Cable Coiling *Individual Event*

Two different students per team- - Each gets 1 try.

Coiling sound cable correctly insures the cable stays untwisted and in good working order. All sound cable should be coiled in an over/under or twist/ untwist method (There are many different names for the techniques, as long as the cable is coiled correctly is all that matters)

In this challenge, each team will have to Coil 2 @ 50' and 2 @ 25' sound cables.
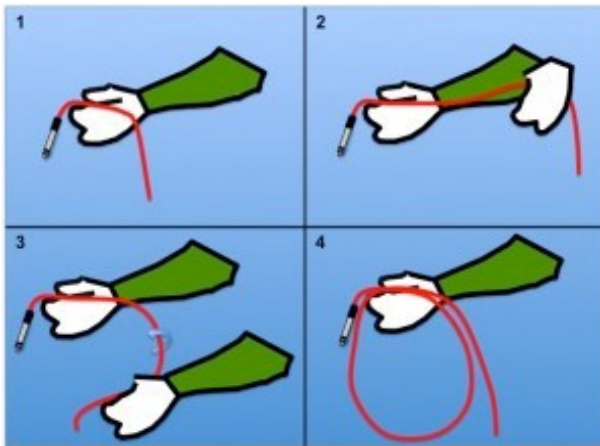
Cable must be coiled correctly- Student will be disqualified for incorrect coiling.

Each cable must fit (lay down flat) in assigned boxes-

All 4 cables must be completed for time- all cables must be LAID out without any knots or "major twists" after time has been recorded -points added for knots in thrown out cables.

Cables must be reconnected (reset) for next team- penalty for walk away!

Take a look at the instructions below; it can be tricky to start, but once you get the hang of it you'll be coiling all your cables in this way from now on. Any cable can be coiled in this manner.

Step 1

Start by making sure your cable has no kinks in it, and that it is not twisted. Now place your hand out flat and lay the cable in your hand with the connector hanging freely between your thumb and index finger.

Step 2

Using your free hand, pull a length of the free cable towards your body. The longer the length, the bigger the coils you will make; pull to just past your elbow for a good size tidy coil.

Step 3

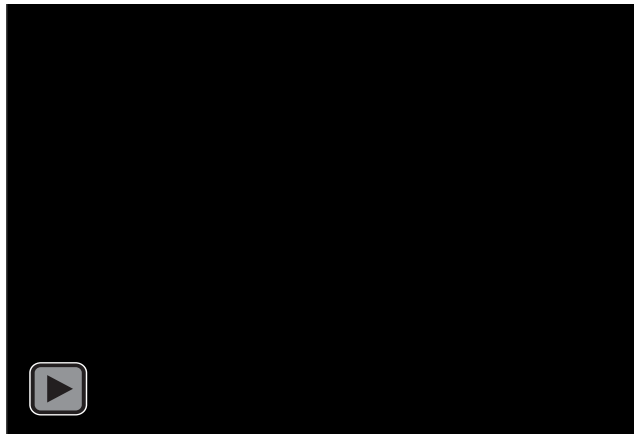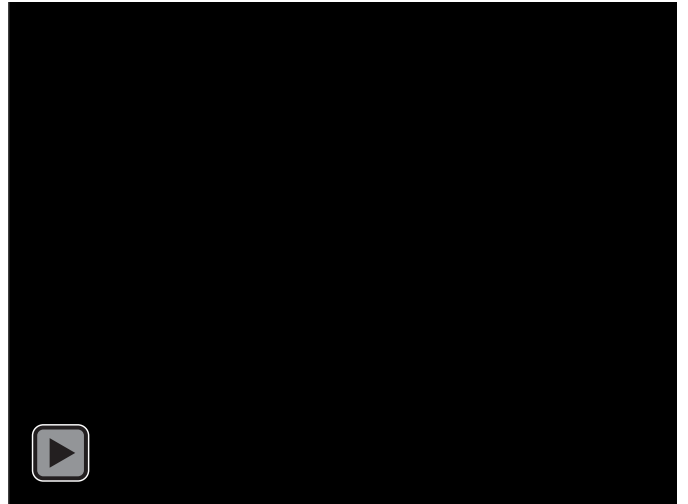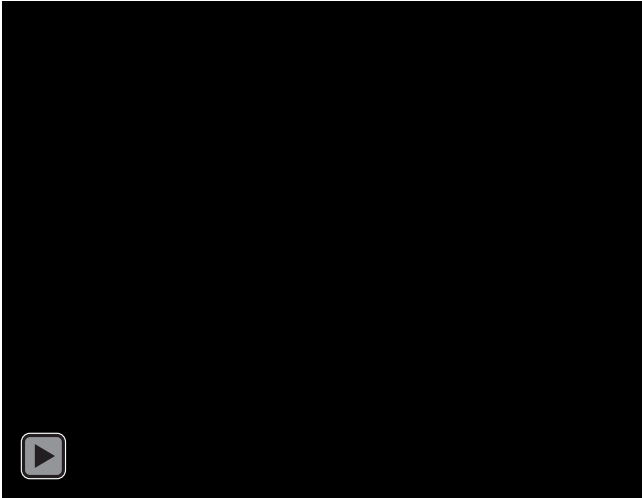Using the hand you pulled towards your body move the cable back towards your other hand. While doing this, use your thumb and index finger (keep your wrist straight) on the moving hand to turn cable through half a turn (180 degrees). This will cause the cable to make a loop.

Step 4

Place the newly formed loop into the first hand and repeat the whole process until all the cable is coiled.

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Cable Coiling Videos

Suggested Procedures:

1. Pick up cable from the MALE end
2. Begin coiling in an over/under or twist/untwist method
3. NOTE: Size matters!- be aware of the size of the coil as you proceed.
4. Complete first cable- disconnect, secure Velcro wrap and place in box.
5. Repeat process until all 4 cables have been completed 6.   LAY out and re-coil if needed to fit correct size of loops.
7. When satisfied with all cables say "DONE"- Time will be recorded
8. Cables will be assessed for size within assigned boxes-
    All cable loops should lay flat in boxes - NO figure 8's permitted
9. Cables will be LAID out to ensure no knots- penalties will be assessed for knots
10. Reconnect cables as the total time, with penalties, is totaled Cable Coiling Penalties:

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PENALTIES:

INCORRECT COILING	2 MINUTES
LOOP NOT LAYING DOWN FLAT IN ASSIGNED BOX	15 SEC EACH LOOP
CABLE DOES NOT FIT IN ASIGNED AREA/BOX	20 SEC EACH LOOP
FIGURE 8 IN COIL	10 SEC EACH LOOP
KNOTS CREATES ON "LAY-OUT"	10 SEC EACH LOOP
FAILURE TO RESET / RE-ATTACH CABLES	20 SEC EACH CABLE
"THROWING" CABLES IS NOT PERMITTED	**INSTANT DQ**
ANY DAMAGE TO CABLES	**INSTANT DQ**

APPLICABLE **CTE** STANDARD APPLICATION

1.5: IDENTIFY PREVIOUS AND CONTEMPORY PRODUCTION TECHNIQUES

8.1: EMPLOY APPROPRIATE SAFETY PROTOCOLS, INCLUDING ELECTRICAL, RIGGING, ETC.

8.3: MAINTAIN AUDIO EQUIPMENT

10.1: PRACTIVE STAGE SAFETY PROTOCOLS, INCLUDING ERGONOMICS

10.4 ESTABLISH AND PRACTIVE PROPER BACKSTAGE DECORUM