

# UNITED SCOTTISH ATHLETIC DIRECTORS

## Rule Book



3rd Edition, 2008

# UNITED SCOTTISH ATHLETICS DIRECTORS ORGANIZATION 2008-2009

The United Scottish Athletics Directors (USAD) is an organization of Scottish Highland Game's Athletics Directors. The primary goal of the USAD is to improving judging of the heavy events at our members' games through this rule book that all members agree to abide by as well as judge's education and clinics.

A secondary but equally important goal is to help build each individual Highland Game through mutual support including cross promoting, advertising, and sharing of ideas on the many varied challenges facing athletic directors (recruiting throwers, soliciting sponsors, marketing, equipment needs, field setup, dealing with committees).

There is no hierarchal structure of USAD, each member shares in the discussion and decision making. We have found that through this cooperative effort, new ideas and visions of the games are born.

All members of the USAD must be Athletic Directors of Scottish Highland Games, operated by a Highland Games Board of Directors with elected officials. A Game's board may or may not be a not for profit group which contains elected officials; a Saint Andrews Society, etc. These rules can be used by any and all whom so desire.

The rules contained in this book will remain intact until the next annual meeting. USAD will endeavor to hold annual meetings, TBA each year, of Athletic Directors who chose to involve their Highland Game in this organization and adopt these rules. If any Athlete, Judge or Athletic Director sees a change is needed and would like it addressed at the next year's meeting they should communicate their findings to a current member of the USAD.

### Current Members of USAD are:

Athletic Director(s)	Festival	State
Kevin & Lori Henderson	Kansas City Scottish Highland Games	Missouri
Scott & Ann Runnels	Saint Louis Scottish Games and Cultural Festival	Missouri
Dave Glasgow Larry & Terri Ventress.	McPherson Scottish Festival & Highland Games	Kansas
Merl Lawless John Moore	Springfield Highland Games and Celtic Festival (a.k.a. Ancient Athletics)	Illinois
Chuck & Vicki Teas Mark McVey	Quad Cities Highland Games and Celtic Festival	Iowa
Ed Cosner	San Antonio Highland Games and Celtic Music Festival	Texas
Jonathon Irvin	Scottish Heritage Festival and Highland Games (Oklahoma City)	Oklahoma
Frank Lamb	Oklahoma Scottish Festival (Tulsa)	Oklahoma

## THE BRAEMAR STONE

### **Implement Specifications:**

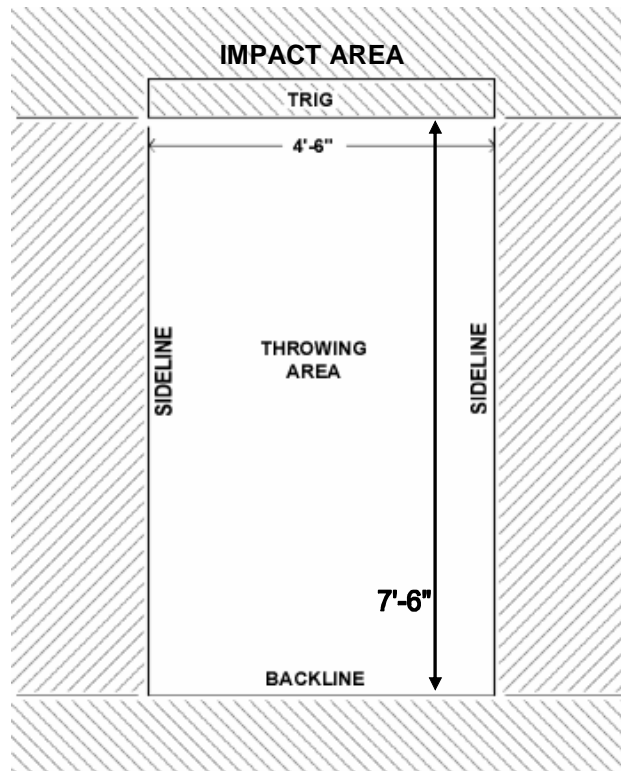
(There is no standard size or weight of the stone. However, the following guidelines are suggested.)




Men	22 to 28 pound stone*
Women	12 to 18 pound stone*

### **Field Layout:**

The standard field layout for the Braemar Stone shall consist of a Trig\* (6''X6''X4'6'') and a rectangular throwing area measuring (4'6'' wide X 7'6'' long).

*Figure 1*



	No part of the competitor will touch at any time.
	One of the competitor's feet may touch as long as the other foot is completely within the throwing area
	Any part of competitor may touch as long as he is under control.

A back-line will be drawn so that the outside edge is 7'6'' from and parallel to the side of the trig facing the throwing area.

Sidelines will be drawn perpendicular to the trig from the trig to the backline, even with the edges of the trig so that the measurement between the outside edges of the sidelines is 4'6''.

Both the backline and sidelines are considered to be in the 'fair' part of the throwing area.

### Specific Rules:

1. The Braemar Stone is **PUT** from a standing position with one hand. The athlete is not allowed to make an approach toward the trig. A **PUT** requires the stone to remain against the neck or shoulder throughout the throw until the release. At no time during the **PUT** may the stone be brought behind the line of the shoulders or brought below the shoulders.
2. No forward movement of the foot closest (front foot) to the trig is allowed. The front foot can be raised as long as there is no forward movement toward the trig. Forward motion does not preclude pivoting of the front foot or sidewise movement. Movement of the back foot is allowed. Reversing the feet upon the release is allowed.
3. Each competitor will be allowed three throws in the competition, the farthest of which will count for that event.
4. The competitor will complete the throw under control as decided by the judge or the throw will be ruled a foul.
5. With approval of the judge, a competitor may stop during a throw (including setting the weight on the ground) and re-start the throw as long as no foul has occurred. The competitor may even leave the throwing area before re-starting if allowed by the judge.
6. Each throw will be measured from center of the back side of the trig; to nearest mark in the ground made by the implement. Any throw made purposefully to the side to take advantage of this measuring system will be considered unsportsmanlike conduct and **may** be scratched without warning by the Judge.
7. Ties will not be broken. They will remain tied and the points will be split between all competitors involved. (See Scoring Section)
8. At the conclusion of the event, the winner may be given three additional attempts to set new records. The competitor may use all, some, or none of these extra attempts. The best legal throw shall be recorded as a new record if the old one has been broken. Throws for record will not be counted as part of the competition.

## **THE OPEN STONE**

### **Implement Specifications:**

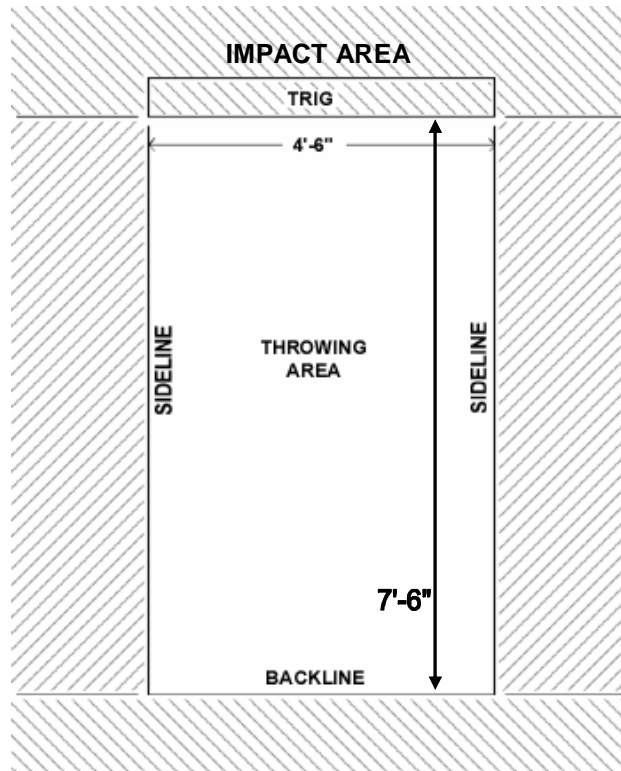
(There is no standard size or weight of the stone. However, the following guidelines are suggested.)




Men	16 to 20 pound stone*
Women	8 to 12 pound stone*

### **Field Layout:**

The standard field layout for the Open Stone shall consist of a Trig\* (6''X6''X4'6'') and a throwing area measuring (4'6'' wide X 7'6'' long).

*Figure 1*



-  No part of the competitor will touch at any time.
-  One of the competitor's feet may touch as long as the other foot is completely within the throwing area
-  Any part of competitor may touch as long as he is under control.

A back-line will be drawn so that the outside edge is 7'6" from and parallel to the side of the trig facing the throwing area.

Sidelines will be drawn perpendicular to the trig from the trig to the backline, even with the edges of the trig so that the measurement between the outside edges of the sidelines is 4'6".

Both the backline and sidelines are considered to be in the 'fair' part of the throwing area.

### Specific Rules:

1. In the Open Stone any style of approach may be used by the competitor, as long as it is deemed safe by the judge.
2. The stone must be PUT from the shoulder with one hand only. A PUT requires the stone to remain against the neck or shoulder throughout the throw until the release. At no time during the PUT may the stone be brought behind the line of the shoulders or brought below the shoulders.
3. A competitor may start with one foot outside of the sidelines and can end with one foot outside of the sidelines. One of the competitor's feet must always remain in the throwing area either on the ground or in the space above the throwing area through out the throw. A throw will be a foul if the competitor touches the ground as defined in Figure 1 or any surface of the trig other than the edge facing the throwing area. It is a foul if two consecutive foot falls contact the ground beyond the sidelines.
4. The competitor will complete the throw under control as decided by the judge or the throw will be ruled a foul.
5. With approval of the judge, a competitor may stop during a throw and re-start (including setting the weight on the ground) the throw as long as no foul has occurred. The competitor may even leave the throwing area before re-starting if allowed by the judge.
6. Each competitor will be allowed three throws in the competition, the farthest of which will count for that event.
7. Each throw will be measured from center of the back side of the trig to nearest mark in the ground made by the implement. Any throw made purposefully to the side to take advantage of this measuring system will be considered unsportsmanlike conduct and **may** be scratched without warning by the Judge.
8. Ties will not be broken. They will remain tied and the points will be split between all competitors involved. (See Scoring Section)
9. At the conclusion of the event, the winner may be given three additional attempts to set new records. The competitor may use all, some, or none of these extra attempts. The best legal throw shall be recorded as a new record if the old one has been broken. Throws for record will not be counted as part of the competition.

## THE WEIGHTS FOR DISTANCE

### **Implement Specifications:**

1. The Official length of the implement is its total length, including the weight, handle, chain and any attaching devices. All weights shall be 18" or less in total length.
2. The weight shall be made of metal\* and shall consist of a spherical, box, or conical shape
3. The handle may be of triangle, ring, or "D" design.
4. The Official weight of the implement is its total weight, including the handle, chain and any attaching devices and shall not be less than the weight listed for the appropriate class.

#### Light Weight For Distance

Men's (All)	28 pounds
Women's (All)	14 pounds

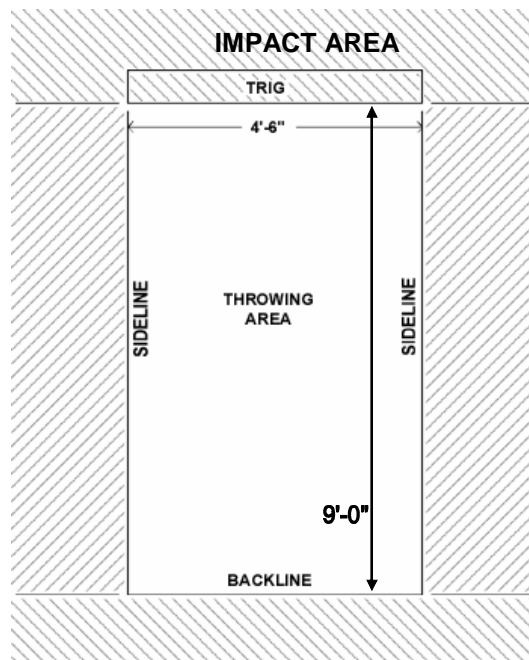
#### Heavy Weight For Distance




Men's Pro, A, B, & C	56 pounds
Men's Masters & Lightweight	42 pounds
Women's (All)	28 pounds

### **Field Layout:**

The standard field layout for the Weights for Distance shall consist of a Trig\* (6" X 6" X 4'6") and a rectangular throwing area measuring (4'6" wide X 9'0" long).

*Figure 1*



-  No part of the competitor will touch at any time.
-  One of the competitor's feet may touch as long as the other foot is completely within the throwing area
-  Any part of competitor may touch as long as he is under control.

A back-line will be drawn so that the outside edge is 9'0" from and parallel to the side of the trig facing the throwing area.

Sidelines will be drawn perpendicular to the trig from the trig to the backline, even with the edges of the trig so that the measurement between the outside edges of the sidelines is 4'6".

Both the backline and sidelines are considered to be in the 'fair' part of the throwing area.

### **Specific Rules:**

1. In the Weights for Distance competition any throwing style may be used as long as it is deemed safe by the judge.
2. The competitor may use either hand to throw the weight, but only one hand may be used.
3. A competitor may start with one foot outside of the sidelines and can end with one foot outside of the sidelines. One of the competitor's feet must always remain in the throwing area either on the ground or in the space above the throwing area through out the throw. A throw will be a foul if the competitor touches the ground as defined in Figure 1 or any surface of the trig other than the edge facing the throwing area. It is a foul if two consecutive foot falls contact the ground beyond the sidelines.
4. Each competitor will be allowed three throws in the competition, the farthest of which will count for that event.
5. The competitor will complete the throw under control as decided by the judge or the throw will be ruled a foul.
6. With approval of the judge, a competitor may stop during a throw and re-start (this includes setting the weight on the ground) the throw as long as no foul has occurred. The competitor may even leave the throwing area before re-starting if allowed by the judge.
7. Each throw will be measured from center of the back side of the trig to nearest mark in the ground made by the implement, not the handle. Any throw made purposefully to the side to take advantage of this measuring system will be considered unsportsmanlike conduct and may be scratched without warning by the Judge.
8. Ties will not be broken. They will remain tied and the points will be split between all competitors involved. (See Scoring Section)
9. At the conclusion of the event, the winner may be given three additional attempts to set new records. The competitor may use all, some, or none of these extra attempts. The best legal throw shall be recorded as a new record if the old one has been broken. Throws for record will not be counted as part of the competition.

## **THE WEIGHT FOR HEIGHT**

### **Implement Specifications:**

1. The Official length of the implement is its total length, including the weight, handle and any attaching devices. All weights shall be 15” or less in total length.
2. The weight shall be made of metal\* and shall consist of a spherical, box, or conical shape.
3. The handle may be of triangle, ring, or “D” design. The handle can either be attached directly to the weight or attached with no more than one link or shackle.
4. The Official weight of the implement is its total weight, including the weight, handle and any attaching devices. The Official weight shall not be less than the weight listed for the appropriate class.

Men’s Pro, A, B, & C	56 pounds
Men’s Masters & Lightweight	42 pounds
Women’s (all)	28 pounds

### **Field Layout:**

1. The recommended field layout for the Weight for Height shall consist of a set of standards similar to those used for pole vaulting. The standards may use a fixed position cross bar that is suspended at both ends by pulleys and ropes or a knock off bar in which the cross bar rests on pegs attached to the standards.
2. The uprights should be a minimum of 20’ high, or high enough to accommodate the athlete’s ability.
3. The distance between the uprights shall not be less than 8’ nor more than 13’.
4. The crossbar should be made of a material that will have the least amount of sag possible.

### **Specific Rules:**

1. In the Weight for Height event any style may be used to toss the weight as long as it is deemed safe by the judge and the rules are followed. Specific field rules may not allow the spinning technique to be used.
2. The competitor may use either hand to toss the weight, but only one hand may be used per attempt.
3. The implement must go over the crossbar within the inside of the uprights. Baring safety concerns, it can be thrown from either side of the cross bar.
4. The implement may touch the crossbar as it goes over. In the case of a knock off bar the attempt is good whether it hits the bar or not provided the bar is not knocked of the pegs.

5. Each competitor will be allowed three attempts to clear each height.
6. A competitor is eliminated from competition when they have missed three attempts at one height.
7. A competitor may enter the event at any height they wish during the competition. Once a competitor has entered the competition, they must remain in the competition until they are eliminated.
8. If a competitor has passed a height it is not considered a miss or a make and will not count for or against the competitor.
9. With approval of the judge, the competitor may stop during a throw (including setting the weight on the ground) and re-start the throw as long as no foul has occurred. The competitor may even leave the throwing area before re-starting if allowed by the judge.
10. All measurements will be made from the ground to the top of the crossbar at its lowest point.
11. The competitors and the judge will agree upon the starting height; with the judge having the final decision.
12. The bar will be raised by 1' (one foot) increments until 3 competitors are remaining. Then the bar will be raised by an amount requested by the competitors and agreed to by the judge, but the minimum must be at least 3" (three inches).
13. Ties will be broken by comparing the number of misses at the last height cleared. The competitor with the least amount of misses at that height will place highest. If the number of misses are equal, the next highest height is then compared and the competitor with the least amount of misses at that height will place highest. If other ties occur, then this process is repeated for each previous height until all places are determined. In the event of a dead tie, the points for the places shall be added together and then divided evenly among the tied competitors.
14. Competition will continue until all athletes have missed three attempts at a height. When all have failed except one, that competitor may continue until having had three misses at a selected height. Any record must be achieved within that competition. No additional attempts for record will be allowed.

## **THE SHEAF TOSS**

### **Implement Specifications:**

#### **Sheaf\*:**

1. The Sheaf shall be a burlap bag filled with baling twine, rope, or hay. Baling twine is the preferred material.
2. The Sheaf shall not measure more than 24" long, 18" wide, or 12" high.
3. The Official weight of the Sheaf shall not be less than the weight listed for the appropriate class.

Men's Pro, A, B, & C	20 pounds
Men's Masters & Lightweight	16 pounds
Women's (All)	10 pounds

#### **Pitch Fork\*:**

1. The Pitch Fork used in the Sheaf Toss must be a commercially produced pitch fork.
2. The Pitch Fork can either have two or three tines.
3. The Pitch Fork handle shall have a nominal length of 5' or less.
4. The Pitch Fork may be modified to the extent of removing tines, reshaping the tines, shortening the handle. Modifications such as welding additional handles, etc. are not allowed.

#### **Field Layout:**

1. The recommended field layout for the Sheaf Toss shall consist of a set of standards similar to those used for pole vaulting. The standards may use a fixed position cross bar that is suspended at both ends by pulleys and ropes, or a knock off bar in which the cross bar rests on pegs attached to the standards.
2. The uprights should be 36' high, or high enough to accommodate the athlete's ability.
3. The distance between the uprights shall not be less than 10' nor more than 13'. The crossbar should be made of a material that will have the least amount of sag possible.

#### **Specific Rules:**

1. The toss must be made using a pitchfork.
2. Any throwing style may be used to toss the sheaf as long as it is deemed safe by the judge and the rules are followed. Specific field rules may not allow the spinning technique to be used.
3. Competitors may bring their own pitchforks that any competitor may use in the competition.

4. The sheaf must go over the crossbar within the inside of the uprights.
5. The sheaf may touch the crossbar as it goes over. In the case of a knock off bar the attempt is good whether it hits the bar or not provided the bar is not knocked off the pins.
6. Each competitor will be allowed three attempts to clear each height.
7. A competitor is eliminated from competition when they have missed three attempts at one height.
8. A competitor may enter the event at any height they wish during the competition. Once a competitor has entered the competition, they must remain in the competition until eliminated.
9. If a competitor has passed a height it is not considered a miss or a make and will not count for or against the competitor.
10. With approval of the judge, the competitor may stop during the throw (this includes setting the sheaf on the ground) and re-start the throw as long as no foul has occurred. The competitor may even leave the throwing area before re-starting if allowed by the judge.
11. All measurements will be made from the ground to the top of the crossbar at its lowest point.
12. The competitors and the judge will agree upon the starting height; with the judge having the final decision.
13. The bar should be raised by 2' (two foot) increments until 3 of the competitors are remaining and then raised by an amount requested by the competitors and agreed to by the judge, but the minimum must be at least 3".
14. Ties will be broken by comparing the number of misses at the last height cleared. The competitor with the least amount of misses at that height will place highest. If the number of misses are equal, the next highest height is then compared and the competitor with the least amount of misses at that height will place highest. If other ties occur, then this process is repeated for each previous height until all places are determined. In the event of a dead tie, the points for the places shall be added together and then divided evenly among the tied competitors.
15. Competition will continue until all athletes have missed three attempts at a height. When all have failed except one, that competitor may continue until having had three misses at a selected height. Any record must be achieved within that competition. No additional attempts for record will be allowed.

# THE HAMMERS

## Implement Specifications:

1. The Official length of the implement is its total length, including the hammer head and the handle. All hammers shall be 50" or less in length.
2. The hammer head shall be made of metal\* and shall consist of a spherical shape.
3. The handle shall be made of wood, rattan, or plastic.
4. The Official weight of the implement is its total weight, including the hammer head and the handle. The Official weight shall not be less than the weight listed for the appropriate class.

### Light Hammer

Men's (All) 16 pounds

Women's (All) 12 pounds

### Heavy Hammer

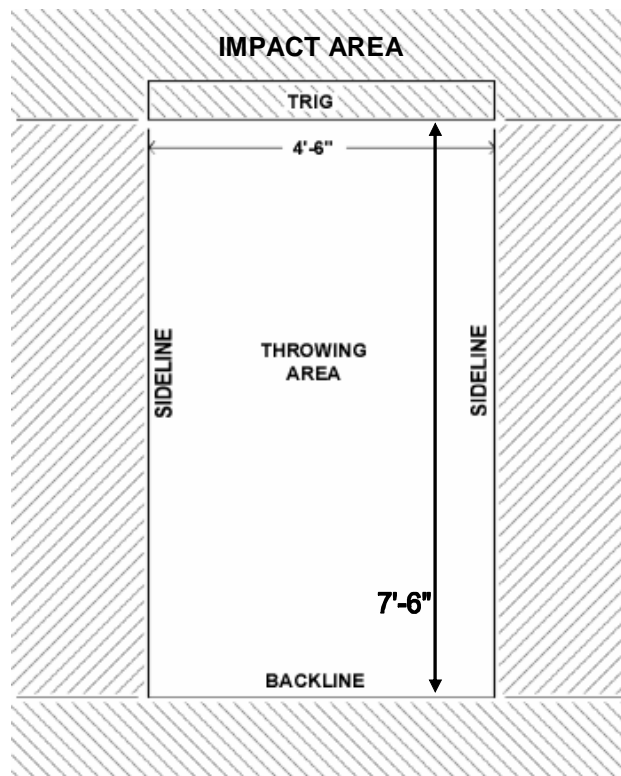
Men's (All) 22 pounds

Women's (All) 16 pounds

## Field Layout:

The standard field layout for the Hammers shall consist of a Trig\* (6" X 6" X 4'6") and a rectangular throwing area measuring (4'6" wide X 7'6" long).

*Figure 1*



No part of the competitor will touch at any time.



One of the competitor's feet may touch as long as the other foot is completely within the throwing area



Any part of competitor may touch as long as he is under control.

A back-line will be drawn so that the outside edge is 7'6" from and parallel to the side of the trig facing the throwing area.

Sidelines will be drawn perpendicular to the trig from the trig to the backline, even with the edges of the trig so that the measurement between the outside edges of the sidelines is 4'6".

Both the backline and sidelines are considered to be in the 'fair' part of the throwing area.

### **Specific Rules:**

1. The hammer will be thrown with the feet in a fixed position and the thrower facing away from the trig and the impact area.
2. There is no approach allowed in the hammer throw.
3. The competitor may move his feet upon the release of the hammer.
4. Olympic Hammer Gloves shall not be allowed. Use of protective gloves is allowed but no wraps to assist the throw will be allowed.
5. A competitor may start with one foot outside of the sidelines and can end with one foot outside of the sidelines. One of the competitor's feet must always remain in the throwing area either on the ground or in the space above the throwing area through out the throw. A throw will be a foul if the competitor touches the ground as defined in Figure 1 or any surface of the trig other than the edge facing the throwing area.
6. The competitor in the starting position, prior to the preliminary swing, is permitted to rest the head of the hammer on the ground on either side of the trig, or on the trig board itself.
7. It shall be considered a fair throw if the ground is brushed with the hammer head while being swung, as long as the contact with the ground is not great enough to completely stop the motion of the hammer being swung. If the motion of the hammer is completely stopped by contact with the ground, the attempt is considered a foul.
8. Each competitor will be allowed three throws in the competition, the farthest of which will count for that event.
9. The competitor will complete the throw under control as decided by the judge or the throw will be ruled a foul.
10. With approval of the judge, a competitor may stop during a throw (this includes setting the hammer on the ground) and re-start the throw as long as no foul has occurred. The competitor may even leave the throwing area before re-starting if allowed by the judge.
11. Each throw will be measured from center of the back side of the trig to nearest mark in the ground made by the implement. Any throw made purposefully to the side to take advantage of this measuring system will be considered unsportsmanlike conduct and may be scratched without warning by the Judge
12. Ties will not be broken. They will remain tied and the points will be split between all competitors involved. (See Scoring Section)
13. At the conclusion of the event, the winner may be given three additional attempts to set new records. The competitor may use all, some, or none of these extra attempts. The best legal throw shall be recorded as a new record if the old one has been broken. Throws for record will not be counted as part of the competition.

## **THE CABER TOSS**

### **Implement Specifications:**

There are no size or weight standards for the Caber\*.

The caber is to be made only of wood.

The following chart is provided as a guide for selecting Cabers.

	Division				
	Pro	A	B	C/M/190	Women
<b>Min Length</b>	17'	16'	15'	14'	12'
<b>Max Length</b>	22'	21'	20'	19'	17'
<b>Min Weight</b>	105	90	75	60	30
<b>Max Weight</b>	155	140	125	110	80
<b>Min w/l ratio</b>	5.0	4.5	4.0	3.5	2.5
<b>Max w/l ratio</b>	8.0	7.5	7.0	6.5	5.5
<b>Min Rating</b>	600	500	400	300	200
<b>Max Rating</b>	1200	1000	800	700	400

### **Field Layout:**

The field should be of sufficient size to allow adequate room for the Caber event to be conducted safely.

**Dodge Line.** A Dodge line creates a safety zone between the audience and the competitors. A line approximately 20' away from the audience boundary is drawn with flags, paint, etc. If a competitor tosses the large end of Caber into this safety zone the attempt is declared a foul.

### **Specific Rules:**

The Caber competition will entail the tossing of one or more Cabers, the number to be determined by the Athletic Director and Judge. There is no standard size or weight of caber, but the first caber should be of a length and weight such that at least half the competitors can turn it. Following Cabers should be of sufficient size increase that its point value cannot be surpassed by the first Caber.

All Cabers tossed will be scored in order to assure correct placing within the class. Cabers that are turned will be scored on the face of a clock; those not turned will be score by degree in respect to 90 degrees vertical.

Only those competitors that turn the first Caber will advance to the next Caber if more then one are used in the competition.

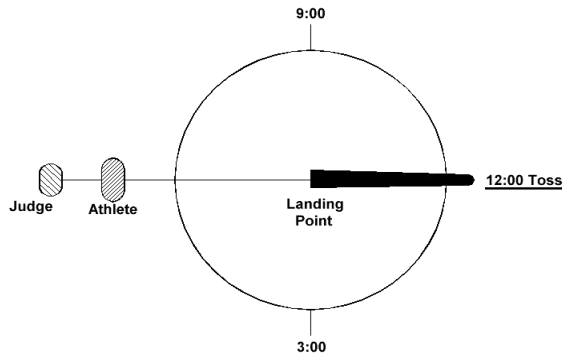
The caber shall be placed upright for the competitor, with the heavy end on top. The attempt begins when the competitor takes control of the caber. If the competitor drops the small end of the caber back to the ground after having picked it up, this shall count as one attempt.

The competitor may take any length of run they wish and may toss the caber from where they choose, as long as it is within the judge's boundaries.

It is recommended that a back judge and a side judge be used.

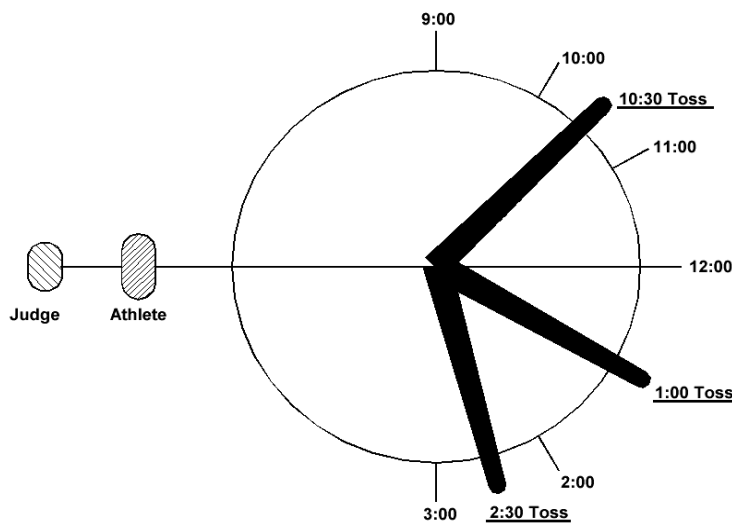
The caber must pass through the vertical position (90 degrees from the ground) in order to count as a turned caber. It is up to either judge to determine if the caber has passed through the vertical position. The "clock face method" of judging shall be used. The caber in a perfect toss will pass

through the vertical position and land with the small end pointing directly at 12 o'clock away from the competitor in an imaginary straight line extending from the competitor through the initial landing point. An overhead view is drawn in Figure 2 below to demonstrate a 12 o'clock toss.



*Figure 2*

A valid throw is when the small end of the caber passes through the vertical position and falls away from the competitor to land within the 180 degree radius between 9 o'clock and 3 o'clock. An overhead view is drawn below in Figure 3 to demonstrate some turned cabers and how to score them.



*Figure 3*

The caber shall be judged on its landing position, not the position to which it may bounce or roll. If the caber is not turned by the competitor, then it is the responsibility of the side judge to determine the angle at which the caber was tossed with respect to the 90 degree vertical. The side judge should be perpendicular to the competitor's direction of run in order to make an accurate call. A drawing of a view from the side judge's position is shown below in Figure 4.

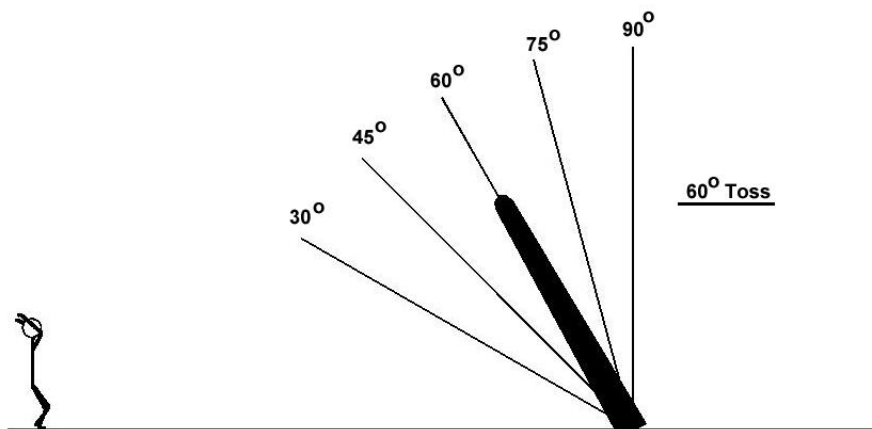


Figure 4

Each competitor is allowed three attempts per caber, all of which will be scored and the best of these to be used to determine placing. The order of placing shall be determined by the nearest to 12 o'clock toss made by a competitor. If the competitor did not turn the caber, then placing shall be determined by the toss closest to the 90 degree vertical.

A competition shall be won on a turned Caber. After each competitor has made three attempts to turn a caber and no one turns it the competition will be scored on the caber that was turned.

Ties are broken by comparing the next best attempt for each competitor involved in the tie. The competitor with the next best score places highest. If other ties occur, this process is repeated for all previous attempts.

### Calculating the Point Value of A Caber:

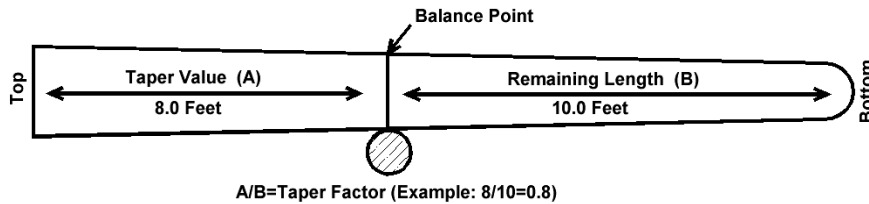
Women's Caber – Weight x Height x Taper Factor = women's caber value

Men's Caber – Weight x Height x Taper Factor x 0.55 = men's caber value

**Taper Factor** = taper value / remaining length

**Taper value** = measurement from top of Caber to balance point.

**Remaining Length** = total length of Caber minus Taper Value



**Example Caber:** weight =70 lbs. length=18' taper value=8.0 remainder=10.0

$$70 \times 18 \times 0.80 = 1008 \text{ (x 0.55)} = 554.4 \text{ total points}$$

### Decathlon Scoring the Caber:

For every minute of a turned Caber before or past 12:00 is 0.6 point (a score of 12:10 would be a deduction of 6 points from the total point value of the caber) max points deducted for 3 hours would be 108. If the Caber does not turn and a score in degrees is awarded, use the following formula:

$$(\text{Caber value} - 108) * (\text{degrees} / 100)$$

## **CLASSES/DIVISIONS**

Professional	Receives cash prizes
A	Amateur (Top Level)
B	Amateur (Intermediate)
C	Amateur (Novice)
D/Novice	Amateur (Novice, No Experience)
Womens	This division may also be broken down into A, B, C, and Masters.
Lightweight	To qualify, the thrower must weigh under 190 pounds.  In order to host a Lightweight Division class the athletes' must be weighed-in by the judge or AD prior to the beginning of the competition. If there is no weigh-in, no throws are eligible for records.
Masters	To qualify for the Masters Division, a thrower must be age 40 or over. Local games rules may use a higher qualification age.
Masters Lightweight	To qualify, the thrower must weigh under 200 pounds and be age 40 and over.  In order to host a Lightweight Division class the athlete's must be weighed-in by the judge or AD prior to the beginning of the competition. If there is no weigh-in, no throws are eligible for records.
Junior	Optional with each AD – This division may use women's weights.

## **GENERAL RULES:**

1. A Scottish Heavy Events competition is defined by at least 5 of the events listed in these rules. If only 5 events are used, they must be:

Caber  
Weight for Height  
Stone – either one  
Weight for Distance – heavy or light  
Hammer or Sheaf

2. After each completed event, the competitor who threw first is now placed last in the next event and everybody moves up one place. This is repeated after each and every event.
3. All competitors will wear a kilt, hose and flashes. At discretion of the AD this may be waived for novice or 'C' class and first time throwers.
4. In the interest of safety, the judge has the right to disqualify any competitor who, in the judge's opinion, does not have the ability to complete a throw without undue risk of injury to himself, other competitors, or spectators.

The judge also has the right to disqualify any competitor who displays poor sportsmanship or engages in inappropriate conduct.

5. A competitor must make at least one attempt in every event in order to place in an overall competition. At the discretion of the Athletic Director, if the competitor does not attempt to compete in all the events then they will not receive points or awards for the individual events or the overall competition.
6. The judge may apply a time limit to each throw if he feels it is necessary. If the competitor does not begin the throw within this time limit the attempt will be foul.
7. If an implement breaks during the throw or while in the air, it shall not count as a throw provided it was made in accordance with the rules. In the event that the competitor thereby loses balance and commits a foul, it shall not be charged.
8. When an implement is broken during a competition, a suitable and equal implement shall be substituted and the competition continued. If the judge does not feel that a suitable and equal implement has been substituted, then at the judge's discretion, the round in which the implement was broken shall be repeated with the distances originally recorded in that round disregarded.
9. Gloves may be worn. However, hammer gloves or any other gloves with straps that can aid in the competitors grip or somehow give the competitor an unfair advantage are not allowed.
10. The use of toe spikes for the hammer throw is allowed.
11. The use of weightlifting belts and supportive wraps is allowed.
12. Individual fingers and the thumb of the throwing hand maybe taped, but no fingers or thumb maybe taped together.
13. Any intentional misuse of these rules will be viewed as unsportsmanlike conduct and may result in a foul.

## GLOSSARY OF TERMS

### Trig

The trig is to be made of wood. The trig shall measure 4 feet 6 inches long, nominally 6" tall and at least nominally 6" wide. Every effort shall be made to secure the trig to the ground so that it will not move during the event if a competitor steps against it. Stakes should not be above the trig so as to not be a hazard to the competitor.

### Throwing Area

The area behind the trig which measures 4'6"X7'6" for the Open Stone, Braemar Stone, Hammer or 4'6"X9' for the Weight for Distances.

### Impact Area

The area in front of the trig in which implement thrown lands and is marked.

### Metal

Hammer heads, Weight for Distance and Height implements shall be made of a metal which could include but not be limited to lead, brass, or steel. If lead is used it is recommended that it be incased in steel. If a filling is used, it must be inserted in such a manner that it is immovable.

### Pitch Fork

A commercially produced 2 or 3 tine fork will be used that measures a nominal 5' or less. It may be modified to the extent of removing tines, reshaping the tines, or shortening the handle.

### Sheaf

A burlap bag filled with straw, hay, pine needles or rope. It will not measure more than 24" long, 18" wide or 12" high.

### Implement Weights and Lengths

Event	Professional & Amateur		Masters & Lightweights		Women	
	Std Wt.	Acceptable Range	Std Wt.	Acceptable Range	Std Wt.	Acceptable Range
Braemar	22	22-28	22	22-28	14	12-18
Open	16	16-20	16	16-20	9	8-12
HWFD	56	>= 56	42	>= 42	28	>= 28
LFWD	28	>= 28	28	>= 28	14	>= 14
Heavy Hammer	22	>= 22	22	>= 22	16	>= 16
Light Hammer	16	>= 16	16	>= 16	12	>= 12
Heavy Sheaf	20	>= 20	20	>= 20	12	>= 12
Light Sheaf	16	>= 16	16	>= 16	10	>= 10
WOB	56	>= 56	42	>= 42	28	>= 28

Std. = Standard or recommended weights

## **RESPONSIBILITY OF THE ATHLETIC DIRECTOR**

1. It is the responsibility of the Athletic Director to announce any local events rules in writing well in advance of the games. This announcement should be included on the games application and on the waiver form.
2. It is highly recommended that the Athletic Director verify that all implements are legal before the games. Additionally, the athletic director should have tools and hardware to make minor fixes to any broken implements.
3. When an American, North American, or World Record has been broken it is the responsibility of the Judge or Athletic Director to verify that record. The Record must be set within all rules for that event. The implement will be weighed on a certified scale and the weight will be equal to or more than the legal weight for that implement. In the case of the Weights for Distance, the Weight for Height, and the Hammer Throw, the overall length of the implement will be measured and the length will be equal to or less than the legal length of that implement.
4. American records must be set by a competitor with American citizenship and may be set anywhere in the world. Canadian records must be set a competitor with Canadian citizenship and may be set anywhere in the world. North American records must be set by a competitor with citizenship in North American and may be set anywhere in the world. Any competitor anywhere in the world may set world records.
5. Safety must be a paramount concern to all the organizers, judges, competitors, helpers, and spectators present at the competition. Precautions should be taken to protect these people. The throwing area should be roped off to keep spectators off the athletic field. There should be some type of cage or backstop for the hammer throw.
6. The order of events is recommended to be as follows: Stone Put(s), Weight Throw(s) for Distance, Hammer Throw(s), Caber Toss, Sheaf Toss and Weight for Height. If the competition is spread over two days, the events should be arranged so that there is equal heavy and light implements thrown on each day.
7. If the judge has a doubt about calling a foul on a competitor then no foul should be called.
8. Communicate to the judges, game specific judging rules such as
  - a. Truncating Rules. Rounding should never be used as this can award a distance longer then actually thrown.
  - b. Non standard Tie Breaking Rules
  - c. Methodology used for Passes on Height Events
9. Prize money will only be given to professional competitors. Prize money will be determined by awarding money according to placing. Amateur competitors shall not receive prize money for the events listed above. They may receive compensation for travel expenses and any other events competed in such as a Challenge Caber or Farmer's Walk.
10. Drug testing of any competitors is left to the discretion and capabilities of each Games being competed in. If a competitor is banned/suspended as a result of a drug test he will not be allowed to compete until the ban/suspension is over. Bans/suspensions from other sports will be enforced. Competitors banned/suspended from another sport will not be allowed to compete in a game.

## **RESPNSIBILITY OF THE ATHLETE**

1. Competitors banned/suspended from this or another sport will not be allowed to compete in a Games.
2. All athletes are responsible for treating their own injuries. If the athletic director or the judge feels that any injury will not allow a competitor to compete safely, the competitor will be asked to leave the field.
3. Sportsmanship is expected. This should not have to be stated: Inappropriate conduct towards judges, volunteers, scorers, and members of the audience will not be tolerated and may subject the competitor to disqualification.
4. Throwers must wear appropriate footwear.
5. If a thrower chooses to use tacky or chalk, it is advisable for the thrower to bring his/her own since the games may not provided these items. The competitor should be responsible for cleaning off any substance he/she has used for the next competitor.
6. If a thrower is unsure of a rule pertaining to his/her style, the judge should be consulted prior to attempt.
7. This sport is inherently dangerous and it is every athlete's responsibility to obey the rules and heed the judge's rulings.

## **SCORING**

1. The one point scoring system will be used in all USDA Highland Games. In this system a competitor receives points depending on placing in each contested event, one point for a first place finish, two points for second place, and so on. The competitor with the fewest accumulated points after all of the events have been contested is the overall games winner of that class.

<b>Place</b>	<b>Points</b>
1	1
2	2
3	3
4	4
5	5
6	6

2. Each throw will be measured from center of the back side of the trig; regardless of where plant foot ends, to nearest mark in the ground made by the implement. Suggest trig be marked for easy sight. The measurement will be recorded in feet and inches to the smallest  $\frac{1}{4}$ ".
3. In the event of a tie, the points for those places will be added together and divided evenly among the tied competitors. In the event of a tie and there is a limited number of medals the tie will be broken by comparing the next farthest throw for each competitor involved in the tie. The competitor with the farthest of these throws will be awarded the medal highest.