

**UNITED STATES NATIONAL ARCHERY ASSOCIATION  
FLIGHT COMMITTEE MODERN LONGBOW FLIGHT RULES**

- A. **Longbows:** Shall be a minimum of **64 inches in length for Men and 62 inches for Women** measured from string groove to string groove along the curvature on the belly side of the bow. A tolerance of 1/8 inch shall be allowed.
- B. Longbow limbs in the unstrung position may show reflex-deflex. The strung bow cannot have the string touching the limb anywhere other than in the nock groove.
- Take Down Bows are allowed.
- C. A maximum **handle riser length** of **24** inches is allowed, including fade out inserts.
- D. The maximum **handle riser width**, (depth) measured at the arrow shelf or track shall be 2-3/4 inches.
- E. The arrow shelf cut out or arrow ledge is the only rest allowed. It may be covered with natural materials or cloth. **Elevated or collapsible arrow rests are not allowed. OVERDRAWS ARE NOT ALLOWED.** (See item D). Riser width in excess of 2-3/4 inches is considered an "overdraw".
- F. **Bow Weighing:** The position at the **back of the bow** at the arrow shelf shall be used to determine the "**full draw**" weight of the bow when used for **Broadhead Longbow Flight Competition.** Drawing the Broadhead Blade into the bow or past the back of the bow is not allowed.
- G. The maximum **Broadhead Flight Longbow** weight is determined by drawing the bow at it's full draw, the length of the contestant's longest broadhead arrow measured from the floor of the nock to the back of the broadhead blade.
- H. The position at the **belly of the bow** at the arrow shelf shall be used to determine the weight of the bow when used for **Conventional Longbow Flight Competition.**
- I. The maximum **Conventional Flight Longbow** weight is determined by drawing the bow at it's full draw, the length of the contestant's longest flight arrow measured from the floor of the nock to the point of the arrow. "Full draw" measurement is considered where the flight arrow point would be drawn off the arrow shelf at the **belly** of the bow.

- J. Weight of bow and class shall be recorded on a label affixed to the bow by the contest board.
- K. **Releases: Fingers only**, which can be protected by a shooting glove or tab. **No release aids of any type are allowed.**
- L. **Longbow Conventional Flight Arrows:**
1. Six arrows shall constitute an end.
  2. The contestant's name must be inscribed on each arrow.
  3. A non duplicated serial number must be inscribed on each arrow.
  4. A stamp or code mark indicating the class entered must be inscribed on each arrow by the contest board.
  5. **Wood arrows only are allowed.**
  6. Fletching shall consist of feathers only.

M. **Longbow Broadhead Flight Arrows:**

1. Six arrows shall constitute an end.
2. The contestant's name must be inscribed on each arrow.
3. A non duplicated serial number must be inscribed on each arrow.
4. A stamp or code mark indicating the class entered must be inscribed on each arrow by the contest board.
5. Total weight of the arrow and broadhead combined shall not be less than **550 grains** for Men, **450 grains** for Women and Intermediates.
6. **Wood arrows only are allowed.**
7. Fletching shall consist of feathers only. The total combined fletching shall not be less than three (3) five (5) inch feathers for Men and three (3) four and one half (4-1/2) inch feathers for Women and Intermediates. Each feather shall not be less than 1/2 inch in height, measured from it's base to crown. Feathers must retain their parabolic shape or straight line shape.

7. (Cont.) Concave shapes are not allowed. "Boat Tail" shapes are not allowed. A "Boat Tail" fletch is defined as any portion of the high point (1/2 inch height) being in the front half of the fletch.

8. Broadheads must not pass through a 7/8 inch ring and must have at least two cutting edges, each not being less than 3/4 inches in length. Broadheads must be commercially manufactured and shall not be altered in any way.

9. The Broadhead Point must be mounted on the arrow shaft so that it rests in a horizontal position when the arrow is nocked on the bowstring. For multi blade points, one of the widest blades must be mounted in a horizontal position on the side of the arrow facing the bow when the arrow is nocked on the bowstring.

N. **Weight Classes:**

**MEN** - 35 pound bows and under. 50 pound bows and under. 70 pound bows and under. Unlimited weight class bows.

**WOMEN** - 35 pound bows and under. 50 pound bows and under. Unlimited weight class bows.

**JUNIORS** (15-16-17 yrs.) - 35 pound bows and under. 50 pound bows and under. Unlimited weight class bows.

**INTERMEDIATES** (12-13-14 YRS.) - 35 pound bows and under. 50 pound bows and under. Unlimited weight class bows.

**Broadhead Flight is not allowed.**

**13 year old intermediates may compete if their 14th birthday falls during the calendar year.**

**CADETS** (11 yrs. and under) - 35 pound limit on bows.

**Broadhead Flight is not allowed.**

O. **Cross Entering:** Longbow Flight Bows shall not be entered in competition with other flight bows.

P. **Safety: EQUIPMENT DEEMED UNSAFE BY THE CONTEST BOARD WILL BE DISALLOWED!!**

Rulon I. Hancock  
Secretary/Treasurer  
U.S. National Archery Association

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