

## Suggested Update for Specific Rules Relating to Traditional Scottish Heavy Events at Amateur Highland Games

The rules for the traditional Heavy Events at Amateur Highland Games have not been updated for many years. They are contained in Appendix H of the **2014** UKA rules for competition.

**scottishathletics** propose that the following be adopted as guidelines to these rules and that an addendum be added to the forthcoming rule book to enable the various Amateur Highland Games to continue. Where rule numbers are included, they refer to those contained in the current **2016** UKA rules for competition. These guidelines should be read in conjunction with the current UKA rule book and will require to be updated when a new rule book is produced.

Specific UKA domestic rules (2016 rule book) are highlighted in blue.

## Specific Rules Relating to Traditional Scottish Heavy Events at Amateur Highland Games

Promoters of “Highland” Gatherings or Games may make it a condition of entry that competitors in the heavy events traditionally associated with such promotions must wear the kilt, but this condition must be clearly stated on the entry form and in the programme and competitors will not be allowed any option. Athletes must not wear track suit bottoms or similar covering when the kilt is being worn and the wearing of Highland hose should be encouraged.

### **FIELD EVENTS**

#### **Rule 180 GENERAL CONDITIONS – FIELD EVENTS (RULE 120 - 2014 UKA Rule Book)**

##### **Practice Trials at the Competition Area**

- (1) At the competition area and before the beginning of the event, each athlete may have practice trials. In the case of throwing events, the practice trials will be in draw order and always under the supervision of the Judges.
- (2) Once a competition has begun, athletes are not permitted to use, for practice purposes, as appropriate,
  - (c) implements:
  - (d) the circles or the ground within the sector with or without implements.

##### **Markers**

- (3) (b) For throws made from a circle, an athlete may use one marker only. This marker may be placed only on the ground in the area immediately behind or adjacent to the circle. It must be temporary, in position only for the duration of each athlete’s own trial, and shall not impair the view of the judges. No personal markers may be placed in or beside the landing area.

## **Rule 180 S 1 UKA SUPPLEMENT – PRACTICE TRIALS (120 (11)2014)**

In the case of practice trials for throwing events the judges shall have the power to alter the order of the trials.

### **Performance Markers and Wind Socks**

(4) (a) A distinctive flag or marker may be provided to mark the existing World Record and, when appropriate, the existing Area, National or Meeting Record. [Markers may also be used to mark the leading throw.](#)

### **Competing Order and Trials**

(5) The athletes shall compete in an order drawn by lot. If there is a preliminary round, there shall be a fresh drawing of lot for the final.

## **Rule 180 S 2 UKA SUPPLEMENT – ORDER OF COMPETING – (Rule 120(1) 2014)**

The judges shall have the power to alter the order of competing.

(6) Except for the Weight for Height, no athlete shall have more than one trial recorded in any one round of trials of the competition.

In all Field Events, except for the Weight for Height, where there are more than eight athletes, each athlete shall be allowed three trials and the eight athletes with the best valid performances shall be allowed three additional trials.

In the case of the last qualifying place, if two or more athletes have the same best performances, Rule 180.22 shall be applied. If it is thus determined that there has been a tie, the tying athletes shall be allowed three additional.

Where there are eight athletes or fewer, each athlete shall be allowed six trials. If more than one fail to achieve a valid trial during the first three rounds of trials, such athletes shall compete in subsequent rounds of trials before those with valid trials, in the same relative order according to the original draw.

In both cases:

(a) the competing order for the last three rounds of trials shall be in the reverse ranking order recorded after the first three rounds of trials;

(b) when the competing order is to be changed and there is a tie for any position, those tying shall compete in the same relative order according to the original draw.

**Note (ii):** If one or more athlete(s) is permitted by the Referee to continue in a competition “under protest” in accordance with Rule 146.5,

### **(RULE 146 PROTESTS AND APPEALS)**

(5) In a Field Event, if an athlete makes an immediate oral protest against having a trial judged as a failure, the Referee of the event may, at his discretion, order that the trial be measured and the result recorded, in order to preserve the rights of all concerned.

If the protested trial occurred:

(a) during the first three rounds of trials of a Field Event in which more than eight athletes are competing, and the athlete would advance to the final three rounds of trials only if the protest or subsequent appeal was upheld; or

(b) in a vertical Field Event, where the athlete would advance to a higher height only if the protest or subsequent appeal is upheld, the Referee may, if he is in any doubt, allow the athlete to continue competing “under protest” to preserve the rights of all concerned.

(6) The protested performance of the athlete and any other performance achieved by him while competing “under protest” will become valid only if a subsequent decision to that effect is made by the Referee or an appeal to the Jury of Appeal is made and it is upheld.

such athletes shall compete in all subsequent rounds of trials before all others continuing in the competition and if more than one, in the same relative order according to the original draw.

**Note (iii):** It is permissible for the relevant governing body to specify in the regulations for a competition where there are more than eight athletes in an event, that all athletes may have four trials.

### **RULE 180 S 3 UKA SUPPLEMENT - NUMBER OF TRIALS**

The competition may be decided by each competitor being allowed from three to six trials

#### **Recording of Trials**

(7) Except in Weight for Height, a valid trial shall be indicated by the measurement taken. For the standard abbreviations and symbols to be used in all other cases see Rule 132.4.

### **RULE 132 COMPETITION SECRETARY, TECHNICAL INFORMATION CENTRE (TIC)**

(2) In events in which athletes are competing with different specifications (such as implement weights), the relevant differences should be clearly indicated in the results or a separate result shown for each category.

(4) The following standard abbreviations and symbols should be used in the preparation of start lists and results where applicable:

No valid trial recorded – NM

Disqualified – DQ

Valid trial in Weight for Height – “O”

Failed trial in Field Events – “X”

Passed trial in Field Events – “–”

Retired from competition – r

Qualified by standard in field events– Q

Qualified without standard in field events – q

Advanced to next round by Referee – qR

Advanced to next round by Jury of Appeal – qJ

#### **Completion of Trials**

(8) The judge shall not raise a white flag to indicate a valid trial until a trial is completed. The completion of a valid trial shall be determined as follows:

(c) in the case of throwing events, once the athlete leaves the circle or runway in accordance with Rule 187.17.

### **Qualifying Competition (Preliminary Round)**

(9) A preliminary round shall be held in Field Events in which the number of athletes is too large to allow the competition to be conducted satisfactorily in a single round (final). When a preliminary round is held, all athletes shall compete in, and qualify through, that round. Performances accomplished in a preliminary round shall not be considered as part of the final.

(10) The athletes shall normally be divided into two or more groups at random, but whenever possible so that representatives of each nation or team shall be placed in different groups. Unless there are facilities for the groups to compete at the same time and under the same conditions, each group should start its practice trials immediately after the previous group has finished.

(12) The conditions for qualifying, the qualifying standard and the number of athletes in the final, shall be decided by the Technical Delegate(s). If no Technical Delegate(s) have been appointed, the conditions shall be decided by the Organising Committee. For competitions conducted under Rules 1.1(a), (b), (c) and (f), there should be at least 12 athletes in the final unless otherwise provided in the Regulations for the competition.

(13) In a qualifying competition, apart from the Weight for Height, each athlete shall be allowed up to three trials. Once an athlete has achieved the qualifying standard, he shall not continue in the qualifying competition.

(15) If no athletes, or fewer than the required number of athletes, achieve the pre-set qualifying standard, the group of finalists shall be expanded to that number by adding athletes according to their performances in the qualifying competition. In the case of the last qualifying place, if two or more athletes have the same best performances in the overall results of the competition, Rule 180.22 or 181.8 as appropriate shall be applied. If it is thus determined that there has been a tie, the tying athletes shall be placed in the final.

### **Substitute Trials**

(17) If, for any reason, an athlete is hampered in a trial or the trial cannot be correctly recorded, the Referee shall have the authority to award him a substitute trial. No change in the order shall be permitted. A reasonable time shall be allowed for the replacement trial according to the particular circumstances of the case. In cases when the competition has progressed before the substitute trial is awarded, it should be taken before any other subsequent trials are then made.

### **Time Allowed for Trials**

(18) An athlete in a Field Event who unreasonably delays making a trial, renders himself liable to have that trial disallowed and recorded as a failure. It is a matter for the Referee to decide, having regard to all the circumstances, what is an unreasonable delay.

The official responsible shall indicate to an athlete that all is ready for the trial to begin, and the period allowed for this trial shall commence from that moment. If an athlete subsequently decides not to attempt a trial, it shall be considered a failure once that period allowed for the trial has elapsed. If the time allowed elapses after an athlete has started his trial, that trial should not be disallowed. The following times should not normally be exceeded:

### **Individual Events**

Number of athletes left in the competition	Weight for Height	All Others
More than 3 athletes	1 min	1min

2 or 3 athletes	1.5 min	1min
Consecutive trials by same athlete	2 min	2min

**Note (i):** A clock which shows the remaining time allowed for a trial should be visible to an athlete. In addition, an official shall raise and keep raised, a yellow flag, or otherwise indicate, during the final 15 seconds of the time allowed.

**Note (iii):** For the first trial of any athlete upon entering the competition, the time allowed for such trial will be one minute.

### **Absence during Competition**

(19) An athlete may, with the permission of, and accompanied by, an official, leave the immediate area of the event during the progress of the competition.

### **Change of Competition Area or Time**

(20) The Technical Delegate or appropriate Referee shall have the authority to change the place or time of the competition if, in his opinion, the conditions justify it. Such a change should be made only after a round of trials has been completed.

Note: Neither the wind strength nor its change of direction is sufficient condition to change the place nor time of the competition.

### **Result**

(21) Each athlete shall be credited with the best of all his trials.

### **Ties**

(22) Except for Weight for Height the second best performance of the athletes having the same best performances shall determine whether there has been a tie. Then, if necessary, the third best, and so on. If the athletes are still equal following the application of this Rule 180.22, it shall be determined to be a tie.

Except in Weight for Height, in the case of a tie for any place, including first place, the tie shall remain.

## **Vertical Throws– Weight for Height**

### **RULE 181 GENERAL CONDITIONS – VERTICAL Throws – Weight for Height**

(1) Before the competition begins, the Chief Judge shall announce to the athletes the starting height and the subsequent heights to which the bar will be raised at the end of each round of trials, until there is only one athlete remaining having won the competition, or there is a tie for first place.

#### **Trials**

(2) An athlete may commence throwing at any height previously announced by the Chief Judge and may throw at his own discretion at any subsequent height. Three consecutive failures, regardless of the height at which any of such failures occur, disqualify from further throwing.

The effect of this Rule is that an athlete may pass his second or third trial at a particular height (after failing first or second time) and still throw at a subsequent height.

If an athlete passes a trial at a certain height, he may not make any subsequent trial at that height.

In the case of the weight for Height, if an athlete is not present when all other athletes who are present have completed the competition, the Referee shall deem that such athlete(s) has abandoned the competition, once the period for one further trial has elapsed.

(4) Even after all the other athletes have failed, an athlete is entitled to continue throwing until he has forfeited his right to compete further.

(5) Any measurement of a new height shall be made before athletes attempt such height. In all cases of Records, the Judges shall also re-check the measurement before each subsequent Record attempt if the bar has been touched since last measured.

**Placings**

(8) If two or more athletes clear the same final height, the procedure to decide the places will be the following:

(a) The athlete with the lowest number of Throws at the height last cleared shall be awarded the higher place.

(b) If the athletes are equal following the application of Rule 181.8(a), the athlete with the lowest total of failures throughout the competition up to and including the height last cleared, shall be awarded the higher place.

(c) If the athletes are still equal following the application of Rule 181.8

(b), the athletes concerned shall be awarded the same place even if it concerns the first place.

**Vertical Height - Example**

Heights announced by the Chief Judge at the beginning of competition: 1.75m; 1.80m; 1.84m; 1.88m; 1.91m; 1.94m; 1.97m; 1.99m . . .

	1.75m	1.80m	1.84m	1.88m	1.91m	1.94m	1.97m	Best Height	Trials Cleared	Total Failures	Position
A -	O	XO	O	XO	X-	XX		1.88	2	2	1=
B -		XO	-	XO	-	-	XXX	1.88	2	2	1=
C -		O	XO	XO	-	XXX		1.88	2	2	1=
D -		XO	XO	XO	XXX			1.88	2	3	4

A, B, C and D all cleared 1.88m.

Rules 181.8 and 181.9 now come into operation; the Judges add up the total number of failures, up to and including the height last cleared, i.e. 1.88m.

"D" has more failures than "A", "B" or "C", and is therefore awarded fourth place. "A", "B" and "C" are still equal and as this concerns the first place, they shall remain first equal.

**Extraneous Forces**

(10) When it is clear that the bar has been displaced by a force not associated with an athlete (e.g. a gust of wind)

(a) if such displacement occurs after an athlete has cleared the bar without touching it, then the trial shall be considered successful, or

(b) if such displacement occurs under any other circumstance, a new trial shall be awarded.

## THROWING EVENTS

### **RULE 187 GENERAL CONDITIONS – THROWING EVENTS**

#### **RULE 187 S 1 UKA SUPPLEMENT – IMPLEMENTS (PREVIOUSLY UKA RULE 130(5) in 2014 Rule Book)**

Competitors may use any implements provided for general use. Subject to any regulations laid down by the Promoting Body, competitors who wish to use their own implements must submit them to the Referee for approval. An athlete shall not use another's implement without the owner's prior permission.

#### **RULE 187 S 2 UKA SUPPLEMENT – SAFETY (PREVIOUSLY UKA RULE 131(2), 133(2), 135(2) & 139(2) in 2014 Rule Book)**

In order to avoid accidents the central throwing area or the specific safety sector must be roped off as a unit at a height of approximately 1 metre. Alternatively, shot throwing sectors must be roped off at a height of approximately 1 metre and at a minimum distance of 2 metres outside the shot sector lines.

For safety reasons all throws should be preceded by a warning which shall be acknowledged by the event officials before the throw commences.

**NOTE:** Referees are reminded of the need to ensure that other throwing event competitions (including warm-up for these events) are not held at the same time within the central throwing area when the standard of any of the competitors is likely to create possible danger to the officials operating within and alongside the respective sectors of these events.

(3) No modification shall be made to any implements during the competition.

#### **Assistance**

(4) The following shall be considered assistance and are therefore not allowed:

(a) The taping of two or more fingers together. If taping is used on the hands and fingers, it may be continuous provided that as a result no two or more fingers are taped together in such a way that the fingers cannot move individually. The taping should be shown to the Chief Judge before the event starts.

(b) The use of any device of any kind, including weights attached to the body, which in any way provides assistance when making a trial.

(c) The use of gloves except in the Hammer Throw. In this case, the gloves shall be smooth on the back and on the front and the tips of the glove fingers, other than the thumb, shall be open.

(d) The spraying or spreading by an athlete of any substance in the circle or on his shoes nor the roughening of the surface of the circle.

(5) The following shall not be considered assistance and are therefore allowed:

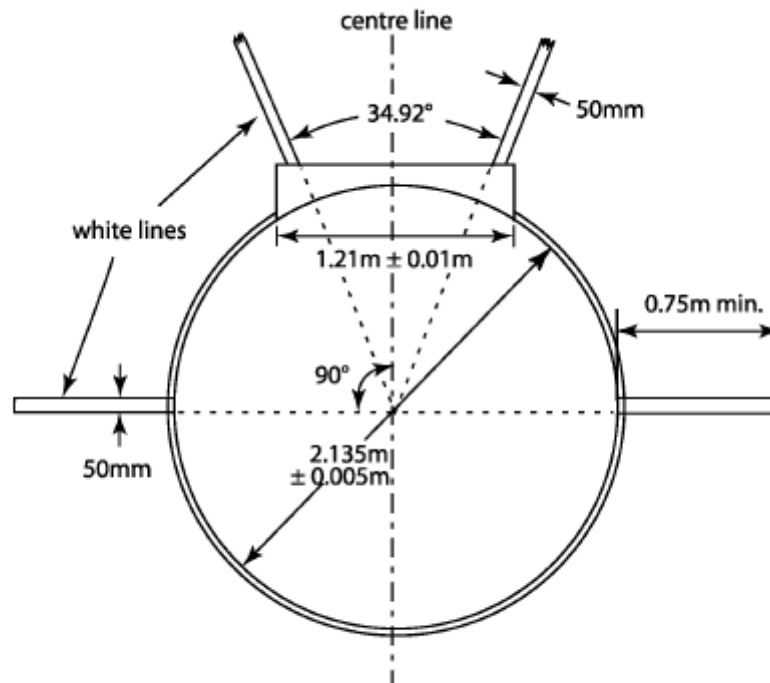
(a) The use by an athlete, in order to obtain a better grip, of a suitable substance on his hands only or in the case of a hammer thrower on his gloves. A shot putter may use such substances on his neck.

(b) The placement by an athlete, in the Shot Put and other Throwing events, on the implement, chalk or a similar substance. All substances used on the hands and on the implements shall be easily removable from the implement using a wet cloth and shall not leave any residue.

(c) The use of taping on the hands and fingers that is not in contravention of Rule 187.4(a).

## Throwing Circle

(7) The inside diameter of the circle shall be  $2.135\text{m} \pm 0.005\text{m}$  in the Shot Put and the Hammer Throw and  $2.50\text{m} \pm 0.005\text{m}$  in the Discus Throw. The hammer may be thrown from the discus circle provided the diameter of this circle is reduced from  $2.50\text{m}$  to  $2.135\text{m}$  by placing a circular ring inside.



**Figure 187a - Layout of Shot Put circle**

(8) A white line 50mm wide shall be drawn from the top of the rim extending for at least 0.75m on either side of the circle. The white line may be painted or made of wood or other suitable material. The rear edge of the white line shall form a prolongation of a theoretical line through the centre of the circle at right angles to the centre line of the landing sector.

## Landing Sector

(10) The landing sector shall consist of cinders or grass or other suitable material on which the implement makes an imprint.

(11) The maximum overall downward inclination of the landing sector, in the throwing direction, shall not exceed 1:1000 (0.1%).

(12) (a) The landing sector shall be marked with white lines 50mm wide at an angle of 34.928 such that the inner edge of lines, if extended, would pass through the centre of the circle.

**Note:** The 34.928 sector may be laid out accurately by making the distance between the two points on the sector lines 20m from the centre of the circle  $12\text{m} \pm 0.05\text{m}$  ( $20\text{m} - 0.60\text{m}$ ) apart. Thus, for every 1m from the centre of the circle, the distance across shall be increased by 0.60m.

## Trials

13) In the Shot Put and Hammer Throw, implements shall be thrown from a circle. In the case of trials made from a circle, an athlete shall commence his trial from a stationary position inside the circle. An



athlete is allowed to touch the inside of the rim. In the Shot Put, he is also allowed to touch the inside of the stop board described in Rule 188.2.

(14) It shall be a failure if an athlete in the course of a trial:

(a) releases the shot other than as permitted under Rules 188.1.

(b) after he has stepped into the circle and begun to make a throw, touches with any part of his body the top (or the top inside edge) of the rim or the ground outside the circle,

(c) in the Shot Put, touches with any part of his body any part of the stop board other than its inner side (excluding its top edge which is considered to be part of the top),

**Note:** It will not be considered a failure if the Weight for Distance or any part of the hammer strikes the cage after release provided that no other Rule is infringed.

(15) Provided that, in the course of a trial, the Rules relative to each throwing event have not been infringed, an athlete may interrupt a trial once started, may lay the implement down inside or outside the circle or runway and may leave it. When leaving the circle or runway he shall step out as required in Rule 187.17 before returning to the circle or runway to begin a fresh trial.

**Note:** All the moves permitted by this paragraph shall be included in the maximum time for a trial given in Rule 180.18.

(16) It shall be a failure if the shot, the hammer head or the head of the weight for distance in contacting the ground when it first lands touches the sector line or the ground or any object (other than the cage as provided in the Note to Rule 187.14) outside the sector line.

(17) It shall be a failure if the athlete leaves the circle before the implement has touched the ground, or

(a) for throws made from a circle, if when leaving the circle, the athlete's first contact with the top of the rim or the ground outside the circle is not completely behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle;

**Note:** The first contact with the top of the rim or the ground outside the circle is considered leaving.

(18) After each throw, implements shall be carried back to the area next to the circle or runway and never thrown back.

### **Measurements**

(19) In all throwing events, distances shall be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimetre.

(20) The measurement of each throw shall be made immediately after each valid trial (or after an immediate oral protest made under Rule 146.5):

(a) from the nearest mark made by the fall of the shot, weight for distance and hammer head, to the inside of the circumference of the circle along a line to the centre of the circle;

## Putting the Shot

### RULE 188 SHOT PUT

#### Competition

(1) The shot shall be put from the shoulder with one hand only. At the time an athlete takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or the chin and the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders.

Note: Cartwheeling techniques are not permitted.

#### Stop Board – Specifications if used, but not compulsory for Highland Games.

(2) The stop board shall be white and made of wood or other suitable material in the shape of an arc so that the inner surface aligns with the inner edge of the rim of the circle and is perpendicular to the surface of the circle. It shall be placed so that its centre coincides with the centre line of the landing sector (see Figure 188), and shall be firmly fixed to the ground or to the concrete surrounding the circle.

Figure 188 - Shot Put stop board (top and side view)

Note: Stop boards to the 1983/84 IAAF specifications remain acceptable.

(3) The stop board shall measure 0.112m to 0.30m wide, with a chord of  $1.21\text{m} \pm 0.01\text{m}$  for an arc of the same radius as the circle and  $0.10\text{m} \pm 0.008\text{m}$  high in relation to the level of the inside of the circle adjacent to the stop board.

#### Shot

(4) The shot shall be of solid iron, brass or any metal not softer than brass, or a shell of such metal filled with lead or other solid material. It shall be spherical in shape and its surface finish shall be smooth. To be smooth, the surface average height must be less than  $1.6\mu\text{m}$ , i.e. a roughness number N7 or less.

(5) The shot shall conform to the following specifications:

Minimum weight for admission to competition and acceptance of a Record:

3.000kg	4.000kg	5.000kg	6.000kg	7.260kg
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Information for manufacturers: Range for supply of implement for competition

3.005kg	4.005kg	5.005kg	6.005kg	7.265kg
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3.025kg	4.025kg	5.025kg	6.025kg	7.285kg
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Diameter:

Minimum	85mm	95mm	100mm	105mm	110mm
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Maximum	110mm	110mm	120mm	125mm	130mm
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**RULE 188 S 1 UKA SUPPLEMENT - SHOT SPECIFICATIONS FOR NON-IAAF AGE GROUPS (PREVIOUSLY UKA 132(8))**

<b>MEN</b>	<b>UNDER 17</b>		<b>UNDER 15</b>	
	<b>Minimum</b>	<b>Maximum</b>	<b>Minimum</b>	<b>Maximum</b>
Weight	5kg	–	4kg	–
Diameter	100mm	120mm	95mm	110mm
	<b>UNDER 13</b>			
Weight	3.25kg	–		
Diameter	90mm	105mm		
	<b>WOMEN</b>	<b>UNDER 17</b>		<b>UNDER 15</b>
Weight	3kg	–	3kg	–
Diameter	85mm	110mm	85mm	110mm
	<b>UNDER 13</b>			
Weight	2.72kg	–		
Diameter	85mm	95mm		
	<b>MASTERS</b>	<b>MEN 35–49</b>		<b>MEN 50–59</b>
Weight	7.26kg	–	6kg	–
Diameter	110mm	130mm	105mm	125mm
	<b>MEN 60–69</b>		<b>MEN 70-79</b>	
Weight	5kg	–	4kg	–
Diameter	100mm	120mm	95mm	110mm
	<b>Men 80+</b>			
Weight	3kg			
Diameter	85mm	110mm		
	<b>WOMEN 35–49</b>		<b>50-74</b>	
Weight	4kg	–	3kg	–
Diameter	95mm	110mm	85mm	110mm

### **Throwing the Wooden Shafted Hammer**

- a). Rules 180 and [187 S1](#), [187 S2](#), 187 (2-5) (18-20a) apply to this event.
- b). A safety cage shall be erected to enclose the actual throwing area in order to protect officials, other competitors and spectators. It shall be capable of stopping a hammer should it hit the netting. It should have an opening of no more than 6 metres and be at least 3.5 metres high. It should provide sufficient space to allow competitors to swing the hammer safely. The stop board shall be set in such a position within the cage, to be decided by the referee, so that a hammer, when thrown will either enter the sector or hit the cage.
- c). The hammer must be delivered with both feet behind a stop board of wood or some other suitable material painted white, 1.22 m long, 10 cm high and not less than 10 cm wide. The competitor may rest his feet against the inner side of the stop board but not on it.
- d). The head shall be solid and made of iron, brass or any other metal not softer than brass. It must be spherical in shape with a minimum diameter of 110 cm.

- e). The handle shall be of wood, cane, plastic or any other man made material and shall measure 1.27m overall.
- f). The weight shall not be less than 16 lbs (7.257kg) complete as thrown.
- g). A competitor's footwear may have an attachment of metal, fitted to the sole so as to give a better grip on the ground. The competitor shall not make any other marks in the ground by any other means
- h). Gloves may be worn. The gloves must be smooth on the back and front and the tip of the fingers other than the thumb must be exposed.
- i). The competitor in his starting position prior to the preliminary swings or turns is allowed to put the head of the hammer on the ground.
- j). It shall not be considered a foul throw if the head of the hammer touches the ground when the competitor begins the preliminary swings or turns.
- k). It shall not be a foul throw when the competitor, having started to make his throw, stops in order to improve his grip on the shaft, but three such stops in the course of an attempt shall count as a failure.
- l). If the hammer breaks during a throw or while it is in the air, it shall not be counted as a throw, provided it was made in accordance with the rules. If a competitor thereby loses his balance and commits a foul, it shall not count against him.
- m). A foul throw or letting go of the hammer during an attempt shall count as a trial.
- n). For a valid throw the hammer head must fall completely within the inner edges of lines marking a sector of 34.92 degrees set out on the ground.
- o). At the discretion of the Referee, markers may be placed in the sector to indicate the current ground or National record and the leading throw in the competition.

### **Throwing the 28Lb Weight for Distance**

- a). Rules 180 and [187 S1](#), [187 S2](#), 187 (2-5) (18-20a) apply to this event
- b). The diameter of the circle shall be 2.74m with a stop board measuring 2.14m in length.
- c). Rule 187 (8) shall apply to this event.  
(8) A white line 50mm wide shall be drawn from the top of the rim extending for at least 0.75m on either side of the circle. The white line may be painted or made of wood or other suitable material. The rear edge of the white line shall form a prolongation of a theoretical line through the centre of the circle at right angles to the centre line of the landing sector.
- d). A safety cage shall be erected to enclose the actual throwing area in order to protect officials, other competitors and spectators. It shall be capable of stopping the weight should it hit the netting. It should have an opening of no more than 6 metres and be at least 3.5 metres high. It should provide sufficient space to allow competitors to swing the weight safely. The throwing circle and stop board shall be set in such a position within the cage, to be decided by the Referee, so that a weight, when thrown will either enter the sector or hit the cage.

- e). The throwing implement may be of any size or shape with the diameter of the handle (ring) being not less than 11.4cm and the thickness of the ring not less than 1.6cm provided its total length is not over 45.7cm, the same implement must be used by all competitors in any event. For record purposes the implement must weigh not less than 28lbs (12.7kg) complete as thrown.
- f). A competitor may use one or both hands.
- g). For a valid throw the weight must fall completely within the inner edges of lines marking a sector of 34.92 degrees set out on the ground.
- h). At the discretion of the Referee, markers may be placed in the sector to indicate the current ground or National record and the leading throw in the competition.

### **Throwing the 56lb Weight for Height.**

- a). Rule 180, Rule 181 (1-3) and (5,6) and (8,9), Rule 182 (6,7,8) apply to this event.
- b). The weight may be of any size or shape with the diameter of the handle being not less than 11.4cm and the thickness of the handle not less than 1.6cm. The same implement must be used by all the competitors in any one event and for record purposes the implement must weigh not less than 56lbs (25.4kg) complete as thrown.
- c). The competitor shall stand with his back to the uprights and may assume any posture. The competitor may use one or both hands and the weight must be released by the competitor from a position not more than 2 metres from the plane of the upright. No form of rotational throwing, including that known as “spinning” shall be allowed.
- d). In the event of a tie, Rule 181(9) shall apply.
- e). The height shall be recorded to the nearest inch below the height measured if the distance is not a whole inch. The bar shall not be raised in increments of less than 1 inch.
- f). It shall be recorded as a failure if after the throw the bar does not remain on the pegs because of the action of the competitor whilst throwing or if the weight does not clear the top of the bar.

### **Tossing the Caber Scottish Style.**

- a). For the purpose of this rule the words “base line” shall mean an imaginary straight line drawn from the point of delivery through the point where the thick end of the Caber first strikes the ground and extended beyond. The “extended base line” shall be the part of the foregoing line beyond the latter point. The words “vertical line” shall mean an imaginary line drawn directly vertical from the point where the thick end of the Caber first strikes the ground.
- b). The Caber (i.e. a tree trunk) may vary in length from 4 metres to 5 metres and taper from a diameter of 25cm to 35cm at the thick end to 10cm to 15cm at the rounded thin end.
- c). The Caber may be tossed from either shoulder, and each competitor shall be allowed three attempted tosses. The ground should as far as possible, be level and a mark made to indicate the approximate point of delivery and direction of the toss. It is recommended that the point of delivery

be inside tram lines drawn 10 metres apart. The position of the tram lines should be agreed between the competitors and the Referee prior to the start of the competition.

d). A perfect toss shall be one where the thin end of the Caber passes through the vertical line and falls on the extended base line. To be a valid toss the thin end of the Caber must pass through the vertical line and fall within an angle of less than 90 degrees of the extended base line, otherwise the toss will count as a trial without result.

e). If the Caber is not tossed by any of the competitors while having their first trial, a piece from the thick end of the Caber of a length determined by the judges may be sawn off and the competition shall start anew each time until a toss is recorded.

f). The winner will be the competitor who achieves the perfect toss. The next best tosses take rank according to the nearness of the thin end of the Caber to the extended base line.

g). The competitor must stand still at the point of his attempted toss until released by the judge.

h). A minimum of two judges shall be appointed, one of whom will be designated Chief Judge. One stands behind the tosser to determine the nearness of the thin end of the Caber to the vertical line and one stands at right angles to the base line to check that the thin end of the Caber passes through the vertical line when at its maximum height.

i). In the event of there being only one Caber available, the officials and competitors can agree to the angle of each attempt being recorded in order to determine the placings.

### **Tossing the Caber American Style.**

a). From a wooden board 4 inches in height and 4 feet in length a Caber of from 10 to 12 feet shall be tossed.

b). A run of from 10 to 12 metres shall be allowed and crossing of the stance or delivery point immediately after the "toss" constitutes a foul or "no toss".

c). The light end of the Caber, i.e. the end in the tosser's hand must fall past a line parallel with the stance, and from it, the farthest away part of the Caber — the measurement is taken to the exact point of delivery at the stance.

d). Each competitor is allowed three attempts.

### Details of Heavy Event Implements.

Age Group	Shot	Hammer Weight & Length	Weight for Distance	Weight for Height	Caber Length & Diameter
Under 17 Men	5kg	12lbs - 4ft shaft	16lbs - 18" overall	32lbs	12ft long - 3"- 4" at thin End 5"- 6"at thick End
Under 20 Men	6kg	14lbs - 4ft shaft	22lbs - 18" overall	44lbs	12ft long - 3"4" at thin End 5"- 6"at thick End
Open Men	7.26kg 16lbs	16lbs – 4ft 2" shaft	28lbs - 18" overall	56lbs	13 - 21ft long - 4"- 6" at thin End 10"-14" at thick End
Open Women	4kg	12lbs – 4ft shaft	16lbs – 18" overall	32lbs	12ft long - 3"- 4" at thin End 5"- 6"at thick End

### Scottish Heavyweight (Five Event) Championship

(Gilbert Memorial Trophy)

(Shot, Scots Hammer, 28lbs Weight for Distance, 56lbs Weight for Height, Caber)

- a). This Championship is subject to special conditions and every entrant must compete in each of the events or be automatically disqualified.
- b). Points in each event shall be awarded according to the total number of competitors. e.g. for 7 competitor's points shall be 8, 6, 5, 4, 3, 2 and 1. The competitor with the highest number of points after all the events have been completed shall be the winner. In the event of two or more competitors tying for the overall championship, the championship shall be jointly shared.
- c). Competitors shall be allowed four trials in each event except the 56lb weight for height where the usual competition rules apply.
- d). Promoters of the meeting to which the championship may be allocated are permitted to combine a handicap competition with any of the events in the championship but entry to the championship does not include entry to the handicap or vice versa. The number of trials included in the handicap shall be as in the championship.

## **Guidelines (as approved by the IAAF) for Participation by Amateur Athletes in Scottish Games Association (SGA) Events and by SGA Athletes in Amateur Games.**

- 1). Amateur athletes may only compete at SGA meetings which have been granted a **scottishathletics** permit. SGA Games promoters wishing to permit amateurs to participate in their events must make application, via the Scottish Games Association (SGA), for a **scottishathletics** permit so to do.
- 2). Before he/she may compete in an SGA event, each amateur competitor must register in advance with the SGA by paying the appropriate registration fee for an athlete. This is in addition to payment of such entry fee as may be applied by the promoter(s) of the event. SGA registration will ensure that the amateur status of the participating athlete will continue to be recognised by the governing bodies of amateur athletics.
- 3). Any monetary prizes won by an amateur entrant may be paid direct to the athlete.
- 4). In recognition of and reciprocation for the SGA's operation of the arrangements detailed above, entries by SGA athletes may now be accepted at amateur meetings run under **scottishathletics** auspices.
- 5). SGA member's meetings will continue to be run under SGA rules.
- 6). Amateur meetings will continue to be run under UKA rules with **scottishathletics** Guidelines.
- 7). An SGA athlete will, however, under current international guidelines, remain ineligible for selection as a member of a Scottish amateur national team unless and until reinstatement is granted.
- 8). Each athlete must register and compete under his/her own name for both SGA and amateur events.
- 9). Where SGA athletes are entering amateur events they must declare their SGA registration number –e.g. John Smith (SGA) 1234 (Perth).
- 10). Members of amateur athletic clubs participating in SGA meetings must include the name of their club in their entry –e.g. John Smith (Pitreavie AAC).
- 11). When participating in SGA events amateur entrants must wear club vests.
- 12). When participating in **scottishathletics** events SGA athletes should wear plain vests. (NB – Advertising messages on vests etc are restricted by IAAF rules).
- 13). Prizes including title awards won by SGA athletes at amateur events will normally be made available to them on the day.
- 14). Rules currently imposed by the SGA and by **scottishathletics** in respect of the gender and/or age of competitors will continue in force at the meetings of these respective bodies. Any suspension from competition by either SGA or SAL will be recognised by the other body.
- 15). Independent Doping Control procedures shall be the same at events organised by the SGA and **scottishathletics**.
- 16). A Standing Committee of three representatives from each Governing Body will be appointed to monitor and develop the objectives of these guidelines and to foster clear co-operation among all athletes.



17). Officials from either organisation are permitted to officiate at meetings run under these guidelines.

18). SGA athletes when competing under UKA rules are restricted to individual events only.

**SGA Registration Fees:** (As at time of print January 2017) current fees will apply

17 years and over £7.50 per annum which includes personal accident insurance. Youths (10 to 16 years old) £2.00 per annum, excluding insurance. Any athlete wishing to compete for one day only will be required to pay a £2.00 registration fee; otherwise the annual fee must be paid.