

Walk Back Knife and Axe Rules

Walk-back precision throwing The events will be held at the following marked distances: Knife 3m, 4m, 5m, 6m, 7m; Axe 4m, 5m, 7m, 8m, 10m; The thrower will throw 4 runs. In each run, he will throw one round of three throws per distance mark - starting behind the closest distance mark and moving back behind the next distance mark after completing the previous round. He will thus throw from all distances in one run, resulting in a total number of 60 throws (5 distances x 3 throws per round x 4 runs). The thrower does not have to stand directly at the distance marks, but can move back a maximum of 100cm minus the length of his foot.