooves are prohibited.

37.3.5 Bolts must be fitted with Fletches made from natural materials such as wood, leather, or feathers. There is no restriction as to size, colour, or number of fletching.

37.3.6 All bolts being shot in an end must have identical fletch size, colour, and number with respect to each bolt.

37.3.7 All bolts will bear the name or initials of the competitor to whom they belong. Such markings will be on the shaft.

37.3.8 All bolts to be longer than 8 inches (200mm) and shorter than 18 inches (457mm). Bolts shall be longer than the bolt track they are being launched from.

37.3.9 All bolts shall have a maximum shaft diameter of 3/8 inches (9.525mm).

38 CLOTHING

Target, Forest, Bushland, 3D, Bench, Kneeling and Prone Round

38.1 Inclement Weather: Weatherproof clothing made of a single layer of material may be worn during adverse conditions.

38.2 All clothing will be loose fitting and will not give support to any part of the body, team uniform or track suits may be worn.

38.3 Shooting Hats: Competitors are permitted to wear shooting hats and any other type of hat.

- 38.4 Sound Dampening Apparatus: The use of ear plugs / ear protection that fit within the ear and do not enclose or cover the ears are permitted provided that they do not prevent the wearer from hearing any acoustic signals.
- 38.5 Electronic Equipment: The use of mobile phones except when using for electronic scoring, smart watches, pedometers, Global Positioning Systems, personal stereo, and radio equipment is NOT PERMITTED while competing in competition or official practice.
- 38.6 Personal Timers: The use of mechanical or electronic personal timers by competitors or team officials are permitted, provided that NO audible alarm signal is emitted.
- 38.7 Belts: Competitors are permitted to wear up to two (2) belts, the width of each will not exceed fifty (50) mm. One belt, which **may be firm fitting**, to support clothing (dresses, skirts, slacks, trousers, etc). The second belt, which **must be loose fitting**, to support a quiver.
- 38.8 Quivers: Ground, Belt or Pocket Quivers are allowed.
- 38.9 Padded Clothing: The use of special shooting jackets, padded clothing (a single garment, or combination of garments) or accessories so designed to give support or improve performance is NOT PERMITTED - All clothing is to be loose fitting.
- 38.10 Gloves: The use of special shooting gloves is **prohibited** but the wearing of soft flexible gloves (which must be flexible enough so that they can be rolled up by hand into a tight ball) are permitted to be worn during the act of shooting. The use of finger protection for spanning the crossbow is permitted but this must be removed during the act of shooting.
- 38.11 Target rounds Footwear: Normal shoes or sports shoes which do not enclose and/or give support to the ankle will be worn at all times during outdoor target and indoor target competitions. Soft rubber boots and over-shoes are permitted in adverse weather conditions. Such boots or overshoes may not give support or aid performance by restricting ankle movement.
- 38.12 WCSA Forest, Bushland and 3D: Footwear suitable for the terrain which enclose and/or give support to the ankle may be worn.
- 38.13 Binoculars may be used for spotting bolts. There will be nothing in the optical system which may aid in determining distance. Rangefinders and any form of gauging to determine distance is prohibited.
- 38.14 WCSA Forest, Bushland and 3D events:
- Shooters are encouraged to wear high visibility clothing and smart, tough outdoor clothing.
 - Shooters are permitted to wear a backpack for the purpose of transporting refreshment and spare equipment.
 - **Camouflage clothing is not permitted** on the Target Range, Indoor Range, Forest, Bushland, and 3D course for safety reasons.
- 38.15 MEDIEVAL CROSSBOW SHOOTERS
- a) Exhibitions and Demonstrations: At all exhibitions and demonstrations Medieval clothing will be the preferred clothing worn.
 - b) At all WCSA championships, Medieval clothing may be worn otherwise clothing must conform to BOOK 3 - clauses 38.1 – 38.15 above.
- 38.16 COACHING
- Coaching a competitor while on the Shooting Line during competition and or official practice is **prohibited**.
- Spotting of bolts by anyone other than the competitor during competition and or official practice and advising competitors is **prohibited**.