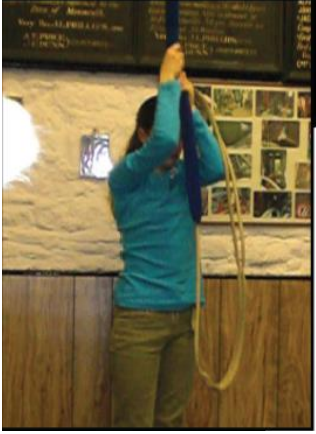


**Catching the salley**

- Salley snatched with bent arms
- Rope checked (arms not allowed to straighten to comfortable stretch)



**Incorrect grip on salley**

- Tail end not held correctly. Fingers remain around tail end and do not all grip the salley



**Hands transferring from salley to tail end**

- Hands not releasing salley simultaneously



**Transition to bottom of backstroke**

- Rope not travelling straight down in front of ringer (non vertical "pull")



# Recruitment and Training

## Handling faults (for tutors)

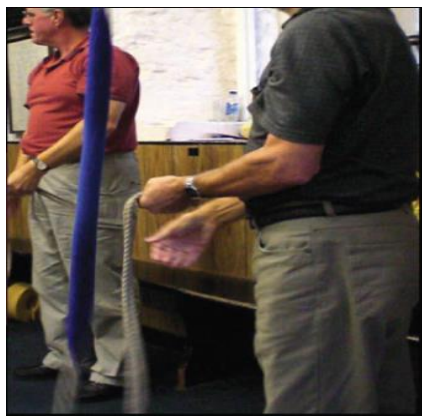
**Transition to top of backstroke**

- Hands pushing rope up



**Bottom of backstroke**

- Hands not both together on bottom of tail end
- Hand(s) not down low



**Transition to backstroke**

- One hand strays in wide arc (1) and only catches tail end on the way up (2)

