

GAELIC ATHLETICS
&
CYCLE ASSOCIATION
(ESTABLISHED 2003)

Edited from Original
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OFFICIAL GUIDE
&
RULES OF GAMES
2006

Adapted, Adopted and Approved
For Use By
Accessible Highland Games & Gaelic Heavy Athletics'
(AHG&GHA)
RULES FOR HIBERNIAN GAMES & GAEIC FIELD
ATHLETICS, IRISH SPORT EVENTS, ACCESSIBLE

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WEIGHT THROWING

EVENT PROGRAMME AND METHOD OF THROW

The Event Organizers shall inshore that the Entry Form and Programme for all athletics', games, sports or meetings shall state each event contested and the methods in which the weight must be thrown.

PROVIDING IMPLEMENTS FOR COMPETITION

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, and hammers, provided these are checked, weighed and marked as approved by the Event Organizers, before the competition and made available to All Competitors throughout the Event. This rule will not apply to stones.

THROWING IMPLEMENT SPECIFICATIONS AND COMPETITION RULES FOR EVENTS

Rules for Irish Championship Weight Throwing 1885, Edited from original, Constitution and Rules of Games, G. A. A., 1885, updated, revised and corrected 2006.

WINDING STONES 1885

Construction

The heavy winding stone will weigh no less then 14 pounds and the light winding stone will weigh no less then 7 pounds of Men and the heavy winding stone of no less the 7 lb and a light winding stone of no less then 4 lbs of Women. The event will be called "Winding Stone(s)" or "Casting the Stone(s)".

Standing:	Men	7 lbs. & 14 lbs.
	Women	4 lbs. & 7 lbs.
	Youth	4 lbs. & 7 lbs.
Challenged Standing:	Men	7 lbs. & 14 lbs.
	Women	4 lbs. & 7 lbs.
	Youth	4 lbs. & 7 lbs.
From the Chair:	Men	
	A	4 lbs. & 7 lbs.
	B	2 lbs. & 4 lbs.
	C	2 lbs. & 4 lbs.
	Women	2 lbs. & 4 lbs.

The winding stone must be thrown with one hand only, thrown fairly with the stone passing behind and or over the shoulder upon release with a striate arm or with the elbow leading the weight during the throw, to be thrown with follow. Not delivered underhand or as a round arm bower does a cricket ball, nor may it be slung from the side. The thrower must keep one foot on the ground at the scratch line until delivering the stone, as there is no approach allowed. Putting the foot on or over the scratch line before releasing the stone shall be deemed a foul. The thrower may step over or on the scratch line after the winding stone is delivered. The scratch line will be 7 feet in length, with return or sidelines of the same length, at each end. No back line is drawn.

NOTE: A roundarm delivery, so-called because the hand is held out from the body (i.e., between waist and shoulder height) at the point of delivery.

An underarm or underhand delivery is one in which the hand does not rise above the level of the waist upon delivery.

PUSHING STONES 1885

Construction

The Heavy pushing stone will weigh no less than 56 pounds and the light pushing stone will weigh no less than 28 pounds for Men and The Heavy pushing stone will weigh no less than 28 pounds and the light pushing stone will weigh no less than 14 pounds for Woman, The event will be called the "Shoulder Stone(s)", "Pushing the Stone" or Stone from the Shoulder".

Standing:	Men	56 lbs., 42 lbs. & 28 lbs.
	Women	28 lbs. & 14 lbs.
	Juniors	42 lbs. & 28 lbs.
	Youth	28 lbs. & 14 lbs.
Challenged Standing:	Men	56 lbs., 42 lbs. & 28 lbs.
	Women	28 lbs. & 14 lbs.
	Juniors	42 lbs. & 28 lbs.
	Youth	28 lbs. & 14 lbs.
From the Chair:	Men	
	A	28 lbs. to 14 lbs.
	B	14 lbs. to 7 lbs.
	C	14 lbs. to 7 lbs.
	Women	14 lbs. to 7 lbs.

The pushing stone must be put or pushed with one hand only, a square and fair push from the shoulder, with the stone remaining over the shoulder, and in front of the elbow, until delivered, to be thrown with follow. The thrower must keep one foot on the ground at the scratch line, until delivering the weight, as there is no approach allowed. Putting the foot on or over the scratch line before releasing the stone shall be deemed a foul. The thrower may step over or on the scratch line after the pushing stone is delivered. The scratch line will be 7 feet in length, with return or sidelines of the same length, at each end. No back line is drawn.

SHOT PUT 1885

Construction

The shot shall be made of solid iron or any other metal not softer than cartage 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.

Standing:	Men	14 lbs. 16 lbs. 18 lbs. 20lbs. 22 lbs. and 24 lbs.
	Women	
	Youth	8 lbs. 12 lbs. 14 lbs. and 16 lbs.
Challenged Standing:	Men	8 lbs. 12 lbs. 14 lbs. and 16 lbs.
	Women	
	Youth	
From the Chair:	Men	14 lbs. 16 lbs. 18 lbs. 20 lbs. 22 lbs. and 24lbs.
	A	8 lbs. 12 lbs. 14 lbs. and 16 lbs.
	B	lbs.
	C	8 lbs. 12 lbs. 14 lbs. and 16 lbs.
	Women	

PUTTING THE SHOT FORM 7 FT SCATCH W/ 7 FT RUN, NO FOLLOW 1885

The shot must be put or pushed squarely and fairly from the shoulder with one hand only, with the shot remaining against the neck throughout the throw until delivered, with out follow, from a scratch 7 feet square. Any throwing style may be used as long as the rules are followed and the style is deemed safe by the judge. The back line and sidelines will be drawn 7 feet from a 7-foot long, scratch line, board or joust. All puts shall be measured perpendicularly from the first pitch of the weight to the back of the joust or front scratch line of the 7 ft square or to that line produced or extended to allow the tape from the mark to intersect at a right angle with the line extended from the front scratch line or Joust. For Championship meetings the 16 lb. and or 22 lb. Shot will be used.

WEIGHT THROW FOR DISTANCE 1885

Construction

The weight shall be made of iron or other metal not softer than cartage 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 steel link or shackle to a fixed eye, forged eyebolt or swivel eye. The handle may also be of various shapes and thickness such as a ring, pair or triangle. The total weight of each implement will be on less then 7 lb, 14 lb., 28 lb., 42 lbs. and 56 lbs. The implement shall not measure more than 16" inches from the bottom of the weight to inside top of the handle.

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

WEIGHT THROW WITH UNLIMITED RUN AND FOLLOW 1885

The weight will be thrown with one hand only, with unlimited run and follow. The throw to be measured from the nearest footprint at delivery to the edge of the pitch: or from the nearest part of a 20 foot scratch line that the thrower must throw from within the return or sidelines drawn of the same length, from the ends of the scratch, the latter is recommended. Any throwing style may be used as long as the rules are followed and the style is deemed safe by the judge. The competitor may not step on or over step the scratch line until after the weight has been delivered. A back line will not be drawn. For Championship meetings the weight will be thrown from the 20 ft. scratch with unlimited run and follow.

WEIGHT THROW 20 FT SCRATCH, WITH ONE TURN OF THE BODY 1885

Where the ground is not large enough for unlimited throwing, the weight may be thrown, with or without follow, from a 20-foot scratch, with one turn of the body.

WEIGHT THROW FROM THE STAND, WO/ FOLLOW, 7 ft CERCAL 1885

The weight will be thrown with one hand only, from the standing position with out turning the body, with the feet in a fixed position, from a circle 7 feet in diameter, without follow. There is no approach allowed in the 7 ft cercal (in the 1885 rules, movement was not allowed in the 7 ft cercal until the 1888 rules change). The competitor may move the feet after the weight is released. All throws shall be measured from the circumference of the circle to the first pitch of the weight along a line drawn from that pitch to the center of the circle. Foul throws and letting go of the weight in an attempt shall count as a try. Crossing the scratch until after the weight has landed or the front half of the cercal at any time will constitute a foul and shall count as a try.

WEIGHT SLING, WITH OUT FOLLOW 1885

The weight will be swung between the legs, with out follow. The competitor may use either hand to throw the weight, but only one hand may be used. The weight is thrown off grass, from behind the scratch line and 7 feet in length, with return or sidelines of the same length, at each end. No back line is drawn. The competitor will toe the scratch, with the feet held parallel to each other. The weight is swung back between the feet and legs or by the side of the weight hand leg and thrown to the front, without follow. The competitor may rest the hand not used in throwing, on the knee or thigh of the same side to give additional support to the back. Stepping on or over stepping the scratch line at any time, will constitute a foul and will count as a

try. All throws shall be measured perpendicularly from the first pitch of the weight to the back of the board or scratch line or to that line produced or extended to allow the tape from the mark to intersect at a right angle with the line extended from the board. For Championship meetings The Weight will be sling, with out follow.

WEIGHT SLING, WITH FOLLOW 1885

The weight will be swung between the legs, with follow. The competitor may use either hand to throw the weight, but only one hand may be used. The weight is thrown off grass, from behind the scratch and 7 feet in length, with return or sidelines of the same length, at each end. No back line is drawn. The competitor will toe the scratch, with the feet held parallel to each other. The weight is swung back between the feet and legs or by the side of weight hand leg and thrown to the front, with follow. The competitor may rest the hand not used in throwing, on the knee or thigh of the same side to give additional support to the back. The competitor may not move the feet or over step or step on the scratch line until after the weight has been delivered. All throws shall be measured perpendicularly from the first pitch of the weight to the back of the board or scratch line or to that line produced or extended to allow the tape from the mark to intersect at a right angle with the line extended from the board.

CELTIC HAMMER 1885

Construction

The hammerhead shall be spherical and made of iron or other metal not softer than cartage brass, or a shell of such metal filled with lead or other material. The total weight of each hammer will be no less then 8lbs., 12 lbs., 16 lbs., and 22 lbs. The hammer(s) will be no longer than 3 feet 6 inches (40 inches) in extreme overall length. The handle shaft of the 16-pound hammer shall be from 1 inch to 1.25 inches in thickness.

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

HAMMER THROW WITH UNLIMITED RUN AND FOLLOW 1885

The hammer may be thrown with one or both hands. With unlimited fun and follow, the throw to be measured from the nearest footprint at delivery to the edge of the pitch: or from the nearest part of a 20 foot scratch line that the thrower must throw from within the return or side lines drawn of the same length, from the ends of the scratch, the latter is recommended. Any throwing style may be used as long as the rules are followed and the style is deemed safe by the judge. The competitor may not over stepping the scratch line until

after the weight has been delivered. A back line will not be drawn. For Championship meetings the 16-pound hammer will be thrown from the 20 ft. scratch with unlimited run and follow.

HAMMER THROW 20 FT SCRATCH, WITH ONE TURN OF THE BODY 1885

Where the ground is not large enough for unlimited throwing, the hammer may be thrown, with or without follow, from a 20-foot scratch, with one turn of the body.

HAMMER THROW FROM THE STAND, WO/ FOLLOW, 7 ft CERCAL 1885

The hammer may be thrown with one or both hands, from the standing position with out turning the body, with the feet in a fixed position, from a circle 7 feet in diameter, without follow. There is no approach allowed in the 7 ft cercal (*In the 1885 rules, movement was not allowed in the 7 ft cercal until the 1888 rules change*). The competitor may move the feet after the hammer is released. All throws shall be measured from the circumference of the circle to the first pitch of the weight along a line drawn from that pitch to the center of the circle. Foul throws and letting go of the weight in an attempt shall count as a try. Crossing the scratch will constitute a foul and shall count as a try.

NOTE: 1875: *The English standardized the hammer event by establishing the weight of the hammer at 16 pounds and its overall length at 3 feet 6 inches and by requiring that it be thrown from a circle, 7 ft. in diameter. The throw was made from a 7-ft. circle without run, head and handle of the missile weighing together exactly 16 lb.*

Rules for Irish Championship Weight Throwing 1914 -1915, Edited from original, G. A. A. Official Guide 1914-15, updated, revised and corrected 2006.

WINDING WEIGHT THROW 1914-15

Construction

The heavy winding weight will weight no less then 14 pounds and the light winding weight will weight no less then 7 pounds of Men and the heavy winding weight of no less the 7 lb and a light winding weight of no less then 4 lbs of Women. The weights will be made of iron or any other metal not softer than cartage brass, or a shell of such metal filled with lead or other material. It may be of any shape, conical, box or spherical in shape, with or with out carrying ring, the total implement, will weigh no less then 14 lbs., 7lbs., 4 lbs. and 2 lbs. It is recommended that a round conical be used over the ball, as the ball can be hard on the thrower's arm and shoulder.

Standing:	Men	7 lbs. & 14 lbs.
	Women	4 lbs. & 7 lbs.
	Youth	4 lbs. & 7 lbs.
Challenged Standing:	Men	7 lbs. & 14 lbs.
	Women	4 lbs. & 7 lbs.
	Youth	4 lbs. & 7 lbs.
From the Chair:	Men	
	A	4 lbs. & 7 lbs.
	B	2 lbs. & 4 lbs.
	C	2 lbs. & 4 lbs.
	Women	2 lbs. & 4 lbs.

The winding weight must be thrown with one hand only, thrown fairly with the weight passing behind and or over the shoulder upon release with a striate arm or with the elbow leading the weight during the throw, to be thrown with follow. Not delivered underhand or as a round arm bower does a cricket ball, nor may it be slung from the side. The thrower must keep one foot on the

ground at the scratch line until delivering the weight, as there is no approach allowed. Putting the foot on or over stepping, the scratch line before releasing the weight shall be deemed a foul. The thrower may step over or on the scratch line after the winding weight is delivered. The scratch line will be 4 feet in length, with return or sidelines of the same length, at each end. No back line is drawn.

NOTE: A roundarm delivery, so-called because the hand is held out from the body (i.e., between waist and shoulder height) at the point of delivery.

An underarm or underhand delivery is one in which the hand does not rise above the level of the waist upon delivery.

PUSHING WEIGHTS 1914-15

Construction

The Heavy pushing weight will weigh no less than 56 pounds and the light pushing weight will weigh no less than 28 pounds for Men and The Heavy pushing weight will weigh no less than 28 pounds and the light pushing weight will weigh no less than 14 pounds for Woman. The weight will be made of iron, or any other metal not softer than cartage brass or a shell of such metal filled with lead or other material. It may be of any shape, box, conical or spherical in shape, with or with out carrying ring, the total implement, will weigh on less than 56 lbs, 42 lbs., 28 lbs., 14 lbs., and 7lbs. The event will be called the "weight from the shoulder", or "weight push".

Standing:	Men	56 lbs., 42 lbs. & 28 lbs.
	Women	28 lbs. & 14 lbs.
	Juniors	42 lbs. & 28 lbs.
	Youth	28 lbs. & 14 lbs.
Challenged Standing:	Men	56 lbs., 42 lbs. & 28 lbs.
	Women	28 lbs. & 14 lbs.
	Juniors	42 lbs. & 28 lbs.
	Youth	28 lbs. & 14 lbs.
From the Chair:	Men	
	A	28 lbs. to 14 lbs.
	B	14 lbs. to 7 lbs.
	C	14 lbs. to 7 lbs.
	Women	14 lbs. to 7 lbs.

WEIGHT PUSH WITHOUT APPROACH, WITH FOLLOW 1914-15

The pushing weight must be put or pushed with one hand only, a square and fair push from the shoulder, with the weight remaining over the shoulder, and in front of the elbow, until delivered, to be put with follow. The weight is thrown off grass, from behind a fixed scratch line of stretched tap or board 1 inch high. The thrower must keep one foot on the ground at the scratch line, until delivering the weight, as there is no approach allowed. The thrower may step over or on the scratch line after the pushing weight is delivered. The scratch line or board will be 4 feet in length, with return or sidelines of the same length, at each end. No back line is drawn. For Championship meetings the Weight Push, with follow, will be the version of this event contested.

WEIGHT PUSH WITHOUT APPROACH OR FOLLOW 1914-15

The pushing weight must be put or pushed with one hand only, a square and fair push from the shoulder, with the weight remaining over the shoulder, and in front of the elbow, until delivered, to be put with out follow. The weight is thrown off grass, from behind a fixed scratch line of stretched tap, a board or joust. The thrower must keep one foot on the ground at the scratch line, as there is no approach allowed. Touching any part of or over stepping the

scratch, board or Joust, except the inside face nearest the thrower, is a foul. The scratch line, board or joust will be 4 feet in length, with return or sidelines of the same length, at each end. No back line is drawn.

WEIGHT PUSH WITH UNLIMITED RUN AND FOLLOW 1914-15

The weight will be thrown with one hand only, with unlimited run and follow. The throw to be measured from the nearest footprint at delivery to the edge of the pitch of the weight: or from the nearest part of a 20 foot scratch line that the thrower must throw from, and within the return or sidelines drawn of the same length, from the ends of the scratch, the latter style is recommended. Any throwing style may be used as long as the rules are followed and the style is deemed safe by the judge. The competitor may not step on or over step the scratch line until after the weight has been delivered. A back line will not be drawn.

WEIGHT THROW WITH UNLIMITED RUN, WITH OUT FOLLOW 1914-15

The weight will be thrown with one hand only, with unlimited run, with out follow. The throw to be measured from the nearest footprint at delivery to the edge of the pitch of the weight: or from the nearest part of a 20 foot scratch line that the thrower must throw from, and within the return or sidelines drawn of the same length, from the ends of the scratch, the latter style is recommended. Any throwing style may be used as long as the rules are followed and the style is deemed safe by the judge. The competitor may not step on or over step the scratch line at any time, as this will constitute a foul. A back line will not be drawn.

SHOT PUT 1 914-15

Construction

The shot shall be made of solid iron or any other metal not softer than cartage 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.

Standing:	Men	14 lbs. 16 lbs. 18 lbs. 20lbs.
	Women	22 lbs. and 24lbs.
	Youth	8 lbs. 12 lbs. 14 lbs. and 16 lbs.
Challenged Standing:	Men	8 lbs. 12 lbs. 14 lbs. and 16 lbs.
	Women	
	Youth	
From the Chair:	Men	14 lbs. 16 lbs. 18 lbs. 20 lbs. 22 lbs. and 24lbs
	A	8 lbs. 12 lbs. 14 lbs. and 16 lbs.
	B	lbs.
	C	8 lbs. 12 lbs. 14 lbs. and 16 lbs.
	Women	lbs.
		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.
		4 lbs. 8 lbs. 12 lbs. and 14 lbs.

The shot must be put or pushed squarely and fairly from the shoulder with one hand only, with the shot remaining against the neck throughout the throw until delivered, with out follow, from inside a scratch 7 feet square. Any

throwing style may be used as long as the rules are followed and the style is deemed safe by the judge. The back line and sidelines will be drawn 7 feet from a 7-foot long, scratch line, board or joust. All puts to be measured from the nearest point of the square to the nearest edge of the mark made by the weight. For Championship meetings the 16 lb. and or 22 lb. Shot will be used.

WEIGHT THROWS FOR DISTANCE 1914-15

Construction

The weight shall be made of iron or other metal not softer than cartage brass, or a shell of such metal filled with lead or other material. The weight will be spherical, in shape. The handle will be attached with one link or shackle though a fixed eye, eyebolt or swivel eye. The handle will be a ring or triangle shape. The total weight of each implement will be on less then 7 lb., 14 lb., 28 lb., 42 lbs. and 56 lbs. The implement shall not measure more than 16" in overall length from the bottom of the weight to the inside top (ring) center balance of the shortest side (triangle) of the handle.

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

WEIGHT SLING, WITH OUT FOLLOW 1914-15

The weight will be swung between the legs, with out follow. The competitor may use either hand to throw the weight, but only one hand may be used. The weight is thrown off grass, from behind a fixed scratch line of stretched tap or a board 1 inch high and 6 feet in length. The competitor will toe the scratch or board, with the feet held parallel to each other. The weight is swung back between the feet and legs or by the side and to the back of the weight hand leg and thrown to the front, without follow. The competitor may rest the hand not used in throwing, on the knee or thigh of the same side to give additional support to the back. The competitor may move one foot or make a step back as the weight is delivered to avoid crossing the scratch. Stepping on or over stepping the tape or board at any time, will constitute a foul and will count as a try. All fouls excluding back line fouls will apply. All throws shall be measured perpendicularly from the first pitch of the weight to the back of the board or scratch line or to that line produced or extended to allow the tape from the mark to intersect at a right angle with the line extended from the board. For Championship meetings the Weight Sling, with out follow, will be the version of this event contested.

WEIGHT SLING, WITH FOLLOW 1914-15

The weight will be swung between the legs, with follow. The competitor may use either hand to throw the weight, but only one hand may be used. The weight is thrown off grass, from behind a fixed scratch line of stretched tap or

a board 1 inch high and 6 feet in length. The competitor will toe the scratch or board, with the feet held parallel to each other. The weight is swung back between the feet and legs or by the side and to the back of weight hand leg and thrown to the front, with follow. The competitor may rest the hand not used in throwing, on the knee or thigh of the same side to give additional support to the back. The competitor may not move the feet or over step or step on the scratch line or board until after the weight has been delivered. All throws shall be measured perpendicularly from the first pitch of the weight to the back of the board or scratch line or to that line produced or extended to allow the tape from the mark to intersect at a right angle with the line extended from the tape or board.

WEIGHT THROW WITH UNLIMITED RUN AND FOLLOW 1914

The weight will be thrown with one hand only, with unlimited run and follow. The throw to be measured from the nearest footprint at delivery to the edge of the pitch of the weight: or from the nearest part of a 20 foot scratch line that the thrower must throw from, and within the return or sidelines drawn of the same length, from the ends of the scratch, the latter style is recommended. Any throwing style may be used as long as the rules are followed and the style is deemed safe by the judge. The competitor may not step on or over step the scratch line until after the weight has been delivered. A back line will not be drawn. For Championship meetings the weight will be thrown from the 20 ft. scratch with unlimited run and follow.

WEIGHT THROW W/ APPROACH, WO/ FOLLOW, 9 ft CERCAL 1914-15

The weight may be thrown with one or both hands, from a circle 9 feet in diameter; the competitor may assume any position he chooses, and any motions being allowed within it. The athlete must not step out of the front half of the circle at any time, as this will constitute a foul. A trig or stop board 3 to 4 feet in length, cut to fit the ark of the cercal may be fixed and centered on the front of the cercal. Touching any part of or over stepping the scratch or trig, except the inside face of the trig nearest the thrower, is a foul. All throws shall be measured from the circumference of the circle to the first pitch of the weight along a line drawn from that pitch to the center of the circle. Foul throws and letting go of the weight in an attempt shall count as a try. Crossing the scratch will constitute a foul and shall count as a try.

NOTE: 1887: *The English Amateur Athletic Association enlarged the circle to 9 ft for the hammer and weight throws and allowed movement in the 9 ft. cercal.*

NOTE: The organizer may designate the this event be contested using one hand only, and shall state the methods in which the weight must be thrown in the entry form and Programme for the meeting as Weight throw, one hand with approach, with out follow, from the 9 foot cercal.

CELTIC HAMMER 1914-15

Construction

The hammerhead may be of any shape, spherical is recommended and preferred and made of iron or lead or other metal not softer than cartage brass, or a shell of such metal filled with lead or other material. The complete implement shall not be more than 4 ft. (48 inches) and its weight not less than 8lbs., 12lbs, 16 lbs. & 22 lbs. The handle shaft of the hammer shall be made of wood (cane) or flexible metal or both or other suitable flexible material. For Championship meetings the hammer shall have a spherical head, made of iron, with cane (aka rattan) handle, the handle shaft shall be from 1 inch to 1.25 inches in thickness, head and handle together shall weight 16lbs. The complete implement shall not be more than 4 ft. (48 inches) in length.

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

HAMMER THROW WITH UNLIMITED RUN AND FOLLOW 1885

The hammer may be thrown with one or both hands, with unlimited run and follow. When the hammer is thrown with unlimited run and follow, the throw will be measured from the nearest footprint at delivery, to the edge of the fist pitch made by the weight. In throwing from the twenty-foot scratch line, the thrower must stand behind the line, and within the return lines, of the same length, drawn at each end of the scratch line. The throw must be measured from the nearest edge of the mark made by the weight, to the nearest part of the 20 ft scratch line. The latter style is recommended. Any throwing style may be used as long as the rules are followed and the style is deemed safe by the judge. The competitor may not over stepping the scratch line until after the weight has been delivered. A back line will not be drawn. For Championship meetings the 16-pound hammer will be thrown from the 20 ft. scratch with unlimited run and follow.

HAMMER THROW 20 FT SCRATCH, W/ ONE TURN OF THE BODY 1914-15

Where the ground is not large enough for unlimited throwing, the hammer may be thrown, with or without follow, from a 20-foot scratch, 20-foot approach, with only one turn of the body allowed. Throw to be measured from the nearest part of the 20 ft scratch line:

HAMMER THROW W/ APPROACH, WO/ FOLLOW, 9 ft CERCAL 1914-15

The hammer may be thrown with one or both hands, from a circle 9 feet in diameter; the competitor may assume any position he chooses, and any motions being allowed within it. The athlete must not step out of the front half of the circle, to prevent an athlete from following the weight or stepping over the line, which is a foul. A trig or stop board 3 to 4 feet in length, cut to fit the arc of the cercal may be fixed and centered on the front of the cercal. Touching any part of, or over stepping the scratch or trig, except the inside face of the trig nearest the thrower, is a foul. All throws shall be measured from the circumference of the circle to the first pitch of the weight along a line drawn from that pitch to the center of the circle. Foul throws and letting go of the weight in an attempt shall count as a try. Crossing the scratch will constitute a foul and shall count as a try.

NOTE: 1887: *The English Amateur Athletic Association enlarged the 7 ft circle to 9 ft for the hammer and weight throws and allowed movement in the 9 ft. cercal.*

1895: *A. J. Flanagan of Ireland, using, three jumping rotations, on the ball of his left foot, originated a new school of hammer throwing.*

HAMMER THROW FROM THE STAND, WITHOUT TURN OF THE BODY

The hammer may be thrown with one or both hands, from the standing position with out turning the body, with the feet in a fixed position from behind a mark, scratch, Joust 4 feet in length or from the 7 ft cercal, with out run or follow. There is no approach allowed when throwing from the stand, with out turn of the body. The competitor may move the feet after the hammer is released. In throwing from behind the Mark, Board or Joust, from the stand without turn of the body, the measurement must be from the edge of the first pitch of the weight, to the point behind the Mark closest to the nearest foot of the thrower, at delivery. In throwing from the 7 ft cercal, with out turn of the body, all throws shall be measured from the circumference of the circle to the first pitch of the weight along a line drawn from that pitch to the center of the circle. Crossing the scratch will constitute a foul and shall count as a try. Letting go the hammer in an attempt will count as a try. Crossing the scratch line or breaking the circle in an attempt will count as a try.

NOTE: No footwear fixed with spicks, cleats or blades longer then 1 1/2 inch in length, numbering more then 12 on each foot, may be worn or may any device be used to anchor, hold or fix the foot, feet, foot wear or any part of the athlete to the ground.

NOTE: When the head and handle of the hammer strike the ground at the same time, the measurement shall be from the mark made by the head. If the handle strikes first, the measurement must be from the mark made by it; but one length of the handle (from the end of the handle to where it first meets the head) shall be added to the measurement.

TOSSING THE WEIGHT

Construction

The weight shall be made of iron or other metal not softer than cartage brass, or a shell of such metal filled with lead or other material. The handle can either be attached directly to the weight or attached with a steel link or shackle thou a steel eye, forged eyebolt or swivel eye. The handle may also be of various shapes and thickness such as a ring, pair or triangle. The total weight of each implement will be 14 lb., 28 lb., 42 lbs. and 56 lbs. The implement shall not measure more than 16" in overall length, from the bottom of the weight to the top inside of the handle.

Standing:	Men	56 lbs.
	Women	28 lbs.
	Master	42 lbs. or 56 lbs.
	Juniors	42 lbs.
	Youth	28 lbs.
Challenged Standing:	Men	56 lbs.
	Women	28 lbs.
	Master	42 lbs. or 56 lbs.
	Juniors	42 lbs.
	Youth	28 lbs.
From the Chair:	Men	
	A	28 lbs.
	B	14 lbs.
	C	14 lbs.
	Women	14 lbs.

TOSSING THE WEIGHT OVER THE BAR, FROM THE 7FT CIRCLE 1914-15

The weight will be thrown with one hand only, from a 7-foot cercal centered on and with its edge intersecting the imaginary line between the standers. Any throwing style may be used as long as the rules are followed and the

style is deemed safe by the judge. The judge will decide at what height the bar will be to start. To count the body of the weight and it handle must cross over the bar between the standers. The thrower must remain inside the circle until the weight crosses over the bar. The method of competition shall be three attempts at each height. For Championship meetings a nock off bar will be used.

TOSSING THE WEIGHT FOR HIGHTH, FROM THE 7FT CIRCLE

A wooden disc 2 feet (for 1st class athletes) and 3 feet in diameter (for all others) must be suspended horizontally in the air. 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 judge will decide at what height the disc will be to start. Throwing will be done from inside a circle 7 feet in diameter, centered on the disc. To count, a throw must hit the disc with any part of the weight to include the handle. The thrower must remain inside the circle until the weight hits the disc. The method of competition shall be three attempts at each height. For Championship meetings a disc 2 feet in diameter will be used.

WEIGHT THROWS AND PUTTS FROM THE 7 FT CIRCLE 1888

Where the throw is from the 7-ft. circle, the competitor may assume any position he chooses and any motions being allowed within it. The athlete must not step out of the front half of the circle, or overstep the scratch until the weight has landed, to prevent an athlete from following the weight or stepping over the line. A trig or stop board 3 to 4 feet in length, cut to fit the ark of the cercal may be fixed and centered on the frond of the cercal. Touching any part of, or over stepping the scratch or trig, except the inside face of the trig nearest the thrower, is a foul. All throws shall be measured from the circumference of the circle to the first pitch of the weight along a line drawn from that pitch to the center of the circle.

NOTE: 1888: America, AAU adopted "where the throw is from the 7-ft. circle, the competitor may assume any position he chooses and any motions being allowed within it." "The athlete must not step out of the front half of the circle, to prevent an athlete from following the weight or stepping over the line, which is a foul".

PUTTING THE SHOT FORM THE 7 FT CIRCLE 1888

The shot must be put or pushed squarely and fairly from the shoulder with one hand only, with the shot remaining against the neck throughout the throw until delivered, with out follow, from a circle 7 feet in diameter. The competitor may assume any position he chooses, and any motions being allowed within it. The athlete must not step out of the front half of the circle, to prevent an athlete from following the weight or stepping over the line. A trig or stop board 3 to 4 feet in length, cut to fit ark of the cercal may be fixed and centered on the frond of the cercal. Touching any part of or over stepping the scratch or trig, except the inside face of the trig nearest the thrower, is a foul. All throws shall be measured from the circumference of the circle to the first pitch of the weight along a line drawn from that pitch to the center of the circle. Foul throws and letting go of the weight in an attempt shall count as a try. Crossing the scratch will constitute a foul and shall count as a try.

WEIGHT THROW W/ APPROACH, WO/ FOLLOW, 7 ft CERCAL 1888

The weight may be thrown with one or both hands, from a circle 7 feet in diameter; the competitor may assume any position he chooses, and any motions being allowed within it. The athlete must not step out of the front half of the circle, to prevent an athlete from following the weight or stepping over

the line. A trig or stop board 3 to 4 feet in length, cut to fit ark of the cercal may be fixed and centered on the frond of the cercal. Touching any part of or over stepping the scratch or trig, except the inside face of the trig nearest the thrower, is a foul. All throws shall be measured from the circumference of the circle to the first pitch of the weight along a line drawn from that pitch to the center of the circle. Foul throws and letting go of the weight in an attempt shall count as a try. Crossing the scratch will constitute a foul and shall count as a try.

HAMMER THROW W/APPROACH, WO/ FOLLOW, 7 ft CERCAL 1888

The hammer may be thrown with one or both hands, from a circle 7 feet in diameter; the competitor may assume any position he chooses, and any motions being allowed within it. The athlete must not step out of the front half of the circle, to prevent an athlete from following the weight or stepping over the line, which is a foul. . All throws shall be measured from the circumference of the circle to the first pitch of the weight along a line drawn from that pitch to the center of the circle. Foul throws and letting go of the weight in an attempt shall count as a try. Crossing the scratch will constitute a foul and shall count as a try.

***NOTE:** 1887: The Amateur Athletic Union (AAU) of the United States adopted the 7 ft. circle and the sixteen-pound hammer, but set its overall length at 4 ft.*

1888: America, AAU adopted "where the throw is from the 7-ft. circle, the competitor may assume any position he chooses and any motions being allowed within it." "The athlete must not step out of the front half of the circle, to prevent an athlete from following the weight or stepping over the line, which is a foul".

1895: A. J. Flanagan of Ireland, using, three jumping rotations, on the ball of his left foot, originated a new school of hammer throwing.

1896: The English Amateur Athletic Association legalized a handle of flexible metal. The throw was made after a few rapid revolutions of the body, which added an impetus that greatly added to the distance attained.

1908: In England, the Amateur Athletic Association enacted that "The head and handle may be of any size, shape and material, provided that the complete implement shall not be more than 4 ft. and its weight not less than 16 lb. The competitor may assume any position he chooses, and use either one or both hands. All throws shall be made from a circle 7 ft. in diameter.

GENERAL RULES FOR THROWING DISTANCE EVENTS

If required a back line will be drawn the appropriate distance from and parallel to the Scratch, Tape, Board or Joust.

Either drawn or imaginary lines from the far edges or ends of the Scratch, Board or Joust, made at right angles to and of the same length, extended to the rear of the throwing area, made parallel and away from the direction of the throw, will define return lines or sidelines.

The back line, return and or sidelines or the scratch line of the circle 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 each distance event contested; the best two competitors of the first round of an event competition shall be allowed three more throws each. The farthest throw of the competition will count as a win 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 the judge grants re-starting if permission is request and it.

Each throw from the scratch line, tape, board or joust, will be measured from a nearest point of the inside edge of the scratch, closest to where the competitor's plant foot (left foot for a right-handed competitor) landed upon release of the weight, or if throne to the side, to the nearest part of the scratch, to the nearest break in the ground made by the implement. In the shot put from the 7 ft square (1885 rules), and the weight sling with or without follow, if the weight is thrown to the side, past the point of the side of the joust or board, a line will be extended out; perpendicular with the scratch, to the point that the mark meets that line at a right angle and at that point the measurement will be made.

All throws from the 7ft or 9 ft cercal, shall be measured from the circumference of the circle to the first pitch or brake in the ground, made by the weight along a line drawn from that pitch to the center of the circle

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 defined as the throwing area or any surface of the scratch, board, trig or joust other than the edge facing the throwing area before the weight is released, when throwing with follow and or at any time, if the throw is made with out follow.

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, all must remain in the throwing aria).

GENERAL RULES FOR TOSSING 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 missed or a successful attempt and will not count for or against the competitor.

When a competitor has missed three attempts at one height, that athlete will be eliminated from the competition.

A competitor once entered in to the event will not pass individual attempts without also leaving the competition.

All measurements will be made from the ground to the top of the crossbar or bottom center face of the disc.

The competitors may request a starting height and if agreed to by the judge, with the judge having the final decision, will determine the starting height of the event.

The bar or disk may be raised by larger increments at the judge's discretion 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 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. If the crossbar is suspended by resting it on pegs ("touch-bar" or "knock off bar"), then the toss will not be counted if the crossbar is knocked off either peg, by any part of the weight. The crossbar must remain on the pegs until after an attempt is made, and the implement has touched the ground and or until the competitor leaves the throwing area (as determined by the judge at the start of the competition). For Championship competitions a touch bar or knock off bar will be used.

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

The body of the implement must go over the bar within or inside of the upright standers.

Any part of the implement may touch the upright standers and or crossbar as it goes over.

Any part of the implement, to include the handle, can and must strike the bottom face of the disc to score, if the weight lands on top of the disc with no part of implement striking the bottom face, it will count as a miss (as determined by the judge). It will be considered the best of form, if just the handle of the weight strikes the disc.

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, 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

Lot shall draw the order in which the competitors take their trials.
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.

Standing Athletes: 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 best two competitors of the first competition shall be allowed three more throws each. The farthest throw of the competition will count as a win 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 back line and sidelines or the scratch or foul line of the throwing area 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, back line or the scratch or foul line of the throwing area 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: If used, a trig or joust (stop board) is required for all classes.

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.

RULES GOVERNING TRIALS

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.

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 or carted 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 scratch, board, joust or trig closest to the location of the competitor's 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. If the weight is thrown to the side, past the point of the side of the joust or board, a line will be extended out; perpendicular with the joust to the point that the mark meets that line at a right angle and at that point the measurement will be made.

All throws from the cercal, shall be measured from the circumference of the circle to the first pitch of the weight along a line drawn from that pitch to the center of the circle

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.

EVENTS CONTESTED

A Hibernian 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 winding stones, two pushing stones or shot puts, two weight throws or slings for distance, or two hammers, or weight tosses. The order of events is recommended to be as follows: Winding Stone or Weight Hurl, Pushing Stone or Weight from the Shoulder, Shot Put, Weight Throw, Hammer Throw, Weight Sling and Weight Toss. If the competition is spread over two days, the events should be arranged so that there are equal implements or events thrown on each day:

The 1885 Championship Event Competition will consist of the following events: 7lb Winding Stone, 16 lb Shot Put 7ft box, 28 lb and 56 lb Pushing Stone, Weight Throw URF, 16 lb Hammer URF, Weight Sling WOF and Weight Toss over Bar.

The 1914-15 Championship Event Competition will consist of the following events: 7 lb Weight Hurl, 16 lb Shot Put 7 ft Square, 28 lb and 42 lb or 56 lb Weight Push from the shoulder, Weight URF, 16 lb Hammer URF, Weight Sling WOF, and Weight Toss for Height.

Nathanial, Continental, International and World Championships Event Competitions will take place over two days, Contesting the following events:

Day #1: 7 lb weight hurl, 22 lb Shot put 7 ft square, 28 lb weight push, 56 lb Weight through URF, 16 lb Hammer from the Stand, 16 lb Hammer 9 ft cercal, 56 lb Weight Sling WOF, and 56 lb Weight Toss over Bar

Day #2: 14 lb weight hurl, 16 lb shot put 7 ft square, 56 lbs Weight push, 56 lb Weight through 9 ft cercal, 16 lb Hammer from the 7 ft cercal, 16 lb Hammer URF, 56 lb Weight Sling WF, and 56 lb Weight Toss for Height

The Heavy Weight Pentathlon will consist of the following events: Heavy Weight Push, Weight 9 ft Cercal, Weight 7 ft Cercal, Weight Sling WOF and Weight Toss over Bar.

FAILING TO START AN EVENT

Any athlete failing to start or make a trial in one of the five or more events of the over all 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 athletes 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, and time permits, an interval of 15 to 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 Hibernian Games, Gaelic Field Athletic or Irish 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 complete clothing from the shoulders to the knees, e.g. sleeved jersey and kilt or loose drawers. Any competitor may be excluded from taking part in the sports except properly attired, wearing 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 warmup 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.

ONE POINT SCORING

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 computers, ether 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.

Someone acting on the athlete's behalf shall in the first instance make any protest orally to the Judge by the athlete or. 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 or Regional and State 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 GACANA and AHG&GHA records shall be considered only when submitted on a GACANA or 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. GACANA and 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 GACANA National Office and the adaptive sports records for 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 a GACANA or 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 GACANA or AHG&GHA and must be signed by the Technical Delegate appointed by the GACANA or 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 GACANA or 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 or Junior 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 GACANA web sit or HYPERLINK WWW.WSUSA.ORG.

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

**APPLICATION FOR GACANA OR AHG&GHA WORLD OR NATIONAL
HIBERNIAN GAMES & GAELIC ATHLETIC, IRISH SPORT, FIELD EVENTS RECORD**

CIRCLE EVENT: WINDING STONE SHOT PUT PUSHING STONE WEIGHT FOR DISTANCE

CELTIC HAMMER WEIGHT SLING SHEAF TOSSING WEIGHT TOSS (WFH or WOB)

WF WOF URF WOA WA 20 ft SCRATCH 7 ft SCATCH 7 ft CIRCLE 9 ft CIRCLE

CIRCLE ONE: ADULT MASTER <190 JUNIOR YOUTH

CLASS: Not Classified _____ Open _____ Adult _____ Junior _____ Youth _____

COMPETITOR'S NAME: _____ **SEX:** _____

ADDRESS: _____

DISTANCE THROWN: METERS _____ OR FEET: _____ INCHES: _____

NAME OF MEET: _____ **DATE:** _____

SITE: _____

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: _____

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: _____

SIGNATURE OF FIELD JUDGE: _____

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: _____

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 – East

Ontario - West

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

Nova Scotia