

General – Competition

1) The competition for the MWC will include the following 8 or 9 Events:

- a. Braemar Stone Throw (22 lbs - men, 12 lb -women)
- b. Open Stone Throw (16 lb - men, 8 lb - women)
- c. Heavy Weight Throw (42lb for men 40 to 59, 35 lb for men 60+, 21 lb-women 40 to 59, 14 lb for women 60+)
- d. Light Weight Throw (28 lb for men 40 to 59, 21 lb for men 60+, 14 lb-women 40 to 59, 9 lb for women 60+)
- e. Heavy Hammer Throw (22 lb for men 40 to 59, 16 lb for men 60+, 16 lb-women 40 to 59, 12 lb for women 60+)
- f.
- g. Light Hammer Throw (16 lb for men 40 to 59, 12 lb for men 60+, 12 lb-women 40 to 59, 8 lb for women 60+)
- h. Caber Toss (various length and weight appropriate for class)
- i. Traditional Weight Over Bar (42lb for men 40 to 59, 35 lb for men 60+, 21 lb-women 40 to 59, 14 lb for women 60+)
- j. Sheaf Toss: (16 lb for men, 10 lb for women) * [Sheaf will be contested as part of MWC each year moving forward](#)

2) Classes for competition will include the following age groups for men and women based on the athlete's age on the day of the competition, and provided an adequate number of athletes register to fill the respective class: Men and Women's age groups codes and meaning:

M40-44

men of age 40 to 44 years

M45-49

men of age 45 to 49 years

M50-54

men of age 50 to 54 years

M55-59
men of age 55 to 59 years
M60-64
men of age 60 to 64 years
M65-69
men of age 65 to 69 years
M70-79
men of age 70 to 79 years
M80+
Men of age 80 or over
M40 <200
men of age 40 to 49 years and weighing 200 lb. or less
M50 <200
men of age 50 years or over and weighing 200 lb. or less
W40-44
Women of age 40 - 44 years
W45-49
Women of age 45 - 49 years
W50-54
Women of age 50 - 54 years
W55 - 59
Women of age 55 - 59 years
W60 - 64
Women of age 60 -64 years
W65 – 69
Women of age 65 - 69 years
W70+
Women of age 70+ years
W40 <155
Women of age 40 or over and weighing 155 lb. or less

3) Scoring for the overall place winners will use the One Point Method; that means the winner in each event earns one point, second place in each event earns two points, third place in each event earns three points, etc. and the total amount of points accumulated throughout the competition will be added together and the competitor with the fewest points at the conclusion will be declared the winner. If there is a tie for any place in the aggregate, then the tie remains. If there is a tie in any of the distance events, then the tie remains. If there is a tie in the height events then the count of misses will determine placement and points, but if after a count of the misses doesn't determine the placement then the tie remains. In the event of a tie on any of the events, the points for the places in question will be added together and divided evenly among the tied competitors.

4) The winner of any event, except caber toss and WOB, may take three extra throws as attempts to break a field record or Scottish Masters record.

5) The safety of both participants and spectators must be given the utmost consideration. The Athletic Director is the person ultimately responsible for safety in all areas of the competition. Therefore, any limitations placed on the competition in the interest of safety by the AD must not be questioned. Such limitations may include, but are not limited to, "out of bounds" areas for any event or termination of an

event because of weather. The AD also has the right to disqualify any competitors who display poor sportsmanship.

6) Athletes MUST wear a Scottish style kilt and may wear Scottish style hose with flashings. Athletes not so dressed will be asked to refrain from competition until they meet this requirement and will not be allowed to make up missed throws. Athletes MUST also wear the games t-shirt for at least one of the days of the competition. No exceptions will be granted to this rule.

7) Athletes should be prepared to show proof of age and all <200 athletes will be required to weigh at the Athlete's Meet & Greet meeting or at the field on Game Day. The AD will provide a scale adequate to this task.

8) Small numbers of athletes in classes may be grouped together into flights and large numbers of athletes in classes may need to be split into multiple flights for the competition. Arranging flights will be the responsibility of Athletic Director.

9) Implements are to be provided by the Athletic Director and should be verified with a certified, commercial scale as to weight and size prior to the beginning of each day of competition.

10) If an implement breaks during a competition and cannot be repaired quickly, the round in which it was broken 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.

11) In order for a competitor to win or place in an overall competition, they must attempt to compete in all of the events.

12) 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 besides a glove will be used to aid 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.

1) **Distance Events**- General layout of throwing area

1. The trig is to be made of wood. The trig will be 4'-6" long, 5½" - 6" tall, and 5½" - 6" 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.

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

3. Sidelines are defined by either drawn or imaginary lines from the edges of the trig to the backline.

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

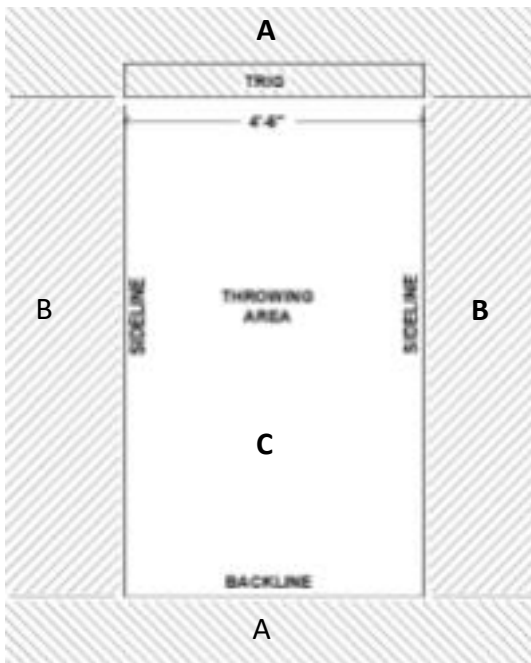
5. The competitor will complete the throw under control as decided by the judge or the throw will be ruled a foul.

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

7. 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 restarting if allowed by the judge.

8. Each throw will be measured from the middle of the trig board at the designated notch to the nearest break in the ground made by the implement (not including the handle).

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. One of the competitor's feet must always remain in the throwing area either on the ground or in space directly above the throwing area. **Figure 1 (from NASGAWEB.com)**



- A. No part of the athlete may touch
- B. Only one foot may touch.
- C. Any part of the competitor may touch.

10. If a winged trig is used, no part of the athlete may touch outside the throwing area.

Putting the Stone - The backline will be drawn 7'-6" from the trig.

- 1) **Open Stone**: 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.
- 2) **Braemar Stone**: the same rules apply in the Braemar Stone Put as in the Open Stone Put except there is no approach allowed. The stone must be put from a standing position. Reversing the feet after the release is allowed.

Throwing the Weights for Distance - The backline will be drawn 9'-0" from the trig.

- 1) **Heavy Weight Throw for Distance**: 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.
- 2) **Light Weight Throw for Distance**: the same rules apply in the Light Weight Throw as the Heavy Weight Throw. The implement shall not measure more than 18" 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.

Throwing the Hammers

- 1) The hammer head shall be spherical and made of metal, and the shaft shall be of wood, rattan, bamboo, or plastic (PVC pipe is sometimes used for increased durability).
- 2) The length of the hammer will be no longer than 50" in overall length.
- 3) 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. Vector Lines may be applied in the interest of Safety. All fouls besides the backline foul still apply.
- 4) An adequate "hammer cage" or netting must be utilized for safety purposes.

Tossing the Caber (from NASGAWEB.com)

There is no standard size or weight of a caber, but 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 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 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 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.

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.

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. The direction of run is determined by the direction in which the competitor runs after having control of the caber.

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 competitor's direction of run in order to make an accurate call.

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 the caber has not been 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.

Tossing the Weight Over Bar

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 of chain. The handle may also be of various shapes and thickness such as a ring, triangle or a "D" shape. The implement shall not measure more than 18" in overall length but a 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.

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 will not be considered a miss or make and will not count for or against them.

When a competitor has missed three attempts at one height they will be eliminated from the competition. All measurements will be made from the ground to the top of the bar.

The starting height will be agreed upon by the competitors and the judge, with the judge having the final decision.

The bar may be raised by smaller than standard increments when only two competitors remain in the competition.

The crossbar will be 12 feet in length or shorter.

The implement must go over the crossbar between the uprights.

Ties will be broken by comparing the number of misses at the last height cleared. The competitor with the fewest misses will place highest. If the number of misses are equal, then the next highest height is compared, and so forth.

After an athlete has won the competition, they may elect to keep raising the bar as long as they clear the height. If they miss three attempts at a height, they are eliminated, and the competition is over. No “extra attempts” shall be granted as the athlete was afforded the opportunity to continue alone and effectively make “extra attempts”.

Tossing the Sheaf (if contested)

The sheaf will be a burlap or plastic bag filled with a suitable material such as straw, mulch, or rope. 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.

The same rules observed for the Weight Over Bar will be observed for the sheaf toss.