



**General Rules For All Heavy Events**

1. A Scottish Heavy Events competition is defined by at least five of the events listed. If only five events are used, then no two events will be similar (such as two stones, two weight throws for distance, or two hammers).
2. If an implement breaks during a competition and cannot be replaced 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 from where it left off.
3. In the interest of safety, the judge has the right to disqualify any competitor who in his/her opinion does not have the ability to complete a throw without injuring themselves, other competitors or spectators. The judge also the right to disqualify any competitors who display poor sportsmanship.
4. All competitors competing will wear a kilt during the competition with full socks and a Hororata Highland Games competitor tee shirt. No swapping of kilts is allowed, each competitor must have their own kilt. The Hororata Highland Games can provide a kilt if required.
5. The judge may apply a time limit to each throw if he/she feels it is necessary. If the competitor does not begin the throw within this time limit the attempt will be a foul.
6. In the event of a tie after any of the above tie breaking methods has been applied, the points for the places in question will be added together and divided evenly among the tied competitors.
7. The trig is to be made of wood. The trig will be 1.4m long x 150mm tall, and 150mm wide. Every effort shall be made to secure the trig to the ground so that it will not move during the event if a competitor steps against it.
8. The winner of the event may take three extra throws to try to break a record, whether it is a Games Record, New Zealand, or World Record. Extra throws taken for records will not count for points in the scoring system.
9. Individual fingers or the thumb of the throwing hand may be taped but the fingers or thumb will not be taped together. No straps or other devices (including gloves) will be used by the competitor in holding the implement. No footwear that may aid in increasing the athlete's height will be used in the events thrown for height.
10. In order for a competitor to win or be placed in an overall competition, they must attempt to compete in all of the events. At the discretion of the judge, if the competitor does not attempt to compete in all events then they will not receive points or awards for the individual events of the overall competition.
11. In each event, points shall be awarded as per the number of competitors per event, ie.
 

10 competitors	1 <sup>st</sup> place	1 point
	2 <sup>nd</sup> place	2 points
	3 <sup>rd</sup> place	3 points

To determine the overall champion the total amount of points accumulated throughout the competition will be added together and the competitor with the lowest points will be declared the winner. 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 first will remain a tie.



12. Measurements shall be recorded after rounding the measurement down to the nearest 1cm in all of the events.
13. 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.
14. When a New Zealand or World Record has been broken it is the responsibility of the Judge or Athletic Director to verify that record. The Record must be set within all rules for that event. The implement will be weighed on a certified scale and the weight will be equal to, or more than the legal weight for that implement. In the case of the Weights for Distance, the Weight for Height and the Hammer Throw, the overall length of the implement will be measured and the length will be equal to or less than the legal length of that implement.
15. New Zealand records must be set by a competitor with New Zealand citizenship. Local games records may be set by any competitor.
16. Safety must be a paramount concern to all the organisers, judges, competitors, helpers and spectators present at the competition. Precautions should be taken to protect these people. The throwing area should be roped off to keep spectators off the athletic field. There should be some type of cage or backstop for the hammer throw.
17. The order of events is recommended to be as follows: Stone Put(s), Weight throw(s) for Distance, Hammer Throw(s), Caber Toss, Sheaf Toss and Weight for Height. If the competition is spread over two days, the events should be arranged so that there is an equal heavy and light implement thrown on each day.
18. If the judge has a doubt about calling a foul on a competitor then no foul should be called.
19. Prize money will only be given to professional competitors. Prize money will be determined by awarding money according to placing. The amount of prize money at each competition shall be decided by the organisers of the competition.
20. **Drug Testing.** In order to meet the requirements of the New Zealand Sports Drug Administration who provide professional expertise to competitors, random drug testing has been instituted for Hororata Highland Games Heavyweight Field events.
21. By entering the event heavyweight event competitors are declaring that they have not been taking performance enhancing drugs for the purpose of this or future Hororata Highland Games Heavyweight Championship Field events. If such a statement is found to be false, that competitor will forfeit all prize money and will be forbidden to enter any future such championship events.

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

1. A back line will be drawn the appropriate distance from and parallel to the trig.
2. Sidelines are defined by either drawn or imaginary lines from the edges of the trig to the back line.
3. Both the back line and sidelines are considered to be in the “fair” part of the throwing area.
4. The competitor will complete the throw under control as decided by the judge or the throw will be a foul.
5. Each competitor will be allowed three throws in the competition, the farthest of which will count for that event.



6. The competitor may stop during the throw and restart 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.
7. 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 implement (not including the handle).
8. Ties will be broken by comparing the next farthest throw for each competitor involved in the tie. The competitor with the farthest of these throws will place highest. If other ties occur, then this process will repeat for all attempts taken.
9. 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.

**TRIG**

<p>Trig 4'6"</p>	<p>One of the Competitor’s feet may touch \\\ the face of the trig which shall be 1.2 meters long by 150mm square.</p>
<p>Sideline Sideline</p>	<p>One of the Competitor’s feet may touch /// this area outside the sidelines.</p>
<p>Throwing Area</p>	<p>Any part of the competitor may touch the throwing area as long as he is under control</p>
<p>Back Line</p>	<p>For Putting the Stone the back line is drawn 2.3 meters from the Trig.</p> <p>For Throwing the Weights for Distance a back line is drawn 2.7 meters from the trig.</p> <p>No back line is drawn for Throwing the Hammers.</p>



## **Putting the Stone**

### Open Stone

Standard weights: 16lbs & 22lbs (7.257 kgs & 10 kgs)

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 back line will be drawn 2.3 meters from the trig.

## **Throwing the Weights for Distance**

Standard weights: 28lbs & 56lbs (12.5kgs and 25kgs)

The weight will be thrown with one hand only. The weight shall be made of metal but can be of various shapes and size including spherical, bullet 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 28lbs and 56lbs. The implement shall not measure more than 18" (460mm) in overall length. 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 will be drawn 9 feet (2.8 meters) from the trig.

## **56lb Weight for Height**

Throwing the weight over the bar must be done from a fixed standing position with no turning or spinning allowed. Where an athlete is attempting a national or world record, a weight with an overall length of no more than 16 inches (406mm) including the handle must be used for a record to be ratified.

## **Throwing the Hammers**

Standard weights: 16lbs & 22lbs (7.257kgs & 10kgs)

The hammer head shall be spherical and made of metal and the shaft shall be of wood, rattan or plastic. Rattan or bamboo is recommended over wood or plastic. The total weight of each hammer will be 16lbs and 22lbs. The length of the hammer will be no longer than 50" (1,270mm) in overall length. The hammer will be thrown with the feet in a fixed position. There is no approach allowed in the hammer throw. The competitor may move his feet after the hammer is released. No back line is drawn for the Hammer Throw and sidelines are normally not drawn either. All fouls besides the back line foul still apply.



### Tossing the Caber

There is no standard size or weight.

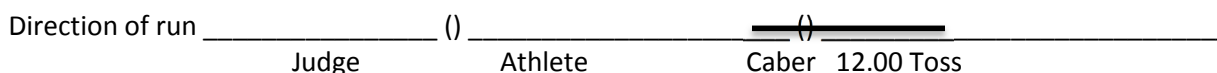
We use a 5.5 meter long Caber weighing 67kg (Oceania)

We also have one 5.03m @ 47kg (Amateur)

The caber should be of a length and weight such that at least half the competitors can turn it. The caber is to be made only of wood. The caber shall be placed upright for the competitor, with the heavy end uppermost. 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 he 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 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 caber has passed through it.

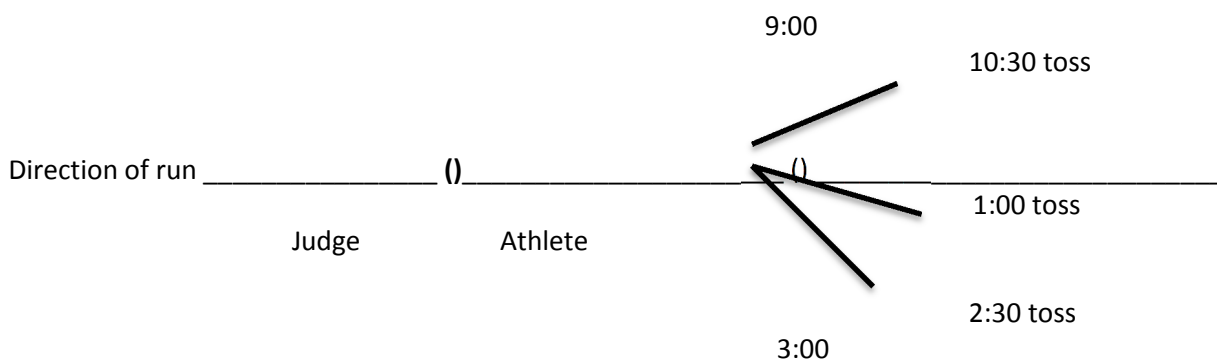
The "clock face method" of judging shall be used. The caber in a perfect toss will pass through the vertical position and land with the small end facing directly at 12 o'clock away from the competitor in an imaginary line extending from the competitor through the initial landing point and in line with the direction of the run. 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



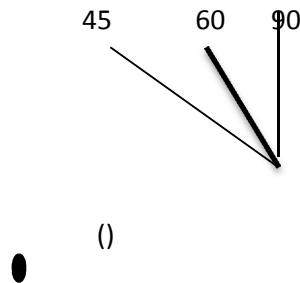
If the caber lands in a 12 o'clock position pointing away from the competitor but not in a direct line with their run (as when a competitor turns to one side at the last step or two), then the judge must determine the competitor's direction of run and then look through the competitor to the small end of the caber, thus giving a true reading of its relation to the direction of run. Once the competitor has started on his run, the judge should pick a point in the horizon to use as a reference point once the toss has been made. 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 caber is not turned by the competitor 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

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competitor's direction of run in order to make an accurate call. A drawing of a view from the side judge's position is shown below in Figure 4.

Figure 4



Each competitor is allowed three attempts, all of which should be scored and the best of these to be used to determine placing. The order of placing shall be determined by the nearest to 12 o'clock toss made by the 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 the caber has not be turned by any competitor 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.

Ties are broken by comparing the next best attempt for each competitor involved in the tie. The competitor with the next best score places highest. If other ties occur, this process is repeated for all previous attempts.

### **General rules for Height Events**

1. Each competitor will be allowed three attempts at each height.
2. Each competitor may enter the event at any height in the competition. But once entered must attempt each height hereafter.
3. 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.
4. When a competitor has missed three attempts at one height then he will be eliminated from the competition.
5. A competitor will not pass individual attempts without also leaving the competition.
6. All measurements will be made from the ground to the top of the crossbar.
7. The starting height will be agreed upon by the competitors and the judge with the judge having the final decision.
8. The bar may be raised by large 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.
9. The crossbar may be suspended at both ends and one end. It may be suspended at both ends by either pulleys or rope attached or rested on pegs attached to the uprights or both. If the implement pulls down the



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crossbar as it goes over, it is the judges' decision whether the toss will be counted or not. If the crossbar is suspended by resting on pegs ("touch-bar"), then the toss will not be counted if the crossbar is knocked off either peg. The crossbar will remain on the pegs after an attempt until the competitor leaves the throwing area (determined by the judge's discretion).

10. The crossbar will be 10 feet (3 meters) in length or shorter.
11. The centre 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.
12. The implement may touch the cross bar it goes over.
13. Ties will be broken by comparing the number of misses at the last height cleared. The competitor with the least amount of misses at that height will place highest. If this number of misses is 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.

### Tossing the Sheaf

Standard weights: Varies from 10lbs, 12lbs, 14lbs, 16lbs to 18lbs

The sheaf will be a burlap or woven fiberglass bag filled with a suitable material such as straw or rope. The sheaf will be thrown over a crossbar for height with a pitchfork. The total weight decided by the judge. Amateurs may use a 10lb sheaf. The toss shall be made in any manner desired using a pitchfork with at least two tines.

### Tossing the Weight for Height

Standard weights: 56lbs (25kgs) and 42lbs

The weight will be thrown with one hand only. The weight shall be made of metal but can be of various shapes and sizes including spherical, bullet or box shaped. The handle can either be attached directly to the weight or attached with a length 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 shall be 56lbs. The implement shall not measure more than 18" (450mm) in overall length but weight shorter than this is normally used when thrown for height to avoid hitting the ground when swung between the legs. Any throwing style may be used as long as the rules are followed and the style is deemed safe by the judge.

### The Farmers' Walk

Standard weights: 2 x 100lbs

The weights each have a D shaped handle and are carried over a 50m circuit, one in each hand and the distance is measured to the nearest mm. The circuit should be marked each 10 meters and a marker is inserted in the ground at the rear of where the weight carried the least distance is dropped.

### Hororata Stones

Weights – 90kg – 140kg x 5 stones

The Hororata Stones are a version of **McGlashan Stones**. **Athletes must** lift five Stones onto the top of wine barrels, racing the clock (stones must remain on the barrel). The fastest athlete to complete all stone lifts wins. The stone increase in weight at each barrel from 90kg to 140kg. The clock stops when the competitors hands are free from the last stone.