



## SOUND CABLE COILING

### 4-person TEAM event

Each TEAM gets 2 tries

The entire team stands in the “starting box” (behind the Starting Line)

The sound cables are connected together in a straight line in front of the “starting box” (Starting Line) out to 100’.

At the **START TIMING** signal from the timer, the first team member goes to the 25’ mark, unplugs the sound cable and coils it as they return to the table. First team member places coiled cable into the wooden frame. **The coil must fit completely inside the wooden frame before team member can re-enter the “starting box” (crosses the Starting Line)**

When the first team member re-enters the “starting box” (crosses the starting line), the second team member goes to the next mark (50’), unplugs the cable and coils as they return to table and places the cable in the wooden frame.

When the second team member re-enters the “starting box” (crosses the starting line), the third team member goes to the next mark (75’), unplugs the cable and coils as they return to table and places the cable the wooden frame.

When the third team member re-enters the “starting box” (crosses the starting line), the fourth team member goes to the final mark (100’) and coils as they return to table and places the cable in the wooden frame.

As the fourth team member re-enters the “starting box” (crosses the starting line), the **TIMING STOPS**.

**ALL CABLES MUST FIT INSIDE THE WOODEN FRAME BEFORE THE TEAM MEMBER CAN RE-ENTER THE STARTING BOX (CROSSES THE STARTING LINE)**

#### Suggested Procedures:

1. Entire TEAM stands in “Starting Box”.
2. Timer says START and begins the stopwatch.
3. First team member goes to first connection point
4. Team member picks up the MALE end of the cable, disconnects the cable and begins coiling in an over/under method as they QUICKLY return to the table.  
NOTE: Size matters!- Be aware of the size of the coil as you proceed.
5. Place coiled cable COMPLETELY into the wooden frame on the table.
6. When the cable is inside the wooden frame and the first team member re-enters the “Starting Box” (crosses the starting line) the second team member can go to the next connection.
7. Repeat process until all 4 cables have been completed.
8. Last team member gets back into the “Starting Box” (crosses starting line).and TIME STOPS.
9. Timer checks cables and writes down time.
10. Team replaces cable on spike marks, MALE connector **away** from “Starting Box”.
11. Timer assesses penalties, if needed.

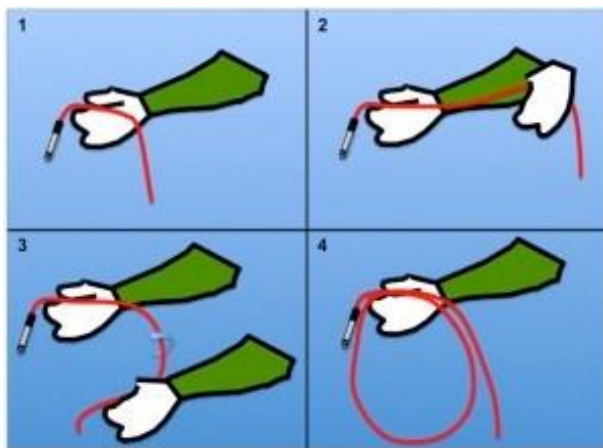
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Coiling sound cable correctly insures the cable stays untwisted and in good working order. All sound cable should be coiled in an over/under or twist/ untwist method (There are many different names for the techniques, as long as the cable is coiled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

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/rope 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.

Search YOUTUBE for Sound Cable Coiling / Over/Under Coiling...

#### 3 Examples of Cable Coiling Videos:

<http://www.youtube.com/watch?v=6duVvwdd5F0>

<http://www.youtube.com/watch?v=0yPcJD7RVuY>

<http://www.youtube.com/watch?v=rIGdPgWDaAo>

Links will not work, it's a pdf.



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### PENALTIES:

<b>INCORRECT COILING – NOT over/under</b>	<b>2 MINUTES</b>
<b>CABLE DOES NOT FIT IN ASIGNED AREA/BOX</b>	<b>NO RE-ENTRY INTO “STARTING BOX” (Cross starting line)</b>
<b>TEAM MEMBER LEAVES “STARTING BOX” (CROSSES START LINE) BEFORE PREVIOUS TEAM MEMBER ENTERS</b>	<b>TEAM MEMBER MUST GO BACK TO STARTING BOX (Cross starting line) AND BEGIN AGAIN.</b>
LOOP NOT LAYING DOWN FLAT IN ASSIGNED BOX	15 SEC EACH LOOP
FIGURE 8 IN COIL	10 SEC EACH FIGURE 8
KNOTS CREATED ON “RESET”	10 SEC EACH KNOT
FAILURE TO RESET / RE-ATTACH CABLES IN ORDER	2 MINUTES
<b>“THROWING” CABLES IS NOT PERMITTED</b>	<b>INSTANT DQ</b>

### 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: PRACTICE STAGE SAFETY PROTOCOLS, INCLUDING ERGONOMICS
- 10.4 ESTABLISH AND PRACTICE PROPER BACKSTAGE DECORUM