

RULES FOR CALEDONIAN GAMES, HIGHLAND HEAVY EVENTS, ACCESSIBLE

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USE OF IMPLEMENTS

It shall be the responsibility of the Event Organizers to provide sufficient implements for the conduct of all events.

USE OF COMPETITORS' OWN IMPLEMENTS

At all events competitors may use their own weights, hammers and forks provided these are checked and marked as approved by the Organizers before the competition and made available to all competitors throughout the event. This rule will not apply to stones and cabers.

THROWING IMPLEMENT SPECIFICATIONS AND COMPETITION RULES FOR EVENTS

OPEN STONE (OS)

Construction

There is no standard size or weight of the stone. (Most highland games in North America use a stone of approximately 16 lbs for Men and 12 lbs for Woman, as a target open stone weight. It is recommended that an open stone of approximately 8 lbs (Men C & B) or 12 lbs (Men A) be used for competition From the Chair).

Standing:	Men Women	14 lbs. to 20 lbs. 8 lbs. to 14 lbs.
Challenged Standing:	Men Women	16 lbs. to 20 lbs. 8 lbs. to 14 lbs.
From the Chair:	Men C B A Women	6 lbs. to 12 lbs. 6 lbs. to 12 lbs. 8 lbs. to 14 lbs. 8 lbs. to 14 lbs.

The stone must be put with one hand and with the stone remaining against the neck throughout the throw until the release. Any throwing style may be used as long as the rules are followed and the style is deemed safe by the judge. The backline will be drawn 7'-6" from the trig.

SHOT PUT (Shot)

Construction

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 material. It must be spherical in shape and the surface must be smooth. For Championship events the 16 lbs light and 22 lbs Heavy ball will be used for Men. The 12 lbs Light and 16 lbs Heavy Ball will be used for Women. The 8 lbs Light and 12 Heavy (Men C & B) or 12 lbs Light and 16 lbs Heavy ball (Men A) be used for competition From the Chair.

Standing:	Men Women	14 lbs. 16 lbs. 22 lbs. and 24 lbs. 8 lbs. 12 lbs. 14 lbs. and 16 lbs.
Challenged Standing:	Men Women	14 lbs. 16 lbs. 22 lbs. and 24 lbs. 7 lbs. 12 lbs. 14 lbs. and 16 lbs.
From the Chair:	Men A B C Women	8 lbs. 12 lbs. 14 lbs. and 16 lbs. 4 lbs. 8 lbs. 12 lbs. and 14 lbs. 4 lbs. 8 lbs. 12 lbs. and 14 lbs. 4 lbs. 8 lbs. 12 lbs. and 14 lbs.

The shot must be put with one hand and with the shot remaining against the neck throughout the throw until the release. Any throwing style may be used as long as the rules are followed and the style is deemed safe by the judge. The backline will be drawn 7'-6" from the trig.

BRAEMAR (Heavy) STONE (BS)

Construction

There is no standard size or weight of the Heavy stone. (Most highland games in North America use a stone of approximately 20 lbs or 22 lbs for Men and 16 lbs for Woman, as a target heavy stone weight. It is recommended that a heavy stone of approximately 12 lbs (Men B & C) or 16 lbs (Men A) be used for competition From the Chair).

Standing:	Men Women Juniors	20 lbs. to 26 lbs. 14 lbs. to 18 lbs. 14 lbs. to 18 lbs.
Challenged Standing:	Men Women Juniors	20 lbs. to 26 lbs. 14 lbs. to 18 lbs. 14 lbs. to 18 lbs.
From the Chair:	Men A B C Women	14 lbs. to 18 lbs. 10 lbs. to 14 lbs. 10 lbs. to 14 lbs. 10 lbs. to 14 lbs.

The same rules apply in the Braemar (Heavy) Stone Put as in the Open Stone Put except there is no approach allowed. The stone must be put with out approach from a stationary or standing position. Reversing the feet after the release is allowed.

SCOTTISH ONE HAND WEIGHTS FOR DISTANCE (LWFD & HWFD)

Construction

The weight shall be made of metal not softer than brass, or a shell of such metal filled with lead or other material. But can be of various shapes and sizes including spherical, conical or box shaped. The handle can either be attached directly to the weight or attached with a length of chain. The handle may also be of various shapes and thickness such as a ring, triangle or a "D" shape. The total weight of each implement will be 7 lb, 14 lb., 28 lb., 42 lbs. and 56

lbs. The implement shall not measure more than 18" in overall length.

Standing:	Men	28 lbs. & 56 lbs.
	Women	14 lbs. & 28 lbs.
	Master	28 lbs. & 42 lbs. or 56 lbs.
	Men <190 lbs	28 lbs. & 42 lbs.
	Juniors	14 lbs. & 28 lbs.
Challenged Standing:	Men	28 lbs. & 56 lbs.
	Women	14 lbs. & 28 lbs.
	Master	28 lbs. & 42 lbs. or 56 lbs.
	Men <190 lbs	28 lbs. & 42 lbs.
	Juniors	14 lbs. & 28 lbs.
From the Chair:	Men	
	A	14 lbs. & 24 lbs.
	B	7 lbs. & 14 lbs.
	C	7 lbs. & 14 lbs.
	Women	7 lbs. & 14 lbs.

The weight will be thrown with one hand only. Any throwing style may be used as long as the rules are followed and the style is deemed safe by the judge. The backline will be drawn 9'-0" from the trig.

SCOTTISH HAMMERS (HH & LH)

Construction

The hammerhead shall be spherical and made of metal not softer than brass, or a shell of such metal filled with lead or other material and the shaft shall be of wood, bamboo, rattan or plastic (PVC pipe is used for increased durability). Rattan or plastic is recommended over bamboo or wood. The total weight of each hammer will be 8lbs., 12 lbs., 16 lbs., and 22 lbs. The hammer will be no longer than 50" inches in overall length.

Standing:	Men	16 lbs. and 22 lbs.
	Women	12 lbs. and 16 lbs.
	Juniors	12 lbs. and 16 lbs.
Challenged Standing:	Men	16 lbs. and 22 lbs.
	Women	12 lbs. and 16 lbs.
	Juniors	12 lbs. and 16 lbs.
From the Chair:	Men	
	A	12 lbs. and 16 lbs.
	B	8 lbs. and 12 lbs.
	C	8 lbs. and 12 lbs.
	Women	8 lbs. and 12 lbs.

The Scottish hammer may be thrown with one or both hands, with the feet in a fixed position. There is no approach allowed in the Scottish hammer throw. The competitor may move the feet after the hammer is released. No back line is drawn for the Scottish hammer throw and sidelined are normally not drawn either. All fouls besides the backline foul still apply.

SHEAF TOSSING (ST)

Construction

The sheaf will be a woven burlap or woven plastic bag filled with a suitable material such as straw, mulch, or rope. The total weight of the bag shall be 8 lbs., 12 lbs., 16 lbs., and 20 lbs.

Standing:	Men	20 lbs. (16 lbs. or 20 lbs. for Amateurs)
	Women	12 lbs.
	Master	12 lbs.
	Men <190 lbs	16 lbs. or 20 lbs.
	Juniors	16 lbs. 12 lbs.
ChallengedStanding:	Men	16 lbs. or 20 lbs.
	Women	12 lbs.
	Masters	16 lbs. or 20 lbs.
	Men < 190 lbs	16 lbs. 12 lbs.
	Juniors	12 lbs.
From the Chair:	Men	
	A	
	B	12 lbs.
	C	8 lbs.
	Women	8 lbs. 8 lbs.

The sheaf will be thrown over a crossbar for height with a pitchfork. The toss shall be made in any manner desired using a pitchfork with at least two tines.

TOSSING THE WEIGHT OVER THE BAR (WOB)

Construction

The weight shall be made of metal but can be of various shapes and sizes including spherical, conical or box shaped. The handle can either be attached directly to the weight or attached with a length of chain. The handle may also be of various shapes and thickness such as a ring, triangle or a "D" shape. The total weight of each implement will be 14 lb., 28 lb., 42 lbs. and 56 lbs. The implement shall not measure more than 18" in overall length.

Standing:	Men	56 lbs.
	Women	28 lbs.
	Master	42 lbs. or 56 lbs.
	Men <190 lbs	42 lbs.
	Juniors	28 lbs.
ChallengedStanding:	Men	56 lbs.
	Women	28 lbs.
	Master	42 lbs. or 56 lbs.
	Men <190 lbs	42 lbs.
	Juniors	28 lbs.
From the Chair:	Men	
	A	28 lbs.
	B	14 lbs.
	C	14 lbs.
	Women	14 lbs.

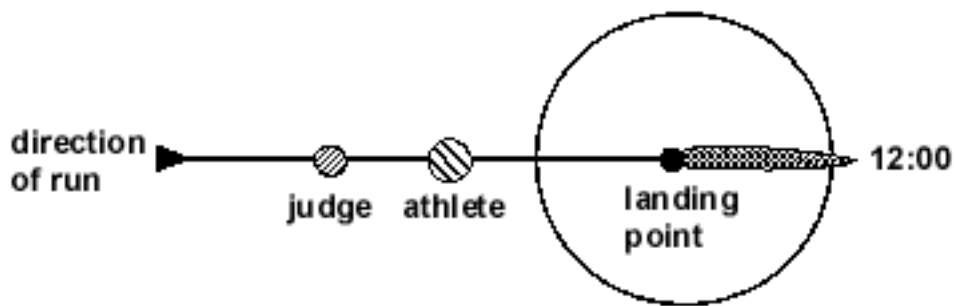
The weight will be thrown with one hand only. Any throwing style may be used as long as the rules are followed and the style is deemed safe by the judge.

TURNING THE CABER

There is no standard size or weight of a caber but the caber should be of a length and weight such that any the best competitors can turn it. The caber is to be made of wood. The caber shall be placed upright for the competitor, with the heavy end on top. The attempt begins when the competitor lifts the caber from the ground. If the competitor drops the small end of the caber back to the ground after having picked it up, this shall count as one attempt. It is recommended that a back judge and a side judge be used. The judge

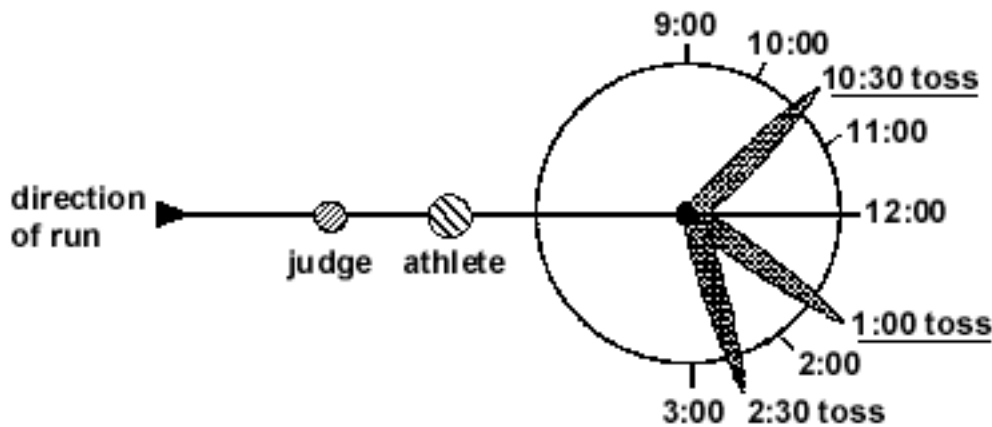
may set boundaries if the judge feels the ground in a certain area is not suitable for the caber to be tossed or to provide safety for the spectators. The competitor may take any length of run they wish (the competitor is not required to take a run and may attempt to turn the caber without the aid of moving in any direction or taking a run) and may toss the caber from where they choose, as long as it is within the judge's boundaries. The caber must pass through the vertical position (90 degrees from the ground) in order to count as a turned caber. It is up to the side judge to determine if the caber has passed through it. The "clock face method" of judging shall be used. The caber in a perfect toss will pass through the vertical position and land with the small end pointing directly at 12 o'clock away from the competitor in an imaginary straight line extending from the competitor through the initial landing point and in line with the direction of the run or toss. An overhead view is drawn in Figure 2 below to demonstrate a 12 o'clock toss.

Figure 2



A valid throw is when the small end of the caber passes through the vertical position and falls away from the competitor to land within the 180-degree radius between 9 o'clock and 3 o'clock. An overhead view is drawn below in Figure 3 to demonstrate some turned cabers and how to score them.

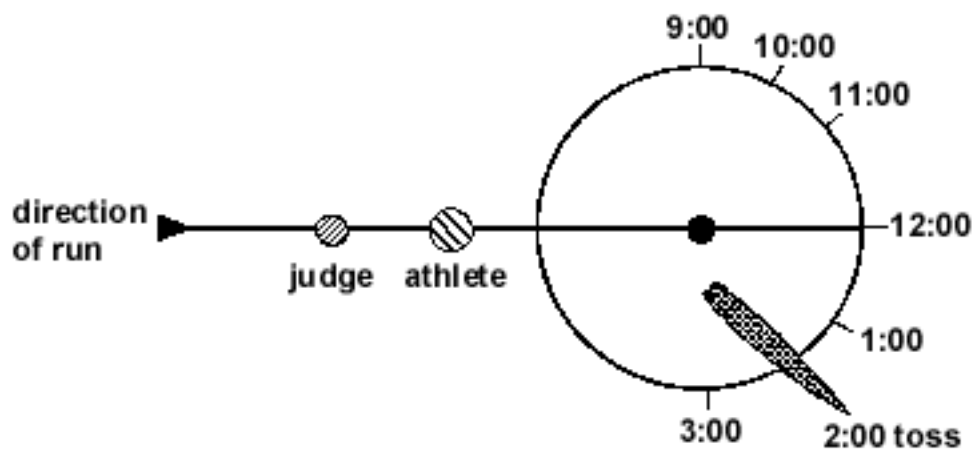
Figure 3



If the caber lands in a 12 o'clock position pointing away from the competitor but not in a direct line with their run or toss (as when a competitor turns to one side at the last step or two), then the judge must determine the competitor's direction of run or toss and then look through the competitor to the small end of the caber, thus giving a true reading of its relation to the direction of run or toss. The direction of run or toss is determined by the direction in which the

competitor runs or tosses after having control of the caber. An overhead view is drawn below in Figure 4 to demonstrate a toss such as this.

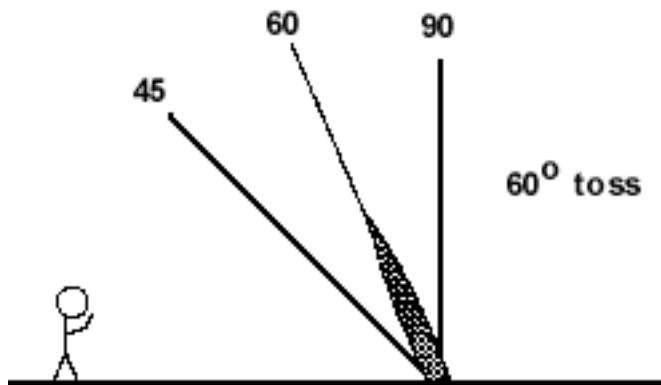
Figure 4



Once the competitor has started on his run or begins the toss, the judge should pick a point in the horizon to use as a reference point once the toss has been made. The competitor may run in one direction and then stop and change directions as long as they show control over the caber. The caber shall be judged on its landing position, not the position to which it may bounce or roll.

If the competitor does not turn the caber, 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 competitor's direction of run or toss in order to make an accurate call. A drawing of a view from the side judge's position is shown below in Figure 5.

Figure 5



Each competitor is allowed three attempts, all of which should be scored and the best of these to be used to determine placing. In the event of a tie then the next best attempt or attempts shall be used to determine placing. The order of placing shall be determined by the nearest to 12 o'clock toss made by a competitor. If the competitor did not turn the caber, then placing shall be determined by the toss closest to the 90 degree vertical.

If after one complete round, any competitor has not turned the caber and the

judge agrees, the caber may be cut. The caber shall be cut from the large end and the amount is to be determined by the judge. This process can be repeated until the caber has been turned. When a qualifying caber is used then any successful turn qualifies the competitor for the next caber. Comparing the next best attempt for each competitor involved in the tie breaks ties. The competitor with the next best score places highest. If other ties occur, this process is repeated for all previous attempts.

General Rules for the Stone Puts, Weight Throws for Distance, and Hammer Throws

A backline will be drawn the appropriate distance from and parallel to the trig.

Either drawn or imaginary lines from the edges of the trig to the backline define sidelines.

Both the backline and sidelines are considered to be in the 'fair' part of the throwing area.

The competitor will complete the throw under control as decided by the judge or the throw will be ruled a foul.

Each competitor will be allowed three throws in the competition, the farthest of which will count for that event.

The competitor may stop during the throw and re-start the throw as long as no foul has occurred.

The competitor may even leave the throwing area before re-starting if allowed by the judge.

Each throw will be measured from a point on the inside-upper edge of the trig closest to where the competitor's plant foot (left foot for a right-handed competitor) landed to the nearest break in the ground made by the body or head of the implement (not including the handle).

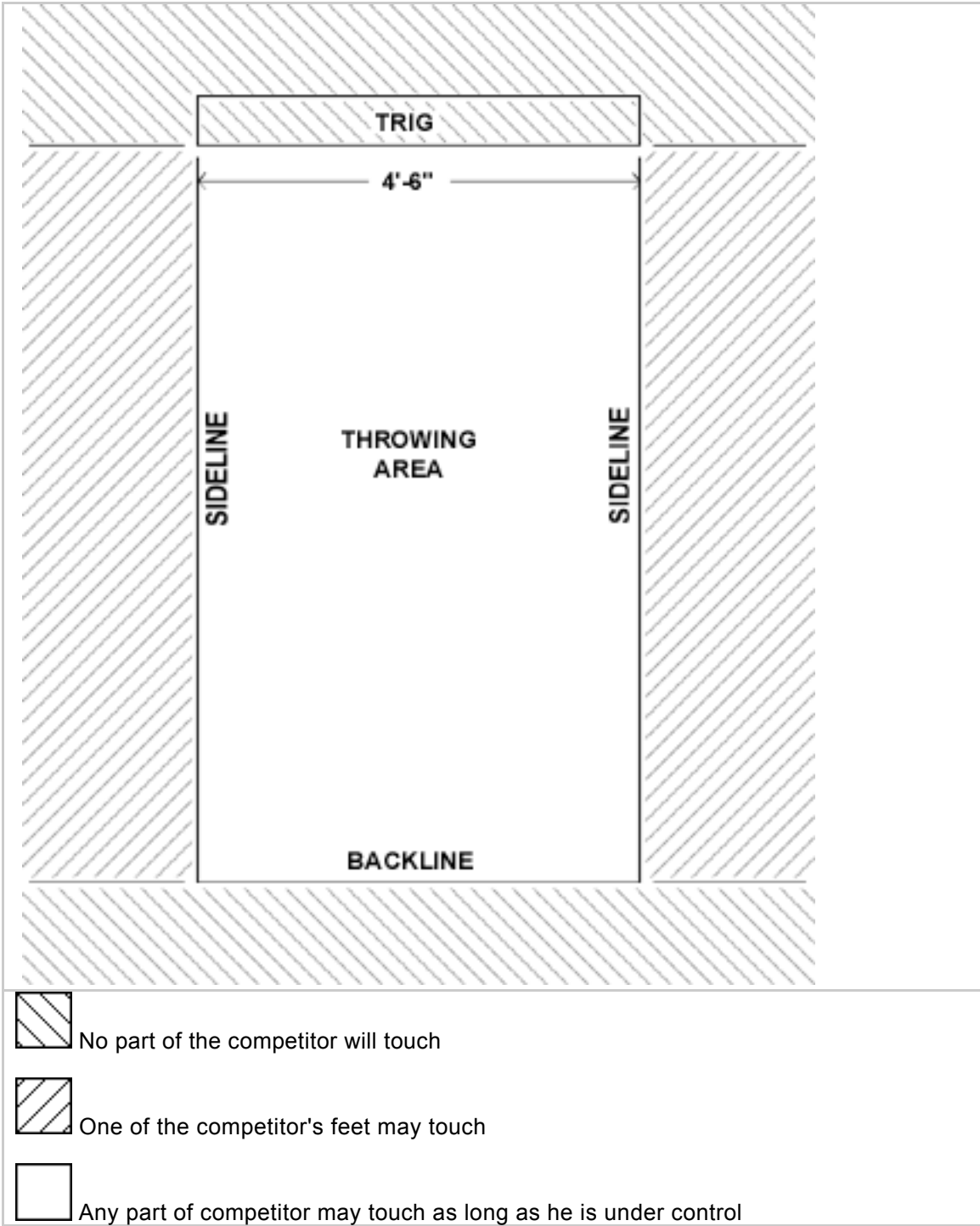
Comparing the next farthest throw for each competitor involved in the tie will break ties.

The competitor with the farthest of these throws will place highest. If other ties occur, then this process will repeat for all attempts taken.

A throw will be a foul if the competitor touches the ground as defined in Figure 1 or any surface of the trig other than the edge facing the throwing area.

One of the competitor's feet or prosthetic(s) device(s) used to stand must always remain in the throwing area either on the ground or in space directly above the throwing area. (If an Athlete uses three points of contact with the ground to stand, two must remain in the throwing area).

Figure 1



GENERAL RULES FOR HEIGHT EVENTS

Each competitor will be allowed three attempts at each height.

Each competitor may enter the event at any height in the competition.

A competitor may pass any height they choose, but each height attempted must be cleared before attempting the next height. If a competitor has passed a height it is not considered a miss or a make and will not count for or against the competitor.

When a competitor has missed three attempts at one height then he will be eliminated from the competition.

A competitor will not pass individual attempts without also leaving the competition.

All measurements will be made from the ground to the top of the crossbar.

The competitors and the judge with the judge having the final decision will agree upon the starting height.

The bar may be raised by larger increments until most of the competitors are eliminated and then raised by a lesser amount requested by the competitors and agreed to by the judge.

The crossbar may be suspended at both ends or by one end. It may be suspended at both ends by pulleys and rope attached to the uprights or rested on pegs affixed to the uprights or both. If the implement pulls down the crossbar as it goes over, it is the judge's decision whether the toss will be counted or not. If the crossbar is suspended by resting it on pegs ("touch-bar"), then the toss will not be counted if the crossbar is knocked off either peg. The crossbar must remain on the pegs after an attempt, until the implement has touched the ground or the competitor leaves the throwing area (as determined at the judge's discretion).

The crossbar will be 8'-0" to 12'-0" in length.

The center of the implement will go over the bar within the inside of the uprights or the inside of the upright and the end of the bar if only one upright is used.

The implement may touch the crossbar as it goes over.

Comparing the number of misses at the last height cleared will break ties. The competitor with the least amount of misses at that height will place highest. If these numbers of misses are equal, then the next highest height is then compared and the competitor with the least amount of misses at that height will place highest. If other ties occur, then this process is repeated for each previous height until all places are determined.

RULES GOVERNING CHAIRS FOR THROWING EVENTS

Any part of the chair including the cushion used as the seat must not exceed 75cms in height.

If footrest(s) protrude outside the throwing area, they must not be rotated in or out to permit abnormal placing of one or both feet unless so stated on the Games Classification Card.

NOTE: This does not prevent the uneven placement of the footrests in the vertical (sagittal) plane.

It will be the responsibility of the competitor that the chair conforms to all the above rules and no event shall be delayed while a competitor makes adjustments to the chair.

Chairs will be measured when the competitor enters the throwing area. Chairs that have been examined may be liable to re-examination before or after the event by the official in charge of the event.

It shall be the responsibility in the first instance, of the official conducting the event to rule on the safety of the chair.

It should be noted that the "chair" need not be a wheelchair.

POSITIONING THE CHAIR

Only the footrest(s) or any part of the wheel or push rim not touching the side lines may be outside of the fair part of the Throwing area. Any part of the chair used for propulsion must remain inside the throwing area. For all classes a reasonable time will be permitted for an athlete to place the frame in the throwing area before the commencement of their first trial. This time shall not normally exceed 2 minutes.

HOLDING DEVICE

The holding device may consist of a ring of metal pegs (or a metal bar held by weights) in the ground approximately 1m from the front half of the throwing area, a strap or wire should be attached between the pegs (or bar) and the chair to be held. A device that will tighten the strap should be used to place such tension upon the chair that it becomes stable during the action of the throw, toss or put. Pegs may also be used at the rear of the throwing area, but for concrete throwing areas, it is advisable to use a length of angle-iron, pipe, or other strong bar fixed or weighted firmly across the center of the throwing area to allow strapping of the chair from the rear.

HOLDING DEVICE BREAKING

If a holding device should break during the execution of a throw, it shall not count as a trial providing it was made in accordance with the rules. If the competitor thereby loses his balance and commits a foul, it shall not be counted against the athlete.

THE ORDER OF THE TRIALS

The order in which the competitors take their trials shall be drawn by lot. **NOTE:** Once called, athletes are allowed to move away from the throwing area in order to continue warm-up. Should an athlete not answer a call to the throwing area, the athlete may be barred from any subsequent trials.

Athletes who stand: The first trial shall be taken in the order of the draw. After each completed event, the competitor who threw first is now placed last

in the next event and all other competitors move up one place. This is repeated after every event.

THE NUMBER OF TRIALS

Each competitor will be allowed three trials (throws) in the competition, the farthest of which will count for that event. At the competition ground, each competitor may, *if possible*, have two practice trials but no more. Once their first trial has begun, competitors are not permitted to use the throwing area or ground within the landing area for practice trials.

REQUIREMENTS FOR A VALID THROW FROM THE CHAIR

In competition, both the backline and sidelines are considered to be in the 'fair' part of the throwing area. It shall be a foul throw and not allowed to count if the competitor, after he has entered the throwing area or begun to make a throw, touches with any part of his body the ground outside or any part of the holding device outside the vertical plane of the sideline or back line or improperly releases the implement in making any attempt. The competitor will complete the throw under control as decided by the judge or the throw will be ruled a foul. The athlete's feet may touch the ground, provided they remain inside the throwing area.

NOTE: A trig (stop board) is required for all classes.

DELAYING THE THROW, TOSS OR PUT (TRIAL)

A competitor who unreasonably delays making a trial renders himself liable to have that trial disallowed and recorded as a fault. It is a matter for the Judge to decide having regard to all circumstances, what is an unreasonable delay. The Judge shall indicate to the competitor that all is ready for the trial to begin, and the period allowed for his trial shall commence from that moment. If the time allowed elapses once the competitor has started his trial, that trial should not be disallowed.

NOTE: The following time should not normally be exceeded for each trial: 1.0 minute.

INTERRUPTING A TRIAL

Provided that, in the course of a trial the foregoing rules have not been infringed, a competitor may lay his implement down inside the throwing area, and may leave the throwing area (when leaving the throwing area he must do so with the permission of the judge) before returning to a stationary position and beginning a fresh trial.

NOTE: All the moves permitted by this paragraph shall be included in the maximum time for a trial.

LEAVING THE THROWING AREA

The competitor must not leave the throwing area until the implement has touched the ground.

NOTE: This rule shall be waived for sitting competitors using the approved holding device.

IMPLEMENT BREAKING

If any implement breaks at any time during the course of the throw, it shall not count as a trial, provided the throw was made in accordance with the rules. If an implement breaks during a competition and cannot be repaired quickly, the round in which it broke should be started over with a new implement being used. If the judge determines that time does not allow for this, then a new implement will be used and the round continued where it left off.

DEVICES FOR THE HANDS AND THROWING AIDS

No device of any kind, to include the taping of two or more fingers together.

No straps or other devices to aid the competitor in holding the implement, which in any way assists a competitor when making a throw, shall not be allowed. The use of tape on either hand shall not be allowed except in the case of the need to cover an open cut or wound. The taping of individual fingers or thumb, the wrist and upper arm is allowed for support.

The use of gloves is allowed.

In order to obtain a better grip, competitors are permitted to use a suitable substance on their hands and neck only.

In order to protect the spine from injury, a competitor may wear a belt of leather or some suitable material.

No footwear or prosthetics that may aid in increasing the athlete's height will be worn or used in the events thrown for height.

In classes F51 (F1) to F53 (F3) inclusive, an athlete may use strapping on the non-throwing hand and to anchor the hand to the chair.

RETURNING THE IMPLEMENT

After a put/throw/toss has been completed, the implement must be carried back to the throwing area and never thrown, tossed, rolled or kicked back.

MEASUREMENT

All measurements must be made with a certified steel or fiberglass tape or bar, and all implements must be weighed on a Government approved balance.

Each valid throw shall be marked and measured from the center point on the inside-upper edge of the trig or at the point of the inside-upper edge of the trig closest to the location of the competitors foot nearest to the throw at the time of release, to the nearest break in the ground made by the implement not including the handle.

All measurements will be to the nearest centimeter or ¼ inch.

THE MEASUREMENT JUDGE (ELECTRONICS)

A measurement Judge shall be appointed when electronic distance measurement is to be used.

Before the start of the meet, he will meet the technical staff involved and familiarize himself with the equipment. Before the event, he will supervise the positioning of the measuring instruments, taking account of the technical requirements given by the technical staff.

During the competition, he will remain in overall charge of the operation. He will report to the Field Judge to certify that all the measurements are correct.

NOTE: GIVING ASSISTANCE, ADVICE, OR INFORMATION

CREDITING THE BEST THROW/PUT/TOSS

Each competitor shall be credited with the best of all properly performed valid puts/throws/tosses including those achieved in deciding a tie for first place and extra throws for record attempts.

DECIDING A TIE*

In those field events where the result is determined by distance, the second best performance of the competitors tying shall decide a tie. If the tie still remains, the third best and so on.

ACTION

Requirements for a valid throw:

LIFTING

In classes F51 (F1) to F56 (F6), during the action of a throw/put/toss, at least one part of the upper leg or buttock must remain in contact with the cushion or seat until the implement is released.

In class F57 (F7) and F58 (F8) Sitting, a competitor shall commence a throw/put/toss from a sitting position and if lifting takes place, must keep one foot in contact with the ground inside the throwing area. Any part of the chair that is used for leverage must be inside the vertical plane of the "fair part" of the throwing area.

EVENTS CONTESTED

A Caledonian Games, Highland Heavy Events competition is defined by contesting no less than five of the events listed above. If only five events are contested, then no two events will be similar (such as two stones, two weight throws for distance, or two hammers, just as the shot(s) are not to be contested if the stone(s) of similar weight are used. The order of events is recommended to be as follows: Stone or Shot Put(s), Weight Throw(s) for Distance, Hammer Throw(s), Caber Toss, Sheaf Toss and Heavy Weight Toss for Height. If the competition is spread over two days, the events should be arranged so that there is equal heavy and light implements thrown on each day (Day One: Open Stone or Light Shot Put, Heavy Weight for Distance, Light Hammer and Caber Toss. Day Two: Braemar Stone or Heavy Shot Put, Light Weight for Distance, Heavy Hammer, Sheaf Toss and Heavy Weight Toss for Height. The Highland Heavy Heptathlon (Classic five event Competition) will consist of the following events: Open Stone or Light shot put, Light weight for distance, Light or Heavy hammer, Caber Toss and Heavy Weight over the Bar events.

FAILING TO START AN EVENT

Any athlete failing to start or make a trial in one of the five or more events of the overall competition shall not be allowed to take part in the following event but shall be considered to have abandoned the competition, unless withdrawn for valid injury or medical emergency. The competitor shall not therefore figure in the final result placing. At the discretion of the judge, if the competitor does not attempt to compete in all the events, then the competitor will not receive ranking, scores, records, points or awards for any of the individual events contested or the overall competition.

DISQUALIFICATIONS

If an athlete is disqualified in a competition, reference should be made in the official results.

VALID PERFORMANCE

No performance accomplished by an athlete will be valid unless it has been accomplished during an official sanctioned competition, the athlete using only equipment authorized and approved for use by the rules of the sanctioning body.

INTERVAL BETWEEN EVENTS

At the discretion of the Judge, there shall be, whenever possible, an interval of at least 30 minutes between the time one event starts and the next event begins, for any individual athlete.

VARIATION TO THE RULES

The Athletics Director or Organizer of each Assessable Caledonian Games Highland Heavy Events competition will post a set of these official rules for each event constituting the competition that will apply and will have a official set of these rules on hand for reference at the competition.

CLOTHING

In all events, competitors must wear a kilt and clothing that is clean, designed and worn so as not to be objectionable. The clothing must be made of a material which is non-transparent even if wet. The competitors must not wear a kilt or clothing that would impede the decision of the judges. Competitors must wear clothing provided by sanctioned Competition organizers.

At Regional, National, International & World Championships, competitors or teams shall participate in the kilt and / or uniform clothing officially agreed upon, approved or provided by the Regional, National, International or World Championship Competition organizers. The Opening, Awards and Closing Ceremonies are considered part of the competition for this purpose.

Hygiene

Competitors must ensure that no urine is allowed to drain on to competition or warm up areas. Failure to comply with this rule will result in disqualification.

SCORING POINTS

The points for an event are usually awarded in one of three ways:

One point method placing the competitor with the lowest number of points first.

One point method placing the competitor with the highest number of points first.

The Decathlon scoring systems.

The one point scoring system is recommended. Each competitor is awarded points by over all placing in each event. For example if there are five competitors, either 1 point or 5 points will be awarded for First place in each event. To determine the overall champion the total amount of points accumulated throughout the competition will be added together and the competitor with the most or fewest point, whichever the case, will be declared the over all winner.

Deciding a tie

If there is a tie for first place overall then the winner will be the competitor with the most first places in the individual events, If this does not produce a winner then the competitors will remain tied All other overall places besides first will remain a tie.

DECATHLON SCORING

The Decathlon scoring system uses either the best throw of an event at that competition or the World Record for that event as 1000 points. All throws are awarded points based on this distance or height. For example: if the best throw in the stone put is 50'-0", then this is worth 1000 points, if another competitor throws 45'-0" then this throw is worth $45/50 \times 1000 = 900$ points. The winner shall be the competitor who has obtained the highest number of points in the over all events, as the case may be.

Deciding a Tie

In the event of a tie, the winner shall be the competitor who in the greater number of events has received more points than the other competitor(s) tying. If this does not resolve the tie, the winner shall be the competitor who has the highest number of points in any such events. This shall apply to ties for any place in the competition.

PROTESTS

Protests concerning the status of an athlete to participate in a competition must be made prior to the commencement of such competition to the Organizing Committee, if no Protest Committee has been appointed, or to the Judge. If the matter cannot be settled satisfactorily prior to the competition, the athlete shall be allowed to compete "under protest" and the matter be referred to the Board of Appeal.

Protests relating to matters, which develop during the carrying through the program should be made at once, and not later than within 30 minutes after the result has been officially announced or published and made available. The organizers of the meet shall be responsible for ensuring that results are published and made available in a timely manner.

Any protest shall in the first instance be made orally to the Judge by the athlete or by someone acting on the athlete's behalf. To arrive at a fair decision, the Judge should consider any available evidence, which he thinks necessary, including any film or picture produced by a video recorder. The Judge may decide on the protest or may refer the matter to the Committee. If the Judge makes a decision, there shall be a right of appeal to the Protest Committee and Board of Appeal.

An application to the Protest Committee and or Board of Appeal must be in writing signed by a responsible official on behalf of the athlete and must be accompanied by such deposit as set by the organizers before the appeal is heard. The deposit will be forfeited if the protest is considered to be frivolous. To arrive at a fair decision, the Board of Appeal shall consult all other available evidence and interview all those whom they consider necessary.

BOARD OF APPEAL

In Regional, National and World Championships, a Board of Appeal shall be appointed by the Organizing Committee and notice circulated prior to the start of the competition. The Board should consist of not less than three or more than five persons, of which at least one must represent AHG&GHA.

The primary function of the Board of Appeals shall be to deal with all protests, and with any other matters arising during the course of the competition that are referred to them for decision. Their decision shall be final.

While in general the Board should not intervene in the course of a competition, if they observe any matter that, in their opinion, requires correction, they should discuss such matter with the responsible official and offer advice, as to what should be done.

GUIDELINES FOR PROTEST PROCEDURE

STEPS

1. Verbally - tell the Official or Judge in charge of the event.
 - a) If agrees - will tell competitor.
 - b) If disagrees - will tell protestor.
 - c) If either competitor or protestor disagrees with official's decision - call the Referee or Head Judge.
2. If 1c, the Official will call the Referee or Head Judge.
 - a) Referee agrees - Official will tell competitor.
 - b) If disagrees - Official will tell protestor.
 - c) If either competitor or protestor disagree with Referee's decision.
3. If 2c, competitor or protestor will.
 - a) State disagreement to Referee or Head Judge.
 - b) State intention to protest in writing.
 - c) State that the competitor competes under protest.
4. If 3b.
 - a) Protest must be in writing and given to the Referee or Head Judge of the competition within 30 minutes after the result has been officially announced, with a minimum fee of \$25.00
 - b) Referee or Head Judge calls a meeting of the Protest Committee and or Board of Appeal.
 - c) The Board of Appeal makes a final decision and informs all concerned.
 - d) The Board of Appeal decides on the retention or repayment of the fee.

RECORDS

There shall be records maintained for men and women in all classes.

General Records Information

- a) Host organizations of National or World Championships and Regional Competitions are required to meet all conditions and requirements for the application for records (e.g., weighing implements, course measurement, application procedure, etc.)
- b) Applications for AHG&GHA records shall be considered only when submitted on an AHG&GHA official record application form for the year in which the competition was held and when the application contains all information and signatures verifying the accuracy of this information. AHG&GHA official Record Application Forms are available from the National Office by January 1 of each year. Record applications must be submitted to the AHG&GHA thru the WSUSA Records Committee within two (2) months of the competition.
- c) No record will be accepted for which any reasonable doubt exists to the validity or accuracy of the information presented in the application.
- d) For all competitions from which record applications will be submitted, there shall be included in the list of officials a records clerk, whose sole duty shall be to see that records conditions are met, and that records are properly applied for. Whenever possible, the records clerk should be a member of the Records Committee.

NATIONAL RECORDS

Only a registered member who is a permanent resident of that Country shall hold an AHG&GHA National Record. The performance must have occurred during a sanctioned competition and proper application for recognition of the record must have been submitted in accordance with these rules.

WORLD RECORDS

World records shall only be ratified when accomplished at a competition sanctioned by the AHG&GHA and must be signed by the Technical Delegate appointed by the AHG&GHA.

THE FOLLOWING CONDITIONS SHALL APPLY TO ALL RECORDS:

- a) The record must be made out of doors and on grass.
- b) The record must be made in a bona fide sanctioned competition, which has been duly fixed, advertised, and authorized before the day by the Host or Director and AHG&GHA.
- c) The record must be better or equal to the result in the latest national record list, in the event in question.
- d) Records made in sanctioned competitions, in deciding ties, and during extra throws in a sanctioned Competition may be submitted for ratification.

Records specific for events from the chair

- a) No record for an event shall be accepted unless it has been made with an implement and from a chair, if applicable, which comply with the specifications herein.

Measurement of record performances in events shall be made by the field judges and the Athletics Director or Head Judge and shall be submitted in meters and centimeters or feet and inches.

- c) Record Changes: Records for F8 will be sitting only. F8 Standing has been merged and re-classed among F9-F42, F43, or F44.

Proper documentation and record recordings:

- a) An athlete may and can hold records in Open, Master and <190 lbs. Divisions. HOWEVER, an athlete may only be the record holder of his competing class. For example, if an athlete held a F2/52 record and was reclassified to a F3/53 class competitor his name and record would be removed as the F2/52 National Record holder. This will allow opportunity for remaining athletes in that class to earn the then vacated record. This will be done by submission for record or after review of current competitive period.
- b) If an athlete is changed back to his original class and his prior record was longer then the current record, the athlete will and must compete better then the current posted recorded record.
- c) EXCEPTION: If an athlete has been classified as having a split class. This classification will allow for that athlete to hold the record in 2 classes at the same time.
- d) A file will be kept of the names of those athletes being removed from a record because of a classification change,
- e) If a class record is stated to be "OPEN" that is to allow all competitors to compete for that record, also, if the record to be dropped is more than the current petitions for record, then the record book will show "OPEN" until next section book printing. HOWEVER, the current record can be seen under records on [HYPERLINK WWW.WSUSA.ORG](http://WWW.WSUSA.ORG).

Junior records can be set and broken only at the AHG&GHA National Junior Championships.

APPLICATION FOR AHG&GHA WORD OR NATIONAL CALEDONIAN GAMES
HEAVY HIGHLAND FIELD EVENTS RECORD

CIRCLE EVENT: OPEN STONE SHOT PUT BRAEMAR STONE WEIGHT FOR DISTANCE (HEAVY or LIGHT)

SCOTTISH HAMMER (HEAVY or LIGHT) SHEAF TOSSING WEIGHT OVER BAR

CIRCLE ONE: ADULT MASTER JUNIOR <190 LBS

CLASS: Not Classified _____ Open _____ Adult _____ Junior _____

COMPETITOR'S NAME: _____ SEX: Male

DISTANCE THROWN: METERS _____ OR FEET: _____ INCHS: _____

NAME OF MEET: Wisconsin Highland Games, AHG World Championships DATE: 09/03/2006

SITE: Waukesha County Exposition Center & Fair Grounds, 1000 Northview Road Waukesha, WI 53188

I hereby certify that I personally weighed and measured the implement used in the performance described above and that the figures entered below are the exact weight and measurement of that implement.

Weight: _____ Length _____

SIGNATURE OF OFFICIAL WEIGHER: _____
Robert Weigel

ADDRESS: _____

I hereby certify that I read the tape measure for the measurement of the performance and that the "distance thrown" recorded above is accurate.

SIGNATURE OF ATHLETICS DIRECTOR: _____
Richard A. Jackson

SIGNATURE OF FIELD JUDGE: _____
Robert McKay

I hereby certify that I was the Head Official (Head Judge) during the performance described above and, as such, certify that I witnessed the performance that the competitor performed, in accordance with the rules, and that the "distance thrown" was properly marked and measured and accurately recorded above.

SIGNATURE OF HEAD OFFICIAL: _____
Robert McKay

ADDRESS: _____

Send to: WSUSA National Records, Wheelchair Sports, USA, PO BOX 5266, Kendall Park, NJ 08824
The National Office will forward the application to the appropriate committee.

USA National Competition Regions

North East: Maine, New Hampshire, Vermont, Massachusetts, Connecticut and Rhode Island.

Central Atlantic: New York, Pennsylvania, New Jersey, West Virginia, Maryland, Delaware and Virginia.

South East: Tennessee, North Carolina, Louisiana, Mississippi, Alabama, Georgia, South Carolina and Florida.

Grate Lakes: Minnesota, Wisconsin, Michigan, Iowa, Illinois, Indiana, Ohio, Missouri, and Kentucky.

North West: Montana, North Dakota, Wyoming, South Dakota, Nebraska, Colorado, and Kansas.

South West: Arizona, New Mexico, Texas, Oklahoma, and Arkansas.

Pacific West Coast: Alaska, Washington, Oregon, Idaho, California, Nevada and Hawaii.

Canadian National Competition Regions

British Columbia – Yukon

Alberta - Northwest Territories

Saskatchewan – Manitoba – Nunavut

Ontario – 25 Games

Quebec – New Brunswick – Prince Edward Island – Newfoundland- Labrador

Nova Scotia – 12 Games