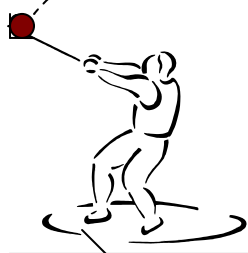




ALLIANCE FOR BAKERY STUDENTS & TRAINEES

Lob The Cob Competition

RULES



REQUIREMENTS

- A 400g (+/- 5g) fully baked cob (round) loaf of a yeasted wheat dough must be used.
- The peel used must be of a maximum total length of 1.5 meters, weigh between 1.55kg and 1.85kg and be made of wood (head and shaft).
- Only 3 attempts per contestant are allowed at each event (or round if applicable).
- No gloves to be worn and other aids of grip to be applied to the hands, peel or loaf.
- A run-up of 3 meters no more is allowed.
- Any competitor stepping over the launch line will have their throw voided (this will still count as one of the three attempts).
- The peel must be used to launch the cob (throwing is not allowed).
- Only one person may use the peel (no multiple person attempts).
- For Health & Safety (H&S) reasons any competitor letting go of the peel during the throw attempt will be immediately disqualified from the event and none of their attempts will count.
- When an attempt is made, the cob may be placed anywhere on the peel head, but not separate from it - i.e. you may not throw the cob up and try to hit it with the peel.
- Forwards facing and backwards facing (over the head) Cob launch styles are allowed.
- Spin methods of launch are allowed however if the cob is released and enters the out of play area then the competitor will be disqualified on H&S grounds.
- The playing surface can be level ground of any material i.e. grass, clay, tarmac etc.
- The distance measured is from the centre of the launch line to the point at which the cob first touches the ground (not where it comes to rest).
- The adjudicator's decision is final.

Official Playing field set up

