

### BProC Practical 3D Assessment

Name	
ID	
SABA No	date

Arrow Weight	gr
Arrow Speed	Fps
Tip R <sub>o</sub>	LBS
Kinetic Energy	foot-lbs

Target	Distance	Kill	Wound
1	Y or m	X	X
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
Totals			
Effective distance	kill distances – wound distances / 20		

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Effective distance	kill distances – wound distances / 20		

### Rules for BProC Practical Assessment

1. You may shoot from anywhere, but NOT from the pegs.
2. You must indicate the distance in yards or meters on the card.
3. Heart and lung shots counts as a kill, whereas any other part of the animal as a wound (horns is wound).
4. You may use binoculars, but you may not step closer to the target than from where you intend to shoot.
5. If you also take part in the normal 3D competition, you must take this shot last.
6. Only one arrow per target is allowed.
7. The arrow's shaft must cut the kill zone line on the inside to be deemed a kill.
8. For Dangerous game, you need to shoot with at least 800 gr and 80 foot-pounds, and use a two fixed bladed broadhead.

NB.: The *effective distance* is only a guide, and does not guarantee accuracy at this distance. It is calculated as the sum of the kill distances, minus the wound distances, divided with 20.



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