

## SURVEY OF ATHLETES' UNDERSTANDING OF ARCHERY COMPETITION RULES

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### **Abstract**

*This study was conducted with the aim of determining the level of understanding of athletes on the rules of the Archery Competition in Riau Province. This study uses a quantitative descriptive method with a survey type of research. The population of this study were archery athletes who were still actively playing. The sample in this study amounted to 110 people. The sampling technique of this study used a simple purposive sampling technique. The research instrument used a questionnaire. The results of this study have been calculated and analyzed using the IBM SPSS Statistics 25 program. The results of the study indicate that the level of understanding of athletes on the rules of the Archery Competition in Riau Province is included in the category of "Medium" with a frequency of 49 athletes (44.5%), "Very High" with a frequency of 5 athletes (4.5%), "High" with a frequency of 32 athletes (29.0%), "Low" with a frequency of 14 athletes (12.7%), and "Very Low" with a frequency of 10 athletes (9.0%). The conclusion is that the level of understanding of athletes regarding the Riau Province Archery Competition Regulations is included in the "Moderate" category with a frequency of 49 athletes (44.5%). Therefore, the level of understanding of athletes regarding the Riau Province Archery Competition Regulations can be said to be good. Therefore, suggestions for each athlete, club management, and coaches can improve their understanding of the competition regulations.*

**Keywords:** *Athletes, Regulations, Competitions, Archery*

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## INTRODUCTION

Sports are a form of structured and planned physical activity involving repetitive body movements aimed at improving physical fitness. There are, of course, many sports we can pursue and learn, one of which is archery (Utomo 2018). Archery is a sport that has grown significantly, whether practiced for recreation or competitive achievement (Arisman and Noviarini 2021).

Success in achievement development, especially for archery athletes, will be determined by success in a championship or competition (Humaid 2025). Providing specific and continuous training stimuli to children usually leads to

faster improvement in sports performance and peak performance during adolescence (Arifandi 2022). Archery clubs, through their coaches, will place competitions as targets of the development process. To enhance the success of this achievement, besides the development process, it is necessary to socialize archery rules to the athletes. An athlete will fail if the level of understanding of competition rules is low; this is caused by the absence of competition rule socialization from the coach to the athlete, resulting in the athlete's limited understanding of archery rules (Anugrah, Mylsidayu, and Kusumawati 2022).

In a competition, rules are needed to provide provisions for competing and the implementation of the competition, so that the competition can run well and smoothly (Saparuddin 2019). With the existence of competition rules that must be followed by athletes, a supervisor or judge in the competition is also needed so that the existing rules are truly applied and do not harm any party. Therefore, referees are needed to contribute to a fair, just, and orderly competition, provided that the referee acts as a good, firm, fair judge, and most importantly, the referee must apply the existing rules accurately and quickly (Prasetyo, Nasrulloh, and Komarudin 2018).

A problem frequently encountered by athletes in competitions is rule violations. This is because each club has not yet developed concern for competition rules, as the training process provided by coaches has focused only on psychomotor aspects without paying attention to cognitive aspects to improve athletes' understanding of archery rules (Dewi and Palgunadi 2021). Athletes can only practice the movements but cannot understanding the rules in archery competitions (Arisman et al. 2021). Besides that, athletes always expect support from the coach during the competition to always provide instructions related to the competition rules. In archery, what is needed besides technique, tactics, and physical condition, is no less important, the athlete's understanding of the competition rules (Raharjo 2014)

Understanding archery regulations is one of the important factors that must be possessed by athletes, coaches, and officials. Understanding regulations will

certainly be very beneficial for every athlete who is going to compete and will enable an athlete to master a competition, unlike athletes who have less understanding of the competition regulations who will face difficulties (Rahma et al. 2024). Therefore, archery athletes in early age groups, juniors, and seniors must have a proper and correct understanding of archery regulations so that athletes can minimize violations that occur during competitions, which can reduce points in the competition or even result in disqualification (Ishak 2022).

Regarding this issue, after the researcher coordinated with the parent organization of Perpani Riau to provide a solution, to address this problem, it is necessary to have accompanying referees in each club with the aim of socializing archery rules to all athletes in the clubs that exist in Riau province (Arifandi 2022).

If athletes already understand the competition rules, it means that during the match they have good techniques, tactics, and physical condition; they also understand the competition rules so they will not be disadvantaged by team mistakes. In other words, points for the opponent occur due to their own mistakes of not understanding the competition rules, which can harm a team (Sukirno 2019). To improve team quality, because a team can be considered good not only from the technical and tactical sides or its psychomotor aspects, it is also necessary to understand the competition rules, or it can be seen from other aspects such as psychological aspects, for example respect, fair play more in the affective domain or athlete attitudes to appreciate referee decisions. However, it is also necessary to improve the cognitive aspect to enhance the understanding of competition rules in order to support team quality. Based on this problem, the issue can be identified as the archery material taught by the coach not being fully understood by the athletes, especially in the understanding of archery competition rules (Cendra and Sasmariato 2023).

The purpose of this study is to measure the extent of archery athletes' knowledge of archery competition rules. The uniqueness or novelty of this

research lies in the level of athletes' understanding of competition rules, which has never been studied before in Riau province.

## **METHOD**

The subjects of this research are all archery athletes in Riau, and this study was conducted by visiting each regency/city Perpani in Riau. The research method used is a survey, and the data collection technique uses a questionnaire. The results of the questionnaire will be analyzed using descriptive statistical techniques and presented in the form of percentages.

In this study, there were 400 archery athletes from Perpani Regency/city. In this study, the researcher took the entire population to be the sample. This study used an instrument or data collection in the form of a questionnaire containing statements regarding archery competition regulations. The questionnaire in this study is a closed questionnaire; a closed questionnaire is a questionnaire presented in such a way that respondents are asked to choose one answer that corresponds to their characteristics by marking an X or a check mark (√) in the appropriate column. The questionnaire directly uses a graded scale. In this questionnaire, a modified Likert scale with 4 answer choices is used, namely: Strongly Agree (SA) with a score of 4, Agree (A) with a score of 3, Disagree (D) with a score of 2, Strongly Disagree (SD) with a score.

The instrument has been declared valid after undergoing validity and reliability tests assisted by IBM SPSS Statistic 25 software. From the validity test results, it was found that the validity of each question item was above the r-table value (0.361), with an average of 0.485. Meanwhile, in the reliability test, the Cronbach's Alpha coefficient was found to be above 0.830. This value has exceeded the reliability requirement of 0.6, so the instrument has been declared reliable.

## **RESULT AND DISCUSSION**

In the research that has been conducted, data was obtained in the form of values or scores from tests carried out by archery athletes in Riau Province. The

following are the results of the study on the Level of Understanding of Archery Competition Rules Among Archery Athletes Across Riau Province:

### **Equipment and Field Factors**

From the research results, it is known that the level of athletes' understanding of competition rules, when viewed from the indicators of equipment and field factors in archery competitions, shows that the largest percentage falls into the medium category, with 65 respondents, accounting for 59.0%, followed by the high category with 25 respondents, accounting for 22.7%, and the low category with 20 respondents, accounting for 18.1%.

### **Equipment Factor of Archery Gear.**

From the results of the study, it was found that the level of athletes' understanding of archery competition rules, when viewed from the indicator of the equipment factor of archery gear, showed that the highest percentage was in the high category with 26 respondents, representing 23.4%, the medium category with 70 respondents, representing 63%, and the low category with 15 respondents, representing 13.5%.

### **Factors of Age Grouping Regulations, Shooting Distance, and Face Target.**

From the research results, it was found that the level of athletes' understanding of archery competition regulations, when viewed from the indicators of age grouping regulations, shooting distance, and face target factors, showed that the highest percentage was in the high category with 20 respondents, representing 18%, the medium category with 60 respondents, representing 54%, and the low category with 31 respondents, representing 27%.

### **Violation Factors in Archery.**

From the results of the research, it was found that the level of athletes' understanding of archery competition rules, when viewed from the category of violations in archery, shows that the highest percentage is in the high category with 55 respondents, accounting for 49%, the medium category with 30 respondents, accounting for 27%, and the low category with 26 respondents, accounting for 23.4%.

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### **The Level of Athletes' Understanding of Archery Competition Rules.**

From the research results, it is known that the level of athletes' understanding of the competition rules is categorized as “Moderate or Fairly Good.” This is shown by the results of the study conducted on 110 respondents, which indicated that the level of understanding falls into the category “Moderate” with a frequency of 49 athletes (44.5%), “Very High” with a frequency of 5 athletes (4.5%), “High” with a frequency of 32 athletes (29.0%), “Low” with a frequency of 14 athletes (12.7%), and “Very Low” with a frequency of 10 athletes (9.0%). In conclusion, the level of athletes' understanding of Archery Competition Rules across Riau Province falls into the category “Moderate” with a frequency of 49 athletes (44.5%).

The importance of understanding archery competition rules will certainly be very beneficial for athletes (Juniardi & Redno, 2019). According to (Supriatna et al., 2022), if athletes are able to master the understanding of archery competition rules, it can be ensured that the athletes are able to control the match compared to athletes who do not master them, who will experience difficulties (Arisman and Agun Guntara 2021). Unsportsmanlike conduct by athletes, coaches, and spectators usually occurs due to a lack of understanding, which can trigger unrest (Sistiasih et al., 2023).

When reviewed from each category used in the test instrument, they are as follows: 1) The level of athletes' understanding of archery competition rules regarding equipment and field factors shows that the most frequent result falls into the moderate category with a percentage of 59.0%, from 65 respondents. 2) The level of athletes' understanding of archery competition rules regarding equipment, specifically bows for shooting, shows that the most frequent result falls into the moderate category with 70 respondents, a percentage of 63%. 3) The level of understanding of archery competition rules regarding age group regulations, shooting distance, and target face factors shows that the most frequent result falls into the moderate category with 60 respondents, a percentage of 54%. 4) The level of understanding of archery competition rules regarding violations in shooting

shows that the most frequent result falls into the high category with 55 respondents, a percentage of 49%.

Viewed from all the factors used in the research test instrument, the factor of archery competition is the factor most mastered by the athletes. This is evidenced by the data obtained, with 49 respondents, or 44.5%, answering in the moderate category. Then there is the factor that is least mastered by the athletes, which is the factor of archery competition violations, totaling 55 respondents or 49%. This factor is measured from the athletes' understanding in answering questions related to violations that occur in archery competitions.

## CONCLUSION

The conclusion of this research is that it is hoped that with a high level of understanding of archery competition regulations, the quality of the athletes can be improved. In addition, as an athlete, one must always keep learning and continuously expand knowledge by studying and reading the guidebooks of archery competition regulations issued by the World Archery Federation. With a good level of athletes' understanding of archery competition rules, the quality of the competition can be enhanced, ensuring that the competition runs well and with sportsmanship. Moreover, considering the relatively moderate level of understanding in Riau Province, it is hoped that PERPANI Riau can organize training or socialization sessions for athletes to discuss the updated archery competition regulations, so that athletes and players can always keep up with the regulations set by PERPANI.

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