

Scout Name: \_\_\_\_\_ Troop #: \_\_\_\_\_ MB Period: \_\_\_\_\_



# Woodruff Archery Merit Badge Requirements Packet



## Requirement 1:

a. State and explain the Range Safety Rules:

(1). Three safety rules when on the shooting line.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(2). Three safety rules when retrieving arrows.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

(3). The four whistle commands used on a range and their related verbal commands:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

b. State and explain the general safety rules for archery:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

c. Tell about your local and state laws for owning and using archery tackle: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

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**Requirement 2:**

a. Name the parts of an arrow:

- (1). \_\_\_\_\_
- (2). \_\_\_\_\_
- (3). \_\_\_\_\_
- (4). \_\_\_\_\_
- (5). \_\_\_\_\_

b. Describe three or more different types of arrow points:

- (1). \_\_\_\_\_
- (2). \_\_\_\_\_
- (3). \_\_\_\_\_
- (4). \_\_\_\_\_

c. Name the four principal materials for making arrow shafts:

- (1). \_\_\_\_\_
- (2). \_\_\_\_\_
- (3). \_\_\_\_\_
- (4). \_\_\_\_\_

e. Explain how to properly care for and store arrows: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Requirement 3:**

a. Explain the proper use, care, and storage of, as well the reasons for using, tabs, arm guards, shooting gloves, and quivers:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

b. Explain the following terms:

Scout Name: \_\_\_\_\_ Troop #: \_\_\_\_\_ MB Period: \_\_\_\_\_

- Cast: \_\_\_\_\_
- Draw weight: \_\_\_\_\_
- String height (fistmele): \_\_\_\_\_
- Aiming: \_\_\_\_\_
- Spine: \_\_\_\_\_
  
- Mechanical release: \_\_\_\_\_
- Freestyle: \_\_\_\_\_
- Barebow: \_\_\_\_\_

**Requirement 4:**

a. Explain the importance of obedience to a range officer or other person in charge of a range: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

b. Explain the difference between an end and a round: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

c. Explain the differences among field, target and 3-D archery:

Field Archery: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Target Archery: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3-D Archery: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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d. Explain how the five-color World Archery Federation target is scored:

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e. Explain how the National Field Archery Association (NFAA) black-and-white field targets and blue indoor targets are scored:

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f. Explain the elimination system used in Olympic archery competition: \_\_\_\_\_

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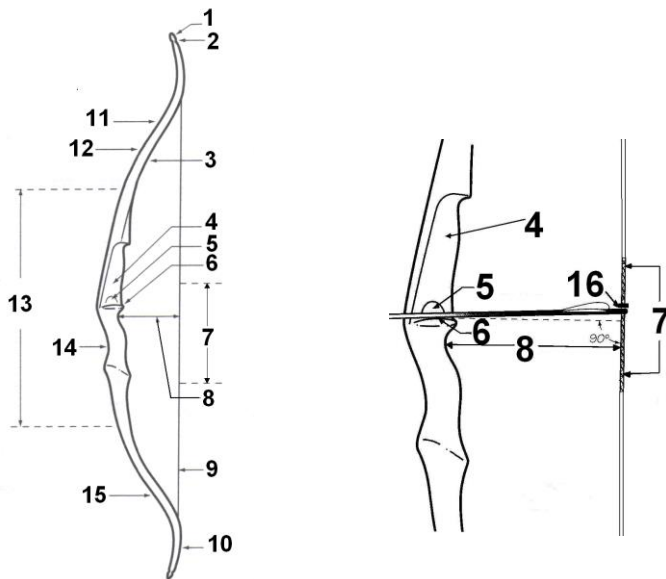
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**Requirement 5:**



a. Name the parts of a recurve bow:

- |          |           |
|----------|-----------|
| 1. _____ | 9. _____  |
| 2. _____ | 10. _____ |
| 3. _____ | 11. _____ |

Scout Name: \_\_\_\_\_ Troop #: \_\_\_\_\_ MB Period: \_\_\_\_\_

- 4. \_\_\_\_\_ 12. \_\_\_\_\_
- 5. \_\_\_\_\_ 13. \_\_\_\_\_
- 6. \_\_\_\_\_ 14. \_\_\_\_\_
- 7. \_\_\_\_\_ 15. \_\_\_\_\_
- 8. \_\_\_\_\_ 16. \_\_\_\_\_

b. Explain how to properly care for and store recurve bows and longbows: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

c. Name and discuss the steps of shooting a bow:

- (1). \_\_\_\_\_
- (2). \_\_\_\_\_
- (3). \_\_\_\_\_
- (4). \_\_\_\_\_
- (5). \_\_\_\_\_
- (6). \_\_\_\_\_
- (7). \_\_\_\_\_
- (8). \_\_\_\_\_
- (9). \_\_\_\_\_
- (10). \_\_\_\_\_

**Show your archery instructor the following:**

- Requirement 1-b Demonstrate how to safely carry arrow in your hands.
- Requirement 2-d: Make a complete arrow from a bare shaft.

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- Requirement 3-c: Make a bowstring. **Times to make a bowstring is Monday thru Thursday during Sessions 'A' or 'B'.  
Must start making the bowstring before 4:00.**
- Requirement 5-d: Demonstrate the proper way to string a recurve bow or longbow.
- Requirement 5-e: Locate and mark with dental floss, crimp-on, or other method, the nocking point on the bowstring of the bow that you are using.
- Requirement 5-f: Using a recurve bow or longbow and arrows with a finger release, shoot 30 arrows in five-arrow ends at an 80-centimeter (32 inch) five-color target at 10 yards and using the 10 scoring regions, make a score of 150.

# Archery Range Rules

## Archery Range Safety Rules

- Know and obey all range commands and procedures.
- Always keep your arrows pointed toward the target or down.
- Always keep your arrows in your quiver until you are told to shoot.
- Always wear your arm guard.
- Always “WALK” at the archery range.
- No Talking on the range. {Instructions acceptable}.
- Always use proper equipment, inspect it before shooting, and replace any damaged equipment.
- Use only the arrows given to you. Remember what they look like. Use arrows of the proper length.
- Use only the arrows given to you. Remember what they look like. Use arrows of the proper length.
- If you drop an arrow, leave it on the ground until you are told to retrieve your arrows.
- Shoot only at your target. Be sure area around and beyond your target is clear before you shoot.
- Do not “dry fire” the bow. Always have an arrow on the string when shooting a bow.
- Do not “over draw” the arrow.

## Archery Range Whistle Commands

*Two Blasts* – “Archers to the Shooting Line”

*One Blast* – “Begin Shooting”

*Three Blasts* – “Walk Forward and Retrieve Your Arrows”

*Five or More Blasts*– “Stop Shooting **Immediately**, let down the bow, put your arrow in your quiver and return to the *Waiting Line*”

## Archery Range Procedures

- Stand at the *Waiting Line* until you hear 2 whistles or “Archers to the Shooting Line.” Pick up your bow and straddle the *Shooting Line*.
- Keep your arrow in the quiver until you hear 1 whistle or “Begin Shooting”
- After you have shot all of your arrows, place your bow on the rack, step back from the *Shooting Line*, and wait at the *Waiting Line*.
- After everyone has completed shooting and at the *Waiting Line*, the range officer will blow the whistle 3 times or issue the command “Walk forward to retrieve arrows”. Stop at the *Target Line*.” While walking to *Target Line*, pick up any arrows on the ground.

## Pulling Your Arrows

- Only one archer at a time at each target may go forward from the *target line* to pull their arrows.
- Stand to the side of the target and make sure that no one is standing behind your arrows.
- Pull arrows out one at a time; place on the ground in front of the target, then continue pulling arrows.
- After you have pulled all of your arrows, pick up your arrows, carry with two hands palms facing down, and return arrows to the quiver at the *shooting line*.

Use this area to describe your experience (good or bad) while participating in the Woodruff Archery Merit Badge program. Any recommendations to the Woodruff Archery Merit Badge program would be appreciated.

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### ❖ **Opportunity to Make a Bowstring:**

- Monday thru Thursday – *Sessions 'A' & 'B'* (2:00 to 4:45): **Must start making bowstring before 4:00.**

### ❖ **Archery Range Shooting Times:**

- Monday thru Thursday:
  - > *Sessions 'A' & 'B'* (2:00 to 4:45) – Archery Range open to all in Camp.
  - > *Session 'C'* (7:00 to 8:15) - Restricted to Archery Merit Badge Classes.
- Friday:
  - > *Session 'A'* (2:00 to 3:15) – Archery Range open to all in camp.
  - > *Session 'B'* (3:30 to 4:45) – Archery Range restricted to scout leaders.

### ❖ **Ten Steps in Shooting a Bow:**

1. **Stance:** Place one foot on each side of the shooting line with your feet shoulder width apart. Stand straight and tall, with your head up and your shoulders down and relaxed.
2. **Nock:** Place the arrow on the arrow rest, holding the arrow close to the nock. Keep the index fletching pointing away from the bow. Snap the nock of the arrow onto the bowstring under the nock locator.
3. **Set:** Set your bow hand on the grip using only the web and the meaty part of your thumb. Set the first groove of your first 3 fingers around the bowstring creating a hook— two fingers under the nock for experienced archers, three fingers under for beginners-
4. **Set Up (Predraw):** Raise your bow arm towards the target, while keeping your shoulder down and aligning your chest perpendicular to the target. Your drawing arm should be near the level of your nose.
5. **Draw:** Draw the bow back by rotating your draw arm shoulder around until your elbow is directly behind the arrow. Continue looking at the target through the sight as you draw.
6. **Anchor:** Draw the string to the front of your chin, placing the knuckle of your index finger directly under the side of your jaw. The string and string hand should be felt firmly against your jawbone. Lightly touch the string to the center of your nose. Beginner archers should anchor with their first finger on the corner of their smile.
7. **Transfer/Hold:** At full draw, transfer the weight of the bow from your arms and shoulder to your back. Bring your elbow directly behind the arrow. Hold this position with your back muscles.
8. **Aim:** Focus your eyes and concentrate on target aligning arrow tip on target.
9. **Release:** Simply release all of the tension in your fingers while you continue to draw the bow without stopping. Continue extending the bow arm toward the target as you release.
10. **Follow Through:** Drawing hand continues back beside neck with fingers relaxed, ending up near shoulder. Bow arm continues extension toward the target. Continue focusing on the target until the arrow hits.

❖ **End** – A group of arrows shot before going to the target to score and retrieve them. In target archery, the number is usually six, sometimes three. In field archery, it is usually four, sometimes three.

❖ **Round** – A series of arrows shot at specified target faces at set distances. Several ends make a round.