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The Official Rules Governing Scottish Highland Athletic Events

Sanctioned by the Southeastern Highland Athletic Group (SHAG)

Prepared by Scott Medlin & Donna Nichols

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SECTION I: GENERAL RULES OF COMPETITION

- A. SAFETY IS MOST IMPORTANT TO ALL!** 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 (such as throwing a sheaf fork or stabbing it into the ground, and/or display of bad behavior that may prove detrimental to the SHAG organization or games themselves).
1. Precautions should be taken to protect all 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.
 2. Each competitor must comply with the rules and local laws of grounds where competition is held (i.e. If alcohol is not authorized on the premises, refrain from bringing it to the competition).
 3. SHAG prohibits the use of controlled substances by athletes participating in SHAG sanctioned games. Any illegal drug or substance that enhances the competitors' mental or physical performance is banned under this rule. Testing is the responsibility of the individual games.
- B.** The ground surface on which the competition is to take place shall be as flat as possible.
- C.** All competitors shall wear a kilt during competition.
- D.** No device of any kind (e.g. weightlifting straps) that, in any way, assists a competitor when making a throw shall be allowed. Only the following are accepted:
1. The use of tape on the wrist, hand, or fingers is allowed; however the taping together of two or more fingers is forbidden. Any use of tape to protect the hands and fingers should be cleared with the judge before the event starts.
 2. The use of gloves is allowed in any event except for the stone putts; provided that the gloves are securely fastened around the wrists and do not pose a hazard. The Athletic Director has the ultimate authority in determining whether use of gloves during an event poses a hazard.
 3. In order to obtain a better grip, competitors may use a suitable substance on their hands (or gloves) only. In the stone putts, a suitable substance may also be applied to the neck area.
 4. The use of toe spikes for the hammer throw is allowed.
 5. The use of weightlifting belts and supportive wraps or sleeves is allowed.
- E.** Measurements shall be recorded to the lowest one-half inch for distance events, and to the lowest whole inch in the height events.

- F.** A time limit of two minutes shall be applied in each individual attempt in all events. The two-minute time limit shall begin when the judge announces the competitor's name. In the event that a competitor follows himself in successive attempts, three minutes are allowed. Should a competitor not begin the throw within these time limits the attempt will be fouled.
- G.** A competitor must make at least one attempt in every event in order to place in an overall competition. In other words, a competitor cannot choose only certain events in which to compete.
- H.** 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.
- I.** 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.
- J.** Metal implements shall be made of a metal not softer than brass, or of a shell of such metal filled with lead or other material. If a filling is used, it must be inserted in such a manner that it is immovable. Implements that do not conform to these requirements will be considered illegal for use at SHAG games or for record consideration.
- K.** SHAG recommends that after each completed event, the competitor who threw first is now placed last in the next event and other competitors' moves up one place in the starting order. This is repeated after every event.
***Note:** This rotational technique may be omitted at the discretion of the Athletic Director, based on competition circumstances.
- L. Scoring** – For SHAG sanctioned games the low-point scoring system will be used. In this system a competitor receives points depending on placement in each contested event. The winner receives the number of points equal to the position they finished in each event. First place in an event will receive one point; second place will receive two points, and so on. The competitor with the least accumulated points after all of the events have been contested is the overall games winner (similar to golf; low score wins). If there is a tie for first overall then the winner shall be the competitor with the most first places in the individual events. If this does not produce a winner, then the same process is followed to determine most second- and third-place finishes. If there is still a tie after determining all the positions through competition, then there will be a one event throw-off as determined by the judges and Athletic Director.
- M.** To simplify scoring, all entered competitors will be scored even if they are removed from competition either by themselves, the judge and/or Athletic Director. What they will receive is the maximum number of points allowed (i.e. If there are 12 competitors and one is removed from competition, then they will receive a 12 in all non-participating events). If any type of record is set by a competitor that has been removed from competition as outlined in this section, the record will NOT count unless it had been thrown within (3) consecutive events of a given sanctioned game using approved certified judges.

***Note:** Should a competitor fall out during competition and want to be reinstated after they feel better, then they may return at the discretion of the judge and/or AD. However; a competitor may improvise they're throws to avoid any confusion if they so desire (i.e. should a competitor complete the first 3 events as outlined in traditional order with the hammer being the 4th event, they could just pick up the hammer, drop it beyond the trig and tell the judge to scratch their next 2 throws). This would give the competitor a mark, plus allow the overall points and all the events they scored in to be tallied into SHAG's overall scoring system for championship ranking.

- N.** A game shall receive a full sanction only if all SHAG rules governing the conduct of events are followed for all events and all judges hold a current SHAG certification. Because many games include local events or use local rules as a matter of tradition (e.g. 100# Braemar stone putt), SHAG may also grant a partial sanction. A partial sanction will only be granted if the local events and rules are announced in writing well in advance of the games. This announcement must be included on the games application and on the waiver form.
- O.** The field judge in conjunction with the athletic director of a game may make on the spot rules variations to accommodate the participation of disabled athletes. All such changes should be made with safety as the preeminent concern.
- P.** The athletic director of a game may establish objective classes that can be recognized by SHAG in sanctioning that game. Some examples are number of events, Masters, Lightweight, Novice, etc. There must be minimum of (4) competitors for each class or group.
- Q.** 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 must comply with the legal length limits of the rules specified in this document.
- R.** American records must be set by a competitor with American citizenship and may be set anywhere in the world. Canadian records must be set by 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. World records may be set by any competitor anywhere in the world.
- S.** There must be a minimum of four competitors in a class for any record to be attempted or to be recorded. Record attempts may not be made during a demonstration event.
- T.** A professional can return to amateur status after being out of competition for minimum of (2) years.
- U.** SHAG members will be given preference over non-members to games for competition slots. A non-member will have to pay to compete at SHAG sanctioned games.

V. Sector lines will be added to the throwing events for the safety of everyone, plus it signifies that athletes must control the implement they are throwing. Sectors will be set at 45 degrees, but may be changed at the discretion of the Athletic Director and/or judges.

W. To move up in classification from B to an A division competitor within the SHAG organization, you must win a B division competition* AND meet (3) of the following (4) marks (in that game).

1. 26 feet – 56# WFD
2. 54 feet – 28# WFD
3. 65 feet – 22# Hammer
4. 11 feet – 56# WOB

***Notes:**

- a. If (3) of these (4) marks are not met, then competitor may continue to throw in the B division.

- b. If a current A athlete has "been promoted" by virtue of winning what amounts to a weak B competition, that competitor may petition SHAG to review their AVERAGE marks over the past two calendar years. If the AVERAGE is less than the marks listed above, then he may move back to throw as a B pending the approval of the SHAG.
- c. Throwers who are currently A's who cannot reach these marks will stay in the A division.
- d. Movement back to a B from an A will be addressed on a case by case basis.

SECTION II: GENERAL EVENT RULES

A. General Rules for the Distance Events (Stone Put, Weight Throws and Hammer Throws)

1. Each competitor shall be allowed three throws in each distance event, with the farthest of which will count for the event.
2. The competitor may start and stop their throw and it will not count as an attempt, provided the implement does not leave their hand and the competitor has committed no foul. If the competitor desires to set the implement down or step out of trig area, they may do so only with the judge's permission.
3. In the stone put and weight throw, the measurement shall be taken to the nearest mark in the ground made by the stone or the weight, not the handle. The point on the trig from which the judge measures the throw is the inside upper edge of the trig closest to where the competitor's plant, or front, foot was placed. Alternatively, the judge may measure from the center of the trig; however, this must be announced prior to the start of the competition. In the hammer throw, the measurement shall be made from a point on the inside edge of the trig closest to the center of the competitor's stance, to the nearest mark in the ground made by the head of the hammer (not the handle).
4. In the stone put and weight throw, the box configuration has sidelines that are perpendicular to the trig and set even with its edges so that the distance between the sidelines is 4'6". The competitor must start with at least one foot completely within the sidelines and must finish with at least one foot completely within the sidelines. It is a foul if two consecutive foot placements contact the ground beyond the sidelines. It is a foul if any part of the competitor's body, other than the feet, contacts the ground

beyond the sidelines. If the majority of your weight is on the foot beyond the trig sidelines and/or the foot in the box area is off the ground during the throw, then this is a foul.

***Note:** Should a competitor use any other part of their body (other than feet) to aide in staying (knees, hands, bottom) in the boundaries of the throwing area, then it will be deemed as a foul if the judge determines the thrower was out-of-control and had to use the other body part to gain control.

5. In all throws, if the implement lands behind the plane of the trig (e.g., in the throwing area), the throw is a foul.
6. Placing shall be determined by the best legal throw.
7. In the event of a tie, placing shall be determined by the next best throw(s).
8. Ties for places other than first, not broken by the next best throw(s) are to be declared ties.
9. In the event of a tie, the points for the places shall be added together and divided evenly among the tied competitors.
10. At the conclusion of the competition, the winner may be given three attempts to try and 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. The best throw of all the winner's attempts, regardless if a field record or not, will count as the throwers best throw for the competition.
11. The winner of each event may have up to (3) three extra throws to try and better their winning throw, with the best throw (including up to all 6 throws) recorded as the best distance. The extra throws must be judged by a qualified official.

B. Configuration of the Throwing Area for the Distance Events

1. The trig is to be made of wood. It shall measure 4 foot 6 inches long and 5 1/2 to 6 inches high (width can be 2 to 8 inches). 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.
2. All areas beyond the frontline (which includes all surfaces of the trig except the inside vertical face) and behind the backline are out of bounds and contact with any of these areas by any part of the competitor's body during an attempt shall be a foul and count as an attempt, whether or not the implement has been released.
***Note:** It is recommended that when marking off the throwing area, to add a short line from the inside of the trig face outward into the foul area to aid the judge if a competitor steps beyond the trig face with their free foot. Drawing this line is recommended, but will be up to the judge to use.
3. For the stone put, the backline shall be set at 7'6" from the trig. (The diagonal measurement for this configuration is 8'9"). For the weight throws the backline shall be set 9' from the trig. (The diagonal measurement for this configuration is 10' 3/4"). No backline is used in the hammer throw.
4. In the hammer throw no sidelines are used.
5. A typical outline of a throwing area is depicted in Figure 1.

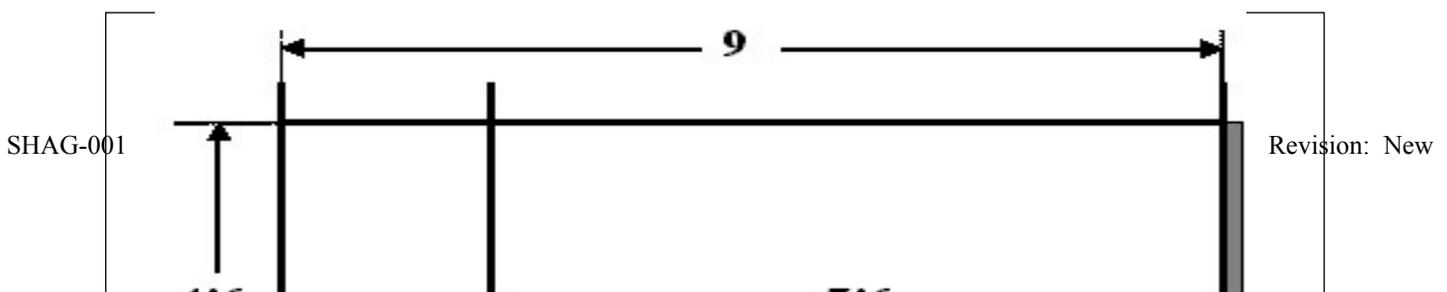


Figure 1 – Configuration of Stone and Weight Event Throwing Area

C. General Rules for Height Events – Sheaf Toss and Weight over Bar

1. Standards similar to those used in the pole vault should be used. Two configurations are allowed:
 - (a) Knock-off bar: The crossbar should sit on pins that extend perpendicularly from the uprights; the crossbar should not be attached to the uprights, so that if the implement hits the bar it will generally be knocked off. If the implement goes over the bar, the attempt is good whether or not it hits the bar provided the bar is not knocked off the pins.
 - (b) Fixed bar: The crossbar is physically attached to the uprights so that if the weight hits the bar it will remain in position. If the implement goes over the bar, the attempt is good whether or not it hits the bar.
2. The distance between the uprights shall be 10' +/- 1'.
3. The judge has full discretion to establish the starting height and all subsequent heights. However; it is important that all decisions concerning the height of the bar at the start of competition should be made in consultation with the competitors.
4. The starting height shall be divisible by 12". The bar should be raised in increments of 1' for the weight over bar (WOB) and 2' increments for the sheaf event, until two competitors remain. When two competitors are left they may request any increment divisible by 2" for WOB and 6" for the sheaf event. For record attempts only, the bar may be set at any height divisible by 1" (dependant on standards used).
5. All measurements shall be made from the ground to the top of the crossbar at its lowest point.
6. The implement must go over the bar within the uprights and between the hoist ropes.
7. A competitor shall have the discretion to commence at the starting height or at any subsequent height.
8. Once a competitor enters the event at a selected height, the competitor must compete at every subsequent height until eliminated from the competition.
9. Three consecutive failures at a height, regardless of the height at which such failures occur, disqualifies the competitor from further attempts except as necessary to break a tie for first place.

10. The winner shall be the competitor who tosses the weight (WOB) or sheaf over the highest height. Placing is then determined by the next highest height and repeated until all places are filled.
11. In the event of a tie, the competitor with the least number of misses at the height at which the tie occurs shall be awarded the higher place.
12. If the tie still remains at the final height, the procedure described above is repeated at each successively lower height until all ties are broken or all previous heights have been considered.
13. In the event of a tie, the points for the places shall be added together and then divided evenly among the tied competitors.
14. Any passes at heights lower than the final height successfully made by the competitor, and in accordance with Section II, C.8 above, shall be considered as made attempts in the determination of final placing.
15. Where all competitors have failed except one, that competitor is entitled to continue until they have missed three consecutive attempts.
16. The winner of the event may take up to three extra throws to try to break a record, whether it is a Games, North American or World Record.
17. No footwear that may be used to aid in increasing the athlete's height will be used in the events thrown for height.

SECTION III: SPECIFIC EVENT RULES

(NOTE - Events are in traditional order. This order will be maintained for the highest class of competitors throwing, unless time and safety become an issue. Other classes competing will be scheduled by the AD and/or judges to expedite competition when necessary)

- A. Open Stone Put** - Suggested weights for this event are in the range of 16 to 22 pounds for men and 8 to 12 pounds for women. Because of the nature of the implement, considerable variation in the weight is allowed. Where ground records are claimed it is essential that the same stone is used from year to year on the same grounds.
1. The implement shall be of stone and as close to spherical as possible.
 2. The stone shall be put from the shoulder with one hand only.
 3. At the time the competitor takes a stance to commence a put, the stone shall touch or be in close proximity to the neck or chin, and the hand and elbow shall not be dropped below this position during the act of putting.
 4. The stone must not at any time be brought behind the line of the shoulders.
- B. Braemar Stone Put** - Suggested weights for this event are in the range of 20 to 28 pounds for the men and 13 to 18 pounds for the women. Because of the nature of the implement considerable variation in the weight is allowed. The same rules apply as in the open stone put except that no approach is allowed; the competitor must make a standing throw. The competitor is allowed to reverse (switching the feet upon releasing the stone).

C. Weight Throws - Standard weights for these events are 28 and 56 pounds for the men, and 14 and 28 pounds for the women. Masters and Novice competitors may throw a 42 pound weight instead of a 56 pound weight.

1. The weight shall be made of metal and consist of a spherical or box weight with a chain and handle attached. The handle may be a ring, triangle, or "D" shaped. The implement shall not measure more than 18 inches in overall length from the bottom of the weight to the top of the handle. The official weight of each implement is the total weight, including the handle.
2. The competitor may use either hand to throw the weight, but only one hand may be used.
3. Any style may be used to throw the weight as long as it is deemed safe by the judge.
4. The competitor may start and stop their throw provided that no part of the implement has made contact with the ground or the trig board during the aborted attempt, nor has the competitor made a foot foul. If the implement has made contact with the ground or the trig board and/or a foot foul occurred after the attempt was initiated and prior to receiving permission from the judge, then the attempt will be a foul.

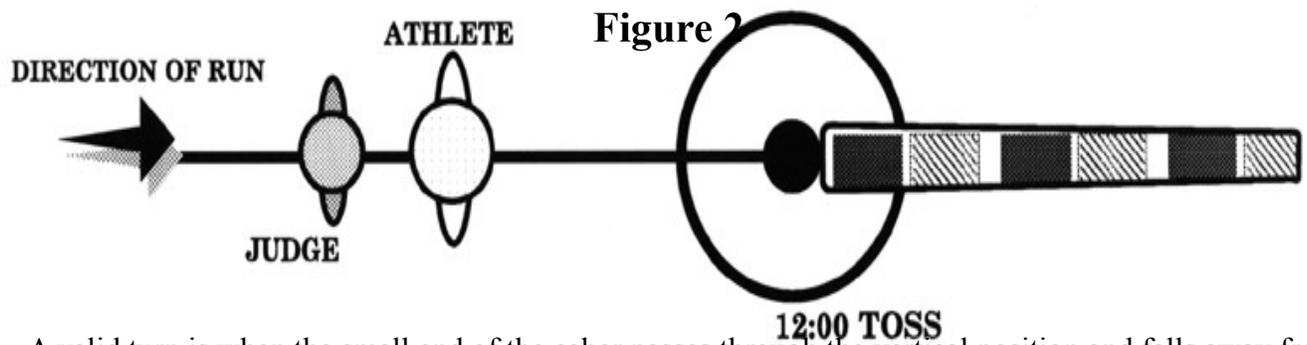
D. Hammer Throws - Standard weights for these events are 16 and 22 pounds for the men, and 12 and 16 pounds for the women. If the competition allows for only one hammer size to be thrown, SHAG will use 22 pounds for the men, 16 pounds for the men masters and 12 pounds for the women. (The two sizes listed for men and women are referred to as heavy and light hammers).

1. The hammer shall be spherical and made of metal, and the shaft shall be of wood, rattan or plastic (PVC pipe is sometimes used for increased durability). Cast iron is recommended over other metals and rattan is recommended over wood or plastic shafts. The implement shall not measure more than 50 inches in overall length from the bottom of the weight to the top of the handle. The overall length of the women's hammer is often shortened to 45 inches in length. The official weight of each implement is the total weight, including the handle.
2. In the starting position, prior to the preliminary swing, the competitor is permitted to rest the head of the hammer on the ground on either side of the trig, or on the trig board itself.
3. The competitor must have at least one foot directly behind the trig at all times during the throw and after the release of the hammer (i.e. one foot must remain within the confines of an imaginary box configuration).
4. The hammer shall be thrown in a standing style (feet in a fixed position). Although some movement of the feet prior to the release is allowed, there shall be no approach and the competitor is not allowed to spin the body.
5. It shall not be considered a foul throw if the hammer touches the ground beyond the trig or the trig itself at the beginning of an attempt. After initiating the swings it shall be a foul if any part of the hammer touches the ground beyond the trig, or the trig itself.

E. Caber - There is no standard size or weight of a caber, but when possible the caber chosen should be able to be turned by approximately one-half of the class. A challenge caber should be of a length and weight beyond the power of all but the best competitors to turn. The caber is to be made of wood. It is recommended that a back judge and a side judge be used. At any time during the competitor's attempt, should the back and/or side judge determine that danger exists to the competitor, fellow competitors, spectators, or judge, the judge shall command the competitor to drop the caber (e.g., roll the supporting

shoulder out from under the caber and move away from the caber). If the competitor disobeys this command, the competitor is disqualified from the caber competition.

1. The caber shall be placed upright by stewards (usually 2 other participants or helpers that have signed a field waiver selected by the AD or judge) in balance, with the heavy end uppermost, ready for the competitor to make his/her attempt. As soon as the competitor receives the caber and the stewards stand clear, the attempt commences. The judge may set boundaries if he feels the ground in a certain area is not suitable for the caber to be tossed. Safety should be a primary concern and the caber should not be too close to the spectators at any time during the toss. If the competitor allows the caber to fall before lifting it off the ground, this shall count as an attempt. If the competitor drops the small end of the caber back to the ground after having picked it up, this also counts as an attempt. Where the ground is uneven, a mark should be made from near which, and not beyond which, the toss shall be made. Under no circumstances shall a fixed trig or stance be used.
2. The competitor may take any length of run they wish and may toss the caber from where they chose, as long as it is within the judge's boundaries.
3. The caber must be judged on its landing position, not the position to which it may bounce or roll. The caber must pass through the vertical position in order to count as a turned caber. The vertical position is 90 degrees from the ground and it is up to the side judge to determine if the caber has passed through this position. The "clock face method" of judging shall be used for attempts that have passed through the vertical position. The caber in a perfect toss will pass through the vertical position and land with the small end pointing directly at 12 o'clock in an imaginary straight line extending from the competitor through the initial landing point and in line with the direction of the run. An overhead view is drawn below (Figure 2) to demonstrate a 12 o'clock toss.



4. A valid turn 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 (Figure 3) to demonstrate some turned cabers and how they are scored.

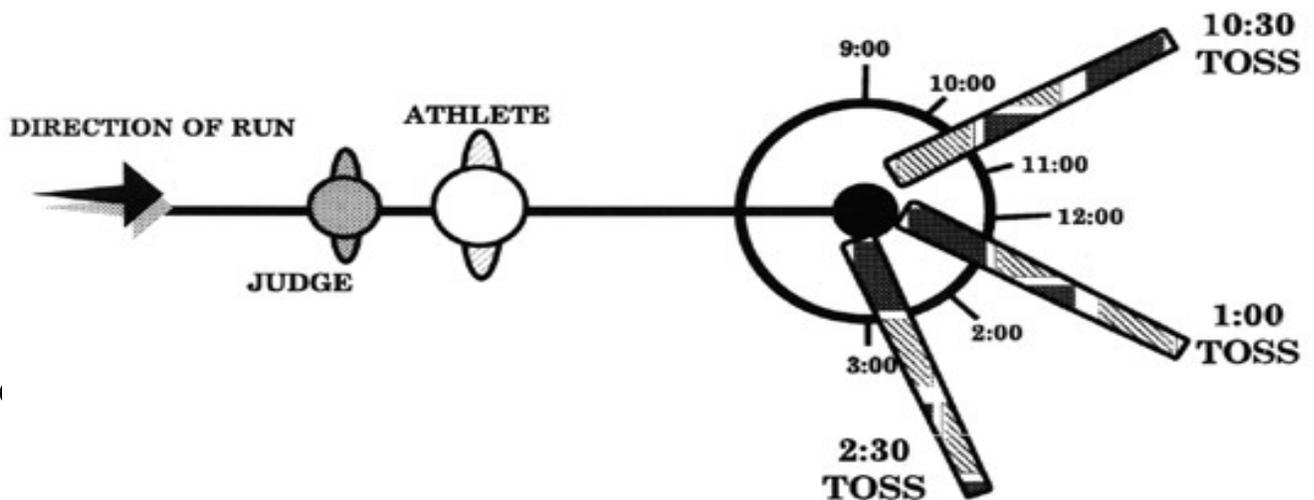
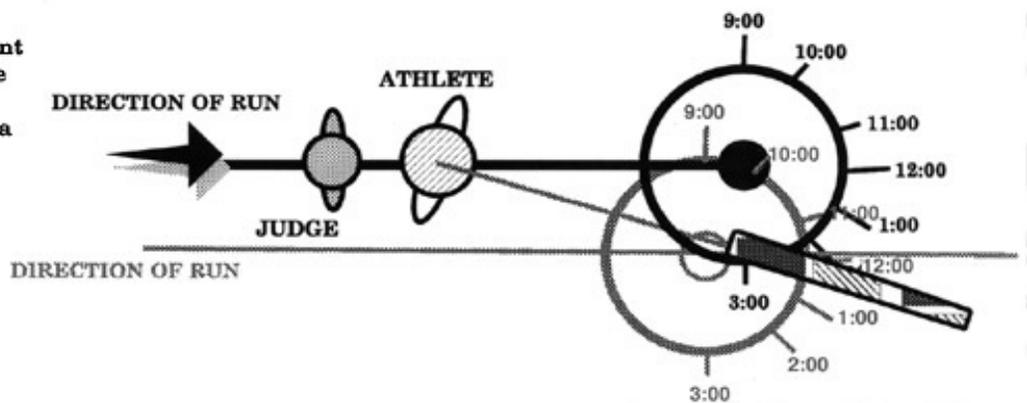


Figure 3

- The direction of run is determined by the path taken once the competitor is deemed by the judge to be in control of the caber (this can be as little as the last two or three steps). The competitor may run in one direction and then stop and change direction, as long as they maintain control of the caber. If the caber lands in a 12 o'clock position pointing away from the competitor but not in a direct line with their run, then the judge must determine the competitor's original direction of run and establish where a true 12 o'clock toss would be. He must then give an appropriate judgment based on the amount of deviation from the line. An example is depicted in Figure 4.

If the athlete turns their body at the time of the plant and release after they have established their direction, then what might look like a 12:00 if you follow the line from the athlete to the caber should be called a 12:30



perpendicular to the competitor's line of approach in order to make an accurate call. A picture of a view from the side judge's position is shown below (Figure 5).



- Each competitor is placed in the center of the circle made by a competitor's toss closest to the center.
- In the event of a tie for first place winner, the event shall be declared a tie. If the caber has not been turned after one complete round, then the judge may cut or substitute the caber. The caber shall be cut from the large end by an amount determined by the judge. This process can be repeated until the caber has been turned.

This 12 o'clock toss is determined by the judge. If the caber does not produce a 12 o'clock toss, the judge may cut or substitute the caber. The caber shall be cut from the large end by an amount determined by the judge. This process can be repeated until the caber has been turned.

10. If the caber breaks during the competition, placing is determined by all completed rounds. If fewer than two full rounds have been completed, and a caber of equal size and difficulty is available then all three rounds of the caber may be repeated. If a qualifying caber is used then any successful turn qualifies the competitor for the next caber.
11. If 75% (or a percentage determined by AD) of the group turns the caber in the first round; the scores will be thrown out and competition started over with a more difficult caber. If the caber being used is the most difficult caber already being used then all (3) rounds will be used for scoring.

F. Sheaf Toss - Standard weights for this event are 16 or 20 pounds for the men and 12 pounds for the women. Because of the nature of the implement some variation in the weight is allowed.

1. The sheaf shall be a burlap bag filled with straw, hay, pine needles or rope. It is recommended that two or three bags be put over each other so that the sheaf will last through the whole competition. The bag shall not measure more than 36 inches long by 24 inches wide. A bag smaller than these dimensions is recommended. It is recommended that a 16# sheaf be used. If the standards will not reach high enough for the competition to be completed with a 16# sheaf, then a 20# sheaf should be used. (This may be pre-determined by the judges and/or Athletic Director based on the caliber of competitors).
2. The toss is made using a pitchfork with a 5-foot nominal handle. A 3-tine or 2-tine fork may be used during competition, but SHAG will NOT allow a 5 tined fork that has been modified to a 3 or 2 tine configuration be used.
3. Any style or make may be used to toss the sheaf as long as it is deemed safe by the judge.
4. Competitors may bring their own pitchforks but it is understood that any competitor may use any pitchfork that will be used in the competition.

G. Weight for Height (WFH) or Weight Over Bar (WOB) - Standard weights for this event are 56 pounds for the men and 28 pounds for the women. Masters and Novice competitors may throw a 42 pound weight instead of a 56 pound weight.

1. The weight shall be of metal and consist of a spherical or box weight with a triangle, ring, or "D" handle attached. Cast iron is recommended over other metals. The implement shall not measure more than 18 inches in overall length from the bottom of the weight to the top of the handle, with the overall length usually much shorter than 18" as to avoid hitting the ground when swung between the legs for an over the bar toss. The official weight of each implement is the total weight, including the handle.
2. The competitor may use either hand to toss the weight, but only one hand may be used.
3. Any style may be used to toss the weight as long as it is deemed safe by the judge.