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

Bench Round, Prone Round, Kneeling Round.

Book 10 of 11.

for

Target, Standard, Freestyle, and Medieval Crossbow

January 2026

BENCH, PRONE AND KNEELING ROUND

- 45 Bench, Prone and Kneeling
 - BTC, BSC, BFC 600/70/40 Bench round (Target, Standard and Freestyle)
 - PTC, PSC, PFC 600/70/40 Prone round (Target, Standard and Freestyle)
 - KMC 600/50/60 Kneeling round (medieval only)
- 45.1 Range Layout
- 45.2 Venue Equipment
- 45.3 Target Faces
- 45.4 Time Control Equipment
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- 45.7 Order of Shooting and Timing Control
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45 BENCH, PRONE AND KNEELING

Bench: Round BTC, BSC, BFC 600/70/40

Prone: Round PTC, PSC, PFC 600/70/40

(For Target Crossbow, Standard Crossbow and Freestyle Crossbow)

Distance: 70 m – measured from below the centre of target face to shooting line. All front supports and benches to be behind the shooting line.

Target face: 40 cm single multi coloured face, ten (10) zone scoring from centre out 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.

Option 40cm three spot triangle or strip multi coloured face, five (5) zone scoring from centre out 10, 9, 8, 7, 6.

Competition: consists of twenty (20) ends of three (3) bolts = sixty (60) competition bolts.

Categories: There will be two categories namely Bench and Prone with divisions for Target crossbow, Standard crossbow, and Freestyle crossbow.

Equipment: Any crossbow and bolts which meet the WCSA requirements for a Standard, Freestyle, or Target crossbow.

Kneeling: Round KMC 600/50/60

(For Medieval Crossbow only)

Distance: 50 metres – measured from below the centre of target face to shooting line. The shooters front foot must be on or behind the shooting line.

Target face: 60cm single multi coloured face, ten (10) zone scoring from centre out 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.

Competition: consists of twenty (20) ends of three (3) bolts = sixty (60) competition bolts.

Categories: There will be one category namely Kneeling with one division for Medieval only.

Equipment: Any Medieval crossbow and bolts which meet the WCSA requirements for a Medieval crossbow.

45.1 RANGE LAYOUT

45.1.1 The shooting direction is preferably to be within +/- 20 degrees of north in the Northern Hemisphere and of south in the Southern Hemisphere.

45.1.2 The grounds and the location of the targets will provide substantially equal conditions for all competitors. All competitors will be accommodated on the same range.

45.1.3 The range will be squared off and will be accurately measured to seventy (70) metres and fifty (50) metres from a point vertically beneath the centre (gold) of each target face to the shooting line along the ground. Tolerances on distances will be +/- 15cm.

45.1.4 The targets will be positioned so that the angle of the target face is anywhere between 0 - 15 degrees backwards, with all targets appearing uniform.

45.1.5 Provision will be made for sufficient targets to allow one competitor per target face. The center point of the scoring zone will be 130cm above the ground as measured from an estimated even ground level for Bench Rest Shooters. For Kneeling and Prone Position Shooters, the center point of the scoring zone will be 80cm (preferred scoring zone height) or 130cm above the ground as measured from an estimated even ground level. The height of the center point of the scoring zones in a line of target butts, on the range should always look straight for each shooting position.

45.1.6 Targets should be spaced so that each competitor has 1.5 metres of space on the shooting line.

45.1.7 A point on the shooting line directly opposite each target will be marked and there will be a number corresponding to that target positioned 2 metres in front of the shooting line.

45.1.8 A target line will be marked on the ground at fifty (50) metres and seventy (70) metres from the shooting line.

45.1.9 A waiting line should be indicated at least five (5) metres behind the shooting line.

45.1.10 A spectator line should be indicated at least ten (10) metres behind the waiting line.

45.1.11 The shooting range should be marked or roped off and only competitor's taking part in the event and persons authorised will be allowed to enter.

45.1.12 Where the public has the right of access, suitable barriers must be erected around the range to keep spectators back. These barriers will be at least eighteen (18) metres away from the ends of the target line and may, if desired, reduce in a straight line to a minimum of ten (10) metres away from the ends

of the Shooting Line. The barriers will be at least ten (10) metres behind the waiting line and as far beyond the target line set at the longest distance to prevent members of the public passing closer than sixty-five (65) metres behind the target butts. The safety distance of sixty-five (65) metres may be reduced when an adequate backstop, e.g., efficient netting, bank, or similar device, is erected (not a hedge or penetrable fence). Such a backstop must be high enough to stop bolts, which have just missed the top of the butt. Consideration should be given to any distractions caused to the competitors by movement of people etc. behind the butts.

- 45.1.13 Timing lights may be placed on both sides of the field and, if necessary, in a clear lane in the centre of the target butts so that both right- and left-handed competitors will be able to see them. They are to be placed in front of the shooting line on each side of the field and in the clear lane at any distance shorter than thirty (30) metres, as long as they are visible to all competitors on the shooting line.
- 45.1.14 A recommended layout for World Championship Tournaments is shown in Book 11 - Appendix 7, Outdoor Target Ground Layout except there will only be one distance of fifty (50) metres and seventy (70) metres and no equipment line.

45.2 VENUE EQUIPMENT

45.2.1 Targets (Buttresses)

The buttress will be large enough to accommodate the target face(s) with a minimum of 1cm extra all-round the outside the outermost scoring zone(s), this will ensure that any bolt hitting the butt and just missing the outermost edge of the scoring zone remains in the butt. The butt is to be made from suitable material such that bolts will not ordinarily rebound from, pass through, or be damaged by it.

- 45.2.2 The Butts will be secured in such a manner as to prevent them from being blown over or collapsing. Where possible care must be taken when a target face is placed on the butt, that bolts which may pass through the butt are not damaged by any support.
- 45.2.3 The target butt will be positioned so that the angle of the target face is anywhere between 0 - 15 degrees leaning back, with all targets for each shooting position appearing uniform.
- 45.2.4 A wind indicator flag will be fitted to each target, such flags will be of any light material and colour and will be positioned above the centre of each butt high enough to allow a clearance of a minimum of 5cm between the bottom of the flag strips and the top of either the buttress or the target number, whichever is the higher. (*Book 11 - Appendix 9, Wind indicator*).
- 45.2.5 Target faces will be numbered. The numbers will be of a size to be able to be easily read from the shooting line on a background large enough to accommodate them and will be black figures on a yellow background, alternating with yellow figures on a black background (e.g., No. 1 black on yellow, No. 2 yellow on black, etc.). Target numbers will be affixed above the centre of each target face. (*Book 11 - Appendix 8, Target Butt*).
- 45.2.6 Benches and seats are the responsibility of the competitor but can be arranged and supplied by the organisers. They are to be stable and sturdy, and the front of the bench is to be behind the shooting line. Kneeling and Prone shooters are to provide their own ground cover.

45.3 TARGET FACES

- 45.3.1 The standard face will be divided into five equal concentric coloured rings arranged from the centre outwards as follows; gold (yellow), red, light blue, black and white. Each ring will in turn be divided by a thin line into two zones of equal width, thus making ten scoring zones. Such dividing lines, and any dividing lines which may be used between colours, will be made entirely within the higher scoring zone in each case.

Any line marking the outmost edge of the white will be made entirely within the scoring zone.

The width of the thin dividing lines as well as the outermost line will not exceed 2mm.

The centre of the target face will be indicated by a small "+" (cross) the lines of which will not exceed 1mm in width and 4mm in length.

- 45.3.2 a) The target face for Target, Standard and Freestyle crossbows will be 40cm 10 ring in diameter. (*Book 11 - Appendix 11, Target Face*).
- b) The target faces for Medieval crossbow will be 60cm 10 ring in diameter. (*Book 11 - Appendix 11, Target Face*).
- 45.3.3 Competitors will be provided with their own individual target face. Each face will be affixed with a number to indicate the assigned target face to the competitor. The numbers will be affixed as in rule 46.2.5.

45.3.4. The target face will be affixed to the target in such a manner that the face cannot move when hit by a bolt.

45.3.5 Target faces may only be those approved by the WCSA and licensed by the World Archery (WA).

Tolerances of measurement

Zone	Diameter in cm 40cm single Face	Diameter in cm 60cm single Face	Tolerance +/- in mm
10	4	6	1
9	8	12	1
8	12	18	1
7	16	24	3
6	20	30	3
5	24	36	3
4	28	42	3
3	32	48	3
2	36	54	3
1	40	60	3

Scoring values and Specifications

Scoring Values	Colours
10	Yellow
9	Yellow
8	Red
7	Red
6	Light Blue
5	Light Blue
4	Black
3	Black
2	White
1	White

45.4 TIME CONTROL EQUIPMENT

45.4.1 Acoustic and visual

45.4.1.1 The Director of Shooting will control the start and end of each time limit with an audible device as well as digital clocks, lights, flags, plates and/or any other simple visual device when supplied additional to the audible signal referred to above.

45.4.1.2 In the event of any difference between the audible signal and the visual time control equipment, the audible signal will take precedence.

45.4.2 The following equipment can be used:

45.4.2.1 Lights

The colours of the lights will be red, yellow, and green in that order with the red at the top. The lights must be synchronised and at no time will two different colours be on at the same time. The lights must be linked with the audible signal so that the first sound of the audible signal is simultaneous with the light turning red and the digital clock reaching zero.

45.4.2.2 Digital Clocks

When timing is controlled by the use of digital clocks the figures on the clock will be a minimum of 20cm in height and must be able to be clearly read at a distance of one hundred (100) metres. They must be able to be immediately stopped and reset as may be required. The clock must function on a countdown principle. All other requirements, e.g., position, number, etc., will be the same as for lights.

When digital clocks and lights are used they must be synchronised. If there is a discrepancy between the digital clock and lights, the digital clock takes precedence.

45.4.2.3 Emergency Equipment

When the time limit is controlled by electrical equipment. Plates, flags, or other simple manual devices visible to all competitors must be available in case the electrical equipment fails.

45.5 MISCELLANEOUS EQUIPMENT

The equipment outlined below is recommended for important tournaments:

- 45.5.1 Registration numbers to be worn by each competitor.
- 45.5.2 A shelter with seating facilities for the Director of Shooting.
- 45.5.3 Loudspeaker equipment at large tournaments.
- 45.5.4 Equipment such as Field Telephones, "walkie-talkies" two-way radio and the like are most useful for communication between officials.
- 45.5.5 Sufficient chairs or benches behind the waiting line for all competitors, Team Captains, Judges, and other officials.
- 45.5.6 A scoreboard for progressive totals after each end, for at least the first eight competitors.

45.6 SHOOTING CONTROL AND SAFETY

Book 4 - Clause 39.6

45.7 ORDER OF SHOOTING AND TIMING CONTROL

- 45.7.1 A shooting time limit will be applied; such time limit will be up to a maximum of five (5) minutes. Any bolts not shot after this time will be lost. If any bolt is shot outside the time limit for an end, the competitor's highest scoring bolt for that end will be forfeited.
- 45.7.2 When the shooting is controlled by sound signals and Lights:
 - a) **RED** When the Director of Shooting gives (2) two sound signals for the competitors to occupy the shooting line the lights will remain red for the (10) ten second period.
 - b) **GREEN:** (10) ten seconds after the (2) sound signals the Director of Shooting will give (1) one sound signal for shooting to start and the lights will turn green.
 - c) **YELLOW:** When there is only (30) thirty seconds of the shooting time left the lights will turn yellow/orange, no sound signals are given.
 - d) **RED:** When the Time Limit has expired (3) three sound signals will be given to indicate that the shooting is to stop, even if all bolts have not been shot and competitors are to proceed to the targets to score and collect their bolts. Any competitor still on the shooting line when the signal is given must immediately, remove the bolt from the crossbow and un-span the crossbow (unlatch and lower the string).
- 45.7.3 When the Director of Shooting has ascertained that all competitors have completed shooting and retired behind the waiting line or the time limit has expired, three (3) sound signals will be given as the signal to proceed without undue haste to the targets to score, recover bolts, and return to the waiting line.
- 45.7.4 When all competitors are ready to shoot again the Director of Shooting will signal the start of the next end with two (2) blasts to move to the shooting line followed by one (1) blast to commence shooting. This method will continue until the round is completed.
- 45.7.5 When shooting is suspended during an end for any reason, the time limit will be adjusted according to the number of bolts remaining and the period of time permitted. e.g.: one hundred (100) seconds per bolt.

45.8 SHOOTING

- 45.8.1 Two (2) ends of practice - two (2) x three (3) bolts in five (5) minutes will be made available to all competitors immediately before commencement of the first scoring end of the event and conducted under the control of the Director of Shooting.
- 45.8.2 When a round is shot over several days there will be practice available at the commencement of each day.
- 45.8.3 In the event of equipment failure the competitor will step back off the shooting line (approx. 1m) and at the same time call a Judge by holding a hand and arm in the air above the head. The competitor will be allowed a maximum of fifteen (15) minutes extra time to shoot any make up bolts, No extra time will be allowed in the case of a bolt defect (ie. Damaged nock, loose vane etc.)
- 45.8.4 In the event of a competitor being unable to continue shooting because of an unexpected medical problem which occurs after the beginning of the shoot, no more than fifteen (15) minutes will be allowed

for medical personnel to determine the problem and decide whether or not the competitor is fit to continue competing unassisted. The competitor will make up the appropriate number of bolts at the earliest opportunity under the supervision of the Director of Shooting but has a maximum of fifteen (15) minutes to do so.

- 45.8.5 In the event of a competitor leaving bolts on the ground or in the target, they may use others provided they inform a Judge before shooting. In such circumstances, a Judge will participate in the scoring of that end, making sure that the bolts which remained in the target are checked back to the competitor's score sheet before any bolts are withdrawn from the target.
- 45.8.6 Competitors will take spare bolts with them to the shooting line and will not leave the shooting line during their shooting time, except for reasons expressly permitted within these rules.

45.9 SHOOTING POSITION

- 45.9.1 **Competitors** may shoot in the following positions and the prod assembly to be on or behind the shooting line. Pistol crossbows are prohibited.

45.9.1.1 **PRONE** - lying prone on the ground with the crossbow supported under the prod assembly on the ground and the stock end on the shoulder. Refer clause 45.9.2

Unless specified on the entry form and supplied by the Organising Committee, any ground protection is the responsibility of the competitor to organise or supply.

45.9.1.2 **BENCH** - seated on a stool or chair with the crossbow supported on a stable bench or table with both the prod assembly and stock of the crossbow supported. Refer clause 45.9.2

Unless specified on the entry form and supplied by the Organising Committee, the Bench or table and seat are the responsibility of the competitor to organise or supply.

- 45.9.1.3 **KNEELING** – (Medieval only) Medieval shooters are permitted a free choice of the following permitted shooting positions. In all positions the shooters body must be behind the shooting line. The shooter is not permitted to change to the other positions during the competition.

(a) The half kneeling position. This is achieved by placing one knee on the ground with the leg positioned on the ground behind the body and the opposite leg bent at approximately 90 degrees with only the shooters foot on the ground. The crossbow bow arm elbow may be rested on the bent leg knee as a support. The butt end of the medieval crossbow bow will be supported by the shooters shoulder in the normal shooting position.

(b) The seated on the ground position. A matt is permitted for this position for protection. This position is achieved by the shooter seated directly on the ground. The crossbow bow arm elbow may be rested on the bent leg knee as a support. The butt end of the medieval crossbow bow will be supported by the shooters shoulder in the normal shooting position.

(c) The seated on a chair or stool position. A support may be used to elevate a bent leg for the crossbow elbow to rest on as a support. The butt end of the medieval crossbow bow will be supported by the shooters shoulder in the normal shooting position.

At Bench, Prone and Kneeling World Championships it is a requirement that the Organising Committee must provide the benches, tables, chairs, and ground covers on a request from a competitor (costs can be reclaimed from the competitors requesting), this does not apply to the Bench, Prone and Kneeling Championship when conducted as a Postal

World Championships.

The competitor's choice of position above must be notified to the Organisers on the entry form so they can plan the range.

- 45.9.2 The crossbow, (when shooting in any of the competitor's positions above) may be supported as listed below.

45.9.2.1 **Prone** - With the front of the crossbow on a support and the butt of the crossbow supported by the competitor holding the butt against their shoulder.

45.9.2.2 **Bench** - With the whole of the crossbow supported front and rear in a frame or on supports.

The crossbow must not be clamped or locked on/into any support except that bipods may be attached to the front of the crossbow. The use of supports such as sandbags or rifle type bench rest is permitted.

Competitors must supply their own crossbow supports, which may be fully adjustable.

45.9.2.3 Kneeling - Refer clause 45.9.1.3.

All Competitors except as noted below shall stand to span the crossbow. Then load the bolt only when in the nominated shooting position with the crossbow always pointed towards their nominated target.

- a) Para 1 competitors – the assistant will perform this duty as usual. (Book 2 – clause 34.4).
- b) Medieval competitors may span their crossbow while in the selected shooting position provided the spanning method is safe. The crossbow is always pointed at their nominate target and must not be lifted above horizontal unless in the act of shooting.

46.10 SCORING BOOK 4 - CLAUSE 39.10