

Rollover Casts – How, When, and Where

How – See Casts 1 & 2.

When – Anytime especially when sidearm casts are useful or needed. When drift boat fishing with two people, one can use the onside cast while the other uses the offside cast. This keeps the lines away from the rower. These casts tend to lay the lines out straight which is useful when casting to the banks. Weighted flies rollover nicely without kicking for both fresh and saltwater flies.

Canoe fishing is mostly done from the sitting fishing. Rollover casts are done with upper body rotation, which does not destabilize the canoe as much as the rocking motion of overhead casts, especially for the longer casts. Using both casts give better coverage of the water.

If there is wind these casts can be made to lay the line quickly on the water as is done with the Mulson Wind Cast.

Where – Fishing small brushy streams where sidearm casts are the most useful. Casts 1 and 2 allow the fisherman/women the ability to cast in either direction from the side of the stream as needed. Regular sidearm casts can easily kick to one side of the cast and put the fly in the bushes. The rollover casts lay out straight, eliminating this problem.

In brushy stream the wind is often channeled up or down the stream. With the light lines used in these conditions, it does not take much wind to cause accuracy problems. Laying the bottom line on the water solves this problem.

A nice puddle cast can be made by aiming the cast up, which easy to do with sidearm cast. The line straightens and the fly slides back along the path of the line as it falls.

Rollover casts pieces

Stance: The feet are oriented at 45%. This allows for an easy 90% rotation of the upper body.

Grip: Extended grip with the last two fingers coiled around the grip such that the grip is now under the heel of the hand.

The cast is like a gun it needs to be loaded before it can be fired. The first quarter turn of the shoulders and folding of the arm straightens the line and bends the rod. The rod and the arm are now in a loaded position ready to be fired. This should be done in a deliberate and unhurried manner. The power in the cast is generated by the arm extension with forearm rotation in cast 2. In cast 1 the unhinging of the wrist and closing the last two fingers add more power making this a much stronger cast.

Note: the loop in cast 1 has a small curvature on the bottom and is somewhat open on the top. The bottom line seems to be under tension with the top line rotating over it. This seems to be why it has a strong tendency to lay out and why weighted flies do not kick, but lay out instead.

For the top line run on top of the bottom line, the rod needs to be held up at angle somewhere near 30% by keeping the wrist cocked and thus the reel at that angle from the wrist. If it is not the line runs off to the side. Also the torque and the load on the rod during the rotation is somewhat less and leads to weak cast