



OFFICIAL ICAA GAMEPLAY RULES

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Table 1 - Revisions

REV	DESCRIPTION	DATE	INITIALS
A	Initial Release	8/29/25	CGC
B	<ul style="list-style-type: none"> • Changed Following Rules: <ul style="list-style-type: none"> ○ Players are now allowed to hold unlimited arrows ○ Players are allowed to enter the neutral zone and cross to the opponents side with no restrictions ○ Removed “banked” targets • Added clarification on goaltending • Cleaned Up wording and grammar 	11/15/25	CGC

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1. Scope

1.1. Purpose

This Document is the official gameplay rules for all official ICAA events. It will cover only the rules to be used during gameplay and not rules such as tournament formats, game formats, team constraints, and other non-gameplay specific rules as these rules can vary from event to event. Each event will have their own set of format rules.

2. Hits

- If a player is hit by any part of an arrow, on any part of them, they are eliminated
 - The bow or an arrow, held by a player is considered an extension of that player. Any hits to these eliminate that player
 - Any scrapes, bumps, taps, brushes, or knicks are considered hits and eliminate that player. This includes any contact with clothing, hair, or anything else worn or carried by the player
 - If the arrow hits an object and the player at the same time, the player is eliminated
- If the player catches an arrow, they are not eliminated, and neither is the shooter
- If the arrow comes into contact with anything else before contacting a player, the arrow is considered dead and the player is not eliminated. This includes the floor, bunkers, ceiling net, vines, fence, wall, pole, target board, another arrow, or another player
- Players who are eliminated must make an effort to return to the sideline. Put your hand up and keep it up until you reach the sideline, so other players know not to shoot you. Make your best effort to get off the field in a timely manner
- If you are unsure if something hit you, chances are that it did. If you stop playing to ask for clarification, you are responsible for yourself. If you get hit while you have stopped, you are still eliminated. If there is a question, ask the referee or other player after the round is over. The referee has the final say during the game

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3. Catches

- If a player catches an arrow, the catcher is not eliminated, the shooter is not eliminated, and one player from the catching team is revived
- A catch is confirmed when the player demonstrates control over the arrow. If the player bobbles the arrow and it is dropped or makes contact with anything else before demonstrating control, it is not considered a catch and the player is eliminated
 - If you are hit with an arrow and the arrow hasn't touched anything else yet (excluding parts of your body) you are considered eliminated until you catch it thus "saving" you.
- During the act of catching, if the arrow comes into contact with any of the floor, bunkers, ceiling net, vines, fence, wall, pole, target board, another arrow, or another player before the player can demonstrate full control over the arrow, the arrow is considered dead, the catch does not count, and the player is eliminated
 - If the player juggles an arrow and it hits the ceiling and drops into their hand, it is NOT a catch
- If an arrow hits any of the aforementioned objects before it comes into contact with the player, the arrow is dead and the result is nothing
 - If the arrow hits the fence and then the player traps the arrow into their arm, there is no catch and no death either
- When a player gets hit and catches an arrow simultaneously, the result is one catch and one hit.
- If the player was clearly hit first and then catches a second arrow quickly afterwards, there is NO catch and the player is eliminated



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4. Bows and Arrows

- Players may not let go of their bow at any point during a match
 - If the bow is dropped to make a catch, the catch is invalid and the player is eliminated
- If a bow becomes destrung, players should hold their bow up and run to the sideline with immunity in order to retrieve another one. Then return to the game, tagging the back fence before resuming play
 - The game will not be paused for a de-strung bow

5. Zones

5.1. Neutral Zone

- Players are NOT safe from getting hit while any part of them is inside the neutral zone
- When shooting an arrow, the player must be fully out of the zone
 - Any shots where a player's foot is on the line at any point during the motion, including the follow through of the shot (i.e. a player is running or stepping during the shot and steps on the line), will be considered void and not count.
 - Any result of these illegal shots (kills, catches, targets ...etc) will be void
 - Targets will be replaced if the result of an illegal shot
 - The shooter of the arrow will be eliminated
- Catches still count if made while in the neutral zone
- Only 1 arrow may be retrieved from the zone each time a player enters the zone.
 - If you catch an arrow while in the zone you are still allowed to grab another arrow
- If a player puts 1 foot into the zone, they are considered IN the zone
- Players must fully exit the neutral zone by planting both feet outside the zone before dropping the retrieved arrow, or re-entering the zone.

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- Players are allowed to reach into the zone to grab arrows and toss arrows if they do not enter the zone
- Players are not allowed to disrupt other players while in the zone together. This includes but is not limited to: Swiping arrows, stepping on arrows as other players try to pick them up, physical contact with other players etc. Players who violate the space will be eliminated and possibly issued further penalties
- If two players grab the same arrow from the ground, whichever player has their hand further from the head of the arrow must release the arrow
 - If they continue to fight than both players will be called out
- When players are running for arrows at the beginning of a round, to be considered fully out of the neutral zone they must have at least one foot, or knee, planted outside the neutral zone when they release the arrow.
 - If the player has a foot in the air upon release of the arrow, this foot must land and be planted outside of the neutral zone before any part of the player's body returns to the neutral zone
 - Any violation of this will result in the player being eliminated and their shot not counting

5.2. Sideline Play

- Players are not allowed to play in the sideline
- They may step in with one foot briefly to retrieve an arrow
- Players may also dodge with one foot in the sideline, if two feet enter the sideline that player will be eliminated
 - Players are allowed to lift up the second foot when dodging as long as it lands back into the field of play.
- Players cannot play with one foot in the sideline, if they are seen shooting an arrow or playing with any part of their body in the sideline, they will be eliminated.

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6. Target Board/Revives

6.1. Target Board

- Each Target in the target board is worth 1 revive
- Each teams' target board is on their left side of the field on the opposite side of the neutral zone from their field
- When being revived and coming back onto the field:
 - Players must run onto the field with their hand up, run to the back fence, and touch the fence with the hand that is held up
 - If they are hit immediately after touching the fence, they are still eliminated
 - They can return to the game at any spot along the fence
 - They have approximately 7 seconds to touch the fence after running back onto the field
- In general, only players on the sideline are eligible to be revived. Players who are in the process of running off the field can be revived at the ref's discretion. They must still touch the sideline fence and then the back fence before returning to play
- Any targets knocked out without enough revivable players are not banked and are considered wasted.
- If a player knocks out an opposing team's target board, play will be stopped, the player will be eliminated and penalized, and the targets will be reset.
- If a player runs into the targets and causes a stoppage of play, that player will be eliminated and sent to the sideline. Any targets knocked out on the opponent's board will be used/banked.
- If an arrow becomes lodged between the target board opening and the target ball, the target is considered used and the revive will count. The referee will stop play to remove the target



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- If the target becomes unusable (i.e. the target falls or turns in a way that makes it impossible to hit) the ref reserves the right to pause the game and fix it

6.2. Goaltending

- If a player is hit while they are in front of the other teams' available targets, Goaltending will be called
 - Only if the trajectory of the arrow was going to hit the target (i.e getting shot in the head while fully standing up wouldn't have realistically hit the board)
- 1 player from the team whose targets were blocked will get automatically revived without a target being removed from the target board
- If the player blocking the targets makes a catch, the catch is still considered valid, but the player is also eliminated
- If there are multiple arrows that hit the player who is blocking the target, the amount of revives will equate to the amount of arrows that hit the player (assuming the trajectory of the arrow was going to hit the target board). Only 1 yellow card will be given.
- If a player is eliminated and is attempting to return to the sideline, and they block the opponents targets while doing so, the goaltending rule still applies. The player will be given a yellow card and a free revive granted to the other team.

6.3. Gong/Jailbreak

- Each team has a "Gong" on the opponents' side of the field. These gongs result in a jailbreak when hit, and every player who is currently eliminated is revived.
- Each round, a team may knock down 1 of these gongs for a jailbreak. They will be reset at the beginning of every round.

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- The same goaltending rules for the target board applies for the gongs. One player is revived and the goaltending player is out.
- If a player accidentally knocks down their opponent's gong for any reason, or if the gong falls over on its own, the round will be paused so that the gong can be reset.

7. Crossing

- Players are allowed to cross over to the opponents side of the field to retrieve the closest arrow to them at any point in the round
- There is no limit to how many players can cross the field at the same time
- Neither the crossing, nor the defending players are allowed to interfere with the other. This includes, but is not limited to, the following:
 - Stepping on an arrow to prevent the other from grabbing it
 - Placing yourself in a way to block the movement of the opposing player
 - If a player initiates physical contact with the opposing player, the initiator will be eliminated with a yellow card and any event resulting from the contact will be void
- Crossing players do not have immunity from being shot at any point while crossing
- If a catch is made while crossing, the catch is valid and the crossing player is still allowed to grab the nearest arrow

8. Turtle Rule

- If the last player on a side is hiding behind a bunker with no activity or attempt to make a play, the referee is allowed to call that player out to end the round.

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9. Stoppages of Play

- When the whistle is blown at any point, all players must immediately stop what they are doing, stop moving, drop their arrow, stand up, and hold up both hands.
- Anything that happens AFTER the whistle is blown is voided. If an arrow is fired before the whistle is blown, but hits after the whistle is blown, the hit is not counted. This is the case for catches, target board hits, and the gong. The full event needs to occur before the whistle.
- If a player is seen gaining an advantage at this time (moving arrows..etc) they will be eliminated
- Please do not move, try to stay quiet and calm after a whistle to limit confusion and to allow the referee to make the call and have everyone hear it.
- If a player notices something that warrants an emergency stoppage of play (i.e. Broken Arrow, Helmet dislodged, Injury), they should put both hands in the air and yell what the stoppage is.
 - Anyone who abuses this will be penalized
- If you notice a player doing this, mirror their hands in the air and echo whatever they are yelling until the ref notices and blows the whistle

10. Infractions

10.1. Delay of Game

- 10.1.1. A team may earn a "Delay of Game" penalty for either a player, multiple players, or a whole team is delaying the resetting of a round or taking an extreme length of time
- 10.1.2. The offending team will receive a Yellow Card, as well as having to start the following round with a player disadvantage



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10.2. Verbal Warnings

These will be given to players who commit an offense that does not have a major impact on gameplay, or may have been done by accident. These are issued at the ref's discretion.

10.3. Yellow Cards

A Yellow Card is given to a player for any infraction that the referee needs to stop play for. Some examples of actions that will give a yellow card are:

- Violating the shooting rules of the neutral zone (foot on the line).
 - Goaltending.
 - Playing in the sideline.
 - Not going out when hit, requiring the referee to stop play to call the player out.
 - Calling a catch that hits an object that should result in an out.
 - Behavior that could grow into more aggressive behavior.
 - Arguing with the referee.
 - Throwing equipment (Bows, arrows, helmets) in an aggressive manner
 - Yelling excessively over to the opponent's side regarding a hit or a catch.
 - One non-aggressive comment, while not preferred, is acceptable, to let someone know they got hit or did not make a legal catch.
- Any more than that and the player will be given a yellow card.

10.4. Red Cards

- 10.4.1. If a Red Card is given to a player, that player will be immediately removed from the field of play and disqualified for the rest of the match. The player cannot be replaced and the team must play the remainder of the match with one fewer player on the field.
- 10.4.2. A player can receive a red card from:
 - Any violent, aggressive, or destructive behavior.
 - Causing an extreme disruption multiple times in a match.

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