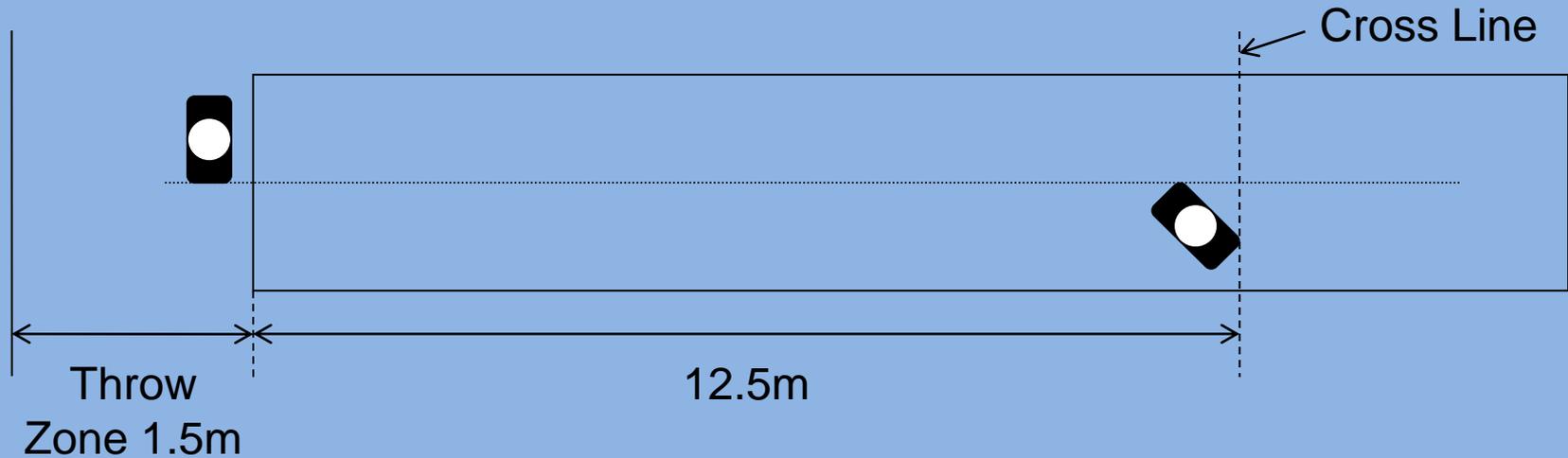


12.5m Line Throw

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The competitor throws an unweighted line to a fellow team member located in the water 12.5m away and pulls this "victim" back to the poolside.



Line Throw – Basic Technique

Starting Position

The competitor stands motionless on the poolside, facing their casualty, with their legs together and arms by their sides and holding the end of the rope in their right hand. The casualty treads water in the centre of the lane, holding the rigid crossbar.

Rescuer's Technique

There are many different techniques to coiling the rope – experiment until you find one that works for you. The most reliable technique is underarm coiling...



- 1) Turn sideways so your left shoulder faces the pool.
- 2) Stand with your feet apart to get a stable base.
- 3) Bend forward slightly and place your right elbow on your right knee. Keep your weight on your back leg.
- 4) Use your left hand to coil the rope into your right hand. Keep your right hand still and rest the coils on the floor to keep them neat.

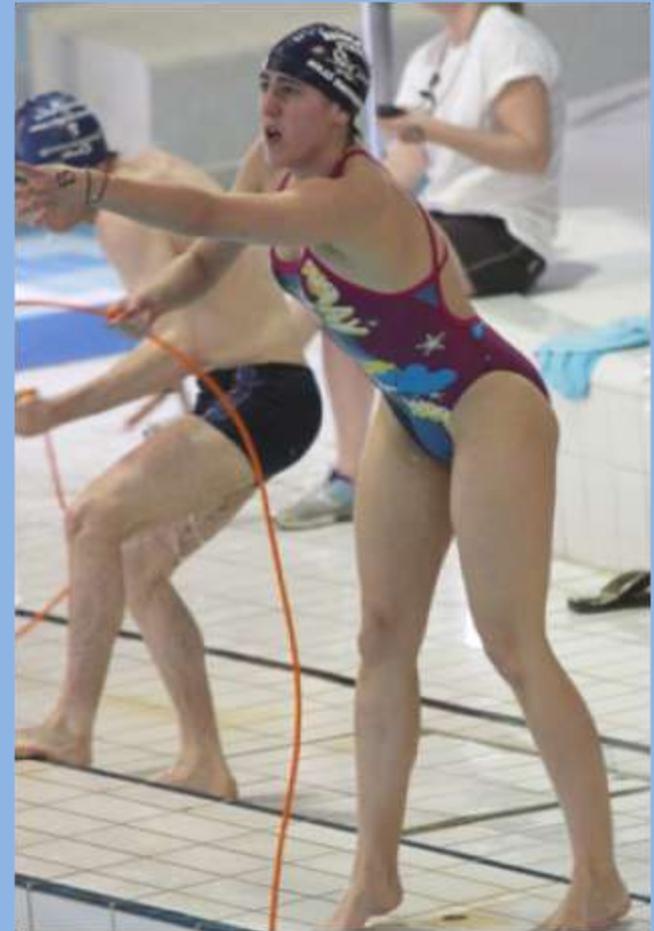
Line Throw – Basic Technique

Rescuer's Technique (Cont'd...)

5) It is not necessary to coil the whole rope! Once you've made 7 or 8 coils, swing the rope backwards once and throw the rope forward at a 45° angle. Let the rope run through your fingers as you throw.

6) If the casualty can't reach your rope don't be too quick to re-throw, sometimes waiting a couple of seconds will allow the rope to drift into the casualty's reach!

7) If the casualty can reach your rope, stand square on to the pool and pull them to safety. Use big armfuls and your powerful leg muscles to assist with the pulling.



Casualty's Technique

In some events you have to hold the crossbar in the centre of your lane, in other events you can slide along the cross bar – check the rules carefully!



- 1) As the rescuer coils the rope, fully extend your arm and hold your catching hand in the air as a target.
- 2) Catching the rope in mid-air saves valuable seconds.
- 3) If you can reach the rope in your lane, shout “Yes”, if you can’t reach it shout “No”.
- 4) Only let go of the crossbar once you have the rope in your hand.
- 5) Once you have grasped the rope, hold tight with both hands.
- 6) In some events, you are allowed to assist the rescuer by submerging your head and kicking your legs – check the rules carefully!