世界箭總 2022啟用規則翻譯k

* 修正性質:章程
* 投稿單位:技術委員會與原野3D委員會
* 部門:常設委員會
* 提交給箭總日期:
* 書籍、章節、段落：

Book 3, Chapter 11, Articles 11.4.6.1, 11.4.6.2 and 11.4.10.1

Book 4, Chapter 22, Articles 22.3.6.1, 22.3.6.2 and 22.3.10.1

* 更改之請求或問題：

22.3.6.1. and 11.4.6.1. ~~Vibration dampeners fitted as part of the bow are permitted provided that they do not have stabilisers~~. ~~與弓身直接連接的吸震器是允許的但不能有延長的安定桿~~

**Vibration dampeners are permitted. They may be installed in the riser by the manufacturer, or by attaching aftermarket dampeners directly to the riser or to weight(s). Any combination of weight(s) and vibration dampener(s) must pass through a ring with an inside diameter of 12.2 cm (+/- 0.5mm) without having to flex vibration dampeners to fit through the 12.2 cm ring. A riser manufacturers´angled stabilizer insert(s) are allowed, but angular brackets or connectors are not permitted. Weight(s) and dampener(s) may be added below and above the riser’s grip, but must not aid the athlete in aiming or ranging in any way.**

**允許使用減震器，它們可以由原廠安裝在弓身上，或通過將售後減震器直接安裝在弓身上或配重塊上。任何配重塊和減震器的組合必須在不需要彎曲的狀況通過一個內徑為12.2公分（+/-0.5毫米）的環。允許原廠弓身的斜面插入安定桿，但不允許有角度的托架或連接器。可以在弓身握把的下方和上方增加配重塊和減震器，但不能以任何方式幫助運動員瞄准或測距。**

22.3.6.2. ~~and 11.4.6.2. Weight(s) may be added to the lower part of the riser. All weights, regardless of shape, shall mount directly to the riser without rods, extensions, angular mounting connections or shock-absorbing devices.~~

~~配重可以被添加到弓身的下部。所有的配重，無論其形狀如何，都應直接安裝在弓身上，沒有桿子、延長、角形安裝連接或減震裝置。~~

22.3.10.1. and 11.4.10.1. Including arm guard, chest protector, bow sling, finger sling, belt, back, hip or ground-quiver. Devices to raise a foot or part thereof, attached or independent of the shoe, are permitted provided that the devices do not present an obstruction to other athletes at the shooting line/peg or protrude more than 2cm past the footprint of the shoe. ~~Also permitted are limb dampeners~~

包括護臂、護胸、背弓帶、護弓繩、(腰部、背部、臀部、地面箭袋)。允許使用提高腳部或其部分的裝置，這些裝置與鞋相連或獨立於鞋，但這些裝置不得對射擊線/木樁上的其他運動員造成妨礙，也不得突出鞋底2公分以上。~~允許使用弓臂吸震球~~(弓臂吸震球的部分因新的規則增加說明，故此為刪除贅字，實務上是准許使用)

* 原因:

The reasoning behind the rule change is the unnecessary restrictions posed by current rules that disallow weights to be connected to vibration dampeners. Due to the continuous improvements in equipment available on today’s market and the amount of energy new equipment models generate, the vibration created by these bows and the extremely light weight arrows shot from them generate a substantial amount of vibration. This vibration, without the aid of vibration dampeners is mainly absorbed by the archers’ shoulder, elbow and wrist joints. In an effort to reduce repetitive motion injuries, our committees feel that it is important to protect the archers’ and prolong their archery careers. In the past, our committees changed the rule regarding string silencers in the Instinctive and Long Bow divisions for the same reason, to allow for vibration reduction. We feel that if the bow used in the barebow division can fit through a 12.2 cm ring, weights, regardless of being attached to vibration dampeners or not, should be legal in the attempt to reduce these common repetitive motion injuries.

修改規則的原因是現行規則不允許配重塊與減震器連接，這造成了不必要的限制。由於當今市場上設備的不斷改進和新設備型號產生的能量，這些弓和用它們射出的極輕的箭會產生大量的振動。這種振動，如果沒有減震器的幫助，主要是由射手的肩膀、肘部和手腕關節吸收。為了減少重複運動傷害，我們的委員會認為保護射手並延長他們的射箭生涯很重要。在過去，我們的委員會出於同樣的原因改變了直覺弓(快弓)和長弓組中關於弓弦消音器的規則，以允許減少振動。我們認為，如果裸弓組使用的弓可以穿過12.2厘米的環，那麼重量，無論是否與減震器相連，都應該是合法的，以試圖減少這些常見的重複性運動傷害。