

The Highland games and various gatherings around Scotland are a large part of the Scottish sporting tradition, including all areas of athletic excellence. Many of the top athletes in the country, now competing at the highest level of their sport, have taken part in Highland games events at one time or another.

Every summer from mid-May until mid-September over 60 Highland games are held under the auspices of the Royal Scottish Highland Games Association (RSHGA). These games are spread the length and breadth of the country as well as the Western Isles and take place almost every Saturday and Sunday (plus some mid-week) during the height of the season, busiest during July and August.

The history of Highland games is lost in the mists of time with some claiming a heritage that dates back hundreds of years. While all games are unique to their local community, those listed in this calendar are all members of the RSHGA, the sport's governing body which aims to ensure the best traditions of Highland games are maintained and events are run to a high level of quality for competitors and visitors alike. Events at all Highland games are open to members of all of Scotland's athletic clubs as well as unattached athletes so anyone can compete, including those with 'amateur' status, without being adversely affected.

What makes Highland games unique is that they are truly community events where athletes adapt to compete in simple natural conditions in each host village and town. Nearly all running, cycling, jumping and throwing events take place on a grass surface.

All games feature running and throwing 'heavy' events, many also stage long, high and triple jump with the odd one or two pole vault and hill race. Tug of War, which was once an Olympic sport, also takes place at many of the games. Several competitors in Highland games have also gone on to compete in the Commonwealth and Olympic Games.

Highland games are the essence of recreational athletics and always have been. Along with the other features such as piping, dancing, pipe bands and community stalls, games events showcase the best of Scotland. There's nothing like them anywhere in the world, they are something to support and cherish.

HIGHLAND GAMES



Patron HRH The Former Duke of Rothesay KG KT GCB DM

found on the RSHGA website. A full list of rules and regulations for competing can be found on the RSHGA website.

TUG o WAR - Registration with RSHGA required

Competitions can be for 5, 6 or 8 person teams and some events are weight restricted, please check with the event secretary for information about which they are hosting. Cycling is a popular event but does require equipment standardized for a grass track (see RSHGA website rules for details). Many events are pre-entry, though a number of Northern events allow entry on the day. Check the RSHGA website, look for a 'handicapper' which indicates pre-entry, or check with the secretary of the event.

CYCLING - Registration with RSHGA required

Athlete age group for Youth events is 9 - 15 years. Open events 16 years and upwards. Athletes must be capable of handling the various pieces of equipment in a safe and competent manner, there is also a dress code which applies to the heavy events.

HEAVY EVENTS - Registration with RSHGA required

Entering the 'heavy' throwing events is straightforward. Entry is usually made on the day of the games with the judge directly but please contact the games secretary prior to the event to notify them that you intend to compete.

ATHLETICS - Registration with RSHGA required

Note: **Everyone** competing in athletic running, cycling, jumps, heavy and tug o' war events must have pre-registered with the RSHGA. Registration lasts for the whole season and can be done by visiting the website rshga.org

GETTING STARTED IN HIGHLAND GAMES



CONTACT DETAILS

Secretary - Craig Dunbar
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www.rshga.org

Find us on Facebook

Pictures courtesy of Bill Robertson, Sauchie

The RSHGA run leagues throughout the season to encourage excellence in athletes and participation at members' events. We champion athlete welfare by providing free personal injury insurance to all fully-registered athletes.

DID YOU KNOW?

We work with athletic clubs and associated sporting bodies to increase awareness of the opportunities games provide to athletes and to help increase participation. We demonstrate a commitment to clean sport by providing the UK's only Highland games anti-doping testing.

VOLUNTEERING

Highland games only run because of the efforts of volunteers, if you'd like to get involved in making them happen please contact the secretary of the event closest to you, check out the RSHGA website for more information and contact details.

Scots living in far-flung parts of the world look to Scotland for guidance in all things Scottish and Scottish Highland dancing at Scottish Highland games is always a topic of excitement and interest.

Highland dancing is mostly a solo activity where the dancer is judged as an individual, even in a dance for four people such as the reels. Conversely, Scottish country dancing is an activity for teams.

HIGHLAND DANCING

The RSHGA is indebted to the following sponsors and advertisers for their support of Highland games in Scotland.



Getting more involved

We service hundreds of thousands of visits to our website and handle enquiries from around the globe about Highland games and all things Scottish.

If your organization is interested in getting involved in sponsorship, please get in touch with the treasurer (treasurer@rshga.org).

Every Highland games relies on volunteers: if you're interested in helping your local games please contact their secretary, details are available on our website at rshga.org

About Us

The Royal Scottish Highland Games Association maintains high standards so visitors to our members' events are assured of a great experience. Let us know your feedback at: secretary@rshga.org



2024

	MAY	JUNE	JULY	AUGUST	SEPTEMBER	
Sun					1	Sun
Mon			1		2	Mon
Tue			2		3	Tue
Wed	1		3 KENMORE		4	Wed
Thu	2		4	1	5	Thu
Fri	3		5	2 DORNOCH	6	Fri
Sat	4	1 CORNHILL, HELENSBURGH & LOMOND	6 LUSS	3 ABOYNE, NEWTONMORE, ABERLOUR-STRATHSPEY, NORTH BERWICK, MEY, INVERKEITHING	7 BRAEMAR	Sat
Sun	5	2 MARKINCH	7	4 BRIDGE OF ALLAN	8 BLAIRGOWRIE & RATTRAY	Sun
Mon	6	3	8	5	9	Mon
Tue	7	4	9	6	10	Tue
Wed	8	5	10	7 KILLIN, ISLE OF SKYE	11	Wed
Thu	9	6	11	8 BALLATER	12	Thu
Fri	10	7	12	9 ASSYNT	13	Fri
Sat	11	8 BEARSDEN & MILNGAVIE	13 ALVA, LOCH LOMOND	10 ABERFELDY SHOW, TAIN, STRATHPEFFER	14 PITLOCHRY	Sat
Sun	12 GOUROCK	9 STRATHMORE	14	11 PERTH	15 BOWHILL	Sun
Mon	13	10	15 BURNTISLAND	12	16	Mon
Tue	14	11	16 INVERARAY	13	17	Tue
Wed	15	12	17	14	18	Wed
Thu	16	13	18 MULL	15	19	Thu
Fri	17	14	19	16	20	Fri
Sat	18	15 OLDMELDRUM	20 BALQUHIDDER, LOCHEARNHEAD & STRATHYRE, LOCHCARRON, TOMINTOUL	17 HELMSDALE, STIRLING	21	Sat
Sun	19 GORDON CASTLE	16 ABERDEEN	21 STONEHAVEN	18 CRIEFF	22	Sun
Mon	20	17	22	19	23	Mon
Tue	21	18	23	20	24	Tue
Wed	22	19	24	21	25	Wed
Thu	23	20	25	22 ARGYLLSHIRE - OBAN	26	Thu
Fri	24	21	26 DURNESS	23	27	Fri
Sat	25 BLACKFORD	22 DRUMTOCHTY	27 AIRTH, DUFFTOWN, HALKIRK	24 GLENURQUHART, LONACH, STRATHARDLE	28	Sat
Sun	26 BLAIR ATHOLL, CARMUNNOCK	23	28 ST ANDREWS	25	29	Sun
Mon	27	24	29	26	30	Mon
Tue	28	25	30	27		Tue
Wed	29	26	31	28		Wed
Thu	30	27		29		Thu
Fri	31	28		30		Fri
Sat		29 BRAEMAR JUNIOR, CERES		31 BIRNAM		Sat
Sun		30				Sun

Please check the website www.rshga.org for any changes to event dates