

# BULLSEYE HEAVE

## AIMS

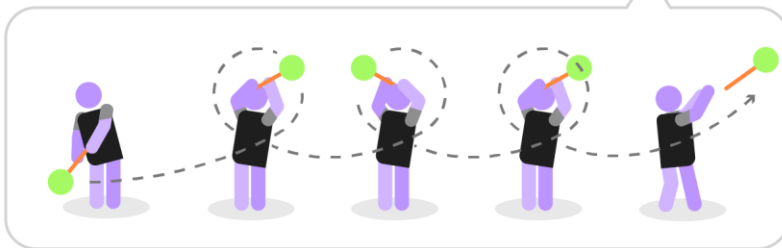
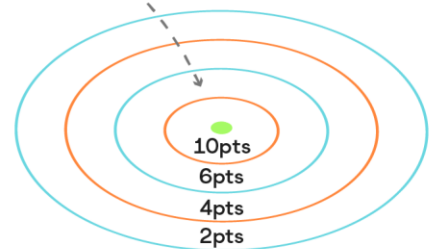
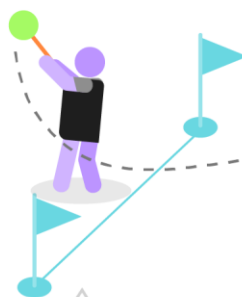


- To practise pivots/swings for the hammer throw with a throw for precision and distance
- To practise pivots/swings clockwise and anti-clockwise

## SUMMARY



- Participants take turns to perform three pivots/swings and a hammer throw towards the bullseye
- Thrower aims for the middle zone (bullseye)
- Participant has three consecutive throws in each round
- Round 1: Throwers make the pivots/swings to the left (anti-clockwise)
- Round 2: Throwers make the pivots/swings to the right (clockwise)



## EQUIPMENT



- Foul line markers, e.g. cones, lines in dirt, poles
- Landing circle markers, e.g. ropes, lime lines, lines in dirt
- Waiting zone marker, e.g. cone
- 6 hammers (1kg)

## JOBS



- Secretary (to record individual results)
- Measurer
- Assistant (to return the hammer)

**BULLSEYE HEAVE**

**ORGANISATION AND RULES**



- Set up a foul line and a point of reference (green dot in illustration) which is in the centre of the target and is 16m beyond the foul line in the landing area:
  - Circle 1: Circle (diameter = 10m) around the point of reference
  - Circle 2: Circle (diameter = 6m) around the point of reference
  - Circle 3: Circle (diameter = 4m) around the point of reference
  - Bullseye: Circle (diameter = 2m) around the point of reference
- Each thrower delivers three anticlockwise pivots/swings (round 1) and three clockwise pivots/swings (round 2)
- The hammer must land (or make its first ground contact) fully or partly in the scoring circle to score; if it lands in front or behind the entire scoring circle or slides/bounces into the scoring circle, it scores 0 points
- Stepping on or beyond the foul line is a foul and is an invalid throw (equals 0 points)
- **SAFETY!**  
 A soccer goal (with net) could serve as a throwing cage  
 Teammates wait behind a marker, at least 5m behind the foul line  
 Only staff are allowed in the throwing area  
 Throwers must wait for the secretary to shout 'throw!' before throwing  
 Objects must be carried back to the throwers, not thrown

**VARIATIONS**



- Use other implements – e.g. medicine ball (1kg) in net with rope, rope tied with water bottle (500ml filled with sand) etc.
- Make 1.5 turns after pivots/swings (advanced)
- Use landing zones instead of circles for beginners
- Use only one-handed pivots/swings (dominant and non-dominant arm)

**SCORING**



- Circle points:
  - Outside the circle = 0 points
  - Circle 1 = 2 points
  - Circle 2 = 4 points
  - Circle 3 = 6 points
  - Bullseye = 10 points
- Add thrower's points from the first and second round to create the overall score (individual results)

**TIPS**



- Bend arms for first pivot/swing, then extend them for second/third pivot/swing
- Keep an upright body posture while completing the pivots/swings – do not lean forward, backward or to the sides
- Look in the direction of the throw (towards landing circles) during delivery

