



JOAD HANDBOOK

USA Archery JOAD
711 North Tejon Street
Colorado Springs, CO 80903
www.usarchery.org

A program of



USA Archery is pleased to offer this revised edition of the JOAD Handbook. The following pages are designed to help guide the JOAD Club leaders to succeed in their JOAD Programs. Any suggestions or comments about this handbook can be sent to the JOAD Coordinator. This information and other additional information is available under the programs tab and then click on the JOAD section of the USA Archery website at www.usarchery.org.

This revised edition is dedicated to the memory of George Helwig, Founder of the Junior Olympic Archery Development (JOAD) Program. His dedication to the sport of Archery and to the youth that enjoy this sport will not be forgotten.



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History of USA Archery

Archery is often described as “the sport of man since time began.” When modern-day archers employ the bow and arrow for fun and recreation, they are practicing a skill almost as old as human existence itself. From prehistoric man to the Egyptians, Crusaders, Mongols, Native Americans, Huns, etc. archery has played a major part in the history of man and civilizations. Inevitably, the a bow and arrow made their way into the myths and legends of many civilizations: Among the legendary (and historical) archer heroes are Odysseus, the Amazons, Genghis Khan, Tamerlane, Sultan Saladin, Robin Hood and out own Hiawatha, to name a few. Archer still very much appeals to man’s basic instincts. It gives him a chance to relive the exploits of his warrior ancestors, who conquer enemies and sustained life with little else than their bow and arrows. As Geronimo once said, “The spirit of the bow dwells in the heart of all young men (and women).”

There are, however, many more practical reasons behind the greater popularity of archery today. It is a fun, family sport that can be played individually or in groups. People of men and women alike and all ages from two to 102 can enjoy archery. Unlike many other sports, success is not dependent on strength, height, or body size. It is a sport for everyone, and a great way to develop physical fitness.

In the modern era, the Thompson brothers, Maurice and Will, revived the popularity of archery in the United States. Following the Civil War the brothers returned to Georgia to find that the Union Soldiers had burned their plantation to the ground. Crushed, and with no means of making a living, the brothers decided to live off the land in the neighboring hills and woods. There, they hunted for food and forbidden by the Union laws to use firearms, they returned to the weapon they had both learned to shoot so proficiently as youngsters: the bow and arrow.

In the 1870’s, The Thompsons moved to Indiana, where Maurice compiled his notes on their archery experiences into articles and stories that were published in national magazines. These articles were so highly regarded that in 1877, the best of them were gathered together and made into the book called: *The Witchery of Archery*”. The books’ instant popularity and charm brought archery to the public’s attention. Archery clubs were formed across the United States, and in 1878 several archery enthusiasts from Chicago met with the Thompsons with the purpose of organizing the scattered clubs into the National Archery Association (NAA), electing Maurice as the first president. Thus in 1879, the NAA was board.

Archery is one Olympic sport that is truly an amateur event in the spirit of the past Olympics. In the modern era, archery has been included in the Olympics since 1972 (except for a brief time in the early 1900’s). In 2004, the NAA trademarked the name, USA Archery, to readily fit into its role in doing business as the National Governing Body for the Olympic Sport of archery.

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About USA ARCHERY

USA Archery (USAA) is a non-profit organization dedicated to promoting the sport of archery in the United States of America. It established shooting regulations, conducts tournaments, maintain records, and provides information to organize and support archery clubs.

Founded in 1879 as the National Archery Association, (NAA), it is one of the oldest sports organizations in the United States. IN 2004, the NAA trademarked the name, USA Archery to readily fit into its role in doing business as the National Governing Body (NGB) for the Olympic Sport of Archery. USA Archery is the NGB for archery in the United States and is a member organization of the United States Olympic Committee (USOC).

On behalf of the USOC and as the NGB for the sport of archery, USA Archery selects archery teams for the Olympic Games and the Pan American Games. USA Archery is also a member of World Archery - Federation International de Tir A L'arc-International Archery Federation (FITA) and annually selects and sponsors USA teams for World Championships, Youth World Archery, World Cups, World Ranking Tourneys and other international events. FITA is a member organization of the International Olympic Committee (IOC).

USA Archery also selects a United States Archery Team (USAT), a Junior USAT, and a Cadet USAT team in both Olympic and Compound divisions through select ranking tournaments. Para-USAT is the USAA Para archery team program.

USAA sanctions tournaments at the club; state, regional and national level for both Compound and Recurve disciplines and provides a listing of these tournaments at www.usarchery.org. With guidance from USA Archery, annual national tournaments are conducted in the disciplines of outdoor, indoor, and field archery as well as in crossbow, clout, traditional, and flight shooting.

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Chapter 1: JOAD Club Information

1.1.1 Why start a JOAD club?

There are several reasons to start a JOAD Club.

- Provides a rich format for kids to measure their progress
- Liability Insurance
- Archers learn Life Skills
- Provides for competitive opportunities
- JOAD Award System
- Opportunities for State, Regional, National and International Competition

1.1.2 Starting a JOAD Club

Before the club is formed, there is a lot of information that needs to be gathered. The organizing group should start by determining what age range and ability levels are appropriate. Generally most JOAD Clubs range in age 8 to 20 years of age. Determine what kind of archery equipment is needed and schedule an organizational meeting of people who are interested in helping with your club and another meeting for people interested in becoming members of the archery club. Topics to present include setting class schedules, location and fees. USAA suggests getting a registration, consent and release form from all your JOAD students. Nonprofit status can be a great benefit to a new or existing club. Information about becoming a 501 c3 is a part of the USAA JOAD resources webpage.

Space, equipment and the number of instructors will most likely determine how many archers can be accommodated in your program.

1.1.3 Club Name

JOAD Clubs are often named for the range where they meet, a nearby community based attraction, a name of a town or county, or an archery event. To avoid duplication, check online at www.usarchery.org or contact the JOAD Coordinator before a final decision is made on the club name.

1.1.4 JOAD Club Charter

To charter a JOAD Club with USA Archery, there must be a minimum of three (3) archers and one adult leader. The club membership fee must accompany the charter application. A certificate acknowledging membership and chartering is then sent to the JOAD Club. Occasionally a clubs membership may fall below three members. As long as archers are actively participating, there is an adult leadership and dues are paid, the club can continue to exist.

1.1.5 JOAD Club Leadership

A JOAD Club must designate a club leader who has to be at least 21 years of age. The JOAD Committee recommends that at least one instructor be certified as a USA Archery certified Basic Archery Instructor (Level 1 Instructor). The Committee also recommends that coaches and other involved adults get their First Aid and CPR certifications. Non-coaching parents can also be involved in the leadership of a club, facilitating activities such as fundraising, tournament organizing and record keeping. Club leaders are encouraged to take part in USAA leadership workshops.

1.1.6 New Members

Space, equipment, and the number of instructors will most likely determine how many archers can be accommodated in the program. The club's meeting times can be advertised through local schools, organizations (YMCA, Scouts, 4-H, and Police Athletic Leagues), sporting goods stores and archery shops. Club and contact information can also be posted on the USA Archery website and in your local phone directory. Avoid advertising to more kids than your program can handle.

1.1.7 Equipment and Supplies

A supply of archery tackle (bows, arrows, arm guards, finger tabs, and quiver) is necessary for starting a club. Quality lightweight recurve or novice compound bows can serve the club for years. A 15 – 20 pound bow weight is recommended for beginners to avoid injury and teach proper form. Archers of all ages can use the lighter weight equipment. Takedown recurve bows provide a variety of sizes and weights for the class. Have a variety of arrows in a variety of lengths. Some clubs work out a “trade in” program where kids who grow out of arrows, donate them to the club and get a discount on new ones. Contact your State, Regional Representative or the JOAD Coordinator if you have questions about equipment selection.

Most young archers purchase or obtain equipment after they develop an interest, so having rental equipment available will help get new members. A club may be able to borrow equipment from a summer camp, college, or pro-shop. To help raise funds for equipment purchase, the club may conduct fundraisers or ask local organizers to donate funds. Often adults who shoot will help get equipment or they may loan equipment they are not using, but be careful that it is not too heavy or too advanced for the young archers.

Inquire about grants that may be available through USA Archery or the Easton Sports Development Foundation at www.esdf.org. USA Archery has a host of equipment suggestions. Equipment can be purchased from the USAA.

1.1.8 Practice and Fees

Clubs have different ways of organizing practice and fees. Many clubs run their practice in six or eight week sessions and charge a set fee for the period. Other clubs are continuous and charge the archers on a weekly basis. Some clubs charge extra for equipment rental; others

include it as part of the fees. USA Archery membership is not mandatory until the archers reach the White Star achievement level, but some clubs require it from the beginning.

1.1.9 USA Archery Membership Benefits

Upon receipt of the application, the JOAD Club will also receive the following:

- Certificate of Insurance
- USA Archery Membership Card
- USA Archery Membership Certificate
- Opportunity to host National, Regional and State events
- Event notices and communication updates
- USA Archery Decal with new membership
- Leadership opportunities on committees and boards

Tournament information and other communications specific to JOAD Program can be found online at www.usarchery.org, click on programs tab and then JOAD.

The general liability insurance policy held by USA Archery covers practice sessions and tournament activities conducted by the JOAD Club. A list of practice times and dates and a list of tournaments you will hold should be sent to the USA Archery Office for insurance coverage.

1.1.10 Club Responsibilities

JOAD Club organizers agree to conform to the regulations of USA Archery, FITA and the JOAD program guidelines. The club secretary should send a roster of JOAD members to the JOAD Coordinator at joad@usarchery.org, each year at the time of membership renewal. The club must keep records of the archers' progress through the achievement program and follow the verification process for archers achieving the JOAD Bronze Olympian, Silver Olympian and Gold Olympian levels. The roster should include names, address and birth dates for club members, email addresses, as well as their current achievement levels.

It is also the responsibility of the club to make sure club members join USA archery after they reach the White Star status. Up through the White Star achievement level, it is up to the club whether or not to require USA Archery membership. However, the members must join USA Archery before they can earn the Black Star Achievement Level. Club members must also be USA Archery members to shoot in state, regional or national competitions.

Chapter 2: JOAD Leadership

2.1.1 JOAD Committee

The JOAD Committee governs the JOAD Program. The committee consists of a JOAD National Coordinator, four Regional Coordinators (one from each of the four USA Archery geographic regions) and one Athlete Representative. Individuals on the JOAD Committee shall act as committee members as well as regional program coordinators and a resource to local clubs. The member terms are two years and are to be staggered to provide for program continuity. Committee members agree to and comply with USAA code of conduct and the code of ethics. Committee service is an unpaid volunteer position. In addition to meetings, committee service is anticipated to average 2 to 4 hours per week.

Committee Structure:

- The athlete representative will be appointed at the beginning of the even years.
- South and East regions will be appointed at the beginning of the odd years.
- North and West regions will be appointed at the beginning of the even years.
- Per USAA bylaws, committee members may serve up to three, two year terms.

2.1.2 The National Coordinator

The National Coordinator is appointed by the president of USA Archery and approved by USA Archery Board of Governors (BOG). The National Coordinator selects the Regional Coordinators and the Athlete Representative and may select other members for special assignments.

2.1.3 The Regional Coordinators

The Regional Coordinators are responsible for coordinating JOAD activities within their own regions. They oversee the JOAD Regional Indoor and Outdoor Tournaments. The Regional Coordinators communicate with State Coordinators in their Region. State Coordinators relay information to the state JOAD Clubs.

2.1.4 State Coordinators

State Coordinators represent the JOAD Clubs in their state. They may hold meetings with State JOAD Club leaders regarding State Indoor and Outdoor JOAD events. In some states they maintain state JOAD records. Some State Associations usually select State Coordinators, but if there is not a State Association, they can be appointed by the Regional Coordinator.

2.1.5 2011 JOAD Committee

Members of the JOAD Committee

John Stover (jjstover@chartermi.net) - North Representative - Committee Chair

Dee Falks (Idfalks@gmail.com) - South Representative

Doug Ludwig (ludwig3741@gmail.com) - East Representative

Brian Ficker (ftcollinsyoutharchery@msn.com) - West Representative

Samantha Pruitte (sammybear224@aol.com) - Athlete Representative

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Chapter 3: JOAD Program Structure

The JOAD program follows FITA equipment rules as USA Archery does. The program follows USA Archery dress code, which is available on the USA Archery Website. To make it more appealing to younger archers, JOAD has developed additional age categories for competition that include separate division for male and female archers for Compound, and Olympic bows. Most JOAD clubs run weekly training sessions throughout the year. These clubs offer the JOAD achievement program.

3.1.1 Eligibility

Youth archers may participate in JOAD through the calendar year of their 20th Birthday. This means that during the year that the archer turns 20; the archer can participate in JOAD. A youth archer must be a member of a JOAD Club in order to participate in JOAD tournaments. USA Archery youth membership is required to earn achievement pins (after the White Star Achievement Level) and to compete at any level in state, regional, and national tournaments. The JOAD archer must also comply with USA Archery and FITA regulations concerning banned substances. A complete list of banned substances can be found on the United States Anti Doping Agency (USADA) website; www.usantidoping.org. A JOAD archer may belong to only one JOAD Club. If an archer changes membership from one JOAD Club to another, the archer must notify the USA Archery Office and both clubs of the membership change. USA Archery staff liaison will inform the JOAD committee of the change.

3.1.2 JOAD Achievement Awards

Achievement award pins and certificates for each level in the program are available for Compound, and Olympic Style shooters, and for both indoor and outdoor qualification rounds and can be printed off of at www.usarchery.org, free of charge. Club leaders can order the awards from USA Archery in advance and distribute them at club gathering. Order forms are available at www.usarchery.org or <http://usarchery.org/programs/joad-youth-archery/joad-award-system>.

3.1.3 JOAD Qualification Rounds

The JOAD qualification rounds and achievement levels are designed to motivate and challenge youth to develop their archery skills. Each archer advances at his or her own pace through the different levels.

To progress through the achievement program, the JOAD archer must pass each level, starting with Purple Star (or Green Star for younger archers). The archers must shoot the required score under tournament like conditions. Tournament-like conditions generally means with lights or whistles, timing and official score keeping. A qualification round requires a minimum of three JOAD archers and one adult JOAD leader. Some clubs allow qualification rounds at all practices, but most have designated qualification (or achievement) tournaments ~ for example, the first practice each month.

Qualifying scores are shot in rounds of 30 consecutive arrows for indoor rounds. Indoor rounds consist of ten ends of three arrows each. Outdoor rounds consist of 36 consecutive arrows. Outdoor rounds are twelve ends of three arrows or six ends of six arrows. Most outdoor tournaments, except the 900 round, are 36 arrows at each distance. After an archer has achieved a qualification level, he or she may start scoring the next level with a new arrow round. Levels are passed in consecutive order, which means that the archer must pass on before going to the next one. For example, an archer must earn the white star pin before the black star pin.

The Indoor Qualification Rounds provide levels (up to White Star) at 9 meters for archers who are not yet able to reach 18 meters. An archer may pass those levels at either distance, but if passed at 9 meters the archer does not need to repeat that level at 18 meters. There is no age requirement for either distance for JOAD Qualification Rounds, but archers who complete a qualification at 18 meters should continue to shoot at 18 meters.

The Indoor Qualification Rounds can also be shot at the JOAD target or the USA Archery target. For Olympic, Cub and Bowman or Novice shooters, the JOAD target is the 60cm target and the USA Archery target is the 40cm target using the outer 10 ring. For Cub and Bowman Compound shooters, the JOAD Target is the 40cm target using the outer 10 ring; the USA Archery target is the 40cm target using the inner 10 ring. Three spot targets can be used when they are available if desired.

Qualifying scores may also be achieved in USA Archery or JOAD Tournaments. In the Indoor JOAD or USA Archery round, both the first and second 30 scoring arrows may be used as separate qualifying scores. In the outdoor JOAD round, qualification for the 36 arrows can be taken from any distance shot.

JOAD achievement awards can be earned at non-sanctioned tournament and leagues as well as at designated practices if the club rules allow. There must still be tournament like conditions that follow JOAD rules. This means correct timing, targets, scoring, etc.

3.1.4 JOAD Olympian Achievement Requirements

JOAD Bronze Olympian, Silver Olympian, and Gold Olympian awards are distributed through the USA Archery office. The archer must have been a USA Archery member and JOAD Club member from the Black Star point to receive the Olympian Awards. The Olympian awards must be earned in order: Bronze Olympian, Silver Olympian, and Gold Olympian. The following information is required to be submitted with the request for these awards: (it is recommended that the club or archer keep a copy of all of the information)

- Original scorecard (or clear copy) signed by the archer, a witness and the coach or club leader of the archer's JOAD Club. *** All scorecards MUST be legible and all boxes must be completely filled out otherwise the scorecard and the Olympian Achievement Award Request will be returned.**
- Completed Olympian Request Form found in the Appendix pages of this handbook.
- Complete the Olympian Request Form and mail both the form and the scorecard to USA Archery.

3.1.5 JOAD Olympian Awards

All recipients of Olympian level awards will be mentioned in the official USA Archery publication (JOAD E-Newsletter), space permitting. Photos of the Olympian can be electronically submitted.

- The Bronze Olympian rank is recognized with a certificate, patch and lightweight jacket. Both indoor and outdoor patches can be obtained, but only one jacket for this level is received.
- The Silver Olympian achievement is recognized with a certificate, patch and a sports duffel bag. Both indoor and outdoor patches can be obtained, but only one sports bag for this level is received.
- The Gold Olympian achievement is recognized with a certificate, patch and plaque. Both indoor and outdoor patches can be obtained, but only one plaque for this level is received.

USA Archery provides these awards to the archer. USA Archery will send the awards to the JOAD Leader, upon request, for presentation at the club gathering. As stated above, the archer can only receive one jacket, bag, and plaque but will receive a patch, certificate, and recognition for both indoor and outdoor Bronze Olympian, Silver Olympian and Gold Olympian. ***Olympian awards must be earned in consecutive order for both indoor and outdoor: Bronze Olympian, Silver Olympian and Gold Olympian.**

3.1.6 JOAD National Championships

Each year, the JOAD Committee seeks a JOAD club or group of clubs to host the JOAD Outdoor National Championships. The championships rotate around the United States each year from North to West, to South, to East. The JOAD Committee determines the format of the tournament, with the approval of the USA Archery Board of Governors, and lends guidance to the tournament committee. Bid forms are sent out to clubs and should be returned to the USA Archery before the published deadlines for consideration at the March Board meeting.

The JOAD Indoor Championships are held in the same locations as the USA Archery Indoor Championships. Regional scores are combined to determine regional champions. The scores from all of the regions are combined to determine the national champions.

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Chapter 4: Tournament Information

Tournaments are held at many different levels: club, local, state, regional, national and international. There may be a slight difference between these tournaments such as the use of officials. In a national tournament the organizing committee will want to use National Officials, while at a club tournament, parents will often be utilized. Many archers in JOAD programs decide they want to shoot in tournaments. It is best to start with club tournaments graduating to state and local tournaments, and finally competing in National and International tournaments.

4.1.1 Tournament Sanctioning

USA Archery must sanction JOAD Tournaments for insurance coverage and publication. Sanctioning assures that USA Archery is aware of the tournament and has approved it. Scheduling and approval of state JOAD tournaments is done by State JOAD Coordinators. Regional Coordinators approve regional tournament bids and the JOAD Committee, along with USA Archery Board of Governors, approves the National JOAD Championship Tournament.

JOAD Tournaments, which are hosted by chartered JOAD Clubs, must follow JOAD/USA Archery/FITA tournament rules, and provide for all divisions and classes (except Yeoman and Archer which are optional) within each discipline. Many club tournaments are not sanctioned, but USA Archery should be informed of dates and rounds for insurance purposes.

JOAD State, Regional and National Tournaments shall be sanctioned through the USA Archery office. Other JOAD tournaments can be sanctioned in order to publish them in the USA Archery calendar and for insurance coverage. All state, regional and national JOAD tournaments must be affiliated with a JOAD Club. Only one State JOAD Indoor and one State JOAD Outdoor can be awarded within each state in a calendar year. One National JOAD Indoor and one National JOAD Outdoor tournament are held each year. Regional Indoor JOAD Tournaments are held each year and some regions also hold regional outdoor tournaments.

Sanction of USAA tournaments must be done 45 days prior to the event. The application for sanction can be found on the USA Archery website and in the appendix. The application is sent to the USA Archery office for approval along with any necessary fees.

A STAR FITA must be scheduled 45 days prior to the event. World records can only be set at STAR FITA events. There must be at least one USA Archery official for every ten targets and all FITA rules must be followed. There is also a fee charged to sanction a Star FITA. Many club and state tournaments are run much more informally. **=Clubs accepting financial assistance from sponsors for tournament may not agree to endorse a donor's products or infringe on the terms of USA Archery sponsored agreements.** Details of financial assistance must accompany applications for sanctioning permits.

4.1.2 Officials

Officials and judges are present at all archery tournaments. Their primary roles are to make sure things run smoothly and that everyone is treated fairly.

A Judge can be called if the archers on a target cannot agree on the value of an arrow. If a Judge is called, the Judge's call is final. When an arrow value is recorded wrong, the scorer must record the correct value of the arrow and all archers on the target butt must agree and initial the correction.

If an archer believes that they have been mistreated or a rule has been abused, then the archer can file a protest. **The value of an arrow, once scored and pulled, cannot be protested.** A protest must be filed in writing and given to an official. It is best to write down as much as possible regarding the event being protested.

Information should include:

- Specific people involved
- Exactly what happened
- Exactly what is being protested

The protest will be given to the designated Jury of Appeals for that tournament. Their decision will be final. The protest should be filed as soon as possible as it may affect the next part of the event. For more information about becoming a Judge, please visit <http://usarchery.org/programs/judges>

4.1.3 Dress Code

There is a dress code for all USA Archery tournaments.

USAA Dress Code:1. All athletes and coaches must present a professional, athletic appearance while on the field. (Torn, ripped or badly faded clothing articles are not allowed.) Clothing may be of any color.

2. No camo or blue denim (jeans) may be worn at target events. Accessories such as trim on shirts, caps, quivers, armguards, footwear, etc., are permitted to be camo. At field events, denim may be worn but camo may not be worn.

3. Shorts, skorts and skirts must not be shorter than fingertip length while standing normally.

4. Men and women are required to wear upper garments covering the front and back of the body and covering the midriff when at full draw. Women's upper garments shall have a minimum strap of 3" or sleeves. Men's upper garments shall have short or long sleeves.

5. Sport/athletic shoes are recommended to all athletes and coaches during target events. Shoes must cover the entire foot.

6. At no time will any athlete or coach wear any article bearing any image or language to be considered offensive to others

Specific information the dress code, along with a list of do's and don'ts is available on the USA Archery website www.usarchery.org.

4.1.4 Equipment Inspection

There is generally an equipment inspection before a tournament begins. The inspection is to make sure the equipment being used conforms to FITA rules. Even though there is an equipment inspection done, it is still the archer's responsibility to make sure the equipment is legal. If the equipment isn't right at inspection, the archer is advised and given the opportunity to fix it. If the illegal equipment is later found, the archer could be disqualified.

When archers have their equipment inspected they need to take all of the arrows they might shoot, their bows, and release or finger tab. The archer should hold their equipment in such a way that the official can see it.

All archers need to have their arrows marked with their initials on the shaft, not on the fletching. They are marked so that if more than one person has the same fletching; the owners can still be identified. The arrows can be numbered if desired. Some archers include extra nocks of a different color in their equipment. Changing the nock color is another way to identify arrows. See FITA Rulebook for equipment rules and regulations.

4.1.5 Double Scoring

Double scoring is often used in JOAD tournaments, USA Archery Tournaments, and qualification rounds. It is recommended that double scoring also be used at local and state tournaments so all athlete know how it works. Double scoring means that an archer's score is verified and recorded at the target on two separate scorecards by two score keepers, of whom may be the archer. A third archer calls the value of the arrows from highest to lowest scoring arrows.

If a scorekeeper writes an incorrect value for an arrow, all archers on the target must agree to the change the arrow value and initial next to the change in arrow value. During the calling of arrows, no part of the target including the target face, target butt, or target stand may be touched by anyone. Once the arrows have been called, all arrow holes must be marked before pulling arrows. All boxes for hits, tens, X's, and total score must be filled in before the scorecard is given to the tournament director.

Both scorecards must have the same totals in each box and should be signed by the archer and the scorekeeper. It is the scorekeepers' responsibility to complete the scorecard, and it is the archer's responsibility to check the addition on the scorecards and certify the correct score by signing both cards.

4.1.6 Olympic Round Competition

Olympic Round (OR) competition is the exciting head-to-head match shooting that presently completes many tournament events. The JOAD Committee has acknowledged that youth archers need to train for Olympic Rounds both locally and nationally to prepare for International and World competitions. Furthermore, athletes must complete Ranking Rounds in order to participate in the OR Round in a USA Archery sanctioned tournament. The JOAD National Outdoor Championships provide the opportunity and incentive to practice Olympic Round Shooting.

The archers shoot one-on-one matches. Compound archers will shoot 5 ends of 3 arrows per end. Recurve archers will use the FITA OR Set System scoring. Archers continue until they win the gold medal or until they are eliminated. The two archers, who do not win in the semi-final match, shoot again in the bronze medal match. For more details, the FITA rulebook covers the rules governing the Olympic Round. The FITA Rulebook can be viewed on the FITA website at www.archery.org, or on the USA Archery website under Rules and Regulations. It can also be purchased from the USA Archery office.

JOAD coaches may need to be creative in designing practice for OR rounds. Many times there are just not enough JOAD archers to fill even a round of 8 archers. It is helpful to join with another club or clubs and have the archers shoot at their appropriate distance while competing with archers of different age groups. This often is quite evenly matched while making it more challenging for the archers at the greater distances. The less proficient archer can also be given a handicap or extra points. Another way to give archers competition is to hold a Round Robin, in which each archer competes with all other archers. Rounds of six or eight archers usually work best.

When an archer has no one to compete with, he or she can get scores from other OR round results, put them on a card and try to out shoot the archer arrow by arrow. Whenever possible, however, the best way to prepare for National and International events is to participate in tournaments, which include the Olympic Round.

The following distances are used for Olympic Rounds:

- Junior Recurve – 70 meters, Junior Compound - 50 meters
- Cadet Recurve – 60 meters, Cadet Compound - 50 meters
- Cub Recurve – 50 meters, Cub Compound - 30 meters
- Bowman Recurve – 30 meters, Bowman Compound - 25 meters

4.1.7 Etiquette

Coaches should go over the following items with both athletes and parents before they go to a tournament.

Cell phones, pagers, etc. – These are not allowed beyond the waiting line. Archers should leave them in their bow cases or with their parents. Spectators should turn the volume down low or turn them off. iPods, MP3 players, CD players and cassette players also need to be left behind the waiting line. Their volume should be low enough as to not to disturb other archers.

Photography – Flash photography is not allowed during the tournament. Some photographers are given official passes so they can be in designated areas during the tournament. They cannot venture beyond the spectator line. Usually the Director of Shooting (DOS) will invite spectators to go to the targets after the last end is shot and scored.

Spotting Scopes – If the tournament is shot using a single line, the scopes can usually stay on the shooting line. If a double line is being used, the scopes may be required to be taken on and off the line each end, so that the other archers can put theirs up. Archers must be courteous and make sure their scope is not interfering with the space of another archer. If archers believe a scope is in their way and they can't settle it peacefully with the other archer, an official should be called.

4.1.8 Disciplines, Divisions and Categories

Disciplines - The JOAD Program conducts tournament rounds in the disciplines of Indoor Target Archery (JOAD Indoor Round) and Outdoor Target Archery (JOAD Outdoor Round).

Divisions – Competition includes separate divisions for girls and boys, as well as for Olympic, Novice and Compound bows. Equipment regulations for Olympic and Compound divisions are the same as for USA Archery and FITA. A novice bow is defined as any recurve, longbow, or compound with no sight, stabilizer, peep or kisser button, and shot only with fingers (glove, tab or bare fingers).

Equipment regulations are listed in the FITA CONSTITUTION AND RULES book, which is found on the FITA website at www.archery.org. It is recommended that coaches and athletes be aware of these regulations and check the website regularly for changes.

Categories – The following are USA Archery JOAD competition and developmental categories.

Junior – Athletes may compete in the junior class up to and through the year of their 20th birthday. Junior athletes shoot “adult” distances and target face sizes in both USA Archery and JOAD Competitions.

- Indoor 18m competition is 60 arrows at the 40cm target face; outer 10 ring scoring for Recurve, inner 10 ring scoring for Compound.
- Outdoor tournaments: Olympic and Compound athletes score the outer 10 ring.
 - Ranking, female archers shoot 70m, 60m, 50m, 30m; the male archers shoot the distances of 90m, 70m, 50m and 30m. The two long distances are shot on a 122cm target face. The two short distances are shot on an 80cm target face.
 - or
 - Recurve archers shoot a 70m on a 122 target face and Compound archers shoot a 50m on an 80cm target face for ranking.

- Individual Olympic Round (OR) and Team Rounds; Recurve archers shoot a 70m on a 122 target face and Compound archers shoot a 50m on an 80cm target face for ranking.

Cadet – Athletes may compete in the cadet class up to and through the year of their 17th birthday. Cadet athletes shoot “masters” distances and target face sizes in both USA Archery and JOAD Competitions.

- Indoor 18m competition is 60 arrows at the 40cm target face; outer 10 ring scoring for Recurve, inner 10 ring scoring for Compound.
- Outdoor tournaments: Olympic and Compound athletes score the outer 10 ring.
 - Ranking, female archers shoot 60m, 50m, 40m, 30m; the male archers shoot the distances of 70m, 60m, 50m and 30m. The two long distances are shot on a 122cm target face. The two short distances are shot on an 80cm target face.
 - or
 - Recurve archers shoot a 60m on a 122 target face and Compound archers shoot a 50m on an 80cm target face for ranking.
 - Individual Olympic Round (OR) and Team Rounds; Recurve archers shoot a 60m on a 122 target face and Compound archers shoot a 50m on an 80cm target face for ranking.

Cub – Athletes may compete in the cub class up to and through the year of their 14th birthday.

- Indoor 18m competition is 60 arrows at the 60cm target face; outer 10 ring scoring for Recurve. A 40cm target face and outer 10 ring scoring is used for Compound.
- Outdoor tournaments: Olympic and Compound athletes score the outer 10 ring.
 - Ranking, athletes shoot 50m, 40m, 30m, and 20m. The two long distances are shot on a 122cm target face. The two short distances are shot on an 80cm target face.
 - or
 - Recurve archers shoot at 50m on a 122 target face and Compound archers shoot at 30m on an 80cm target face for ranking.
 - Individual Olympic Round (OR) and Team Rounds; Recurve archers shoot a 50m on a 122 target face and Compound archers shoot a 30m on an 80cm target face for ranking.

Bowman – Athletes may compete in the bowman class up to and through the year of their 12th birthday.

- Indoor 18m competition is 60 arrows at the 60cm target face; outer 10 ring scoring for Recurve. A 40cm target faces and outer 10 ring scoring is used for Compound.
- Outdoor tournaments: Olympic and Compound athletes score the outer 10 ring.
 - Ranking, athletes shoot 30m, 25m, 25m, and 20m. The long distance and the next 25m round are shot on a 122cm target face. A 25m round and the next 20m distances are shot on an 80cm target face.
 - or
 - Recurve archers shoot a 30m on a 122 target face and Compound archers shoot a 25m on an 80cm target face for ranking.

- Individual Olympic Round (OR) and Team Rounds; Recurve archers shoot a 30m on a 122 target face and Compound archers shoot a 25m on an 80cm target face for ranking.

More Categories (Developmental)

Archer – This class is for “older” beginning archers. Athletes may compete in this class up to and through the year of their 20th birthday. This class is not offered at National Tournaments and is optional at other tournaments.

- Indoor JOAD round; 18m competition is 60 arrows at the 40cm target face; outer 10 ring scoring for Recurve, inner 10 ring scoring for Compound.
- Outdoor: Olympic and Compound athletes score the outer 10 ring.
 - Archers shoot 60m, 50m, 40m, and 30m. The two long distances are shot on a 122cm target face. The two short distances are shot on an 80cm target face.
 - or
 - Recurve archers shoot a 60m on a 122 target face and Compound archers shoot a 50m on an 80cm target face for ranking.

Yeoman – This class is for young beginning archers. This class is for youths up to and through the year of their 9th birthday. This class is not offered at National Tournaments and is optional at other tournaments.

- Indoor, Tournament Director’s discretion, i.e. 30 arrows at an appropriate target and distance.
- Outdoor rounds, Tournament Director discretion, i.e. 15m or 10m.

Novice – This class is for beginning archers. Athletes may compete in this class up to and through the year of their 20th birthday. This class is not offered at National Tournaments and is optional at other tournaments.

- Indoor JOAD round is 30 arrows at the 60cm target face; outer 10 ring scoring.
- Outdoor: Outdoor rounds, Tournament Director Discretion, i.e. 20m.

End