

PULP THROW

Classification: Core Team Event

Safety Code: Green

Rules:

1. Corral must be safe distance from spectators and only competing athletes, event judge and timer are permitted inside.
2. The throwing pit dimensions will be measured from the inside of the stakes:
3. 6 meters (19.5 feet) with 1.2 meters (4ft) between stakes for Men's pits.
4. 5 meters (16.5 feet) with 1.2 meters (4ft) between stakes for Women Pits.
5. Pulp sticks length must be a 1.2 meters (4ft) and be preferably spruce. All sticks should be new at start of day. Two (2) spare sticks should be available if needed.
6. Pulp sticks should weigh between 12.7 - 17.7 kgs (28-39 lbs) for men and 7.7 - 12.7 kgs (17-28 lbs) for women. Scales should be available to verify weight.
7. Pulp sticks should be Spruce and should be at least 5 lbs lighter if the event is on a bed of shavings or wood chips.
8. The teams divide up with three (3) competitors at each end of the pit behind the stakes.
9. The Event Judge must confirm that CILA safety rules are being adhered to prior to each team starting the event. The event will not begin if there is missing safety gear.
10. Each competitor will throw four (4) sticks in pre-determined order. Each competitor must throw all sticks.
11. The starting signal is: Timers ready, Competitors ready, 3-2-1-GO.
12. Starting prior to GO will result in a disqualification.
13. A score is counted when any part of a pulp stick lies between the stakes after all sticks thrown have come to rest.
14. Competitors must be behind the stakes when throwing or receiving the sticks. If your foot breaks the plane, a violation occurs and the throw is discounted.
15. The pulp sticks may not be picked up until they all come to rest. If this happens, the next 4 thrown will not count.
16. No practice throws or pulp hooks permitted.
17. Each stick must be pulled back across the plane before they can be thrown. Any sticks thrown prior will be discounted.
18. Time will stop when 48 scores are recorded.
19. The event has a ten (10) minute time limit or it will be recorded as a disqualification.