

Adult Hurling Skills Competitions – May 10th 2009, 3:30-4:30pm

1. Free Taking

Six hurling balls are placed as follows:

- a) 2 Frees from the 65m line
- b) 2 Frees from 13m line at left sideline.
- c) 2 Frees from 13m line at right sideline.

Score: 10 points for each of (a). 10 points for each of (b) and (c)

Maximum score: 60 points.

2. Ground Cut

Four hurling balls are placed as follows:

- a) 2 cuts from 15 metres.
- b) 2 cuts from 30 metres

Balls must be struck over the bar.

Scoring: 10 points for each of (a). 20 points for each of (b)

Maximum score: 60 points.

3. Long Puck

Players must strike two hurling balls from the hand from the end line. Distance is measured from the first bounce. If the end line is crossed prior to striking the ball, puck is null and void.

Scoring:

Between 45 - 55 meters = 10 points per ball.

Between 55 – 65 meters = 15 points per ball.

Between 65m and opposing 65m line = 20 points per ball

Past opposing 65m line = 25 points per ball.

Maximum score: 50 points.

Bonus score of 15 points for longest puck of the day

4. Strike Accuracy

Players must strike 3 hurling balls from the hand from behind the 13M line. Three targets of varying sizes will be suspended from the crossbar and players can choose to aim for any target each time.

Scoring:

Large target = 10 points per hit

Medium Target = 15 points per hit

Small Target = 25 points per hit.

Maximum score: 75 points.

Maximum Overall Score: 260 points - Player with highest score at end of competition will be declared the winner. In the event of players ending with even points, skill 2 will be repeated with altered distances.