



ARCHERY YOUTH GUIDE & RANK PROGRAM



UTAH 4-H SHOOTING SPORTS

Empowering Youth Through Archery:
A Step-by-Step Guide to Skill Development and Achievement

Extension
UtahStateUniversity®



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4-H Pledge:

I pledge my head to clearer thinking,
my heart to greater loyalty,
my hands to larger service, and
my health to better living,
for my club, my community, my country
and my world.

INTRODUCTION

In the 4-H Shooting Sports Archery discipline members will accomplish the following learning experiences:

- Follow safety regulations when on the shooting range, including following all the range officer's instructions
- Care and safety of shooting sports equipment
- Demonstrate safe use of archery equipment through practice, demonstrations, and events.
- Explore other project areas in 4-H
- Get involved with other archery groups and practice with them throughout the year

Equipment Required:

- Bow
- Target Arrows
- Eye protection
- Footwear-no open toe shoes

Archery Shooting Discipline consists of three sections:

- 1 - 3D
- 2 - Field Target
- 3- FITA Target Shot

State Requirements:

- 4-H Youth 3rd grade-18 years old that year can compete at 4-H State Shooting Sports competition.
- Hunter Education Blue Card is required to compete at State or approved equivalent.
- At State, you can participate in one or multiple disciplines - archery, .22 rifle & shotgun.
- State you will take a General Outdoor and Animal Identification Test.

More information: <https://extension.usu.edu/utah4h/programs/shooting-sports>

- Study Guide
- Rank Advancement
- Contest Dates
- Training



**Scan for
UTAH 4-H
State Shooting
Sport
Resources**

National Requirements:

- To compete at the 4-H Shooting Sports National competitions, Utah participants must be Senior age youth regardless of birthdate.
- National is held usually the 3rd week of June.
- You will only compete in one qualified discipline and may only represent in a discipline once.
- Utah 4-H will take one team in each discipline.

GOALS OF THE NATIONAL 4-H SHOOTING SPORTS PROGRAM

- Teach decision-making, teamwork, self-discipline, self-confidence, and problem-solving.
- Promote the highest standards of safety, sportsmanship, and ethical behavior.
- Encourage and appreciate an understanding of natural resources.
- Develop leadership abilities.
- Build character and willingness to assume citizenship responsibility.
- Furnish enjoyable, positive relationships with peers and adult instructors.
- Strengthen families through participation in lifelong recreational activities.
- Build awareness of related career opportunities.

Identifying goals and objectives helps you become more skilled and knowledgeable as well as tracks your growth and progress. Goals are statements of things you want to achieve or improve. Objectives are the things you need to do to reach your goals. List two goals for your shotgun project this year. For each goal, list three objectives you need to accomplish to reach the goal.

Your Goals and Objectives for the Year—What do you want to achieve by participating in the 4-H Archery Project?

Goal 1 _____

Objective 1 _____

Objective 2 _____

Objective 3 _____

Goal 2 _____

Objective 1 _____

Objective 2 _____

Objective 3 _____

Archery Range Rules

- Know and obey all range commands and instructions.
- Always keep your arrows in your quiver until told by the range officer to shoot or that the range is “open”
- Only use the arrows your instructor gave you. Remember what they look like.
- Always keep your arrows pointed downward or at the target.
- Only aim and shoot at your target downrange.
- If you drop an arrow across the shooting line, leave it on the ground until you are told to retrieve all your arrows.
- Always walk when you are on the archery range.
- Always be courteous to the shooter next to you.
- Stand behind the waiting line when you are finished or not shooting.
- Only one archer may retrieve their arrows from the target at a time.
- Look to see no one is standing behind you when removing your arrows from the target.
- Walk back to the waiting line and return your arrows to your quiver after retrieving them.
- While walking with arrows, place a hand on the points of the arrows and one on the shaft.
- **SAFETY IS ALWAYS THE FIRST PRIORITY!**

RANGE COMMANDS

1. RANGE IS HOT OR OPEN
2. SHOOTERS TO THE LINE
3. IS THE LINE READY
4. FIRE WHEN READY
5. CEASE FIRE
6. RANGE IS CLEAR OR CLOSED
7. YOU MAY GO DOWN RANGE AND RETRIEVE YOUR ARROWS/TARGET

Archery Glossary

Anchor Point: This is a spot designated as the point where the bow is fully drawn. For many archers, the anchor point is a location on or near the face, such as the lips, chin, cheek, or ear.

Armguard: A protective piece of gear that is attached to the forearm of your arm that is holding the bow, is designed to keep a sleeve from getting hit by the bowstring and to protect your arm from getting slapped as well.

Arrow: A bow projectile is made of a wood, metal, carbon, or fiberglass shaft.

Bow String: String material on a bow that is used to attach the arrow and propel it forward.

Bow Stringer: A tool used to help place and remove your bow string from the limb notches. (Traditional and Recurve bows only)

Broadhead: An arrowhead that is designed for hunting animals. Unlike practice or target tips, these are much sharper and bigger in order to be as lethal as possible.

Bullseye: The circular center of a target is worth the most points.

Cock/Index Feather: The odd-colored vane or feather on an arrow that is usually used as a reference.

Compound Bow: A modern bow design using cables and pulleys to gain leverage and reduce holding weight.

Drawing: The act of pulling and bow back to full length (also known as full-draw)

Draw Length: This is the distance between a bowstring and the outer rim of a riser when a bow is at full draw. Draw length is measured for each individual shooter and varies from person to person.

Draw Weight: This is the total amount of weight in pounds that a shooter must pull back while drawing a bow. The more draw weight there is, typically the more power that is applied to shooting the arrow.

Dry Fire: This refers to the action of shooting a bow without an arrow being knocked and shot. Dry firing can be very dangerous and damage a bow. This should be avoided at all times.

Field Points: An arrowhead that is designed for target practice. These are simple in design to ensure that they can easily be taken out of archery targets.

Finger Tab/Finger Gloves: Leather or synthetic material that protects an archer's fingers from the string when they release.

Firing Line: This is the start point to where you will shoot the arrow through the bow at the target.

Archery Glossary

(continued)

Fletching/Fletch: The feathers, plastic vanes, or other devices attached to the arrow shaft stabilize the flight of an arrow.

Flu-Flu: An arrow with large untrimmed feathers, which restrict the distance it will travel; used for shooting aerial targets.

Follow-through: Maintaining the motion of the upper body muscles after releasing the string.

Full-Draw: The position of the archer when the bowstring has been drawn to the anchor point.

Group: To shoot arrows in a pattern, or the pattern of the arrows in the target.

High-Draw: Pointing the bow high in the air while drawing back. This is extremely dangerous because the bow could accidentally release, causing the arrow to fly outside of designated safe areas. This is forbidden at all archery ranges and could cause you to be disqualified from any tournaments.

Laminated Bow: A bow made of several layers of material glued together, usually two layers of fiberglass and a hardwood core.

Let Down: Returning from full draw to the undrawn position with control and not releasing the string.

Level: Bubble level on a bow sight that helps you shoot level.

Limb: Upper or lower part of the bow that bends when the string is drawn back. The part of the bow where the energy is stored.

Longbow: Bow design that is long and nearly straight in appearance.

Nock: To place the arrow on the string. Also the attachment to the rear end of an arrow, which is placed on the bowstring and holds the arrow on the string.

Nock Point: The mark or device that indicates where the arrow is to be placed on the string.

Peep Sight: A round sight that is placed within a bowstring that lets a shooter line up their shot with their front sights and the target. (Similar to the rear sight of a rifle)

Poundage: Another term used to describe draw weight.

Quiver: A piece of gear that is used to hold arrows. Many quivers are able to be attached to a bow and hold arrows on the bow while still letting a shooter use it. In addition to these types of quivers, there are also varieties like hip and back quivers as well.

Recurve Bow: A bow with limbs that bend away from the archer when the bow is held in the shooting position.

Archery Glossary

(continued)

Release-Aid (AKA Release): A device that is used to help in releasing an arrow in order to keep it more accurate, protect the bowstring, or both.

Rest: A piece of equipment attached to a bow that is used to hold an arrow in place until it is shot. There are many different types of rests, each designed to perform the same function.

Sights: Attachment at the front of the bow used for aiming.

Spine: The stiffness or amount an arrow bends, determined by hanging a 2# weight from the center of the arrow and measuring the bend.

Stabilizer: A rod attached to the handle riser. Usually has a weight on the end of the rod. Absorbs the vibrations of the bow when the string is released.

Tip: Another name for the part of an arrow designed for impact

Tune: To adjust the variables in the bow and arrow system to achieve the best arrow flight and arrow groups.

Vane: Any fletching made of a material other than feathers, usually plastic.

Windage: The left-right adjustment of the bow sight.

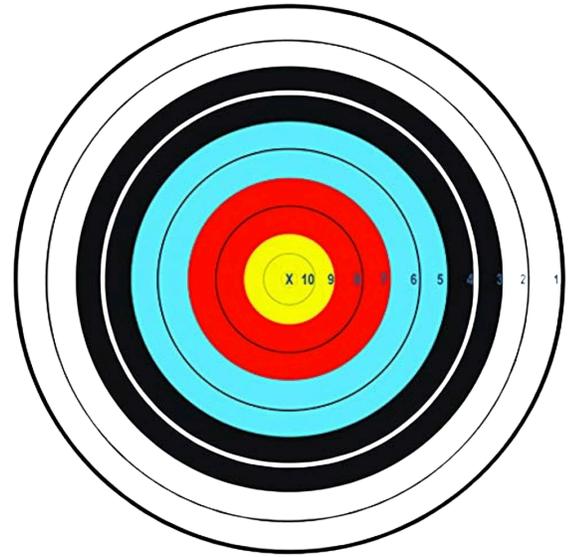


4-H Archery Contest

FITA

Youth will shoot 3 arrows and shoot 3 ends or times for a total of 9 arrows to score from. Youth will shoot at the 50 yards target.

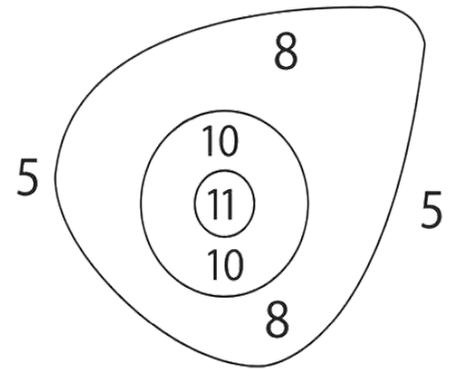
- Center 10 will be scored and marked as a 10 X for both recurve and compound.
- If the arrow shaft touches a line, it will score the next highest score.



Archery 3-D

Youth will shoot 10 - 3D animal targets at unknown distances ranging from 10 yards to 50 yards, which resembles archery Hunting where you may only get one shot in the wild.

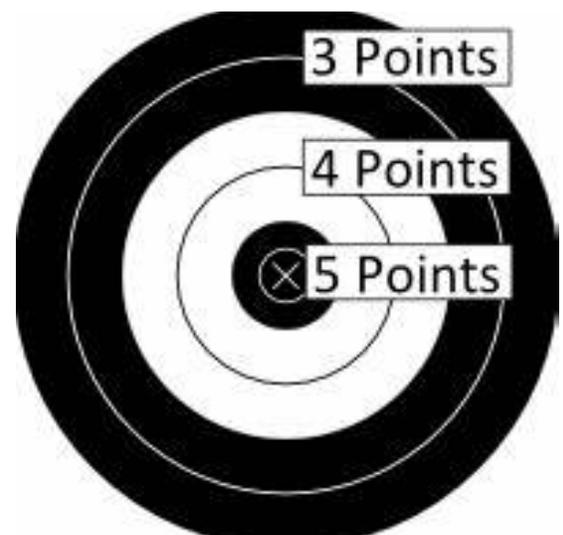
- Leaders will determine distances and animals. You may also use regular targets if no 3D targets are available.
- Scoring will be as in the following picture if the arrow hit a line the score goes to the higher score to be recorded.



Field Target

Youth will shoot 3 field targets:

- Scoring will be 5 points center black / white equal 4 points and outer black equals 3 points
- Youth will shoot 3 arrows at 3 different distances
Targets will range from 20-50 yards at the state contest.



Rank Advancement



The shooting sports program teaches young people essential life skills, boosts self-worth, promotes conservation ethics, and fosters effective environmental stewardship. The curriculum is designed for all participants and includes advancements that help youth:

- Learn about archery equipment
- Improve their shooting skills
- Advance based on their abilities and efforts
- Gain recognition for their achievements

WHAT ARE RANK ADVANCEMENTS?

Rank advancements serve as benchmarks throughout the 4-H experience, with each youth's journey being unique. Progression depends on age, personal development, and prior achievements. Skills should be demonstrated in different contexts to maximize learning. Youth engaged in multiple disciplines can maintain separate advancement books.

TO INCORPORATE RANK ADVANCEMENTS:

Complete them in order. It should take multiple years to pass off all levels.

Senior youth are allowed to pass multiple ranks annually.

Ensure that skills passed off at each level have not been used previously. Members may use the same requirements when passing off multiple disciplines.

Volunteers from chartered 4-H Shooting Sports clubs or 4-H staff can sign off on all ranks.

Contact your county office for more information on becoming a 4-H Shooting Sports leader and available resources.

AWARDS AND RECOGNITION

Youth will receive recognition for each rank that is completed and an award for completing all five ranks

Note to Club Leaders:

Please ensure that the information taught to youth is current and accurate as you oversee rank advancements.

Archery: Level 1 Rank Advancement

Safety- Complete all skills	Date	Initials
Name six range commands. These are safety commands that the leader may use at the range.		
Describe the actions to take when you hear the words "ceasefire"		
Demonstrate the safety practices to follow when picking up or receiving archery equipment and when passing it from one to another person.		
Explain what you should do when you see a bow or firearm in public or at a friend's house.		
Demonstrate how to safely handle a Bow. Arrow control, nocking and releasing.		
Natural Resources Conservation and Use (Complete 3)	Date	Initials
Start a shooting journal.		
Name and describe 2 big game animals. Record them in your journal.		
Name and describe 3 waterfowl. Record them in your journal.		
Name and describe 4 upland game species. Record them in your journal.		
Name and describe 5 furbearing species. Record them in your journal.		
Sportsmanship, Ethics and Responsibility (Complete 1)	Date	Initials
Name 3 reasons for game laws.		
Compete a state sponsored hunter education course.		
Youth Leadership (Complete 4)	Date	Initials
Participate in a community service clean-up activity.		
Tell one or more friends about the things you are learning and doing in shooting club and invite them to come.		
Demonstrate that you can ask for help.		
Demonstrate that you can be respectful of others.		
Demonstrate that you can help clean up after club meetings.		
Lead the 4-H Pledge		
Lead the Pledge of Allegiance		

Archery: Level 1 Rank Advancement

History - (Complete 1)	Date	Initials
Research and report an early 1900s history of the use of guns in harvesting meats and furs. Share with your club.		
Identify the types of firearms or archery equipment used by the early Native Americans in Utah. Record your findings in your journal.		

Archery - (Complete All)	Date	Initials
Describe how you selected the bow or bows you intend to use.		
Name the archery range commands.		
Draw a diagram of an arrow and label the following parts: the point, shaft, crest, fletching, index feather, and nock.		
Draw a diagram of a strung bow and label the following parts: tip, nock, face, handle, arrow rest, bowstring, and nock point		

Archery: Level 1 Rank Advancement

This rank covers the very basics of handling and safety. This rank should be easily achieved by all ages, 8 - 18.

By signing this form, I am verifying that the 4-H Shooting Sports Member has completed these requirements in a satisfactory manner and is ready to move on to the next level.

Shooting Sports Member _____

Club Leader _____

Phone _____

County 4-H Coordinator _____

Phone _____

Date Completed _____

Archery: Level 2 Rank Advancement

Safety- Complete all skills	Date	Initials
Give five examples of when you should unload a Bow.		
Demonstrate how to safely handle your bow and arrows with someone in the different positions around you. Front, Back, Left and right of you.		
What is a firing line and what does it do?		
What does "backstop" mean?		
Explain a "Hunting Plan" and what it tells		
Determine your eye dominance.		

Natural Resources Conservation and Use (Complete 3)	Date	Initials
Identify 5 five wildlife and their tracks. Record in your journal.		
Identify 3 waterfowl by their wing patterns. Record in your journal		
Explain what habitat means. Record in your journal.		
Identify and describe 3 birds of prey. Record in your journal.		
Identify 5 forest plants, trees and wildflowers. Record in your journal.		

Sportsmanship, Ethics and Responsibility - (Complete 1)	Date	Initials
Make a collage showing ethical shooting practices. Present it to your club.		
Research and report on why hunting licenses are important in modern game management and wildlife conservation.		
Report on the need for daily and possession limits in game laws for waterfowl.		

Youth Leadership - (Complete 4)	Date	Initials
Lead the American Flag Pledge		
Lead the 4-H Pledge		
Demonstrate your ability to work in groups for a group project.		
Demonstrate your ability to communicate effectively and encourage others.		
Run for club officer- and help keep others informed of meetings.		
List 10 people you consider leaders in your journal. Describe what you admire about each of them.		

Archery: Level 2 Rank Advancement		
History - (Complete 1)	Date	Initials
Describe the general history of archery.		
Report to your 4-H club on the history of hunting in your area of the state.		
Archery - (Complete All)	Date	Initials
Define the following terms and describe their purpose: armguard, crest, draw, and nock		
Describe the merits of the three types of bows. Record in your journal.		
Demonstrate the fundamentals of proper archery shooting form.		
Demonstrate three methods of stringing a bow.		
Participate in an archery Top Shot Series Event or the State 4-H Shooting Sports Contest.		

Archery: Level 2 Rank Advancement

This rank covers the very basics of handling and safety. This rank should be easily achieved by all ages, 8 - 18.

By signing this form, I am verifying that the 4-H Shooting Sports Member has completed these requirements in a satisfactory manner and is ready to move on to the next level.

Shooting Sports Member _____

Club Leader _____

Phone _____

County 4-H Coordinator _____

Phone _____

Date Completed _____

Archery: Level 3 Rank Advancement

Safety- Complete all skills	Date	Initials
Describe how is best to store your archery equipment		
Name different types of hearing protection.		
Name different types of eye protection.		
Demonstrate safe range and shooting procedures.		
Serve as a First Shot Fundamentals Coach to a new club member.		

Natural Resources Conservation and Use (Complete 3)	Date	Initials
Why do many animals migrate?		
Define the cycle of life in wildlife. Record in your journal		
Describe the difference in Wildlife Refuge and Wildlife Management Area.		
Define carrying capacity.		
Identify 5 careers associated with wildlife, competitive shooting, or hunting.		

Sportsmanship, Ethics and Responsibility (Complete 1)	Date	Initials
Name 3 reasons why hunter should always ask permission to hunt on private lands.		
Name 6 rules that are a part of a hunter's code of ethics.		

Youth Leadership - (Complete 4)	Date	Initials
Recruit a new club member. Help them through their first year.		
Work with a leader to plan and conduct a meeting.		
Work with other youth and teach a shooting technique.		
Plan and help run a county shooting event.		
Plan and conduct a wildlife skill a thon or bowl locally.		
Serve in a club leader position or serve in a leadership position in your community.		
Write a story for local newspaper		
Help post about events going on in club on social media.		

Archery: Level 3 Rank Advancement

History - (Complete 1)	Date	Initials
Read a nonfiction book, tory or article about hunting, wildlife or a specific shooting sports discipline. Record a summary in your journal. What happened? What did you learn?		
Research the history of how the arrowhead has developed over time. Record your findings in your journal.		

Archery - (Complete All)	Date	Initials
Determine the nocking point on a bowstring		
Define and explain the purpose or use of the following archery terms: anchoring, arrow rest, barebow, cast, creep, end, field, arrow, freestyle		
Explain the proper care and storage of the bow, bowstring, and arrows		
Name three different kinds of gear used in archery.		
Make an archery target.		
Participate in a club- sponsored match or tournament		
Participate in the State 4-H Shooting Sports Contest.		

Archery: Level 3 Rank Advancement

By signing this form, I am verifying that the 4-H Shooting Sports Member has completed these requirements in a satisfactory manner and is ready to move on to the next level.

Shooting Sports Member _____

Club Leader _____

Phone _____

County 4-H Coordinator _____

Phone _____

Date Completed _____

Archery: Level 4 Rank Advancement

Safety- Complete all skills	Date	Initials
Name 3 major safety range rules for participants and spectators.		
Demonstrate how to cross a fence or ditch safely.		
Demonstrate how to read a compass.		
Demonstrate how to read a map.		
Help set up and clean up. Help watch for safety.		
Assemble a first aid kit and demonstrate its use.		
When do you need to wear protective gear?		
Natural Resources Conservation and Use (Complete 3)	Date	Initials
Explain the difference in 4 different species and their requirements for space and habitat. Record in you journal.		
Identify 5 careers associated with wildlife, competitive shooting, or hunting.		
Name 5 winter foods for deer in your area and record them in your journal.		
Define wildlife mangement.		
Explain what Sportsmanship has to do with hunting.		
Define ethics. Record in your journal.		
Sportsmanship, Ethics and Responsibility (Complete 1)	Date	Initials
Tell why Theodore Roosevelt and Aldo Leopold were important to hunting and wildlife conservation.		
Write a paragraph on why some people do NOT hunt.		
Youth Leadership - (Complete 4)	Date	Initials
Make a poster using imagines, words or both defining good leadership skills.		
Show leadership skills by helping to plan and conduct a service project related to wildlife or shooting sports.		
Demonstrate your ability to work independently.		
Demonstrate self- responibility and self-motivation.		
Design and print a promotional poster for 4-H Shooting Sports. Display it for the public.		
Arrange a speaker to come and talk to the club.		
Keep a shooting journal and see how you improve over a year.		

Archery: Level 4 Rank Advancement

History - (Complete 1)	Date	Initials
Give a report on the size and scope of the archery industry in your local area.		
Describe the contributions of Saxon Pope and Art Young to bow hunting.		
Archery - (Complete All)	Date	Initials
Explain how a recurve bow increases efficiency and smooth drawing quality.		
Demonstrate proper form by coaching other shooters.		
Demonstrate how to attach a bow sight to your bow and learn to use it.		
Name three things a good quiver should have.		
Demonstrate how to position the nocking point on a new bowstring.		
Demonstrate why the "spine" of an arrow is important.		
Demonstrate how to select compound bows for target shooting or hunting.		
Describe what a hunter should do after striking a deer with an arrow.		
Participate in the State 4-H Shooting Sports Contest.		

Archery: Level 4 Rank Advancement

This rank is for 4-H youth that has been involved with Shooting Sports for at least 3-4 years. The requirements do not need to be completed within the same year (unless they are repeats from previous years) but have to be completed within 3 years of the time the youth is seeking to obtain this level. All other levels 1-3, must be done to complete this rank.

By signing this form, I am verifying that the 4-H Shooting Sports Member has completed these requirements in a satisfactory manner and is ready to move on to the next level.

Shooting Sports Member _____

Club Leader _____

Phone _____

County 4-H Coordinator _____

Phone _____

Date Completed _____

Archery: Level 5 Rank Advancement

Safety- Complete all skills	Date	Initials
Describe what is most important in a survival kit.		
Demonstrate how to build a fire and put it out.		
Demonstrate what to do for frost-bite.		
Explain Hypothermia and how to prevent it.		
Describe 3 main arterial pressure points and how to stop bleeding.		
Natural Resources Conservation and Use (Complete 3)	Date	Initials
Define wildlife conservation. Record in your journal.		
Name winter foods for geese.		
Name winter foods and where to find them for elk.		
Write a paragraph answering this question: " Do we need wild game anymore?"		
Give a talk about what it would be like if things never died.		
Sportsmanship, Ethics and Responsibility (Complete 1)	Date	Initials
Describe your 4-H club understanding of the Second Amendment.		
Describe what the Pittman-Robertson Act is and why it is important.		
Organize and run a game in your local shooting club.		
Youth Leadership - (Complete 4)	Date	Initials
Participate in a county or state 4-H ambassador program.		
Promote the 4-H Shooting Sports program by writing an article or letter to the editor for local paper.		
Make a social media post about your involvement in your local 4-H shooting sports club.		
Do a portfolio (cover letter and resume) and put in a local and state contest.		
Help keep the score at a shooting sports activity in your club or at an event.		

Archery: Level 5 Rank Advancement		
History - (Complete 1)	Date	Initials
Give a lesson on the how archery equipment has improved.		
Give a presentation on the history of the 4-H Shooting Sports in Utah.		

Archery - (Complete All)	Date	Initials
Demonstrate how to tune a bow.		
Demonstrate how to set up a bow for a particular shooting style and purpose.		
Describe some of the shooting games available in the archery discipline.		
Investigate and report on some of the shooting opportunities available in your area.		
Describe the variety and function of a compound bow.		
Demonstrate the nine steps of shooting		
Explain how a compound bow functions		
Describe how a bow sight works.		
Participate in the State 4-H Shooting Sports Contest.		

Archery: Level 5 Rank Advancement

This rank is for 4-H youth that has been involved with Shooting Sports for at least 4-5 years. These youth are ready to move on into the world of adulthood. These youth have developed life skills that will permanently help them with various careers in their future. This is the highest level and hardest to reach. The requirements do not need to be completed within the same year (unless they are repeats from previous years) but have to be completed within 3 years of the time the youth is seeking to obtain this level. All other levels 1-4, must be done to complete this rank.

By signing this form, I am verifying that the exhibitor mentioned has completed these tasks in a satisfactory manner.

Shooting Sports Member _____

Club Leader _____

Phone _____

County 4-H Coordinator _____

Phone _____

Date Completed _____