

Sheaf Toss

COMPETITION REGULATIONS

A true test of strength, skill, and technique, the sheaf toss sees competitors using a pitchfork to hurl a weighted straw-filled bag over a high bar, with the bar rising higher each round. It's a thrilling display of athleticism steeped in rural heritage.

1. A 10 metre perimeter safety area around goal post
2. Straw bag sheaf to weigh no more than 3.6 kg.
3. The size of the sheaf will be:

Length:

Minimum 56 cm – Maximum 66cm

Circumference:

Butt end: Minimum 56cm – Maximum 66 cm

Tail end: Minimum 40 cm – Maximum 50 cm

4. The event will be conducted on level ground.
5. Each competitor is entitled to three attempts. If unsuccessful, he/she must then retire.
6. In the event of a sheaf slipping off the fork whilst being tossed, it will be counted as a throw.
7. Ordinary hay forks must be used, no accessories of any kind will be permitted. Forks must not exceed 1.8 m in length.
8. If a sheaf touches the cross-bar and goes over it is to be counted as a successful throw. A sheaf that clears the bar will be better one that touches.
9. All competitors to sign waiver and have waiver wrist band.