

# The Heaving Bar

This is a race against time! Scouts start by standing behind the peg, coil their ropes; **ready, set, go!**

- 1 Scout throws rope over the bar while standing behind the peg.
- 2 One end of the rope is tied to the peg with a clove hitch.
- 3 The other end of the rope is tied around a log with a timber hitch.
- 4 The log is suspended off the ground using a sheepshank.

1



Great way to practice coiling and throwing a rope.

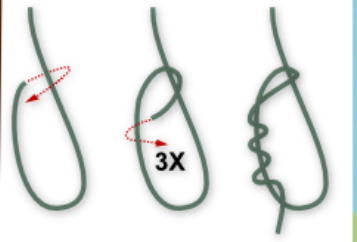
2

## CLOVE HITCH



1

## TIMBER HITCH



3



4

## SHEEPSHANK



Lash a pole about 6-7 feet off the ground between two trees.

Drive pegs 20-25 feet from the pole.

20-25 feet

6-7 feet

This game is at its best when three or four Scouts compete simultaneously, set up three or four stations along the pole.