



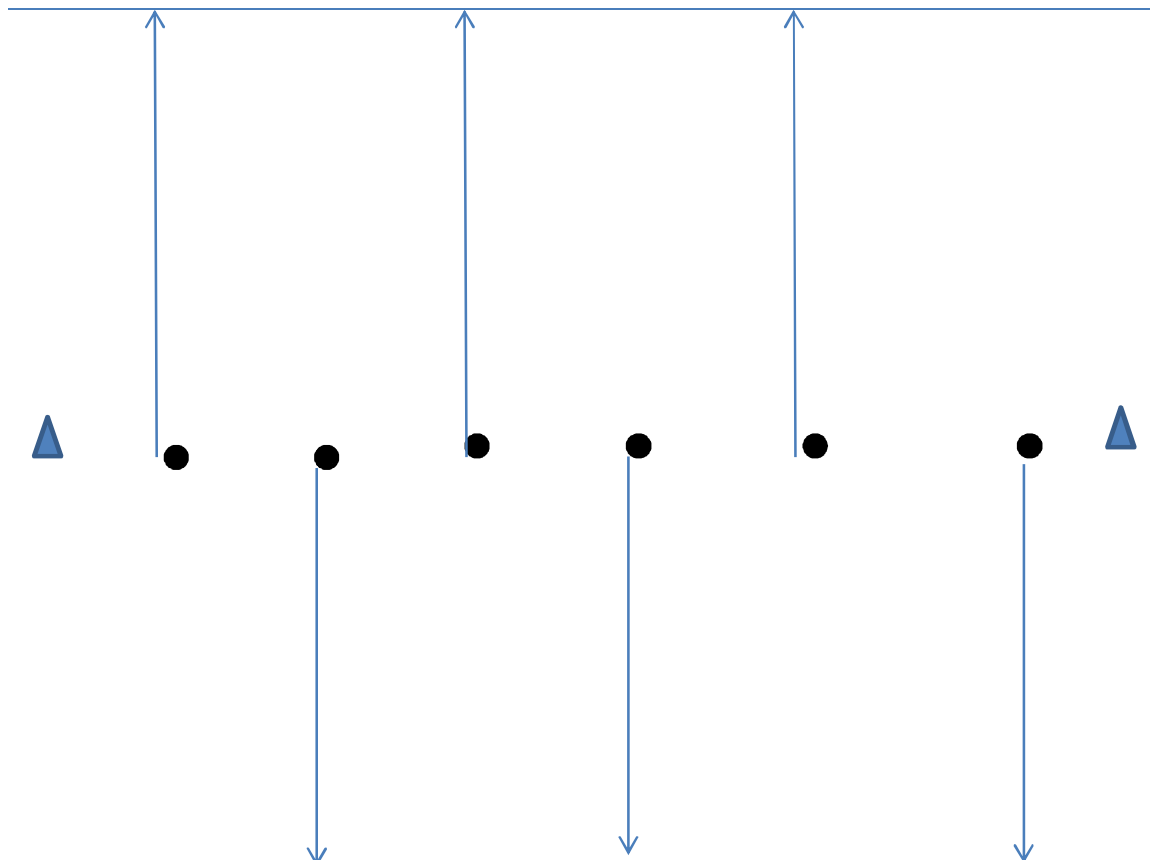
Feile Skills Competition 2016

1. Ground Striking

Six sliotars are placed on the 20 metre line four metres apart.
Players must run and strike the balls on the ground from alternate sides.
The sliotar must travel a distance of 20 metres.

Score: 5 points per sliotar.

Maximum score: 30 points.



2. Free Taking

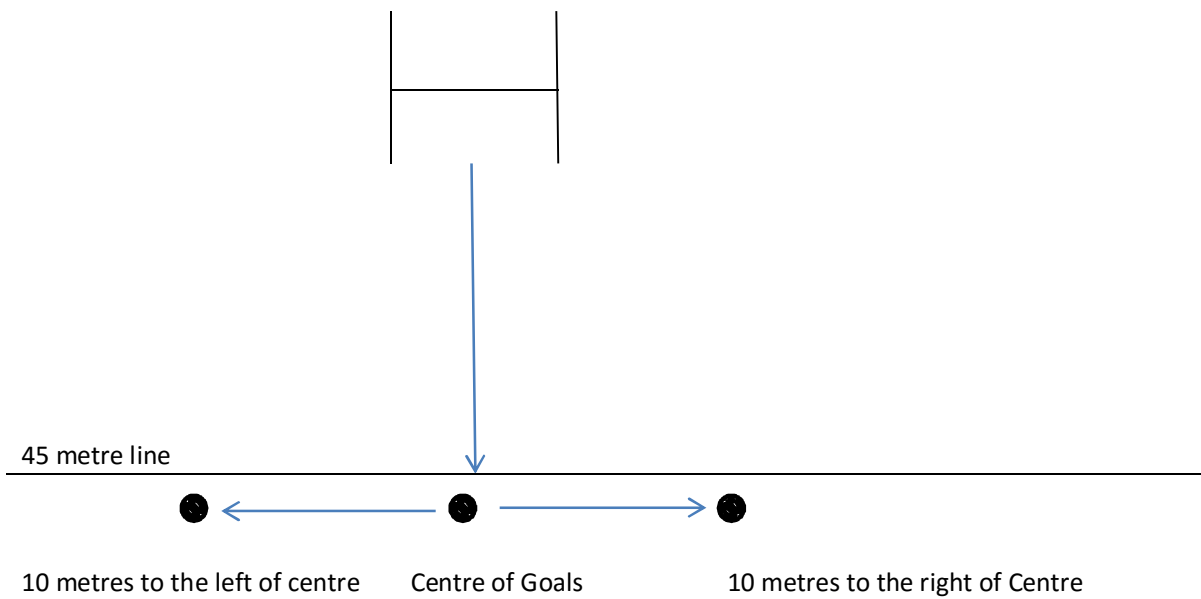
Three sliotars are placed on the 45 metre line as follows:

- (a) Centre of Goals
- (b) 10 metres to right of centre
- (c) 10 metres to left of centre

Sliotars must be struck over the bar.

Score: 3 points for striking and 7 points for scoring

Maximum score: 30 points.



3. Jab Lift and Strike

Four sliotars are placed on the 20 metre line, 8 metres apart as shown below.

Players must jab lift the sliotar into the hand and strike it on the run to pass over the bar from the right side.

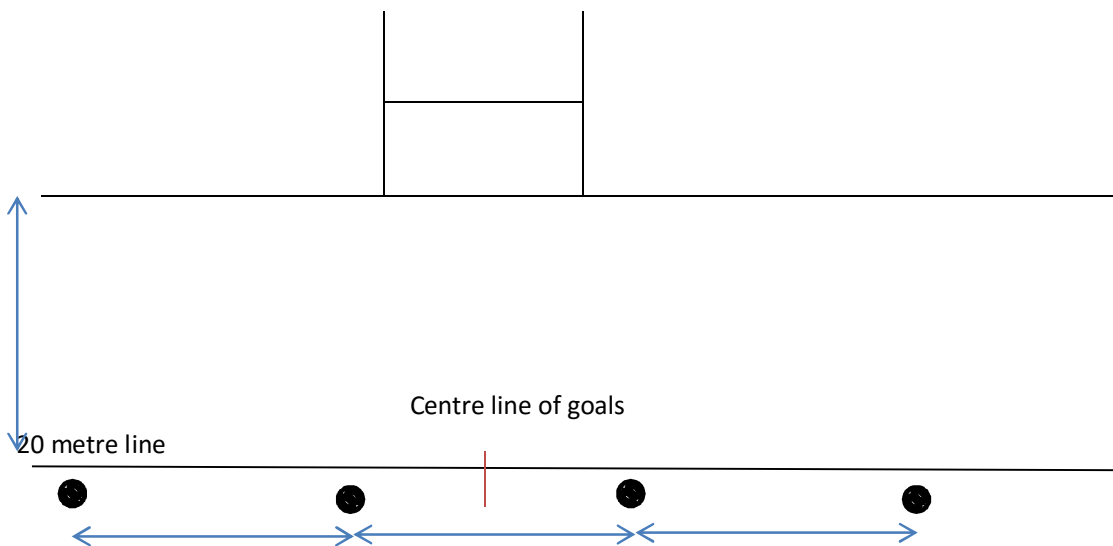
When the player has completed the first part of this skill four more sliotars are placed on the 20 metre line as above and the player strikes the sliotar from the left side.

Score: 10 points per sliotar right and left side.

Maximum score: 80 points.

NB. It is permissible for the player to commence striking the sliotar on her left side provided she strikes the second lot of sliotars on her right side.

No points are allocated if the sliotar does not pass over the bar.



Sliotars placed 8 meters apart.

4. Lift, Solo and Goal

Two sliotars are placed on the 45 metre line, ten metres either side of centre.

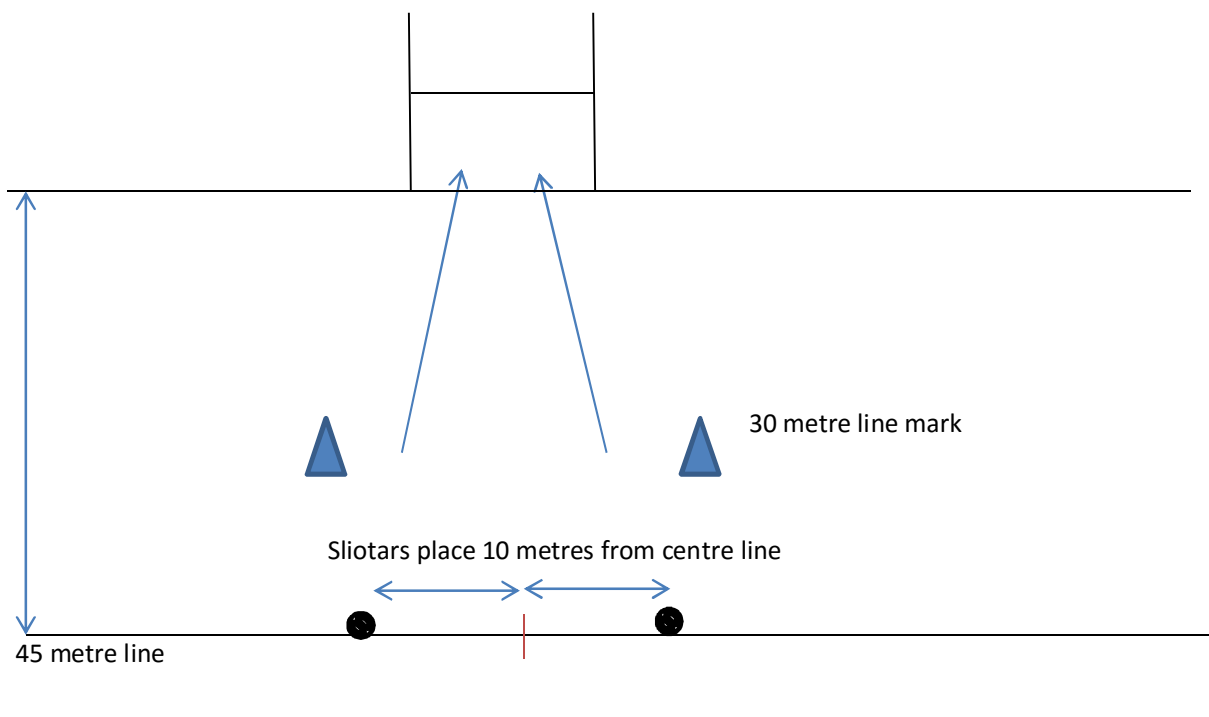
Player runs from 50 metre line, jab lifts the ball on to her stick without handling it and solos forward.

Before reaching the outside of the flag on the 30 metre line, she takes the ball in her hand and strikes it from her right into the empty net.

The player strikes the second ball from her left.

Score: 15 points per goal scored.

Maximum score: 30 points.



Run starts at 50 metre Line

5. Long Puck

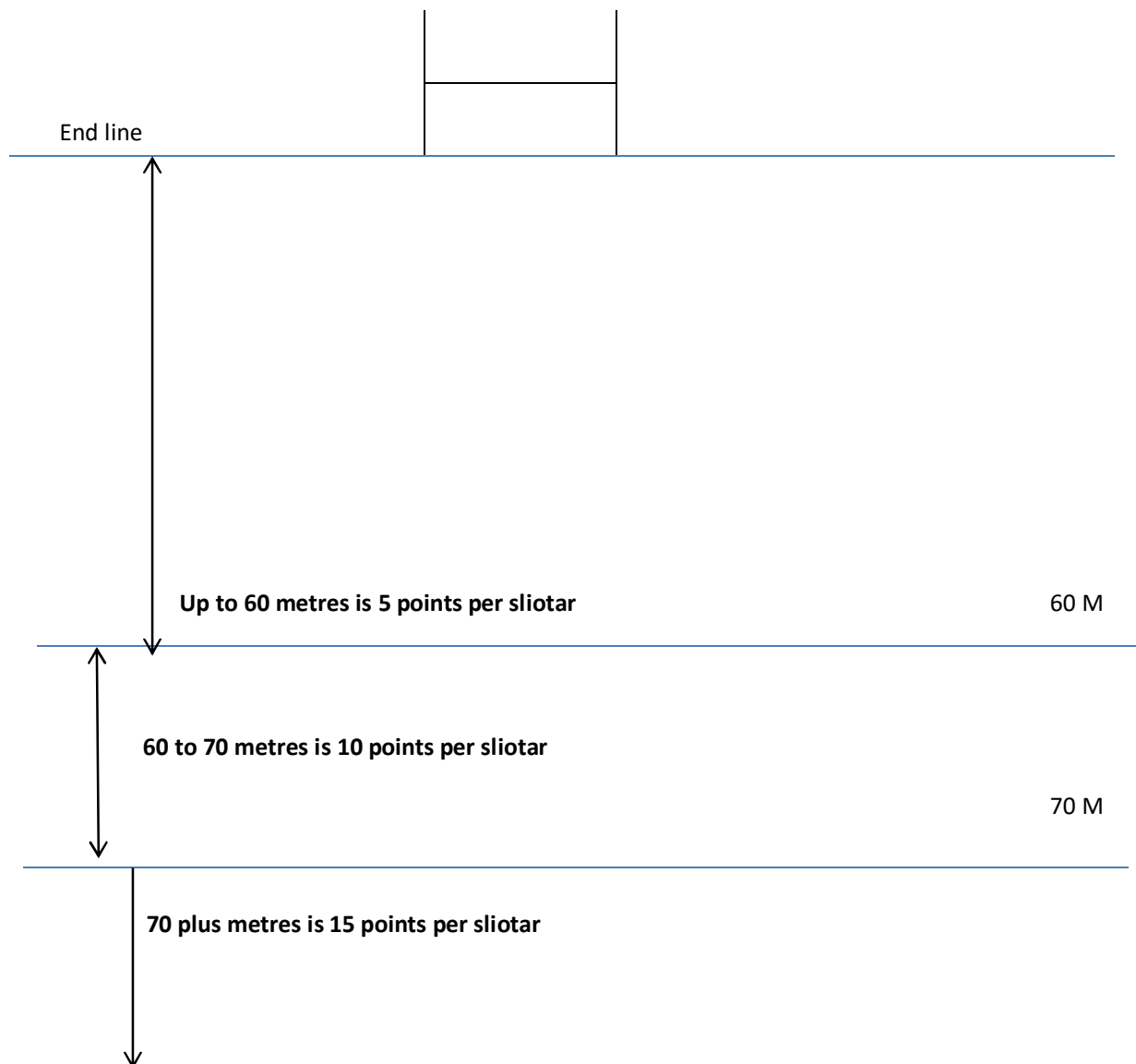
Players must strike four sliotars from the hand from the end line.

Distance is measured from first bounce.

If end line is crossed prior to striking the sliotar that puck is null and void.

Score:	Up to 60 metres,	5 points per sliotar.
	60-70 metres	10 points.
	Over 70 metres	15 points.

Maximum score: 60 points.



6. Ground Cut

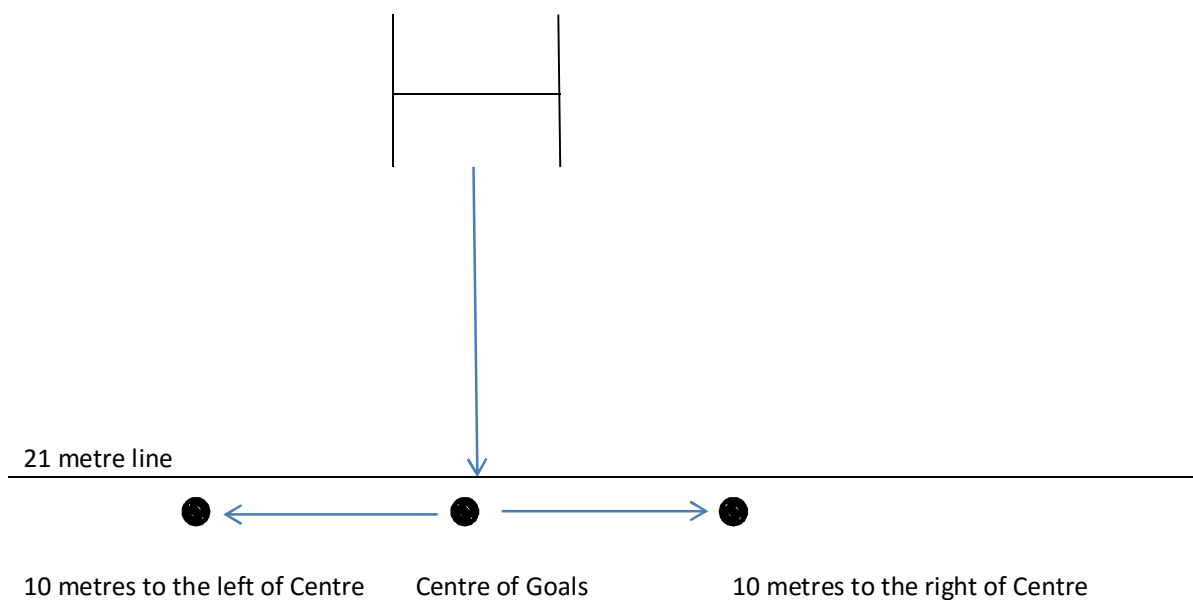
Three sliotars are placed on 20 metre line as follows:

- (a) Centre of goals
- (b) 10 metres to right of Centre
- (c) 10 metres to left of Centre

Sliotars must be struck over the bar.

Score: 10 points for scoring point from (a)
20 points for scoring point from (b)
20 points for scoring point from (c)

Maximum score: 50 points.



Maximum Overall Score: 280

1st, 2nd and 3rd places awarded

Player with highest score at end of competition will be winner.
In the event of players ending with even points, skill 2 will be repeated.

Clubs are encouraged to promote the competition at local level.