the UK's only Highland games anti-doping testing. We demonstrate a commitment to clean sport by providing

provide to athletes and to help increase participation. bodies to increase awareness of the opportunities games We work with athletic clubs and associated sporting

esistered athletes We champion athlete welfare by providing free personal

members' events. encourage excellence in athletes and participation at The RSHGA run leagues throughout the season to

DID XON KNOMS

and contact details.

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

VOLUNTEERING

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

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

head in a graceful curve depicting the stag's antlers. the stag's antics so raised his hands and arms above his watched stags rearing and wheeling. The boy tried to copy dances. Legend has it that a shepherd boy on a hillside is probably the most famous of the Scottish Highland tradition in their interpretation. The Highland Fling various dances aren't always certain but there is a rich combined with stamina and strength. The origins of the is highly technical and demands grace of movement sophisticated forms of national dancing in the world. It Scottish Highland dancing is regarded as one of the most

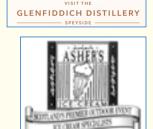
HICHLAND DANCING

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

.estizdew ASHSA and no branot A full list of rules and regulations for competing can be secretary for information about which they are hosting. events are weight restricted, please check with the event Competitions can be for 5, 6 or 8 person teams and some

TUG o WAR - Registration with RSHGA required

Adult from 16yrs upwards.

Cycling age groups - Juniors which cover 9yrs tol5yrs and

pre-entry, or check with the secretary of the event. RSHGA website, look for a 'handicapper' which indicates of Northern events allow entry on the day. Check the for details). Many events are pre-entry, though a number standardized for a grass track (see RSHGA website rules Cycling is a popular event but does require equipment

CYCLING - Registration with RSHGA required

dress code which applies to the heavy events. equipment in a safe and competent manner, there is also a Arbletes must be capable of handling the various pieces of to the event to notify them that you intend to compete. judge directly but please contact the games secretary prior Entry is usually made on the day of the games with the Entering the 'heavy' throwing events is straightforward.

HEAVY EVENTS - Registration with RSHGA required

events 16 years and upwards.

Athlete age group for Youth events is 9 - 15 years. Open

for the Jumps events usually enter with the judge on the advance or check with the secretary listed. Competitors handicapper listed this indicates you need to enter in website for the event you wish to attend: if there is a To establish which events are pre-entry check the RSHGA

Northern games allow entry on the day. beforehand, though many of the running events at and many events require pre-entry, usually one week This attracts many runners throughout the season

ATHLETICS - Registration with RSHGA required

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

CELLING STARTED IN HIGHLAND GAMES



CONTACT DETAILS

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Pictures courtesy of Bill Robertson, Sauchie

something to support and cherish.

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

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

take place on a grass surface.

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

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

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

at one time or another.

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

HICHLAND GAMES



