

Approved by FITA Council on 4 July 2007

Effective as of 1 January 2008

Book 5, Article 11.6.7.4:

11.6.7.4 English Longbow Division

- *1. The bow shall be the traditional longbow made from wood, either "self", "backed" or "laminated" with stacked belly, and nocks. It shall be not less than five feet in length for an arrow of less than 27 inches and not less than five feet six inches in length for a 27" or longer arrow, this being measured along the back between the string nocks.*
- *2. At no point shall the depth of the bow, measured from back to belly, be less than 5/8 (five eighths) of the width of the bow at the same cambered D shaped cross section. Bows of bamboo, constructed in conformity with the above, shall be permitted.*
- *3. Strings may be of either natural or man-made substance, and may, if desired, embody a "kisser" at any point as required, to facilitate a consistent draw position. The use of extended 'platform' tabs for this purpose is not allowed.*
- *4. Marks on the bow limb, or rubber bands are permitted, but sights are not allowed.*
- *5. The bow shall carry no support for the arrow.*
- *6. Wooden shafts only are allowed.*
- *7. Fletching shall consist of feathers only.*
- *8. Bow weights for Women, Men and Juniors shall be: 15.9 kg (35lbs); 22.7kg (50lbs); Unlimited.*