



# **PLETT COUNTRY FAIR**

## **SOUTH AFRICAN NATIONAL**

# **GUMBOOT CHUCKING CHAMPIONSHIPS**

### **Rules of Competition**

1. Gumboot Chucking is a sport open to all people irrespective of age, sex, race, creed, religion or nationality.
2. **There shall be four categories; Men's and Women's, and Boys and Girls (u-14's)**
3. **There will be a total of three rounds for each category.**  
The First round.  
The Semi-finals in which the top four will chuck for the finals.  
The Finals in which the top two contestants will chuck it out for the title of National Champion in their respective categories.
4. The sport shall be a civilised affair. Fair play, good humour and good manners shall be exhibited at all times.
5. Each competitor shall be allowed three throws for each heat, in which the longest throw shall be recorded by the marshals. This is measured where the gumboot hits the ground, not slides to.
6. Distances shall be measured in meters, centimetres and millimetres.
7. The standard gumboot shall be black, size 8, non-steel toe-cap. Competitors can select whether they use the left or right gumboot. (competition gumboots supplied by the organisers)
8. No tampering with the gumboot shall be allowed. Factory finish only. No silicone polish is to be applied.
9. A maximum run-up of 5 paces shall be allowed. This distance was chosen in memory of Ian Smithies, himself a proponent of the sport.
10. The run-up shall end with a straight line of 3 meters in length that being the width of a standard farm gate.
11. The gumboot shall land within the area defined by the straight lines between the demarcated tape. This playing area is known as the 'Thong'.
12. The gumboot shall be projected using any action of the arm or foot for the respective categories.
13. The gumboot is allowed to be held by the toe, heel or leg, whichever part of the gumboot the competitor feels most comfortable with and which they believe will give maximum throw distance.
14. The use of wind assistance is allowed and, indeed, encouraged. Waiting for a suitable gust, however, is limited to 30 seconds. No artificial or man-made wind is to be used.
15. The winners of the two adult categories at the Gumboot Chucking Championships shall be proclaimed National Champions for the forthcoming 12 months, and be awarded a trophy and prize as set by the organisers.

*An Event By*

**MARULA**  
marketing

