

RULES OF COMPETITION

The following rules of competition apply to everyone participating in any RSHGA member event.

- RSHGA Members, as a condition of membership, must run their events in accordance with these rules.
- Athletes competing at RSHGA member events must abide by the rules, as a condition of entry.
- Judges, Officials, Handicappers, Representatives, Coaches and other parties involved in the events must abide by the rules and play their part in ensuring the rules are applied fairly.

GENERAL RULES

G1	All RSHGA Member events will be run in accordance with RSHGA rules.
G2	RSHGA Members will afford every assistance to the RSHGA Secretary and other RSHGA representatives in the pursuance of their duties.
G3	Results of all competitions must be recorded on official return sheets provided by the RSHGA and returned to the RSHGA results coordinator by the Secretary of each event within 7 days following completion of the event.
G4	Judges, Officials, Handicappers, etc found guilty of misconduct and or infringement of rules, shall be deleted from the RSHGA Approved List of Officials, removing their future employment in such official capacity.
G5	No Handicapper, Judge, or Official may engage in betting or bookmaking on any event or athlete at any RSHGA Meetings at which they are officiating.
G6	Handicappers must not engage in the training of athletes for track competitions at RSHGA events.
G7	No coaches or trainers of runners having vested interest in the athletes taking part should be appointed as officials at RSHGA Members Games.
G8	It is the responsibility of each RSHGA Member to inform RSHGA General Council of any infringement of RSHGA Rules, misdemeanour or other misconduct which comes to their attention.
G9	Athletes who are suspended or banned because of RSHGA disciplinary ruling(s) will not be allowed to compete at RSHGA events until the suspension/ban is lifted by RSHGA. All RSHGA event Staff, Handicappers, Starters, and Officials will use their best endeavours to ensure that this rule is enforced.
G10	Adequate and separate changing accommodation should be provided by RSHGA Members for male, female and child competitors.
G11	Event organisers will ensure that the games ground and site are suitably prepared to comply with the RSHGA rules for the events that are being run. There are specific rules relating to track markings, starting/finishing points and the provision of a clearly delineated throwing area with safety cage and trig.
G12	RSHGA Members will undertake and document a risk-assessment prior to running their event. All material risks will be addressed prior to competition taking place.
G13	Protests - Protests or objections by a competitor against another competitor must be made to the Secretary of the event within 15 minutes after the Officials have confirmed the result of the race or event in which the reason for the protest/objection arose.

G14	Protests - Reports on all protests raised in the course of a Member's event must be submitted to the RSHGA Secretary by both the Members and RSHGA Representatives, stating whether the matter is resolved or if it remains unresolved and is being escalated for a decision.
G15	Protests - Protests must be accompanied by a deposit of £25 and shall be made in writing and signed by the competitor, such fee to be returned if the protest is considered justified but will be forfeited should the panel adjudication deem the protest frivolous.
G16	Protests – Protests lodged against a successful competitor shall result in that competitor's prize money being withheld until the protest is finally disposed of.
G17	Protests - Protests on the grounds of misconduct by a competitor in the actual competition shall be resolved by the officials on the ground, if possible in consultation with the event organisers. Details must be reported immediately by the event Secretary and Reps to the RSHGA Secretary, stating whether the matter is resolved or if it remains unresolved and is being escalated for a decision.
G18	Protests – If the complainant is not satisfied with the decision made at the event, they can request the matter be escalated for consideration by RSHGA General Council. Such requests to review decisions applied at events must be submitted in writing by the complainant within seven days of the event, together with a fee of £25 (returnable at the discretion of General Council), to the RSHGA Secretary. A panel will be appointed by the RSHGA General Council to consider any appeals.
G19	Appeal against Protest Escalation Decision – In the event that a protest decision is escalated to RSHGA, and the athlete is dissatisfied with the RSHGA's decision, an appeal may be raised. This must be done in writing within 14 days of the date of the RSHGA Panel's decision which will be intimated in writing by the secretary of the RSHGA to the individual concerned. A fee of £25 is payable at the time of appeal but will be refunded should the grounds of appeal be found to have merit. The notice of appeal must clearly specify those grounds on which the appeal is based and indicate whether part or all of a ruling/decision is being appealed. Upon receipt by RSHGA an Appeals Panel will be appointed to consider the appeal. In the event a hearing is required, the appellant and other parties requested to attend will receive at least seven days' notice of the date, time and place of the Hearing. The appellant must present their case in person or in writing and may be accompanied by one other person.
G20	<p>RSHGA Records:</p> <p>Members wishing to seek ratification of claimed RSHGA record breaking performances at their event must submit to the Secretary of the RSHGA (a) within seven days of the event, a written notice intimating their intention to claim and (b) within twenty-eight days of the event the details of these performances for consideration by the General Council. If a record appears to have been broken, then the following procedures must be observed:</p> <ol style="list-style-type: none"> i. Verification of the length of the course obtained through check measurement. ii. Confirmation of the accuracy of the watches used to time the performances ascertained through checks. iii. Names of two or more, competent timekeepers timing the performances. iv. Confirmation that the winning time was checked by other than track officials appointed by the Member Games immediately on completion of the performance(s). v. Names of the RSHGA Representatives called upon to authenticate at the above. The appointed RSHGA Representatives will report separately to the RSHGA Secretary on such performances. vi. Heavy Events – The distance or height thrown must be verified by the attending RSHGA representative(s). The weight implement involved is to be removed from the field by the RSHGA representative(s) and taken for verification through a

	method approved by the RSHGA General Council. Any costs of verification will be incurred by the RSHGA.
G21	<p>Anti-Doping:</p> <p>The anti-doping rules of the Royal Scottish Highland Games Association are the UK Anti-Doping Rules published by the Drug-Free Sport Directorate of UK Sport (or its successor), as amended from time to time. Such rules shall take effect and be construed as rules of the Royal Scottish Highland Games Association.</p> <p>The RSHGA Anti-Doping Rules can be found at: http://www.ukad.org.uk/resources/document/uk-anti-doping-rules</p> <p>Other important anti-doping information can be found at:</p> <ul style="list-style-type: none"> - the UK Anti-Doping website, http://www.ukad.org.uk/ - the Global DRO website, http://www.globaldro.com/ - the WADA website, http://www.wada-ama.org/

ADDITIONAL RULES FOR ALL ATHLETES (ALL DISCIPLINES) AND EVENTS

A1	All persons wishing to take part in athletic competitions at an RSHGA Member event must be registered as an athlete with the Royal Scottish Highland Games Association prior to taking part in any of these events and pay an appropriate fee, which will be fixed annually.
A2	Entry fees due by competitors wishing to participate in competitions at RSHGA Member events must be paid over in the manner and by the date/time specified by the Member.
A3	In youth races, the minimum age will be nine years of age and the maximum will be fifteen years of age, the exception being if a registered youth competitor reaches their 16 th birthday after the first RSHGA member games of the season. Once having reached their 16 th birthday they will then have the choice of either: 1/remaining a youth competitor until the end of the season or 2/ immediately moving up to compete in adult competition, and losing any league points already accrued during the season. If the youth athlete decides to move up to adult competition mid-season, they cannot then revert back to competing as a youth.
A4	In open events, competitors must be at least sixteen years of age.
A5	No attendants shall be allowed to accompany competitors on the track except at the finals of the open handicaps and then they must leave the arena before competitors come under starter's orders. There is an exception where the athlete is with their appropriate adult.
A6	Any competitor adjudged to be wilfully jostling or obstructing another competitor or official may be disqualified from that race and may be referred for disciplinary action.
A7	Any competitor in a track event who is holding the inside position on the track and is adjudged by an official appointed by the Member Games and/or by the RSHGA, to have run wide to prevent another competitor from passing will be disqualified from that event.
A8	Competitors must leave the track at the close of their competition and must not loiter on the Games Field.
A9	All competitors taking part in running events up to and including 800 metres at Members Games should wear spiked track shoes.
A10	Officials may carry out random inspection of running shoes and other athletic equipment. Any found to be unacceptable may result in the athlete being prevented from competing.
A11	Registered athletes in track events will be allocated a numbered bib in handicapped events and a temporary number at other events. [With effect season 2024 the previous 3-digit vest numbers will be no longer be used].

A12	Athletes must provide the RSHGA with their real names and addresses for registration and in competitions. Assumed/alias names and non-permanent addresses are not allowed. Athletes should advise the RSHGA Secretary when they change address. All Handicappers, Secretaries and Officials shall use their best endeavours to ensure the rule is followed.
A13	Competitors in RSHGA track & Field events are deemed to have assumed open athletic status.
A14	Athletic coaches or parents are not permitted to be within the arena during competition, unless acting in an official capacity, or acting as an appropriate adult, or competing. Any person attempting to coach a competitor while the competition is taking place shall be liable to instant dismissal from the arena, and the competitor receiving coaching in such circumstances shall render themselves liable to disqualification from that event, if the appointed officials for that event so decide.
A15	Athletes are not permitted to use devices such as smartwatches or phones to receive coaching whilst competing. If this is suspected by Officials the athlete may be disqualified.
A16	Any competitor giving verbal and/or physical abuse to officials or otherwise infringing the rules will be referred for disciplinary action. The RSHGA Disciplinary procedure is available on the RSHGA Website. RSHGA Representatives have the authority to place the athlete under an immediate precautionary suspension, preventing the athlete from further competition at the event or other events until the disciplinary hearing takes place.
A17	All Championship track events (running and cycling) must be measured in metric units.
A18	The track must be measured accurately, and the track with bends shall be measured 30.5 centimetres from the inside.
A19	Starting blocks may be used in scratch championship events. Their use in 200 metre events is permitted only where marked lanes are provided.
A20	Sprint handicap races up to and including 110 metres shall be run on stringed or lined tracks.
A21	In handicap races, stations at the start shall be assigned to the competitors according to the order of their names appearing on the programme. No.1 in the heat taking the inside station, No.2 the second station etc. The competitor on scratch is permitted to nominate the lane of his/her choice in the final. All starts should be pegged and the respective distance marked on the pegs. Lines shall be drawn from the pegs indicating the competitor's starts. In handicap sprints, two lines of start pegs shall be provided with parallel lines drawn from peg to peg, so that Steward and runners alike have easy visibility of correct starts.
A22	Handicapping – Prior to competing at an event, competitors must notify the event's handicapper of any recent winning performance. Failure to do so will result in the possible disqualification at that venue. Any monies or awards gained at that venue prior to discovery of the failure to disclose shall be subject to forfeiture and will be used by the event to reward other competition winners.
A23	Handicapping – Handicap marks allocated to competitors for any individual race at a Members/sports meeting shall not be altered during the course of that event.
A24	Handicapping – The handicapper has the authority to position a competitor who has competed successfully from actual scratch or virtual scratch to a mark behind the scratch mark in subsequent handicaps, irrespective of the fact that the individual race(s) is (are) advertised as being over a given distance.
A25	Handicapping – Competitors who are found to have made a deliberate attempt to mislead the handicappers or officials in any way, shall be subject to disqualification from participation in any event at that Member's venue at which such attempt is detected. The matter must then be referred to the RSHGA General Council for decision as to whether further disciplinary measures are to be taken.

A26	Handicapping – Any runner or cyclist who wishes to question their handicap mark must do so in writing to the handicapper concerned. Competitors who are dissatisfied with the response received may apply, in writing, to the Secretary of the RSHGA, who will then put the matter before a panel of RSHGA General Council Members to consider the complaint.
A27	Handicapping – Competitors must lodge complaints or make appeals personally. Submissions presented on their behalf by coaches, trainers or other third-parties will not be considered, except in the case of youth athletes.
A28	The Start - The starter's orders for sprint events will be — "Get to your marks", and when all the runners are seen to be steady, the second order will be given — "Get Set". When all runners are seen to be ready following the second command, the start pistol/device will be fired without any further verbal command.
A29	The Start - In the case of a competitor going over their mark with hand or foot when under starter's orders in handicap events they shall be penalised as follows: In races up to and including 400 metres — one metre; in races of 800 metres — two and a half metres; and in races of 1600 metres — five metres. Where second offence occurs, the penalty will be doubled, and on third offence the competitor will be disqualified from that race.
A30	The Start - In scratch events, once under starter's orders, if a competitor makes a false start, then they will be warned that should they make a second false start, then they will be disqualified from the race. If another competitor then makes a false start, then they would receive a similar warning. Any athlete false starting on a second occasion will be disqualified.
A31	The Finish - The finish will be an imaginary line drawn across the track at right angles thereto. This line may be painted on the ground or comprise a physical line.
A32	The Finish – Where physical line is used, worsted or other line shall be stretched over the finish line and ideally fastened to a post fixed at each side.
A33	The Finish - Competitors shall be adjudged to have finished in any race when their torso crosses the finish line as defined above.
A34	The Finish - Competitors striking the worsted or other line with their hands deliberately to gain unfair advantage will be disqualified.
A35	The Finish - Any competitor who falls at the finish may be deemed to have gained a place if the whole of his/her body crosses the finish line before the following competitor passes such line.
A36	The Finish - The Judges' decision as to the result of any race shall be final. In the event of suitable photo finish equipment being available, particularly in a close finish, the judges are encouraged to consult with the photograph. The decision to consult the photograph shall rest solely with the judges.
A37	The Finish - Judges should place themselves at least four metres back from the winning post but in line with the finish.
A38	The Finish - Anyone running a dead heat in a qualifying heat shall progress to take part in the subsequent round as individual competitors in their own right.
A39	Appointed Officials shall have the authority to declare 'no race' if they consider that the quality of performance running merits such a decision.
A40	Any Official may stop a race for safety reasons. In all other circumstances only the appointed starter, or recall steward where appointed, has such authority.
A41	High Jump & Pole Vault: Each competitor shall be allowed three attempts at each height. The athlete may commence jumping at any height they desire, but having once commenced, must continue to attempt each height as the bar is raised, until they either fail three times or retire. A time limit of two minutes shall be applied to each individual attempt. In the high jump, take off must be from one foot only and neither diving nor somersaulting will be permitted. Running under the bar or making an attempt to jump shall be regarded as an attempt. All

	measurements shall be made from the ground to the top of the bar at the point midway between the two uprights. Measurements shall be recorded to the nearest ½" if using Imperial measurements, or 1cm if using Metric measurements, below the actual distance measured, if that distance is not a whole ½" or centimetre. The bar shall be of uniform thickness. The pegs should project 60mm (equivalent 2.36inches) from the uprights, to face each other and lie parallel to the bar. The ends of the bar should not touch the uprights. Irrespective of any previous failures, all competitors who clear the winning height will share the prize money.
A42	Long Jump & Triple Jump: Each competitor shall be allowed three attempts. A time limit of two minutes shall be applied to each individual attempt. The athlete may take any length of run they desire. A visible take-off area must be marked on the ground. An adequate sandpit should be provided, into which all leaps should be made. Measurements shall be recorded to the nearest ½" if using Imperial measurements, or 1cm if using Metric measurements, below the actual distance measured, if that distance is not a whole ½" or centimetre. Each leap should be measured from the foremost mark made in the take-off area i.e. the competitor's toe mark, to the nearest break made in the sand by the competitor, on landing in the sandpit. In the event of a tie, the prize money shall be shared.
A43	All Jumps Championships: In the event of a tie for the position of Championship winner, the Championship will be awarded to the athlete with the most individual first places in that competition. If that still leaves a tie, the total distances/heights will be used to determine the winner.
A44	In the Long and Triple Jump Events, after normal competition is complete, the winner/s will be given one additional attempt for a new Ground Record. If successful, they will then be given one further attempt, for a new National Record. In the High Jump and Pole Vault Events, a sole winner is entitled to continue attempting further heights, until he/she has failed on three consecutive attempts. The height that the bar is raised, shall be decided after consulting with the winning competitor. Records could be achieved during the normal competition, or during the sole winner's continuing efforts.

ADDITIONAL RULES FOR CYCLING

C1	In all senior events, cycles must have a fixed wheel. No brakes, multispeed gears, free wheels, mudguards or any other detachable parts may be on the machines. Handlebars must be plugged.
C2	Riders must present a neat and tidy appearance when competing. Protective headgear must be worn on all tracks.
C3	Judges shall have the power to disqualify competitors who in their opinion are guilty of pacing and to report immediately such instance to the RSHGA. Competitors falling one lap behind with or without pacing another competitor being the objective may be called out of the race in progress.
C4	In De'il tak the hindmost cycle races, competitors shall be withdrawn in accordance with the last part of the bicycle to cross the line. One cyclist is pulled out each lap after the first lap is over, until three cyclists are left, who will then race on to the finish after receiving the bell. In races in which there are four or fewer riders, the number 'two' shall be substituted for the number 'three' in the previous sentence.
C5	When heats are necessary for a race then the same number of riders from each heat shall qualify for the final. When more than seven cyclists are taking part in the 800 metres cycling event, heats shall be run.

C6	Starter's orders for all races will be given by whistle blast warnings for all to be ready. When all riders are seen to be ready, the pistol or starting device will be fired to start the race. Only standing starts are permitted, with the exception of the De'il and Scratch events.
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ADDITIONAL RULES FOR HEAVY EVENTS – *For Standard Weights See Separate Advisory Note*

H1	<p>All competitors in Heavy Events at RSHGA Members Games must appear and compete whilst wearing a kilt, plain-coloured kilt hose/socks and flashes. The wearing of brightly/multi-coloured socks is discouraged. It is not good practice to dress or undress in the Games arena.</p> <p>In the RSHGA Youth Heavyweight League, the minimum age will be 12 years of age and the maximum will be 17 years of age. Having started to compete in the league before reaching their 18th birthday, a registered youth may continue to participate in the league for the remainder of the season.</p>
H2	Each competitor has up to three attempts in each event, with the best of three to count. The number of attempts may be reduced at the judge's discretion, for example if there are a larger than usual number of competitors.
H3	In the interests of safety, the Judge has the right to disqualify any competitor who does not come up to the required standard in any of the heavy events.
H4	<p>In the Hammer, Weight for Distance and Ball/Shot Putt events, the weights will be thrown into a marked sector, as per <i>Diagram 1</i>, from behind a wooden trig 6 ins. high and 4ft. 6ins. long. A suitable netted safety cage must be used in the throwing events.</p> <p>Where possible, the Throwing Sector may be marked out, by measuring 20m out from the centre of the marked rectangular throwing box 'O', on each sector line. A line between the two points A-B, will be 12m long. Thus, for every 1m along the sector lines from the box centre, the distance across the lines should be an additional 60cm.</p>
H5	<p>In the throwing events, to help judge if a throw is a foul or not, a 'winged box' throwing area should be clearly marked out, behind the wooden trig, as shown in <i>Diagram 2</i>. Competitors must remain inside the winged box at all times. This includes at the start and end of the throw, both feet must always be in the box.</p> <p>To make it easier for athletes to avoid inadvertent fouls, there should be wooden stop boards on the wings and front of the trig.</p> <p>Once a stance has been taken and the throw begins, all areas beyond the winged box are out of bounds. Contact with any of these areas, by any part of the competitor's body during an attempt, shall be a foul and will count as an attempt, whether the weight has been thrown or not. The touching of any part of the trig, except the face nearest the competitor when they take their stance, shall also be a foul throw.</p>
H6	Only throws which land completely within the clearly marked throwing sector, shall count and be measured. Measurements will be taken from the centre of the top inside face of the trig, to the nearest break of the ground, made by the weight.
H7	No device of any kind — e.g. taping of fingers together — which may in any way assist a competitor when taking a throw, shall be allowed.
H8	In sponsored events, no competitor shall be allowed to wear any prominent form of advertising, except where the advertisement relates to the Company supporting the event.
H9	A time limit of two minutes shall be applied to each individual attempt in all heavy events listed above.
H10	In all Heavyweight Events, with the exception of the Caber and Weight Over the Bar Event, after normal competition is complete, the winner/s will be given one additional attempt for a new Ground Record. If successful, they will then be given one further attempt, for a new National Record.

	In the Weight Over the Bar competition, a sole winner is entitled to continue attempting further heights, until he/she has failed on three consecutive attempts. The height that the bar is raised, shall be decided after consulting with the winning competitor. Records could be achieved during the normal competition, or during the sole winner's continuing efforts..
H11	In the event of a Championship for various events ending in a tie, the outright winner will be decided by most wins in individual events. Where there is a tie in individual Championship events, then they will have further throws until one is adjudged the winner.
H12	Distances shall be recorded to the nearest ½" if using Imperial measurements, or 1cm if using Metric measurements, below the actual distance measured, if that distance is not a whole ½" or cm.
H13	Putting the Ball: The ball shall be of metal or stone and spherical. Where a stone is used, the competition should be styled 'Putting the Stone'. The ball shall be putt from the front of the shoulder with one hand only, without follow and shall be delivered into the throwing sector, from inside a marked 7ft 6ins winged box area, which is behind a 4' 6" wide wooden trig.
H14	Throwing the Weight for Distance: The weights shall be of metal with or without a chain/ring attached (the handle can be of ring, triangle or 'D' shape). Overall, the weights shall measure no more than 18ins in length and their weight will include any chain/handle. The weight shall be delivered with one hand, using any style, into the throwing sector from inside a marked 9' winged box area behind a 4' 6" wooden trig and within a suitable netted safety cage.
H15	Throwing the Hammer: The hammer head shall be of metal and spherical and the shaft shall be of wood or cane. The overall length of the hammer shall be 4ft. 2ins. The hammer shall be thrown standing style, into the throwing sector. It shall be delivered from behind a 4' 6" long wooden trig, which is within a suitable netted safety cage
H16	Throwing the Weight Over the Bar: A weight with ring attached is used for this event. The bar should be a knock-off bar which is suspended on level pins 60mm (<i>equivalent 2.36inches</i>) from the uprights. Each competitor may commence at any height they desire, but having once commenced, must continue throwing. A competitor may use either hand, but only one hand may be used in making a throw. All measurements shall be made from the ground to the top of the bar, at the point midway between the two uprights. The height to which the bar is raised shall be decided after consulting the wishes of the competitors. Where all competitors except one have retired or failed three consecutive times the remaining competitor is entitled to continue throwing until they either fail three times at each new height or retire.
H17	Tossing the Caber: There is no standard size or weight of caber, but the caber should be a length and weight beyond the powers of all but the best athletes to turn. The practice of throwing a light caber for distance is not tossing the caber and should be disallowed. No trig or stance should be used, each competitor may take any length of run they wish and tossing from where they wish, provided it remains in a safe area. The use of boundary pins can be used to determine the area in which the caber must land. Each competitor has three attempts, the best of those to count (Judges may at their discretion reduce the number of attempts).
H18	Tossing the Caber:

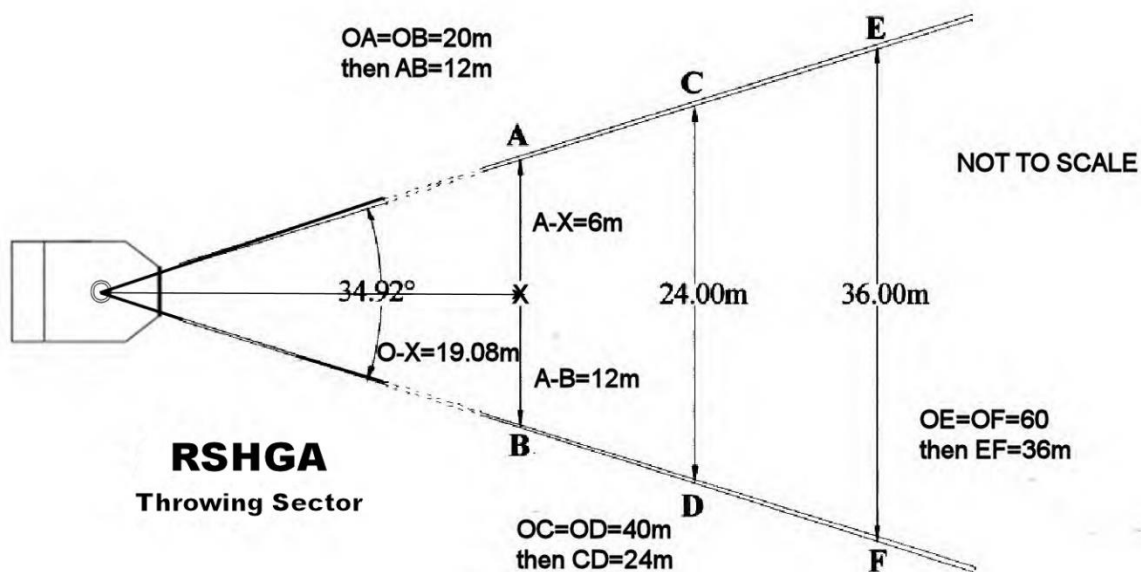
	In Championship Events, two different weights of caber should be used; only competitors capable of tossing the lighter caber can proceed to the Championship Caber. In a Championship Event, should there be a first-equal decision, athletes will have further throws until one is judged the winner.
H19	Tossing the Caber: An attempt shall commence when the caber has been set upright in front of a competitor. If the competitor allows it to fall this will be called as one of their attempts.
H20	Tossing the Caber: It is recommended that a back judge and a side judge be used. It is essential to have competent judges, who thoroughly understand the rules of a caber competition.
H21	Tossing the Caber: The direction of run is determined by the direction in which the athlete runs after having control of the caber. Once the athlete has started on his run, the judge should pick a point in the horizon to use as a reference point once the toss has been made. It is essential that the athlete stands still after the toss, to allow the judge time to determine its accuracy. The caber shall be judged on its landing position, not the position to which it may bounce or roll.
H22	Tossing the Caber: A valid turn is when the small end passes through the vertical position and falls away from the athlete, to land in the 180 degrees radius between 9 o'clock and 3 o'clock. The vertical position is 90 degrees, both judges must agree that the Caber has passed through 90 degrees, then the clock face method of judging will apply. <i>Diagram 3</i> : an overhead view of a perfect toss, the Caber has passed through the vertical position and landed with the small end pointing directly at 12 o'clock in an imaginary straight line, extending from the athlete, through the initial landing point and in line with the direction of run. <i>Diagram 4</i> shows a Caber Toss that has travelled through 90 degrees, and is judged minutes to 12 o'clock and minutes past 12 o'clock.
H23	Tossing the Caber: Where the athlete changes direction/stance at the end of the throw, which can give the appearance of a different throwing and landing angle, the judge will take that into account when determining the arc and result. If the judge determines that the athlete is wilfully trying to gain an advantage by making a late change of stance, that throw may be deemed a foul/not counted.
H24	Tossing the Caber: If the caber is not turned by the athlete, 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 athlete's direction of run in order to make an accurate call. A drawing of a 60 degree toss, as viewed from the side judge's position, is shown in <i>Diagram 5</i> .
H25	Tossing the Caber: Each athlete is allowed three attempts, all of which should be scored and the best of these to be used to determine placing. Any 12 o'clock throw cannot be beaten and all athletes throwing such shall share the prize money. If no perfect throws are made, the order of placing shall be determined by the nearest to 12 o'clock toss made by an athlete – these will be measured/recorded as "minutes to 12 o'clock" and "minutes past 12 o'clock". If an athlete did not turn the caber, then the placing shall be determined by the toss which was closest to the 90 degree vertical. When a qualifying caber is used, then any successful turn qualifies the athlete for the next caber.

ADDITIONAL RULES FOR TUG o' WAR

T1	Team to consist of five or eight members and one coach.
T2	Raised heels up to a maximum of 1/4 inch (7mm) are allowed on footwear and footwear to be inspected prior to start of competition.
T3	Overall pull to be 12 feet and winner of each tie to be decided by best of three pulls.
T4	No hand over hand pulling allowed. Team members must go back with rope when pulling.
T5	Anchorman to loop rope round one shoulder to secure rope as per style used at present. No knot is permitted on the rope end.
T6	All team members to remain on their feet at all times. No hands are allowed on the ground apart from the anchorman who is permitted to use one hand on the ground.
T7	Draw for ties to take place prior to start of competition. Succeeding rounds to be redrawn at judge's discretion.
T8	Teams, through coaches, will be reminded of the rules prior to the commencement of the competition. Only coaches consult with the judge and judge's decision is final.
T9	A team member is permitted to pull for only one team during a competition.
T10	The Judge will toss a coin to determine direction of pull.
T11	Prior to commencement of pull, judge will ask coaches if they are ready, then give the command 'take the strain', at this point team members may heel in, when teams are balanced, order to 'pull', is given and the tie has commenced.
T12	In weight restricted competitions competitors must be weighed in light trousers and vests and without boots.
T13	Teams will leave the area of competition during ties in which they are not involved.
T14	Two warnings for infringements (including foul language) will be given. A further warning will result in disqualification and forfeit of points awarded for the whole competition.
T15	Points will be awarded for all competitions. In the event of there being more than one competition at a Games, then the Open competition will take precedence.
T16	In all events of up to 7 teams, a Round Robin will take place (at the discretion of the Games Committee).

DIAGRAMS

Diagram 1: Heavy Event Throwing Sector – See Rule H4



C/L to Sector Line OE	C/L out from O	Sector Line out from O
1.5m	4.77m	5m
3m	9.54m	10m
4.5m	14.31m	15m
6m	19.08m	20m
7.5m	23.85m	25m
9m	28.62m	30m
10.5m	33.39m	35m
12m	38.16m	40m
13.5m	42.93m	45m
15m	47.70m	50m
18m	57.24m	60m

Diagram 2: Throwing Events Winged Box - See Rule H5

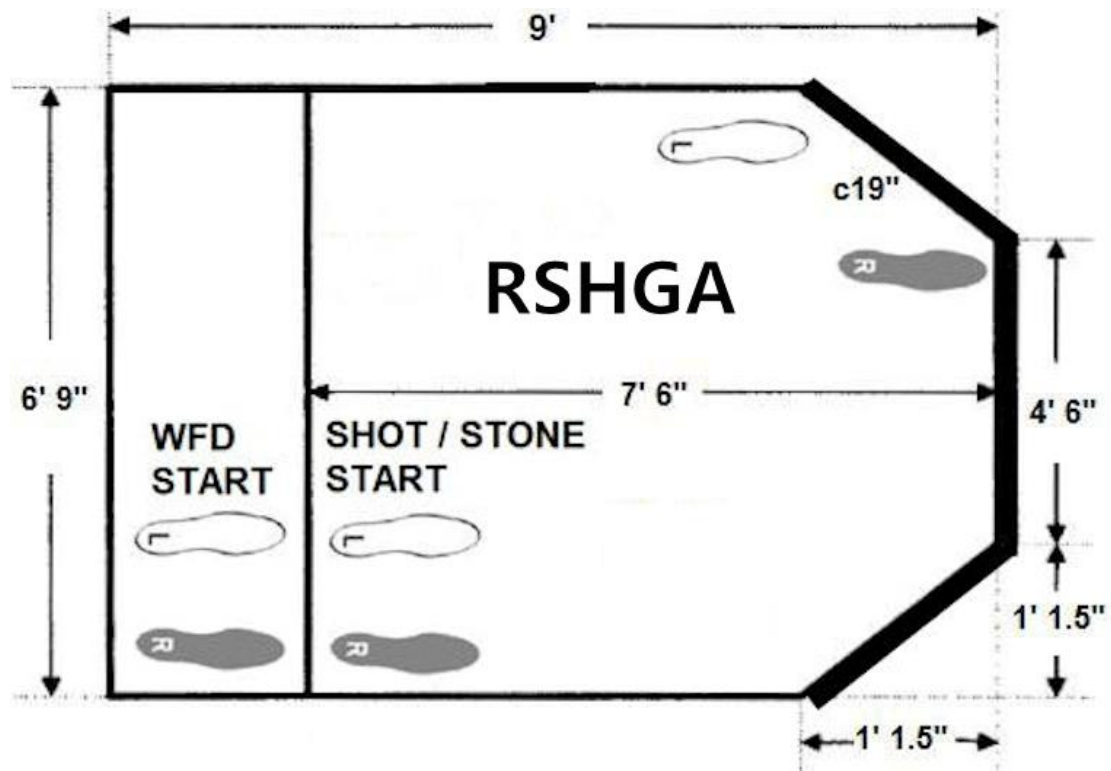


Diagram 3: Tossing the Caber - Perfect Throw – See Rule H22

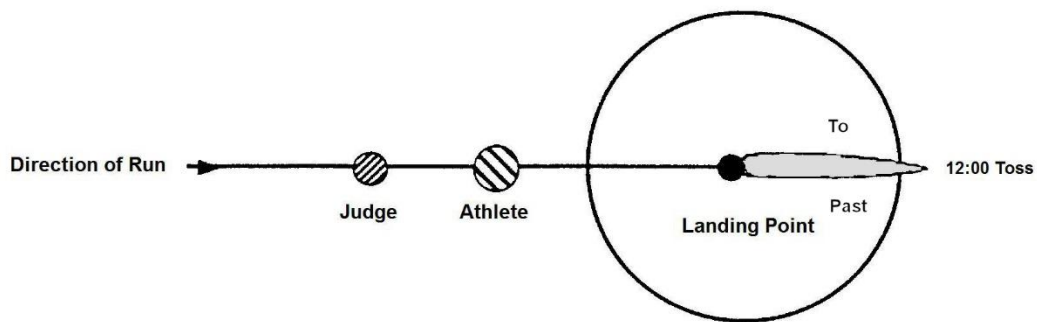


Diagram 4: Tossing the Caber- Toss Through the Vertical, Showing Clock Positions - See Rule H22.

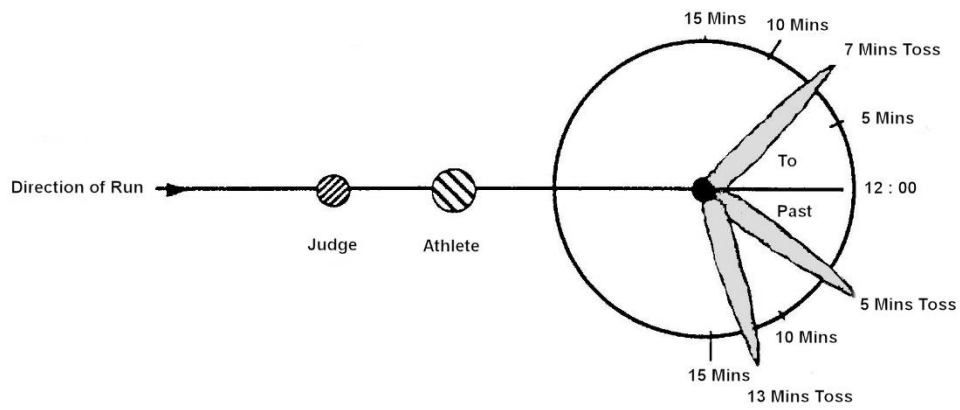
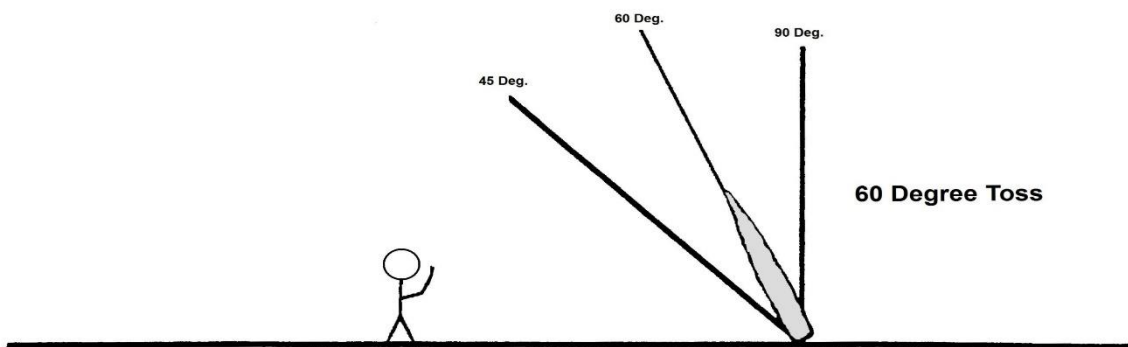


Diagram 5: Tossing the Caber- Caber Toss, Not Through the Vertical- See Rule H24



FREQUENTLY ASKED QUESTIONS

Q – Do these rules apply to all athletes in all disciplines?	A – Yes, the rules apply to all.
Q – Are the RSHGA rules different to ‘Amateur’ rules?	A – Yes, as the Sports Governing Body for highland games, the RSHGA rules in this document apply to all RSHGA member events.
Q – Do I need to register with the RSHGA to compete at RSHGA events?	A – Yes, <u>all</u> athletes in <u>all</u> disciplines must register prior to competing. If only competing once, a single Day Registration is allowed, for more than one event a Full (Annual) Registration is required. You can register on the RSHGA website or at an event.
Q – Can I register with RSHGA on the first day I compete?	A - Yes, you can register on the day, but better to register in advance from the RSHGA website.
Q - Do I need to contact someone in advance to compete? Do I need to ‘enter’?	A - Some events have a pre-entry, usually events that have handicap events, please contact event organiser if not sure.
Q - Do I need to be a member of an athletic club?	A - No, all our events are open to all, athletic club members are welcome to compete.
Q – Does the prize money in some events cause a problem if I also participate in ‘amateur’ athletics	A – No. There is no barrier to athletes competing in open competition; the distinction was removed many years ago.
Q - How do I find out if events have cycling, running etc?	A - Check the RSHGA website, go to the event contact details and contact secretary if not sure.
Q - Do I need to have any experience to take part in the Heavy events?	A – Only competent athletes can take part in the Heavy events; the Judge at the event will assess athletes wishing to compete and decide whether they are allowed to take part.
Q - Do all events run to a scheduled timetable?	A - No, as scheduling depends on the number of competitors on the day, which may require heats or cancellations. However, the event times are normally broadcasted by the Games announcer.
Q - Where can I see Highland Games Records and Results?	A - Records and leading results are regularly updated on the RSHGA website. Records and other useful information are published in the RSHGA Yearbook, which can be purchased from the Website
Q – Do these rules cover the disciplinary procedures?	A – No, these are rules of competition. The disciplinary rules are in a separate document available on the RSHGA website.
Q - Where can I find out more information about Highland Games and when the events take place?	A – There is a wealth of information available through the RSHGA website.
Q – What is the RSHGA Website address?	A - WWW.RSHGA.ORG



**Heavy Events Weights – Advisory
[V2021, Reviewed Mar 2023]**

Heavy Events Weights – Advisory Note

The following information is provided in response to queries from RSHGA members about standard weights. These are standard for RSHGA Championships but are not compulsory for individual member events.

Male/Open.

16lbs Shot Put.

22lbs Shot Put.

28lbs Weight For Distance.

56lbs Weight For Distance.

16lbs Hammer.

22lbs Hammer.

56lbs Weight Over The Bar.

Caber, should be of a Standard beyond all but the best.

Female/Open.

9lbs Shot Put.

13lbs Shot Put.

16lbs Weight For Distance.

28lbs Weight For Distance.

13lbs Hammer.

16lbs Hammer.

28lbs Weight Over The Bar.

Caber Approx 14ft In length 80lbs In weight.

Under 18 Applicable to RSHGA League.

13lbs Shot Put.

16lbs Weight For Distance.

13lbs Hammer.

Caber approx 12-14ft, approx 80lbs.

[Note – A 42lb Weight is used at certain ‘Weight Over the Bar’ Youth competitions.]

