



# FITA BEGINNER MANUAL

## **Introduction:**

This “FITA BEGINNER MANUAL” is a guide for beginner archers and their Level 1 archery Coaches.

## **To the Level 1 Archery Coaches:**

Thank you for promoting archery!

This guide will help you in properly educating the novices in archery and in evaluating their progress.

We encourage you in using the FITA Level 1 Coaching manual and/or audio-visual document.

## **To the Beginner Archers:**

Congratulations for taking Archery!

This guide presents the curriculum of each of the 7 levels of the FITA Beginner Awards Program. It will help you to develop your general shooting skills, knowledge of archery and performance. Your progress will be encouraged and awarded with the gain of the FITA Beginner Award pins.

After the completion of the Entry level program, you will be encouraged in taking part in some FITA tournaments, through which you will be allowed to win other FITA awards specific to each archery discipline.

FITA wishes you a life of enjoyment within the world archery family.

## **The FITA Beginners Awards Program at a glance:**

The FITA Beginners Awards Program has been designed to be implemented in all countries of the World at any time; incorporating Indoor and Outdoor disciplines. Up to seven awards lead the novice:

- from a very short shooting distance - 6 to 10 meters, which is dependant on age;
- to the shortest Indoor distance - 18 meters, but on a bigger target face than the FITA official one for this distance;
- and even further - close to first FITA Outdoor distance on an 80 cm target face, which is 30 meters.

This process is not only based on score, since skills and knowledge / know-how's are also assessed; hence the main goal of the FITA Beginners Awards program (BAP) is the *archer's education as a whole*.



# **OVERALL PRESENTATION**



**Goals:**

FITA has produced this manual to guide the beginners in assessing their progress during a long period covering the Entry level program before competing in official tournaments.

**Evaluation principle**

To get any of the FITA Beginner Awards, you have to reach a minimum level of:

- score;
- skills development;
- Knowledge and/or know-how's.

**SCORE**

Your performance is evaluated at reduced shooting distances and number of shots.

15 arrows are shot at an 80cm target face

*See the evaluation form for knowing the shooting distance for each award level*

**SKILLS DEVELOPMENT**

The achievement of a good score is only a consequence of well implemented skills, as described in the FITA level 1 Coaching Manual.

For each development level, some skills are expected to be acquired. Their assessment is based on some key elements described in the FITA Entry Level 1 Coaching Manual. If you need help in evaluating these skills, do not hesitate in consulting this reference manual.

To help with your training, collaborating with an archery coach is strongly recommended; also do not hesitate in consulting this reference manual.

**KNOWLEDGE AND/OR KNOW-HOW'S**

Learning archery is not restricted in learning the steps of the shooting sequence. The novices have also to:

- play safe; hence knowing the safety rules;
- know the specific terminology;
- look after their equipment = To brace the bow - To maintain and repair the equipment (arrows, string, arrow-rest etcetera);
- learn the rules;
- ...

You will find in this manual the knowledge's and know-how's that are expected from you.



### **Delivery of the FITA Beginners Awards**

The following organizations are entitled to order the FITA Beginner Awards from the FITA office:

- Member Associations (the National Archery Federations) in good standing with FITA;
- Clubs and Regional Archery, as long as they can prove their membership to a FITA Member Association in good standing with FITA

Caution! In some countries, only the National Archery Federation is entitled to sale/distribute the FITA Beginner Awards to its Clubs and Regional Archery Associations.

In most cases, clubs make a stock of FITA Beginners Awards, which they order either to their National Archery Federation, or directly to the FITA office.

### **Types of Awards**

2 sets of beginners Awards are available:

- **One set for the youngest beginners** (under 12 years old) **and for some disabled novices**. It is up to your coach (or person in charge of the entry level) to decide the archer's eligibility to challenge for these awards. FITA does not ask for any proof of age or disability. This group of awards is entitled "FEATHERS"
- **One set for the pre-teenagers, teenagers and adults:** This group of awards is entitled "ARROWS"

All awards have a pin design; they can be displayed on the quiver (for instance)

### **Recommended examination guidelines for both awards.**

To develop a schedule of specific sessions for challenging the FITA Beginners awards. This requires a minimum of attendance to the Entry Level practice sessions to be eligible to take part in an evaluation session.

For instance:

Schedule every 2 months a specific session for challenging the FITA Beginners awards; the evaluation session is only open to those who have attended at least 7 practice sessions.

For challenging a FITA Beginners award, those who have attended less than 7 practice sessions will have to:

- \* complete their 7 practice sessions, and;



## FITA BEGINNERS MANUAL

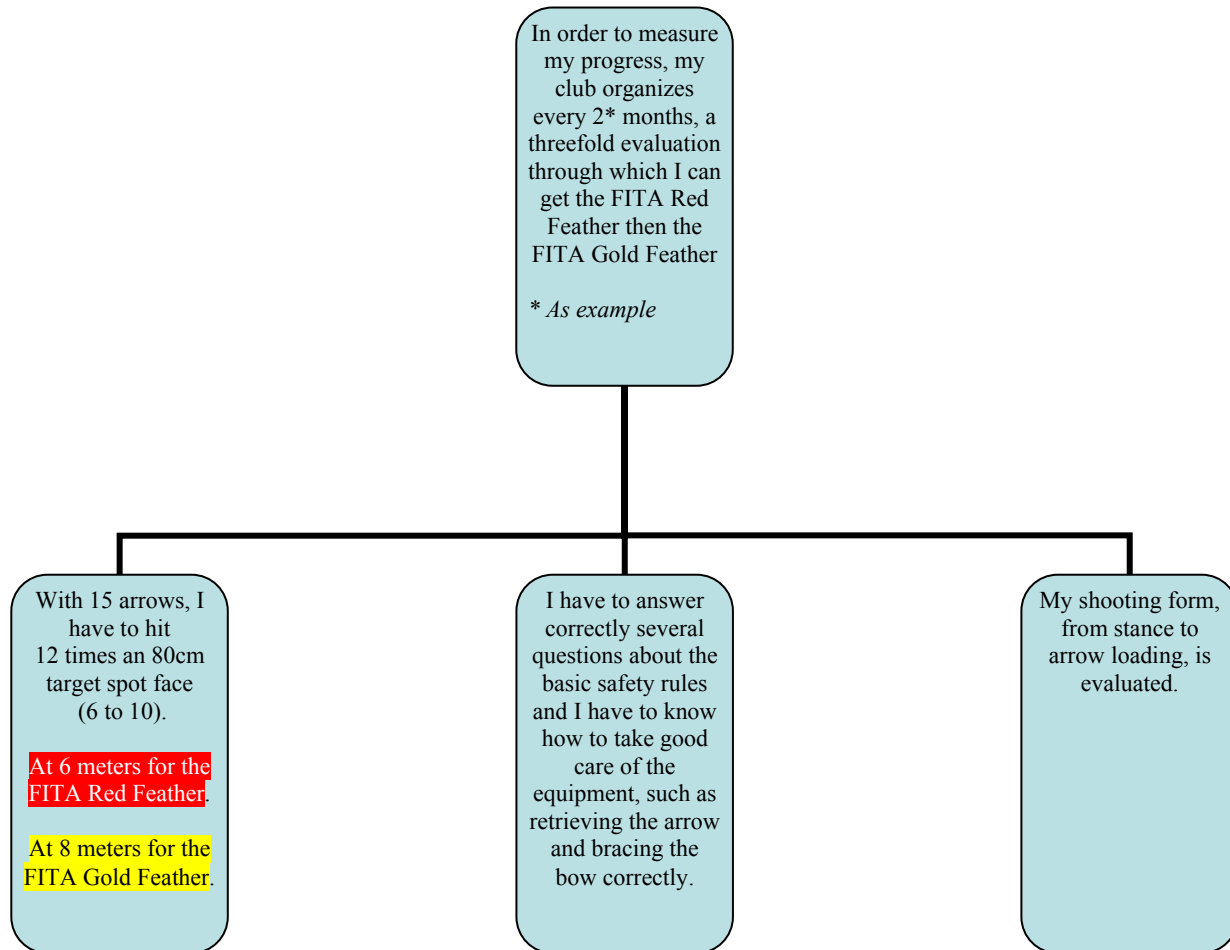
\* wait until the next specific session for challenging a FITA Beginners award.

To allow the beginners who failed some components of the evaluation to re-challenge these items only, the beginner must retrain on all the modules failed and the reassessment/evaluation cannot be retaken until a full successful program is completed

The novice can only start by challenging the Red Feather or the White Arrow. Starting at any other level would make it difficult to evaluate the skills and knowledge/Know-How's that were supposed to have been learnt previously.



**FITA Feather Awards at a glance.**



*After the FITA Gold Feather I will challenge the FITA Arrow Awards, starting with the White one at 10 meters*



## FITA BEGINNERS MANUAL

### FITA Arrow Awards at a glance.

In order to measure my progress, my club organizes every 2\* months, a threefold evaluation through which I can get the various FITA Arrows. Each of the 5 Arrow awards is from one color of the archery target face.

*\* As example*

With 15 arrows (half an Indoor round), I have to score 115 points on an 80cm target face, at:

10 m for the White FITA Arrow.

14 m for the Black FITA Arrow.

18 m for the Blue FITA Arrow  
*(which is an official FITA Indoor distance, but my target face is bigger than the official one. Nevertheless I can shoot from the same shooting line as the experienced archers).*

22 m for the Red FITA Arrow.

26 m for the Gold FITA Arrow.

Then I will be ready for shooting 30 meters, the shorter Official Outdoor FITA distance.

I have to answer correctly several questions about  
Safety  
Archery terminology /language  
Rough description of the archery disciplines

I also have to know how to:  
Install the equipment  
Handle the equipment  
Maintain the equipment  
Register to take part in a local tournament.

My shooting form and sequence are evaluated.

*Now I am able to attend some local tournaments shot at short distances.*