

R & T Notes

Tutors' Notes: Handling Faults

Stance

- Feet too close together or too far apart (forwards or sideways)
- Weight of body on heels – lack of balance
- Standing with weight of body on one leg – slack attitude
- Incorrect distance from the rope – rope at an angle, out of the vertical
- Incorrect orientation – not facing the centre of the circle
- Looking up or down

Hold of the Rope

At Backstroke

- Tail end not over joint of the forefinger
- Wrist turned at an angle
- Hands apart

At Handstroke

- Tail end on the wrong side of the sally
- Some fingers not round sally
- Hands overlapping each other
- Hands apart
- Hands too low on the sally



Handstroke Pull

- Hands taken off the sally at different times
- Rope thrown forward
- Sideways twitch to the rope as the hands are taken off
- Hands not continuing downwards to full extent after releasing the sally

Transfer

- Hands apart after releasing the sally – fingers of upper hand flicking sideways
- Wrist of lower arm not turned downwards – knuckles not pointing to the floor
- Upper hand too slow in taking hold of the tail end – catching it after the hands rise for the backstroke

Up to the Backstroke

- Jerking the rope at the start of raising the arms, or on the way up – incorrect speed of the hands
- Sliding the upper hand down the rope from the sally to the tail end
- Bent arms at backstroke – arms not ‘round the ears’
- Bumping the stay
- Keeping the arms too straight on the way up – rope out of the vertical
- Bending the head forward through the arms

Backstroke Pull

- Initial pull forwards – rope out of the vertical
- Hard jerk to begin the pull
- Hands brought down in an arc, too far from the face
- Upper hand taken off the tail end before the arms are fully extended downwards in front of the body
- Failure to turn the wrists downwards at the end of the pull
- Hand movement too slow – rope goes slack
- Insufficient downwards pressure during the last six inches of the pull

Catch

- Hands apart – catching from the sides
- Tail not transferred to the angle between the thumb and forefinger
- Tail end on the far side of the sally, perhaps with one or more fingers holding it
- Catching the sally too low – arms bent
- Sliding the hands on the sally
- Bumping the stay
- Looking before catching