

FITA Beginners Awards.

Goals:

Intermediate and Advanced archers are eligible to win some awards such as the FITA Star pins, the Arrowhead pins... Even the lowest of these awards require several months or years of practice; hence awards for the beginners allowing them to assess their progress during a long period of time were missing.

Archers from some countries where archery is not popular yet, have almost no opportunities in competing with other archers. For them a self-evaluation system of their progress would be motivating and generate more activity in our sport. This is particularly true for several islands around the world.

This self-evaluation is not only based on score, since skills and knowledge / know-how's are also assessed.

The FITA Beginners Awards are a plus for those in charge of Entry level programs, especially the Physical Education Teachers. They allow assessing the efficiency of their program and stimulating the novices.

Links have been made between the teaching steps of the current FITA Level 1 Coaching Manual and the level of awards reached by the beginners.

The FITA Beginners Awards Program has been designed to be implemented in all countries of the World at any time; hence Indoor and Outdoor. It leads the novice:

- from a very short shooting distance - 6 to 10 meters, pending 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.

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Evaluation principle

To get any of these awards, the novice would have to reach a minimum level of:

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

SCORE

The performance of the beginners is evaluated at reduced shooting distances and number of shots.

- Reduced distances for obvious reasons. Novices start shooting at short distances for safety purpose, because they use light bows and for giving them a chance to get a decent level of accuracy;
- Over a reduced number of arrows, to fit the available time allocated to an entry level session, especially within a Physical Education course. Also because the beginners will not yet have the endurance of an experimented archer.

Scores are assessed on an 80 cm target face, because this size:

- is popular;
- is big enough for beginners;
- does not require a large and expensive target mat;
- has a reasonable price.

SKILLS DELVELOPMENT

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

Some beginners can achieve decent scores due to their body constitution (long draw for instance), while better skilled novices may achieve lower score because their arrows receive a lower kinetic energy. Hence we should avoid awarding the beginners purely on scores alone.

For each development level, some skills are expected to be acquired. Their assessment is based on some key elements described in the FITA Level 1 Coaching Manual. If you need help in evaluating these skills, 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;

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Delivery of the FITA Beginners Awards

FITA proposes a set of awards for beginners as described further.

It is up to each FITA Member Association in proposing, or not, these awards to their recognized associations (clubs). These Beginners Awards is not a part of a mandatory program from FITA.

These awards are for sale from the FITA office. **No proof of score achievement or test evaluation is required by FITA.** Member Associations are entitled in ordering as many awards as they want, either for past tests or for the future ones (making a stock is recommended).

Only the FITA Member Associations are entitled in ordering the FITA Beginner Awards.

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 the 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 others:** 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 guidelines for both awards.

To develop a schedule of specific sessions for challenging the FITA Beginners awards.

To require a minimum of attendance to the Entry Level practice sessions to be eligible in taking part to an evaluation session.

For instance:

Schedule every 2 months a specific session for challenging the FITA Beginners awards; evaluation session 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;
- * 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, 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 of the skills and knowledge/Know How's that were supposed to have been learnt previously.

FITA Beginners Awards.

Recommended guidelines for the “Feathers”

1. SCORE EVALUATION (for Feather awards)

Where:	Indoor or Outdoor.
Warm-up:	Not limited. Up to the coach
Target face:	80cm spot (6 to 10). Alternately a 40cm target face can be used
Target height:	80 cm to 1 meter for the centre of the target face from the floor.
Arrows per end:	3
Number of ends:	5
Time per end:	Not required (some kids and disabled archers need a lot of time for loading the arrow)
Total number of arrows:	15 (half a 30 arrow round)
Scoring:	A simplified scoring system is proposed for allowing the youngest in counting their points themselves. An arrow inside or touching the peripheral line (of the “6” zone) worth one hit. 12 hits are required.

2. SKILLS EVALUATION (for Feather awards)

More skills are expected for a Gold Award to be awarded to a beginner, than a Red Award to be awarded to a novice. See chart below.

3. KNOWLEDGE & KNOW-HOW’S EVALUATION (for Feather awards)

The novice (candidate for the Red Feather) has more safety regulations to learn than a more advanced beginner (candidate for the Gold Feather). As detailed below:

- * While challenging for the Red Feather, the novices are assessed on 8 knowledge’s.
- * While challenging for the Gold Feather, the beginners are assessed on a further 4 knowledge’s.



Red Feather Award

FITA Beginners Awards.

EVALUATION FORM FOR RED FEATHER CANDIDATES

Name of the beginner: _____

Date: ____ / ____ / 200__

Make up date: ____ / ____ / 200__

PERFORMANCE	Required minimum score	Achieved *	*Not yet achieved	Number of hits achieved.
6 meters	12 hits			
SKILLS	Key elements (What should be done)	Achieved *	*Not yet achieved	Comments &/or references to the FITA Level 1 Coaching manual
Feet position (Stance)	Feet each side of the shooting line			#7.1.2.1
	Feet at shoulder width apart			#7.1.2.1
	Line of feet square to the hooting line			#7.1.2.1
	Feet parallel			#7.1.2.1
Safe and proper arrow loading	<i>Implemented with bow vertical</i>			#3.2 Bullet 5 & #7.1.2.2
	<i>No finger pressing the arrow on rest</i>			#7.1.2.2
	<i>Arrow properly rotated (leading feather away from bow window)</i>			#7.1.2.2
KNOWLEDGE &/or KNOW-HOW	Required knowledge's or know-how's	Achieved *	*Not yet achieved	Comments
Bow safety	No dry fire (dry loosing)			#3.3. Bullet 2
	Set the bow in equipment lane after shooting the end			#4.4.1. Step 7 - #11.3 #9.2
Arrow loading safety	<i>Load the arrow on the bow only when everyone is behind the shooting line.</i>			#3.2 Bullet 2
	<i>To be done only when both feet are set each side of the shooting line.</i>			#3.2 Two first bullets
Safe arrow recuperation	Walk carefully to target (do not run – Watch his/her step)			#3.3 Bullet 8
	Stand to the side of the target (not behind arrows)			#3.2 Bullet 12
	Properly pull the arrow out of the target (or grass).			#4.4.1. Step 8
Bow assembling	<i>Know how to properly assemble and disassemble the limbs on/from the riser.</i>			<i>This evaluation can be skipped if no take down bow is available</i>
TOTAL	16 positive evaluations are required			** Awarded ____ or Not awarded yet ____

* Checkmark if the score / skill / knowledge is positively evaluated (Achieved) or not (Not yet achieved). Write in the TOTAL row of these two columns the accumulated number of checkmarks.

** Just checkmark the final result of this evaluation.

Name and signature of the evaluator: _____

FITA Beginners Awards.

EVALUATION FORM FOR GOLD FEATHER CANDIDATES

Name of the beginner: _____

Date: ____ / ____ / 200__

Make up date: ____ / ____ / 200__

PERFORMANCE	Required minimum score	Achieved *	*Not yet achieved	You can record the final number of hits here.
Shooting distance	8 meters			
	12 hits			
SKILLS	Key elements (What should be done)	Achieved *	*Not yet achieved	Comments &/or references to the FITA Level 1 Coaching manual
Body setting (before drawing and at full draw)	Vertical body			#7.1.2.4 & 7.1.2.5
	Balance on 2 feet			#7.1.2.4 & 7.1.2.5
	Spine and shoulders making a cross shape.			#7.1.2.4 & 7.1.2.5
<i>Body setting (end of draw)</i>	<i>Let the string hand land on face (chin &/or lips do not reach forward to the string)</i>			#7.1.2.7 and #10 Chapters "Head impassivity and stability", Control Head stability in relation to the Bow shoulder" and "End of draw"
KNOWLEDGE &/or KNOW-HOW	Required knowledge's or know- how's	Achieved *	*Not yet achieved	Comments
Bow bracing	Can brace his or her bow.			#4.3.1.1.
<i>Shooting direction</i>	<i>Only draw towards the a clear target butt from the shooting line (not toward anyone or the sky)</i>			#3.2 Chapter 2 and Bullets 2 & 3
Safety and etiquette on the shooting line	Do not disturb (touch or talk to) other shooting archers			#3.2 Bullet 3 #3.5Bullets 1&2
	How to retrieve an arrow that dropped on the floor			#3.2 Bullet 11
Total	<i>9 positive evaluations are required</i>			** Awarded ____ or Not awarded yet ____

* Checkmark if the score / skill / knowledge is positively evaluated (Achieved) or not (Not yet achieved). Write in the TOTAL row of these two columns the accumulated number of checkmarks.

** Just checkmark the final result of this evaluation.

Name and signature of the evaluator: _____



Gold Feather Award

FITA Beginners Awards.

Recommended guidelines for the “Arrows”
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1. SCORE EVALUATION (for the Arrow awards)

Where:	Indoor or Outdoor.
Warm-up:	No more than 4 ends (recommendation only)
Target face:	80cm (complete) target face
Target height:	1 meter to 1.3 meter for the centre of the target face
Arrows per end:	3
Number of ends:	5
Time per end:	2 minutes.
Total number of arrows:	15 (half a 30 arrow round)
Scoring:	As per FITA Indoor and Outdoor scoring rules

2. SKILLS EVALUATION (for the Arrow awards)

2.1. The archer has not earned any Feathers previously
Use next form

2.2. The archer already earned the Gold Feather.
Use the second next form

3. KNOWLEDGE & KNOW-HOW'S EVALUATION (for the Arrow awards)

3.1. The archer has not earned any Feathers previously
Use next form

3.1 The archer already earned the Gold Feather.
Use the second next form

Important issue regarding the White Arrow:

Two evaluation forms have been developed for this level; the one to be used will depend on whether the archer has previously:

- Passed the Feather awards (most of the “youngest” – under 12 years old)
- Not achieved any Feather awards (most of the “oldest” –12 years old or more)

When evaluating beginners who have not achieved any Feather awards previously (2nd category above), we have to evaluate all the skills and Knowledge / Know-How's - including many safety regulations - that the archers were expected to learn at the previous levels; hence a more in-depth evaluation has to be made in this particular case (see page 8 & 9).

FITA Beginners Awards.

**EVALUATION FORM FOR WHITE ARROW CANDIDATES
HAVING EARNED NO FEATHER AWARDS YET.**

Page #1 (start)

Name of the beginner: _____

Date: ____ / ____ / 200__

Make up date: ____ / ____ / 200__

PERFORMANCE	Required minimum score	Achieved *	*Not yet achieved	You can record the final number of hits here.
10 meters	115 points			
SKILLS	Key elements (What should be done)	Achieved *	*Not yet achieved	Comments
Feet position (Stance)	Feet each side of the shooting line			#7.1.2.1
	Feet at shoulder width apart			#7.1.2.1
	Line of feet square to the hooting line			#7.1.2.1
	Feet parallel			#7.1.2.1
Safe and proper arrow loading	<i>Implemented with bow vertical</i>			#3.2 Bullet 5 & #7.1.2.2
	<i>No finger pressing the arrow on rest</i>			#7.1.2.2
	<i>Arrow properly rotated (cock feather away from bow window)</i>			#7.1.2.2
Body setting (before drawing and at full draw)	Vertical body			#7.1.2.4 & 7.1.2.5
	Balance on 2 feet			#7.1.2.4 & 7.1.2.5
	Spine and shoulders making a cross shape.			#7.1.2.4 & <u>7.1.2.5</u>
Body setting (end of draw)	<i>Let the string hand land on face (chin &/or lips do not reach forward to the string)</i>			#7.1.2.7
Raising	Synchronized hands			#7.1.2.5
	Raise hands while keeping the shoulders down			#7.1.2.5
	Hands at same height and at nose or eye level once raised			#7.1.2.5
	Arrow parallel to the floor once raised.			#7.1.2.5



White Arrow Award

FITA Beginners Awards.

KNOWLEDGE &/or KNOW-HOW	Required knowledge or know-how's	Achieved *	*Not yet achieved	Comments
Bow safety	No dry fire (dry loosing)			#3.3. Bullet 2
	Place the bow in the equipment lane after end			#4.4.5. Step 7 - #11.3 #9.2
Arrow loading safety	<i>Load the arrow on the bow only when the Field of play is empty and</i>			#3.2 Bullet 2
	<i>To be done only when both feet are set each side of the shooting line.</i>			#3.2 Two first bullets
Safe arrow recuperation	Walk carefully to target (do not run – Watch his/her step)			#3.3 Bullet 8
	Stand to the side of the target (not behind arrows)			#3.2 Bullet 12
	Properly pull the arrow out of the target (or grass).			#4.4.1. Step 8
Bow preparation	<i>Know how to properly assemble and disassemble the limbs on/from the riser.</i>			<i>This evaluation can be skipped if no take down bow is available</i>
	<i>Can brace his or her bow.</i>			#4.3.1.1.
Shooting direction	Only draw towards the a clear target butt from the shooting line ((not toward anyone or the sky)			#3.2 Chapter 2 and Bullets 2 & 3
Safety and etiquette on the shooting line	<i>Do not disturb (touch or talk to) other shooting archers</i>			#3.2 Bullet 3 #3.5Bullets 1&2
	<i>How to retrieve an arrow that dropped on the floor</i>			#3.2 Bullet 11
Scoring	Be able identify the arrows value.			FITA C&R Appendix 1 Book 2
	Can complete a scorecard for a complete round			FITA C&R #7.6.1.4 & Appendix 3 Book 2
TOTAL	30 positive evaluations are required			** Awarded ____ or Not awarded yet

* Checkmark if the score / skill / knowledge is positively evaluated (Achieved) or not (Not yet achieved). Write in the TOTAL row of these two columns the accumulated number of checkmarks.

** Just checkmark the final result of this evaluation.

Name and signature of the evaluator: _____

**EVALUATION FORM FOR WHITE ARROW CANDIDATES
HAVING NO FEATHER AWARDS YET.**

Page #2 (end)

FITA Beginners Awards.

EVALUATION FORM FOR WHITE ARROW CANDIDATES HAVING EARNED THE GOLD FEATHER AWARDS PREVIOUSLY.

Name of the beginner: _____

Date: ____ / ____ / 200__

Make up date: ____ / ____ / 200__

PERFORMANCE	Required minimum score	Achieved *	*Not yet achieved	You can record the final number of hits here.
10 meters	115 points			
SKILLS	Key elements (What should be done)	Achieved *	*Not yet achieved	Comments &/or references to the FITA Level 1 Coaching manual
Raising	Synchronized hands			#7.1.2.5
	Raise hands while keeping the shoulders down			#7.1.2.5
	Hands at same height and at nose or mouth level once raised			#7.1.2.5
	Arrow parallel to the floor once raised.			#7.1.2.5
KNOWLEDGE &/or KNOW-HOW	Required knowledge or know-how's	Achieved *	*Not yet achieved	Comments
Scoring	Be able identify the arrows value.			FITA C&R Appendix 1 Book 2
	Can complete a scorecard for a complete round			FITA C&R #7.6.1.4 & Appendix 3 Book 2
TOTAL	<i>7 positive evaluations are required</i>			** Awarded ____ or Not awarded yet ____

* Checkmark if the score / skill / knowledge is positively evaluated (Achieved) or not (Not yet achieved). Write in the TOTAL row of these two columns the accumulated number of checkmarks.

** Just checkmark the final result of this evaluation.

Name and signature of the evaluator: _____



White Arrow Award

FITA Beginners Awards.

EVALUATION FORM FOR BLACK ARROW CANDIDATES.

Name of the beginner: _____

Date: ____ / ____ / 200__

Make up date: ____ / ____ / 200__

Shooting distance for score evaluation	Required minimum score	Achieved *	*Not yet achieved	You can record the final number of hits here.
14 meters	115 points			
SKILLS	Key elements (What should be done)	Achieved *	*Not yet achieved	Comments
Draw process	Done with two hands always at the same level (or arrow always parallel to floor)			#7.1.2.7
	Draw in shooting plane			#7.1.2.7
Main action <i>(What is happening at full draw).</i>	<i>Still arrow point (no draw creeping) - or better - arrow point constantly moving back</i>			#7.1.2.9
	<i>Consistent distances between arrow and bow shoulder (vertically and horizontally).</i>			#7.1.2.9
Visual attention	Can observe himself (or herself) in a mirror while releasing			#9.1 Teaching tools and end of #9.2
Subjects 3 evaluations	Required knowledge or know-how's	Achieved *	*Not yet achieved	Comments
Equipment terminology	Can name 5 parts or components of the bow.			C&R Appendix 2 Book 2
Arrow safety and checking	Know what to do in the case of a hanging arrow on the target.			#3.4 Bullet 1
	Can check the straightness of an aluminium arrow or the integrity of a carbon arrow.			#11.4.2
TOTAL	9 positive evaluations are required			** Awarded ____ or Not awarded yet ____

* Checkmark if the score / skill / knowledge is positively evaluated (Achieved) or not (Not yet achieved). Write in the TOTAL row of these two columns the accumulated number of checkmarks.

** Just checkmark the final result of this evaluation.

Name and signature of the evaluator: _____



Black Arrow Award

FITA Beginners Awards.

EVALUATION FORM FOR BLUE ARROW CANDIDATES.

Name of the beginner: _____

Date: ____ / ____ / 200__

Make up date: ____ / ____ / 200__

Shooting distance for score evaluation	Required minimum score	Achieved *	*Not yet achieved	You can record the final number of hits here.
18 meters	115 points			
SKILLS	Key elements (What should be done)	Achieved *	*Not yet achieved	Comments
String hand	Flat back of hand (no knuckles pointed out)			#7.1.2.3.a
	3 fingers are used for gripping the string			#7.1.2.3.a
	Vertical back of hand			#7.1.2.3.a
	Consistent grip			#7.1.2.3.a
<i>Facial marks</i>	<i>Are consistent</i>			#7.1.2.8
	<i>Provide "decent" alignment between arrow and string forearm.</i>			#7.1.2.8
	<i>Can align the string.</i>			#7.1.2.8
Feeling attention	Can shoot with eyes closed			#9.5 Third step
Subjects 3 evaluations	Required knowledge or know-how's	Achieved *	*Not yet achieved	Comments
Bows knowledge	Can give the overall description of 3 types of bow.			C&R #4.3 Book 1 and related articles
<i>Arrow reparation</i>	<i>Know how to replace a nock</i>			#11.4.2
TOTAL	11 positive evaluations are required			** Awarded ____ or Not awarded yet ____

* Checkmark if the score / skill / knowledge is positively evaluated (Achieved) or not (Not yet achieved). Write in the TOTAL row of these two columns the accumulated number of checkmarks.

** Just checkmark the final result of this evaluation.

Name and signature of the evaluator: _____



Blue Arrow Award

FITA Beginners Awards.

EVALUATION FORM FOR RED ARROW CANDIDATES.

Name of the beginner: _____

Date: ____ / ____ / 200__

Make up date: ____ / ____ / 200__

Shooting distance for score evaluation	Required minimum score	Achieved *	*Not yet achieved	You can record the final number of hits here.
22 meters	115 points			
SKILLS	Key elements (What should be done)	Achieved *	*Not yet achieved	Comments
Release	<i>Along jaw or neck.</i>			#7.1.2.10
	Backwards motion generated by the follow-up contraction of the back and posterior string shoulder muscles			#7.1.2.10
Bow hand	<i>Consistent bow hand on grip</i>			#7.1.2.3.b
	<i>Relaxed bow hand allowing the use of a sling</i>			#7.1.2.3.b and #10 "Bow hand" exercises & "Finger relaxation test"
Bow arm	Elbow properly orientated			#7.1.2.3.b
	Still upon release or moving a little toward the back due the follow-up contraction of the back and posterior bow shoulder muscles			#9.5
Subjects 2 evaluations	Required knowledge or know- how's	Achieved *	*Not yet achieved	Comments
Archery disciplines knowledge	Can give the overall description of 3 archery disciplines.			FITA C & R #4.1 and #4.5
Arrow reparation	<i>Know how to fit and glue a point, and fletch an arrow</i>			#11.4.2
TOTAL	9 positive evaluations are required			** Awarded ____ or Not awarded yet

* Checkmark if the score / skill / knowledge is positively evaluated (Achieved) or not (Not yet achieved). Write in the TOTAL row of these two columns the accumulated number of checkmarks.

** Just checkmark the final result of this evaluation.

Name and signature of the evaluator: _____



Red Arrow Award

FITA Beginners Awards.

EVALUATION FORM FOR GOLD ARROW CANDIDATES.

Name of the beginner: _____

Date: ____ / ____ / 200__

Make up date: ____ / ____ / 200__

Shooting distance for score evaluation	Required minimum score	Achieved *	*Not yet achieved	You can record the final number of hits here.
26 meters	115 points			
SKILLS	Key elements (What should be done)	Achieved *	*Not yet achieved	Comments
String clearance	Successful string clearance test (bridge of tape for instance)			#10 "String Clearance"
<i>Follow-through</i>	<i>Impassive face upon release</i>			#7.1.2.10
	<i>Impassive aiming upon release</i>			#7.1.2.10
Sequence	Repeat with consistency the shooting steps			<i>Chapter 2 and various exercises in chapter 10.</i>
	Consistent shooting time (+/- 10 seconds)			
Subjects 2 evaluations	Required knowledge's or know-how's	Achieved *	*Not yet achieved	Comments
Tournament registration process	Know the registration process (of the club) at a local tournament.			
<i>Arrow setting</i>	<i>Know how to affix an arrow-rest and make a nocking point.</i>			
TOTAL	8 positive evaluations are required			** Awarded ____ or Not awarded yet

* Checkmark if the score / skill / knowledge is positively evaluated (Achieved) or not (Not yet achieved). Write in the TOTAL row of these two columns the accumulated number of checkmarks.

** Just checkmark the final result of this evaluation.

Name and signature of the evaluator: _____



Gold Arrow Award

FITA Beginners Awards.
