correctly, Drag shouldn't cause a tailing loop. Dr. Gary Eaton, DO, IFFF MCI says, "It's OK to be a drag, but it's not OK to be a creep."

The fourth cause of a tailing loop is slowing the stroke prematurely. It will cause the rod to straighten prematurely and unload. When it straightens, the tip rises and forms a concave path. Using a rod that is too stiff for a given line can contribute to the same affect. Fifth is a cast that violates the 180-degree rule with steep upward trajectories on both the back and forward casts, like a Steeple cast.

WIDE LOOP FAULT

I consider a wide loop to be a loop measuring greater than 4 feet between the fly leg and the rod leg. If a caster tries to cast a tight loop and the only result is a wide loop, there is a defect in the caster's mechanics, or equipment. There are three ways to cast a wide loop when making a forward and backcast. The first is to cast with a convex rod tip path on both casts by using too much rod arc, as illustrated above. Even prolonging a stop can cause a wide loop without a caster realizing it. The most common cause is flexing the wrist too much. When someone first starts casting, they should not use their wrist to cast until they can cast a good loop and then learn to incorporate wrist rotation for more speed and distance. When someone adds wrist flexion, they must use the same rod arc as before. Otherwise, the arc and resulting loop will become larger. When you advance and need more line speed, adding wrist movement is imperative.

The second way a caster casts a wide loop is to use too much rod arc on one of the casts; either the backcast or forward cast. For example, a good forward cast is made, but the caster drops the wrist on the backcast and makes a wide loop. If the 180-degree principle is followed, the loop shape should be correct, but if the backcast is directed too low and with too much force, the loop will form an "L" shape instead of a "J." The counterflex of the rod is directing the rod leg downward and the fly leg upward. I believe IFFF MCI Ed Jaworowski was the first one to document this. He did so in his book, *Troubleshooting the Cast* (Stackpole, 1999).

A J-shaped loop is preferable because the L-shaped loop lacks good turnover to be effective, and a backcast with an L usually violates the 180-degree principle.