

# Core Principles for Spey Casting

1. **REMOVE SLACK:** All slack should be removed from system. Slack is the enemy.
2. **START:** Start with rod tip low to the water and the line tight (helps remove slack and increases rod loading).
3. **LIFT:** Lift line and fly clear of the surface.
4. **ANCHOR POINT:** After lift, land fly at a point that is about 45 degrees from center of body on casting side about 1 rod length away. This is the ANCHOR.
5. **BACK LOOP:** The back loop should be 180 degrees to the target. (in line with target) and under tension.
6. **FORWARD CAST:** The rod tip should pass over or as close to the anchor point as possible. The rod should pass between the caster and the anchor point.
7. **TRAJECTORY:** The fly line and fly should travel away from the rod tip toward the target at about 45 - 60 degrees.
8. **STANCE:** Always point your feet at the target.

## Some terms:

**Road loading** – The bending of the rod when force is applied. Rod loading creates potential energy that will be released to form either the back loop and/or the forward cast.

**Rod unloading** - The release of stored energy from the rod to direct the line in the desired direction or purpose (for a back loop, or release fly toward the target).

**Rod Tip Path.** The path the rod tip takes to direct the momentum of the fly line. For example: For small efficient loops, the rod tip should travel in a virtually straight line.

## Definition: Spey Cast

The casting of a fly toward a target after a change of direction, and when the fly line passes beneath the rod tip.

For example: Picking the fly up that has gone downstream, and casting it out again toward river center.

**Roll Casts and Switch Casts:** Although the casts will involve the line passing beneath the rod tip, they are not spey casts as they do not typically involve a change of direction as part of the cast.