



FFTir Minimes Field-crossbow Program

ORIGINALLY INTRODUCED at the initiative of the FFTir's Young Shooters Committee, the first Field-Crossbow "Minimes" competition took place during the French Young Shooters Championships in the town of Troyes in 2002. The objective was to involve more young people in the sport of crossbow shooting. Although this discipline is not recognized by the ISSF it is an enjoyable and technically rewarding target sport. Using air-rifle techniques as the basis for the Minimes coaching syllabus, all young shooters can benefit from the extra levels of concentration and stability required to master the crossbow shooting technique.

The Minimes Crossbow programme is for young people in the thirteen to fourteen year age group. Girls and boys compete together in separate categories and, to take account of their growing bodies, a special competition format has been devised that safely caters for a wide range of physical abilities. When this programme was first introduced it consisted of 20 shots (bolts) from 10 metres using a 25 cm IAU Field-crossbow target face. But because of the high levels of scores achieved, and the absence of any safety problems, after the first year the number of shots was increased to 30.

Special Rules

Due to the success of this programme specific Field-crossbow rules are now included in the FFTir's Young Shooters Regulations. These rules have evolved over time with special attention to safety procedures, and the formula is now very successful. The most important points are:-

- Mass weight of the crossbow 5,5 kilos (12lbs) maximum
- A Safety Catch is mandatory and a Trigger Guard must be fitted
- Long hair must be tied back

There is no specific draw weight limit, but bow limbs (prods) having draw weights between 18 and 23 kilos (40 to 50lbs) are recommended.

Competition Format

FFTir "Minimes" Crossbow Round, 30 bolts at 10 meters

- Preparation time 5 minutes
- 2 ends of 3 sighter bolts, 4 minutes per end
- 10 ends of 3 scoring bolts, 3 minute per end
- Target faces IAU 25 cm three-spot (triangular 'Vegas' layout)
- Scoring: a bolt hitting two colours scores the lower value.

French Championship Organization

The Minimes Field-crossbow discipline is now included in the FFTir's Young Shooter Championships each year. Prior to the championships, girls and boys (13 to 14 year olds) must progress through 2 levels of competition at local and regional levels. Approximately 85% of those getting through to regional level will participate in the national competition.

The programme for the championships runs over 1 ½ days, with shooting taking place in 3 relays preceded by a practice afternoon. The Minimes are responsible for calling their own scores during the contest, under the supervision of the official scorers. Their trainers may wait behind the barriers ready to assist with any technical problems with crossbow equipment.

Crossbow "Minimes" Awards Scheme

As a result of the success of the "Minimes" initiative, the FFTir's Coaching Committee has now adopted an awards programme for the training of young crossbow shooters. A structured curriculum has been designed to develop general shooting skills, knowledge of crossbow techniques and personal performance. As students progress they receive skill-level awards (example: pins). This kind of youth education scheme is well known in many other sports such as Judo, Skiing and target Archery.

FOR MORE INFORMATION PLEASE CONTACT charles.mechin@wanadoo.fr

PARTICIPATION des MINIMES en ARBALÈTE FIELD aux CHAMPIONNATS de FRANCE

Ville	TROYES	MONTLUÇON	VOLMERANGE	ANGERS	VOLMERANGE	MONTLUÇON	MAUBEUGE	ALBI	VOLMERANGE
Année	2002	2003	2004	2005	2006	2007	2008	2009	2010
Nb tireurs	82	101	96	90	89	60	60	61	74
Nbr MG	58	78	76	65	62	45	44	40	53
Nbr MF	24	23	20	25	27	15	16	21	21
Meilleur score MG	194/200	298/300	285	284	289	289	289	288	286
Meilleur score MF	192/200	297/300	281	279	285	280	283	291	282
Nbr Équipes F, G confondus		16	18	14		5	7	12	11
Meilleur score Équipes		873	834	827		833	845	849	839

FIELD CROSSBOW MINIMES PARTICIPATION in FRENCH CHAMPIONSHIPS

Town	TROYES	MONTLUÇON	VOLMERANGE	ANGERS	VOLMERANGE	MONTLUÇON	MAUBEUGE	ALBI	VOLMERANGE
Year	2002	2003	2004	2005	2006	2007	2008	2009	2010
Global Shooters Number	82	101	96	90	89	60	60	61	74
Boys number	58	78	76	65	62	45	44	40	53
Girls number	24	23	20	25	27	15	16	21	21
Boys best score	194/200	298/300	285	284	289	289	289	288	286
Girls best score	192/200	297/300	281	279	285	280	283	291	282
Mixed teams number		16	18	14		5	7	12	11
Best team score		873	834	827		833	845	849	839

Participation des Minimes/Minimes Participation

