

# HERE ARE THE MAIN EQUIPMENT STYLES USED IN TARGET ARCHERY



## **Olympic Recurve-**

- A recurve bow is a single string bow, with curved limbs
- The bowstring must be drawn and released using the archers fingers; gloves or finger tabs are allowed
- Arrow rests, sights and stabilizers are allowed, however scopes, levels and peep sights are not permitted
- Olympic Recurve is the most popular equipment style world-wide, and is the only equipment allowed in the Olympics
- Because recurve bows do not have restrictive sizing requirements, and the draw cycle of a recurve provides for a smoother draw, Recurve bows are recommended for new archers and children



## **Compound-**

- A compound bow is a bow with 3 strings (one main bowstring and two cables) attached to a pulley system on the ends of the limbs
- The bowstring is most commonly drawn and released with a mechanical release aid
- There are no restrictions on arrow rests, sights and stabilizers
- Compound shooting is the most popular equipment style in the U.S. (among adults) and offers the most opportunity to shoot professionally for money
- In order to work effectively, compound bows must be precisely matched to the archers draw length



## **Traditional-**

- Traditional archery is the most basic form of archery
- Traditional archery is shot with either a recurve bow or longbow
- The bowstring must be drawn and released using the archers fingers; gloves or finger tabs are allowed
- Arrows are typically shot off the shelf of the bow, or from a very simple arrow rest (no plungers allowed)
- Arrow rests, sights and stabilizers are not permitted