

LINE HEAVING - UNIT TRAINING AND INDIVIDUAL SKILLS

PROCEDURE

1. A team consists of four Cadets.
2. Each Cadet will be allowed two throws.
3. The better of the two throws, measured in Feet and Inches shall score.
4. No practice throws are permitted. However Cadets in the "on deck" area are permitted to prepare the line and place a finger knot, at the scope of the line, 3 - 6 ft from the Ball.
5. Any form or style of throw is permitted provided that the Cadet's foot does not cross the chalk boundary line.
6. The Cadet must continue to keep hold of the Line until the monkey fist has landed.
7. A Valid throw must pass between the Gate markers distanced thirty feet from the throwing line
8. A monkey fist landing inside the boundary and then bouncing outside, shall be a valid throw and measured at the point of first impact.
9. A monkey fist landing outside the boundary lines and then landing inside, shall be judged as an invalid throw.
10. All measurements shall be taken at the first point of impact.
11. Changing the configuration of the provided Heaving Line in anyway, except as allowed in number four above, is not permitted, and is subject to disqualification of that throw.
12. Heaving Lines permitted shall be the same for all teams competing regardless of type, 100 ft line, with a weighted Monkey's Fist attached. The weight shall be the same for all teams and determined at the time of the event.
13. A line that stretches out in midair, and is in boundary, but then jerks back to fall short, shall be judged as a 100 ft throw.
14. Should more than one Cadet achieve the condition in #13 above, then the other of the two throws shall decide final placement.

JUDGING

The longest valid single throw of each team member shall be used. If a cadet does not have a valid throw, their throw is listed as 0 feet. All the lengths will be added together to make a team score. The longest overall team score wins.

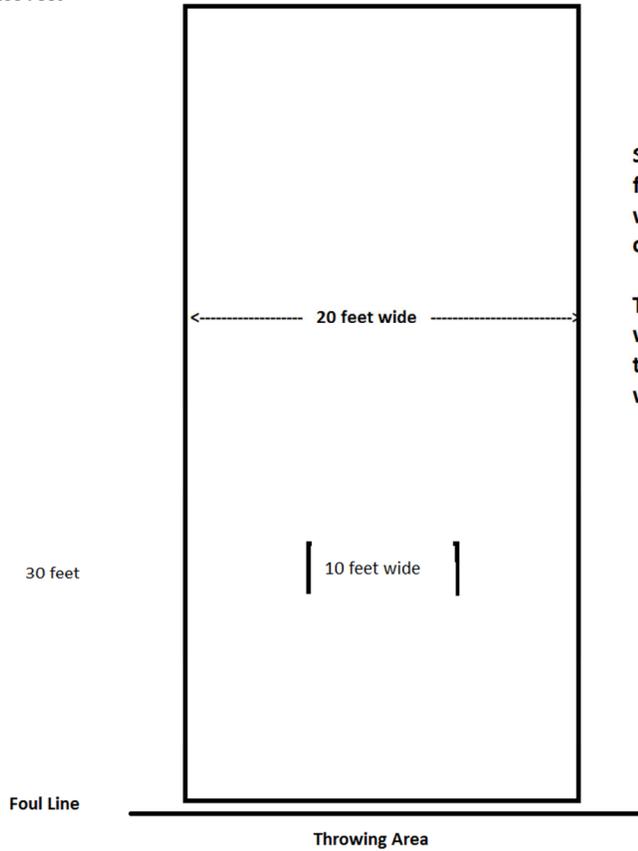
- 1st Place receives 50 Points
- 2nd Place receives 40 Points
- 3rd Place receives 30 Points
- 4th Place receives 20 Points

EQUIPMENT

1. 100' Fiberglass Tape or Measuring Device
2. Heaving Lines
3. Clipboards, score sheets and pens
4. Marking tape / chalk

Heaving Line Competition

100 Feet



Score is measured in a straight line from the center of the foul line to where the Monkey's Fist makes first contact with the ground.

The throw must pass through the 10' wide gate placed at the 30 foot mark to count and stay within the 20 foot width boundary for it to count.