

Quick Guide to NFAA and NAA Shooting Styles

The NFAA separates shooting styles by sex and age. Divisions of competition are seniors, male and female, pro male and female, adult male and female, youth male and female. Seniors are 55 years old and up. Adults are 18 years old and up. Pro's are adults who shoot for money. Youth have four age groups; peewee is under 8 years old; cub is under 9, 10 and 11 years old, youth is 12, 13 and 14 years old, and young adults is 15, 16 and 17 years old.

Styles of competition are based on equipment and accessories, including sights: Traditional, FITA Barebow, Barebow, Bowhunter, Freestyle Limited, FITA Olympic, Bowhunter Freestyle Limited, Freestyle, FITA Compound and Bowhunter Freestyle.

TRADITIONAL - any recurve or longbow, no stabilizer or sight, one anchor and the index finger must touch the nock of the arrow at all times until release. Aiming methods allowed: instinctive, gap and point of aim.

FITA BAREBOW - any recurve or longbow, no stabilizer or sight. Aiming methods allowed: instinctive, gap, point of aim and string walking.

BAREBOW - any bow and any stabilizer, no sight, no level. Any aiming system allowed except a sight or mark.

BOWHUNTER - compound bow, 12" max. stabilizer, no level and the index finger must touch the nock of the arrow at all times until release.

FREESTYLE LIMITED - any bow, any sight, any stabilizer and any aiming system, must release with fingers.

FITA OLYMPIC - FITA equipment rules: any recurve, any stabilizer, no optics in sight, no peep, no level and any aiming system must release with fingers.

BOWHUNTER FREESTYLE LIMITED - compound bow, 12" max. stabilizer, 5 fixed pins with pin guard, and must release with fingers.

FREESTYLE - any bow, any sight, any stabilizer and any release.

FITA COMPOUND - compound bow, any stabilizer, any sight (no electronics), and a 60 lbs. maximum peak draw weight.

BOWHUNTER FREESTYLE compound bow, 12" stabilizer, 5 fixed pins with pin guard and any release.

The National Archery Association (NAA) divisions of competition are Masters male & female 50 years and older, Senior male & female 18 years old and above, youth male & female by age. Youth have three age groups; cadet is under 12 years old, junior is 12,

13 & 14 years old and intermediate is 15, 16 & 17 years old. There is a youth competition in FITA Competitive under 18 years of age shot under international rules. The three age groups are shot under NAA rules. NAA styles of competition are Barebow, Recurve and Compound.

BAREBOW - any recurve or longbow, no stabilizer or sight, string walking is allowed.

RECURVE - any recurve, any stabilizer, no optics in sight, no peep, no level and finger release.

COMPOUND - any compound bow, any stabilizer, any sight (no electronics) and a 60 lbs. maximum peak draw weight.

The only style in the Olympic Games is recurve.