

JOP MANUAL

INTRODUCTION

The British Columbia Archery Association (BCAA) has recognized the need for a developmental program for junior archers. The main purpose of the program is to encourage maximum participation in the sport.

If the program is followed step by step, all participants should be able to develop their abilities to the maximum and at the same time, enjoy the oldest of sports. Long term training will encourage the pursuit of excellence with the possibility of JOP archers reaching international and Olympic standards as they progress.

First and foremost, the emphasis must be on SAFETY. To maintain safety, it is necessary that responsible adult supervision be on hand at all times during the shooting. It is not necessary that these persons be expert archers. However, all supervisors should be well versed in safety routines for archery.

Interested adults may request assistance from the BCAA JOP Chairperson in setting up new JOP groups. Senior members of archery clubs may be asked to give assistance and the BCAA Coaching Chairperson may be asked to arrange for a coaching clinic. Coaching clinics for the CBET system are available provincially, as part of the courses developed by the Canadian Federation of Archers. Additional literature may be requested from the BCAA Coaching Chairperson.

The club running the JOP must have at least a beginner level coach to run the program.

THE PROVINCIAL SPONSOR

The BCAA is a non profit organization dedicated to the practice of archery. The BCAA was established in 1966 and is the recognized governing body for archery in British Columbia and is a provincial member of the Federation of Canadian Archery. The FCA is the national body which represents Canadian archery in international competition.

The BCAA establishes shooting regulations, conducts tournaments and clinics, maintains records and oversees the selection of provincial archery teams. The BCAA also provides organized archery clubs with a well rounded program of events.

The official publication of the BCAA is the "B.C. Archer". Published bimonthly, this newsletter carries instructional articles as well as tournament results and reports. A calendar of forthcoming events, membership forms and some archery related advertising are also to be found in the publication.

The BCAA and the FCA

The BCAA is affiliated with the FCA. When you purchase your membership, you automatically join both the BCAA and the FCA. Your membership also covers you with a \$5,000,000 liability insurance policy.

FACILITIES

The first requirement for an archery club is to find a safe place to shoot. Safety takes precedence over all other considerations in order that archery continues to enjoy its fine record.

For outdoors, an area sixty to ninety meters long by twenty meters wide is of sufficient size for a dozen archers. The shooting should be done from south to north. A safe area behind the target line of at least 25 meters is absolutely necessary. A dirt bank behind the butts is desirable. Hard surfaces, such as concrete or blacktop, should be avoided, as they may cause arrows to skip.

For an indoor range, twenty five meters long with enough width to accommodate ten butts will be adequate. Any doors or windows in the shooting area must be latched from the inside during shooting. A large drop cloth of heavy material or nylon net must be hung behind the targets to stop passed arrows.

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SHOOTING REGULATIONS

Generally, the BCAA/FCA shooting rules apply for JOP shooting. Starting in 2005, JOP will adopt the same arrow calling and scoring procedures as for BCAA/FCA events. This includes calling and writing the "X" on the scorecards

Practice

1. All shooting must be under the direct supervision of a Director of Shooting.
2. All archers must know the significance of the whistle on a shooting range.
 - a] two short whistles to bring archers to the shooting line
 - b] one blast of the whistle to start to shoot
 - c] three short blasts for shooting to stop and to go to the butt to score
 - d] a series of more than three blasts for an emergency ... stop shooting and wait for instructions.
3. When you have shot your end of 3 arrows, step back from the line several paces to give the other archers a chance to complete their shooting. This will allow the Field Captain to see who has yet to complete the end.
4. When shooting indoors, before shooting starts, check the doors to ensure that side doors are locked to prevent someone accidentally entering the shooting area.
5. Archers should walk, not run on the shooting range.
6. Do not distract an archer during the process of shooting by talking to loudly.
7. Ensure that the archery target area is clear before shooting commences.

Individual Safety

1. Stringing a bow, if incorrectly done, can cause injury. Always use a bow stringer.
2. After stringing the bow, check to see that the string is on correctly.
3. Never use damaged equipment such as cracked or twisted bows, loose nocks or points on arrows. Cracks or chips could cause an arrow to break on release. Destroy damaged arrows.
4. Never shoot with arrows that are too short for you. They can catch on the bow and split on release or they could go through the hand if overdrawn.
5. Ensure that bowstrings are properly fitted and not worn. Arrows must be maintained and other items of equipment, such as arm guards and finger tabs, must be properly fitted.
6. Wear a breast protector to contain loose clothing. Breast pockets should be empty.
7. When approaching the targets to retrieve arrows, care must be taken not to walk into an arrow sticking in the ground or target. Nocks are very sharp.
8. Never release the string of a bow when there is no arrow to absorb the weight of tension produced. This could cause breakage or injury.

Competition Procedures

1. All shooting is done under the direct supervision of a Director of Shooting.
2. All archers and equipment must stay behind a waiting line after shooting.
3. All archers must know the significance of the whistle on the shooting range.
 - a. if timing lights or flags are used:
 - green - start shooting
 - amber - 30 seconds left
 - red - stop shooting
 - b. When there are four archers on a butt in outdoor competition, two archers shoot on the line at once. The sequence of signals is repeated until two ends of 3 arrows are shot.
 - c. two whistles - stop shooting (next line gets up to start their sequence)
4. If there is a delay in shooting, the archers must wait for the signal from the Director of Shooting to resume.
5. You may draw your bow only when standing on the shooting line and then only when it is safe to do so.

Range Etiquette

Traditionally, courtesy and safety have been part of the heritage of archery. The Junior Olympian Program is determined to continue the training of our archers in these worthwhile and necessary traditions.

While any shooting is in progress, the individual archer should always try to be aware of the rights and feelings of the rest of the group he/she is shooting with. To this end, here is a list of things you should be aware of:

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1. Don't talk on the line or distract other archers in any way during the shooting of the end. However, visitors should be allowed to talk in a normal manner behind the waiting line. This will reproduce the same atmosphere you will find at a tournament and will permit the visitors to enjoy their visit to the club.
2. When practicing, do not shoot more arrows in an end than you would shoot in competition. It is unfair to hold up the line while you shoot extra arrows.
3. When you have shot your end, step back from the line several paces to give the other archers a chance to complete their end. This will allow the Director of Shooting to see who has yet to complete the end.
4. Have an encouraging remark to pass rather than a sarcastic one.
5. Do not abuse your own shooting as this may upset or distract others.
6. Help others look for lost arrows. You may lose one of your own one day.
7. Respect the other arrows in the target while you are drawing your own.
8. Make yourself available for some club duties such as taking in targets, collecting score sheets, etc. This will help make a stronger club.
9. Above all, be a good sport and remember, it's not the winning that counts, but the participation.
10. Ask permission before touching the equipment of other archers.
11. Take the time to thank the tournament officials for their help in organizing and running the tournament.

Now that the regulations for safety have been examined, it can be seen that every precaution must be taken to ensure the highest possible safety standards.

DEVELOPMENT OPPORTUNITIES

The qualification, in the form of certificates, sublimated plates and stickers, are awarded as a recognition of the competition with one's self. As awards are earned, each "JOP" is developing skills together with greater confidence in his/her own ability to perform along side other archers. The spirit of these contests is in keeping with the goals recognizing fair play, courtesy and good sportsmanship. In addition, the Junior Olympian Program will recognize, with appropriate awards, those archers who have excelled.

CLASSIFICATION ROUNDS FOR INDOORS

These rounds are developed by the international Sport Body (FITA). We use a five color target face with ten scoring zones, counting from 10 to 1. Three arrows are shot in an end with 10 ends making up a round of 30 arrows and a possible score of 300. The round is called a Canadian 300 Round and it is like one half of a FITA 18m Round (FITA I) which is a 60 arrow round. The distance is 18m.

BADGES	SIZE	SCORE
Yeoman	80 cm	60
Junior Bowman	80 cm	90
Junior Archer	80 cm	120
Bowman	80 cm	160
Archer	60 cm	160
Master Bowman	60 cm	180
Master Archer	60 cm	200
Expert Bowman	40 cm	180
Expert Archer	40 cm	200
Champion Bowman	40 cm	220
Champion Archer	40 cm	230
Olympian	40 cm	240
Olympian 250	40 cm	250
Olympian 260	40 cm	260
Olympian 265	40 cm	265
Olympian 270	40 cm	270
Olympian 275	40 cm	275
Olympian 280	40 cm	280
Olympian 285	40 cm	285
Olympian 290	40 cm	290
Olympian 295	40 cm	295
Olympian 300	40 cm	300
10 10 10	40 cm	award for the first end of 30 on a 40 cm target

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All Scores must be shot twice, except if the score is shot at a tournament. Your score must be double scored where possible, and otherwise, scored by another person.

Coordinators may give approval to skip classification levels shot on the 80 and 60 cm targets only. Once archers have passed their Master Archer, they will have earned the right to participate in the JOP Mail Match.

The indoor levels are used at the JOP Regional Tournament and the JOP Indoor Championships. All JOP archers will compete in the level they have earned at the time of the tournament.

Yeomen, Junior Bowmen and Junior Archers have earned the right to compete on the 80 cm target in the Regional Indoor and the right to compete on the 80 cm target in the JOP Indoor Championships. Bowmen, Archers and Master Bowmen compete on the 60 cm target for both tournaments. All other categories compete on the 40 cm target.

CLASSIFICATION ROUNDS FOR OUTDOORS

These are shot on FITA target faces. 50 meters and under use the 80 cm face and the longer distances use the 122 cm faces. Scoring on the 50 cm face takes place after each end of 3 arrows. Scoring on the 122 cm face takes place after 2 ends. The archer shoots 36 arrows for a possible score of 360.

BADGES	DI STANCE	SIZE	SCORE
20 meters	20 m	80 cm	120
25 meters	25 m	80 cm	140
30 meters	30 m	80 cm	155
35 meters	35 m	80 cm	160
40 meters	40 m	80 cm	170
45 meters	45 m	80 cm	180
50 meters	50 m	80 cm	190
55 meters	55 m	122 cm	200
60 meters	60 m	122 cm	200
70 meters	70 m	122 cm	190
90 meters	90 m	122 cm	160
Olympian 1000	full FITA	80 & 122	1000
Olympian 1050	full FITA	80 & 122	1050
Olympian 1100	full FITA	80 & 122	1100
Olympian 1150	full FITA	80 & 122	1150
Olympian 1200	full FITA	80 & 122	1200
Olympian 1250	full FITA	80 & 122	1250
Olympian 1300	full FITA	80 & 122	1300
Olympian 1325	full FITA	80 & 122	1325
Olympian 1350	full FITA	80 & 122	1350
Olympian 1375	full FITA	80 & 122	1375

Girls go to 70 meters and then to Olympian while boys go to 90 meters and then to Olympian.

All scores must be shot twice, except if the score is shot at a tournament. Upon receiving verification that the junior has accomplished the qualifying scores, certificates, badges, etc. will be sent in care of the coordinator. The coordinator may give approval to skip levels.

QUALIFYING FOR BADGES

JOP archery qualification rounds are based upon individual skills and the willingness of young archers to improve themselves. Each archer can improve at his or her own pace, progressing to the next classification.

Each archer will begin with the Yeoman classification. At the discretion of the coordinator, skilled archers may start at a higher classification, e.g. beginning at Archer. The archer will receive the badges for the skipped categories as well. Once started on the chart, the archer must progress through the classifications in order. A junior archer may consider himself qualified when two scores for a badge are verified by the coordinator.

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The coordinator will then advise the JOP Chairperson and appropriate brassards or sublimated plates and JOP certificates will then be sent.

Score cards should be scored as if participating in a tournament.

COMPETITION OPPORTUNITIES

Competition at the local level may be among the members of the club or with other clubs in the area. Coordinators and coaches should encourage their junior members to participate in local events as these make very good tournament experience. JOP clubs are encouraged to raise funds to help with travel costs. Ask for the BCAA club marketing package for ideas.

JOP MAIL MATCH

This shoot is held in the five winter months of October to February with the results and ribbons sent out in mid March. Ribbons will be awarded to the first 5 places.

Round – Canadian 300

No fee except for membership in the JOP.

Open to all JOP members who are shooting on the 40 cm target.

Each month scores are tabulated with a top ranking receiving a 10 and descending in value to 1.

Categories: all

JOP's may start the mail match at any time during the competition period.

JOP REGIONALS

This tournament is scheduled at the end of January/beginning of February. It is shot at each club over a one week period. The round is a Canadian 300 I shot under FCA rules of shooting. The tournament is designed to help teach the members how to shoot under competition conditions and to give everyone a chance to compare scores. Each member competes on the level currently held with first to fifth ribbons awarded. The fee will be minimal.

JOP INDOOR CHAMPIONSHIPS

This is an annual event and as many juniors as possible should take part. The tournament is held on the second Sunday in March in 2 or 3 locations and consists of a 60-arrow FITA 18m round. The shoot will have a centralized location with bids received by the BCAA Tournament Chairperson and the selection made by the BCAA Board at the meeting following the AGM. The purpose of this tournament is to involve as many of the JOP as possible to compete under tournament conditions. Yeoman through Bowman use the 80 cm target, Archer through Master Bowman use the 60 cm target and the rest use the 40 cm target.

This is open to all JOP levels with category break down as follows: BB/CBB - REC - CLT - CMP
Awards are JOP pins given to 5th place.

If a club is unable to send archers to the central venue, they have the option of running the competition with the National Regionals on the first Sunday of March and phoning the scores into the central venue for award calculation.

JOP OUTDOOR CHAMPIONSHIPS

This is an annual event at a centralized location. The date and place is decided by the Board after the AGM. Bids can be sent to the JOP Chairperson. The tournament is to be held on the 4th weekend in June and the competition is a one day event, shooting the JOP 900 round. This event is held in 2 or 3 different locations with awards at each location.

Categories:

Badgers	35m	25m	15m
Robins	35m	25m	15m
Cub	45m	35m	25m
Cadets	55m	45m	35m
Juniors	55m	45m	35m
Intermediates	55m	45m	35m

Awards are the JOP pins to fifth place.

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JOP PIN AWARD

The arrow head pin used for our championships was designed by a JOP member, Glen Bryan, in 1972.

BCAA INDOOR and OUTDOOR CHAMPIONSHIPS

The Indoors is held on Easter weekend and consists of four Canadian 300 rounds shot over two days.

The Outdoors is held in August or September each year and consists of a FITA Field and a Canadian 1200 round.

OTHER EVENTS

Team selection is open for competitions such as:

	Dates	Selection	Event
Canadian Championships	August	4 FITA scores	2 FITAs, 2 FITA Field -24 target each
Canada Summer Games	Jul/Aug	FITA scores	FITA 18m, elimination round
Western Canada Games	Jul/Aug	FITA scores	FITA, elimination round
BC Summer Games	July	BC zones	Canadian 900's, elimination round
FCA Mail Match	Winter	open	Canadian 300

As all BCAA members are also FCA members, JOP members are eligible to compete in any National competition. Competing in the FCA Mail Match and Regional Indoors allows you to compare scores with competitors in the rest of Canada. The BCAA sends a team to the Nationals but you can also enter on your own. Performance standards vary from year to year and selection rules will be published in the BC Archer.

JOP TOURNAMENT RULES

All tournament rounds and rounds shot for achievement badges will be shot under FCA rules.

JUNIOR OLYMPIAN AGE GROUPS

All ages are calculated as your age as of the first of January in the year of competition.

Intermediate	18 through 20
Juniors	16, 17
Cadets	14, 15
Cubs	12, 13
Robins	10, 11
Badgers	9 & under

SHOOTING CATEGORIES

Recurve: FCA rules; recurve bow, sight stabilizers, tab, arm guard; no scopes, levels, peep sights, releases or electronic equipment. This is the style used in the Olympics, Worlds, Pan-Am, Canada Summer Games, Western Canada Games and the US Nationals.

Barebow: FCA rules; no sights or stabilizers with a recurve bow.

Compound: FCA rules; compound bow, scope, peep, release, stabilizers. The bow must be within 60# in draw weight. No electronic equipment.

Compound Limited: JOP rules; a compound bow with a sight, peep, no scopes, releases or electronic equipment.

Barebow Compound: a compound bow without a stabilizer; no sights, releases or electronics.

Arrow shafts must be marked with the archer's name or initials and all arrows used for the same end shall carry the same pattern and color of fletching, nocks and cresting.

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The Dress Code recommended for JOP Championships is white pants or shorts and white shirts. Girls may wear dresses, skirts, divided skirts, slacks or shorts. Clean, neat jeans and white shirt are optional.

JOP COORDINATOR DUTIES

1. Maintain a safe shooting environment.
2. FCA shooting regulations will be used for all events.
3. Instruct all JOP's in the visual and sound signals for shooting.
4. Coordinators must keep a record of names, addresses, phone numbers of all JOP members in the club.
5. A record must be kept of all JOP scores for achievement badges. Scores are sent in to the JOP Chairperson on the appropriate form as soon as the achievement level is reached.
6. Coordinators may not know how to teach archery but they may have qualified coaches assisting them. It is necessary to have at least a Level I NCCP Technical/Theory or CBET certification coach helping with the juniors.
7. Coordinators must ensure that all JOP shooters are BCAA members. For ease of administration of the JOP, please send all memberships and dues directly to the JOP Chairperson of the BCAA. Send the JOP forms directly to the JOP Chairperson. Make all cheques payable to the British Columbia Archery Association.

EQUIPMENT

If you are new to archery it is advisable to call on the experience of some dedicated archer with plenty of experience.

JUNIOR OLYMPIAN FITA AWARD

Junior	16-17	122/80 cm	90-70-50-30 m for male 70-60-50-30 m for female	
Cadet	14-15	122/80 cm	70-60-50-30 m for m & f	
Cub	12-13	122/80 cm	50-40-30-20 m for m & f	
Robin	10-11	122/80 cm	30-25-25-20 m for m & f	25m is shot once on each target
Badger	9<	122/80 cm	25-20-20-15 m for m & f	20m is shot once on each target

The certificates are awarded for total score shot starting with 600 and going up in 50 point increments up to 1100 and then in 25 point increments until 1300 regardless of the distances. In addition we have the JOP Olympian badges starting with the full FITA and a score of 1000.

JUNIOR OLYMPIAN 3D

The **Indoor** badges are as follows:

The scores for this part of the program are shot on 3D animals instead of on paper. It can be shot either Indoor and/or Outdoor.

The **Indoor** badges are as follows:

Badges	Scores
Sash with Yeoman	60
Junior Bowhunter	80
Junior Archer	100
Bowman	120
Novice Hunter	140
Junior Hunter	160
Hunter	180
Master Hunter	200

For each badge 2 scores are needed. Each round consists of shooting 10 animals twice or 20 animals once. One arrow per animal and a total possible score of 200.

Value of the shots:

Vital	10
Non Vital	8

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Wound 5

The **Indoor** set up should be as follows:

10 Animals	Distance	20 Animals
3 small	0-10 meters	6 small
3 medium	10-20 meters	6 medium
4 large	20-30 meters	8 large

The shooting line shall be a straight line.

The **Outdoor** badges are be as follows:

Badges	Score
Sash with Yeoman	60
Junior Bowhunter	80
Junior Archer	100
Bowman	120
Novice Hunter	140
Junior Hunter	160
Hunter	180
Master Hunter	200
Expert Hunter	220
Champion Hunter	240
Woodsman	260
Stalker	280
Pro Hunter	300

The Pro Hunter would also receive a pin.

The badges are earned the same way as for Indoor but up to a score of 300.

The **Outdoor** set up should be as follows:

This can be done on an existing range or on a school field. The longest distance required is 45m plus a safety zone behind the targets of at least 30 – 40 meters.

The shooting lanes are 10m wide and 45m long plus the safety zone.

Each shooting lane is divided into 4 zones.

Fox zone	0-15m with fox or smaller
Coyote zone	15-25m with coyote, javelin
Bear zone	25-35m with small Bear, small Deer, Mountain Lion
Elk zone	35-45m with large Deer, Elk, Cariboo

For a 10 animal round there will be 2 each in Fox and Coyote and 3 each in Bear and Elk zone.

For a 20 animal round there will be 5 in each zone.

One animal should be set at the farthest distance in each zone with the remainder between the starting point of each zone and the end.

This should get the kids used to judging some unmarked distances.

EQUIPMENT SUGGESTIONS

There are many ways of constructing archery butts. A few ideas have been included in following diagrams. These types of butts have stood the test of time and the ravages of even heavy compound bows. The four legged stand is shown rather than the three legged type for it is felt that the damage done both to the stand and arrows is far less.

Target butts may be made from many materials: the conventional 125 cm reed butts made commercially, donna conna, straw, cedar chips and dense ethefoam, burlap filled with plastic bags, cardboard boxes filled with rags, and corrugated cardboard cut into strips and bound with rods.

The BCAA is not responsible for the sale or distribution of archery equipment. There are many retail outlets that sell quality products. If you need advice, go to a reputable archery dealer.

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You will be asked to recommend equipment for your juniors. Remember to start them with light poundage bows (20 lb). It is better to begin under bowed than over bowed. If in doubt, contact an experienced JOP coordinator; they will advise you sensibly. Let the young archers go up in weight as they need it. You can easily get a good price on a second hand JOP bow. Good light bows are always in demand, so changes need not be too expensive.

Arrows can be wooden or aluminum but aluminum arrows are better quality and thus more accurate and durable. Carbon arrows are more critical to tune, are more easily damaged and should be used under the guidance of a coach.

Arm guards and tabs are a must for all archers. A glove can be used but a tab is better.

Sights can be kept simple at the start. More experienced archers can graduate into a more sophisticated and expensive sight.

Stabilizers can be added with the sight. Keep them light for the younger archers.

Clickers can also be added with the sight. If used correctly, a clicker can help the archer attain higher scores. Many world class archers use clickers.

For really good scores and first class shooting, the best equipment is needed if the junior wants to get to the top.

Bow length is important: 54" is good up to 25" of draw.

60" is good from 23" to 26".

64" is good from 24" to 27".

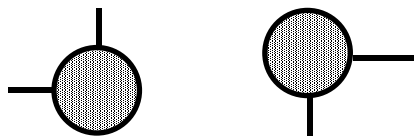
66" is good from 25" to 29".

68" is good from 26" to 31".

Most juniors start shooting barebow recurve and add sights later.

RULES AND PROCEDURES

Mark your arrow holes so that a bounce out or a pass through can be identified and scored.



Arrow values are recorded from high to low. '0's are marked with an M. Changes in value on the score card are made only by the Judge.

TOURNAMENT ROUNDS

Canadian 300 30 arrows at 18 m on the 40 cm face. 10 ends of 3 arrows (indoors)

FITA I 60 arrows at 18 m on the 40 cm face. 20 ends of 3 arrows (indoors)

FITA II 600 arrows at 25 m on the 60 cm face. 20 ends of 3 arrows (indoors)

Canadian 900 30 arrows at 3 distances – 122 cm face

FCA Adults, Juniors & Cadets: 55, 45, 35 m. Cub: 45, 35, 25 m, Pre-Cub: 30m 25m 20m

JOP 900 30 arrows at 3 distances – 122 cm face

Badgers & Robins: 35m 25m 15m, Cub: 45m 35m 25m

Cadets, Juniors & Intermediates: 55m 45m 35m

Canadian 1200 30 arrows at 4 distances – 122 cm face

FCA Men & Junior Men: 70m 60m 50m 40m, Women, Junior Women & Cadets: 60m 50m 40m 30m

Cub: 50m 40m 30m 20m, Pre-Cub: 35m 30m 25m 20m

FITA 36 arrows at 2 long distances 122 cm face. 36 arrows at 2 short distances on the 80 cm face.

Men & Junior Men – 90m 70m 50m 30m

Women, Junior Women & Cadets: 70m 60m 50m 30 m, Cub: 60m 50m 40m 30m.

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FINALLY

The Junior Olympian Program has produced many world class archers and to date, three archers have actually made it to the Olympics.

Dave Mann	1976 in Montreal
Wanda Allan	1984 in Los Angeles
John McDonald	1988 in Seoul

There are many experienced archers serving the BCAA in different capacities. If you need advice, remember that it is probably only a phone call away. We have one of the best junior programs in Canada. It works well with your support and your ideas. Many of the changes in JOP have come from the juniors. This is what helps to make our program a success. The JOP welcomes any ideas from those that participate in the program. However, it must be remembered that all official changes to the program must be approved by the BCAA Board of Directors.

JOP Tournament Package (Indoor or Outdoor)

Please contact the BCAA Tournament Director to receive a package.

Further Questions and concerns please contact Mary Ostermeier.... 250-498-3205.



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