

### **“Traditional Bowhunter” Rules**

A bow of any draw-weight, but not a compound bow or crossbow, may be used. The bow may be of one-piece construction, or a 2 or 3-piece takedown. The arrow must be shot from the bow shelf or hand, no sight, rest, or button of any description can be used. Only one nocking position is permitted (which may be indicated by nocking points both above and below the arrow). No other knots or attachments in addition to the string serving (excluding silencers), that could be used for sighting or location purposes, are allowed.

One anchor point must be maintained throughout the shoot with the index finger on the nock, be it split finger or 3 under or thumb loose. Face walking and string walking are not permitted. No draw-checks of any kind are permitted. No internal or external stabilisers are allowed (this does not include bow quivers that attach to the side of the riser, be it by bolts or limb grippers). No form of release aid is permitted.

No deliberate marks can be added to the bow or arrow that can be used for aiming. Arrows shafts must be of non-wooden and non-bamboo materials, fletched with natural feather. The handle may incorporate a cut-away of any depth to provide an arrow-shelf. The shelf, and where the shelf meets the inside of the sight window, may have a protective cover, for example, felt, fur, feather etc. Olympic recurves that have been altered to shoot from the shelf are permitted, but all attachments such as clicker screws and additional bolts/screws that are not required **MUST** be removed.