

**INTERPRETATIONS**  
**FITA CONSTITUTION AND RULES**

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**Book 4, Chapter 9, Article 9.3.1.4**

*Archery Australia Inc. has requested an interpretation on:*

- *the use of International Limb fitting (ILF) take-down bow in Longbow division*
- *definition of “centre shot”.*

The Constitution and Rules Committee finds the question presented to be within terms of reference of the Technical Committee.

The Constitution and Rules Committee has determined that the following interpretation of the Technical Committee is not contrary to the existing rules or Congress decisions.

**Response from the Technical Committee:**

Regarding the use of International Limb Fitting (ILF) type limbs in the Longbow division, the Technical Committee believes that the ILF type limb is designed to be an adjustable limb, allowing for manipulation of the bows draw weight, tiller and in some cases lateral alignment. No traditional Longbow has an adjustable limb feature. Additionally, this type of take down design is not compatible with the traditional form of the long bow. Bow risers using ILF type limbs fall outside the design



parameters of traditionally designed Longbows and therefore are not legal in this division. Under Book 4, article 9.3.1.4. *“The bow will correspond to the traditional form of a longbow....”* This point was noted in the Technical Committee reply to the Norwegian Archery Federation on whether a long bow could be of a take-down design.

Note: The type of traditional takedown designs for Longbows have been to separate the bow at the grip, either by a bolt or tubular male/female fitting at the grip section, comprising a two piece takedown. A bow design that utilises an ILF type limb would expand a Longbow well outside its traditional form. Although currently written into the rules that take-down Longbows may be two or three piece, the intention of the Technical Committee was for a two piece take down in order to retain the spirit of the traditional design and rigidly fixed limbs. The reason for allowing a take-down long bow was for

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convenience of travel, but not to deviate from its traditional look. By design, a long bow limb is fixed rigidly and not of an independent adjustable nature, where the limb is allowed to float until braced.

- Regarding the “centre shot” definition, it is the elimination of material at the handle/riser section of a bow where the arrow would be placed in a shooting position and creates an “arrow shelf”. True Center Shot allows the centre of the arrow to be launched through the centreline of the bow. A bow may be centre shot only in the area where the arrow is placed on the riser or extended vertically upward to create a “sight window”. Centre shot means that the material removed at the bows centre is cut deep enough into the riser to allow the arrow to be launched from the bows centre rather than being offset to the vertical line of the riser and limbs. Centre shot of a bows riser is most often cut past the bows vertical centre in order for the arrows centre to be placed within the vertical centre or centreline of the bow.

**FITA Technical Committee, 19 November 2010**  
**Approved by the FITA C&R Committee, 19 November 2010**