

**BYLAW**

**Approved by FITA Council on 31 January 2012**  
**Effective as of 1 April 2012**

**Book 5, Article 11.10.3.2.8.1 and 11.10.3.4.8.1**

*11.10.3.2.8.1*

*11.10.3.4.8.1 The following equipment is permitted:*

- *On the bow hand an ordinary glove, mitten or similar item may be worn but must not be attached to the grip;*

*The following restrictions apply:*

- *The finger protection must not incorporate any device to hold, draw and release the string;*
- *An anchor plate or similar device attached to the finger protection (tab) for the purpose of anchoring is not permitted;*
- *The bow must be shot using the “Mediterranean” loose (three finger loose, with one finger above and two fingers below the arrow) or three fingers directly below the arrow nock (index finger no more than 2mm below nock), with one fixed anchor point. The athlete must choose either Mediterranean or three fingers under nock, but may not use both. Finger protection for three fingers under must have a continuous surface or connected finger stalls, with no ability to shoot split finger. No string walking or face walking permitted.*