

NFAA Shooting Style Definitions

Barebow, Commonly shot with a compound bow (BB):

1. Archers shooting Barebow style will use bow, arrows, strings, and accessories free from any sights, marks or blemishes that may be used as a sighting aid.
2. An adjustable arrow plate may be used provided it does not extend more than ¼” above the arrow.
3. The use of stabilizers shall be permitted. The rear stabilizer shall not touch any part of the body.
4. One consistent nocking point only is permitted and may be held by one or two nock locators, which shall be snap on type, shrink tubing, thread or dental floss, tied or served on the serving. Nocking point locators shall not extend more than one half inch (1/2”) above or below the arrow nock when at full draw.
5. Only one adjustable draw check and level mounted on the bow, neither of which may extend above the arrow and a mechanical type arrow rest and cushion plunger are permitted.
6. Only gloves, tabs, or fingers shall be permitted, except in the case of physical disability of the arms or hands, a chew strap may be used in place of fingers.
7. All arrows shall be identical in length, weight, diameter and fletching, with allowance for wear and tear. Powder on the arrow points shall be permitted as a visual aid.
8. The ends or edges or laminated pieces appearing on the inside of the upper limb shall be considered a sighting mechanism.
9. No device of any kind, not including arrow rest, arrow plate or plunger button, that can be used for sighting, will be used or attached to the archer’s equipment.
10. The pylon (string clearance bar) will be allowed in this style if it is not located in the sight window.
11. No part of the arrow rest may extend more than ¼ inch above the arrow in the sight window.

Freestyle (FS):

1. Any type of sight and its written memorandum may be used.
2. Any release aid may be used provided it is hand operated and supports the draw weight of the bow and is not attached to the bow other than the bowstring. In the case of physical disability of the arms or hands, a chew strap may be used in place of fingers or release aids.
3. The rear stabilizer shall not touch any part of the body.

Freestyle Limited (FSL):

1. Any type of sight and its written memorandum may be used.
2. Release aids shall be limited to gloves, tabs and fingers. In the case of physical disability of the arms or hands, a chew strap may be used in place of fingers.
3. The rear stabilizer shall not touch any part of the body.

Bowhunter Freestyle (BHFS):

1. A maximum of (5) five fixed reference points: Points of attachment shall not be considered reference points. A line running vertically from its top attachment in the pin guard to its bottom attachment in the pin guard would be legal. Sighting reference points, string peep (with or without a lens) and/or kiss button may not be moved during a round. Scopes, clickers and draw checks are not allowed. A round or oval housing around the points of reference is not considered a scope as long as no lens is used. No additional pin guard may be used. A sight pin consisting of a housing with a hole through it, that does not contain a fixed reference point within the hole, is not allowed.
2. Release aids will be permitted. In the case of physical disability of the arms or hands, a chew strap may be used in place of fingers or release aids.
3. A pin guard mounted on the sight, and a level mounted anywhere will be legal in this style of shooting, provided that there are no additional marks or blemishes on either of these items that could be used for sighting.
4. A string of suitable material with a center serving and end servings of the same or different color than the string may be used. One consistent nocking point only is permitted. Nocking point locators shall not extend more than ½ inch above or below the arrow nock when at full draw. Brush buttons and string silencers properly attached will be legal.
5. One anchor point only is permitted.
6. All arrows shall be identical in size, length, weight, and fletching with allowances for wear and tear.
7. Brush buttons, string silencer, positioned no closer than midway between the nocking point and where the string touches the wheel/cam, and bow quiver installed on the opposite side of the sight window, with no part of the quiver or attachments visible in the sight window are legal. One straight stabilizer, coupling device included if used, which cannot exceed 12 inches at any time, as measured from the back of the bow, V-bar, counterbalance and string dampeners may be used.
8. An archer will not be permitted to change the draw weight of the bow during a round.
9. During a round no adjustments may be made to the bow and its related equipment unless equipment failure is recognized.

Traditional (Trad):

1. This style of shooting is for those who wish to compete with the Recurve or Longbow.
2. No device of any kind, including arrow rest, that can be used for sighting will be used or attached to the archers' equipment.
3. There shall be no device, mechanical or otherwise, in the sight window except the arrow rest, arrow plate or plunger button.
4. No part of the arrow rest may extend more than $\frac{1}{4}$ inch above the arrow in the sight window.
5. No clickers, draw checks or levels will be allowed. No laminations, marks or blemishes on the face of the bow or in the sight window will be legal.
6. The string may be of any color but must have a single color center serving. One single nocking point is permitted. One or two nock locators may be used. Brush buttons and string silencers, properly placed may be used. Any other marks or string attachments will be illegal.
7. One anchor point only is permitted.
8. The archer shall touch the arrow when nocked and drawing the arrow with the index finger against the nock. Finger position may not be changed during competition. In the case of physical disability of the arms or hands, a chew strap may be used in place of fingers.
9. Gloves, tabs or fingers shall be the only legal releases. In the case of physical disability of the arms or hands, a chew strap may be used in place of fingers.
10. All arrows shall be identical in length, weight, diameter and fletching with allowance for wear and tear.
11. One straight stabilizer, coupling device included, if used, which cannot exceed 12 inches at any time as measured from the back of the bow.
12. No written memorandum will be allowed.
13. Bow Slings are permissible.
14. During a round no adjustments may be made to the bow and/or its related equipment unless equipment failure is recognized.

Freestyle Limited Recurve/Olympic Recurve (FSLR):

1. Any type of sight and its written memorandum may be used, providing the sighting mechanism has no magnification. Levels, string peep sights, marks, ties or string attachments to the string and electronic devices are not allowed. A kisser button may be used.
2. Release aids shall be limited to gloves, tabs and fingers. In the case of physical disability of the arms or hands, a chew strap may be used in place of fingers.
3. This style is limited to use of recurve bow or longbow.

Barebow Recurve (BBR):

1. This style of shooting is for those who wish to compete with the Recurve or Longbow.
2. Archers shooting Barebow Recurve style will use bow, arrows, strings, and accessories free from any sights, marks or blemishes that may be used as a sighting aid. No laminations, marks or blemishes on the face of the bow or in the sight window will be legal. Multi-colored bow risers, and trademarks located on the inside of the upper and lower limb or on the riser are permitted.
3. An arrow rest and cushion plunger are permitted. There shall be no device, mechanical or otherwise, in the sight window except the arrow rest, arrow plate or plunger button.
4. No clickers, draw checks or levels will be allowed.
5. Weight(s) may be added to the lower part of the riser. All weights, regardless of shape, shall mount directly to the riser without rods, extensions, angular mounting connection or shock-absorbing devices.
6. The unstrung bow complete with permitted accessories shall be capable of passing through a hole or ring with a 12.2 cm inside diameter +/- 0.5 mm.
7. The string may be any color but must have a single color center serving. Brush buttons and string silencers, properly placed, may be used.
8. One consistent nocking point only is permitted and may be held by one or two nock locators.
9. Face walking and string walking are allowed.
10. Gloves, tabs or fingers shall be the only legal releases. Marks or lines may be added directly to the tab and shall be uniform in size, shape and color. In the case of physical disability of the arms or hands, a chew strap may be used in place of fingers.
11. All arrows used shall be identical in length, weight, diameter, fletching, and nocks, without regard to color, with allowance for wear and tear.
12. No part of the arrow rest, cushion plunger or arrow plate may extend more than ¼ inch above the arrow in the sight window.
13. Adult and Senior only.

Longbow (LB):

1. A one or two piece or **three piece (voted on in 2021)** straight ended bow constructed of wood or laminated wood with nonadjustable limbs. When the bow is braced, the string must not touch the limbs between the notches on the limb. The belly and the back of the bow may have carbon or fiberglass on them.
2. The belly of the bow must be free of any marks or blemishes that can be used as sighting aids.

3. The bow may contain a window and an arrow shelf. No mechanical or elevated rests may be used.
4. Only one nicking point is allowed on the string which may be marked by one or two nocking point locators.
5. The archer shall touch the arrow when nocked and drawing the arrow with the index finger against the nock. In case of physical disability of arms or hands, a chew strap may be used in place of fingers.
6. One anchor point only is permitted.
7. All arrows shall be identical in length, weight, diameter and fletching with allowance for wear and tear.
8. No written memorandum will be allowed. Bow slings are permissible.
9. Participation in this style may shoot any type of arrow.
10. Adult Male and Adult Female only.

NFAA Shooting Divisions

Master Senior: Male/Female over 70 years of age. Archers may shoot “down” to Silver Senior, Senior, Adult.

Silver Senior: Male/Female over 60 years of age. Archers may shoot “down” to Senior or Adult.

Senior: Male/Female over 50 years of age. Archers may shoot “down” to Adult division.

Adult: Male/Female over 18 years of age.

Young Adult: Male/Female 15 to 17 years of age. Archer may shoot up to Adult division with parent permission in the form of a letter.

Youth: Male/Female 12 to 14 years of age. Archers may shoot up to Young Adult or Adult division with parent permission in the form of a letter.

Cubs: Male/Female under 11 years of age. Archers may shoot up to Youth, Young Adult or Adult division with parent permission in the form of a letter.