

**SCOTTISH HIGHLAND GAMES ASSOCIATION  
BYELAWS**

1. Results of all competitions must be recorded on official return sheets provided by the SHGA and these sheets returned to the SHGA results coordinator within 14 days following completion of the event by the Secretary of each Games/Sports/Event.
2. Handicappers, Judges, or Officials found guilty of misconduct and or infringement of Rules, shall be deleted from the SHGA Approved List of Officials and their future employment in such official capacity proscribed.
- 3a. No Handicapper, Judge, or Official may engage in betting or bookmaking, on foot or cycle racing at any SHGA Meetings at which he/she is officiating.
- 3b. Handicappers must not engage in the training of athletes for track events for Members Games/Sports/Meetings.
- 3c. No coaches or trainers of runners having vested interest in the athletes taking part should be appointed as officials on the finish line at SHGA Members Games.
4. All Handicappers, Secretaries and Officials shall use their best endeavours to enforce the ban or use of assumed names and addresses by any entrant into Open Athletics at Members Games/ Sports/Meetings.
5. It is the responsibility of each Member to inform General Council of any infringement of SHGA Rules, misdemeanour or other misconduct, which comes to their attention, on the part of any official, competitor or other individual.
6. Secretaries, Handicappers, Starters, and all Games Committee personnel will use their best endeavours to ensure that no person under suspension by the SHGA will be allowed to compete at SHGA Member Games.
7. Members will afford every assistance to the SHGA Secretary and other SHGA representatives in the pursuance of their duties.
- 8a. No competitor may enter an assumed name or address. Athletes will be required to give details of the address at which they are permanently residing at the time of registration and to advise the SHGA Secretary of any change of address.
- 8b. Competitors in track events and or field competitors at Member Games/Sports Events organised by Members of the Scottish Highland Games Association are deemed to have assumed open athletic status unless such participation has received the prior approval of the appropriate

sports body of the amateur sports authority and the competitor has lodged details of such approval with the SHGA.

8c. Any person attempting to coach a competitor while inside the arena in which the competition is taking place shall be liable to instant dismissal from the arena if the appointed officials for that event so decide. The competitor receiving coaching in such circumstances shall render himself/herself liable to disqualification from that event.

### **Track Events**

9. In youth races, the minimum age will be nine years of age and the maximum will be fifteen years of age, the exception being if a registered youth competitor reaches their 16<sup>th</sup> birthday after the first SHGA member games of the season.

Once having reached their 16<sup>th</sup> birthday they will then have the choice of either remaining a youth competitor until the end of the season or immediately moving up to compete in Senior competition. Once the decision has been made it cannot be retracted.

10. In open events, competitors must be at least sixteen years of age.

11. Registered athletes in track events will be allocated a number by the SHGA. This will be the athlete's number for the entirety of the season. Number to be retained by the athlete and must be worn at all SHGA member games when competing. Athletes should display the number clearly on the FRONT of their running vest. Day only registered competitors will be issued with a temporary number.

12. All competitors taking part in running events up to and including 800 metres at Members Games must wear spiked track shoes.

13. All persons wishing to take part in athletic events at a Members Games/Sports Meeting must be registered as an athlete with the Scottish Highland Games Association prior to taking part in any of these events and pay an appropriate fee, which will be fixed annually.

14. Entry monies due by competitors wishing to participate in events at Members Games/Sports Meetings must be paid over in the manner and by the date/time specified by the Member.

15. Where Games have pre-entry requirements, competitors may be penalised for late entries at the discretion of the handicappers.

16. Failure by any competitor to notify the handicapper, at a Member Games/Sports Meeting in which he/she is competing, of a winning performance subsequent to competing for such Games/Sports Meeting, will result in the possible disqualification of that competitor from any and all events at that venue. Any monies or awards gained at that venue prior to discovery of the failure to disclose, shall be subject to forfeiture.

17. Any runner or cyclist who wishes to question their handicap mark, must do so in writing, to the handicapper concerned. Competitors who are dissatisfied with the response received may apply, in writing, to the Secretary of the SHGA, who will then put the matter before a panel of General Council Members, appointed by the President, to consider the complaint.
18. Competitors must lodge complaints or make appeals personally. Submissions presented on their behalf by coaches, trainers, and/or other aides will not be considered, except in youth races.
19. Handicap marks allocated to competitors for any individual event at a Members/sports meeting shall not be altered during the course of that event.
20. Competitors must leave the track at the close of their competition and must not loiter on the Games Field.
21. No attendants shall be allowed to accompany competitors on the track except at the finals of the open handicaps and then they must leave the arena before competitors come under starter's orders.
22. Any competitor adjudged to be wilfully jostling, running or obstructing another competitor, may be disqualified from that race, by appointed Games Officials and reported to the General Council for decision on disciplinary action.
23. Any competitor in a track event who is holding the inside position on the track and is adjudged by an official appointed by the Member Games and/or by the SHGA, to have run wide to prevent another competitor from passing will be disqualified from that event.
24. Any competitor giving verbal and/or physical abuse to officials will be reported with the minimum possible delay, to a panel comprising the SHGA Representatives at that venue and a representative of the Member's Managing Committee who will have powers to deal with this matter on the day.
25. Competitors who are found to have made a deliberate attempt to mislead the handicappers or officials in any way, shall be subject to disqualification from participation in any event at that Member's venue at which such attempt is detected. The matter must then be referred to the General Council for decision as to whether further disciplinary measures are to be implemented.
26. Games Officials have the authority to carry out random inspection of running shoes and equipment.
27. The handicapper has the authority to position a competitor who has

competed successfully from actual scratch or virtual scratch to a mark behind the scratch mark in subsequent handicaps, irrespective of the fact that the event(s) is (are) advertised as being over a given distance.

28. All competitors competing at Meetings held under the SHGA Rules automatically bind themselves to accept this and all other SHGA Rules.

29. Sprint handicap races up to and including 110 metres shall be run on stringed or lined tracks.

30. In handicap races, stations at the start shall be assigned to the competitors according to the order of their names appearing on the programme. No.1 in the heat taking the inside station, No.2 the second station etc. Competitor on scratch is permitted to nominate the lane of his/her choice in the final. All starts should be pegged and the respective distance marked on the pegs. Lines shall be drawn from the pegs indicating the competitor's starts. In handicap sprints, two lines of start pegs shall be provided with parallel lines drawn from peg to peg, so that Steward and runners alike have easy visibility of correct starts.

31. Adequate and separate dress accommodation shall be provided by Members for male and female competitors.

32. The track must be measured accurately, and the track with bends shall be measured 12 inches/30.5 centimetres from the inside.

33. Starting blocks may be used in scratch championship events. Their use in 200 metre events is permitted only where marked lanes are provided.

34. Any Official may stop a race for safety reasons. In all other circumstances only the appointed starter, or recall steward where appointed, has such authority.

### **THE START**

35. Starter's Orders — The starter's orders for sprint events will be — "Get to your marks", and when all the runners are seen to be steady, the second order will be given — "Get Set". When all runners are seen to be ready following the second command, the start pistol will be fired without any further verbal command.

36. In the case of a competitor going over their mark with hand or foot when under starter's orders in handicap events they shall be penalised as follows: In races up to and including 400 metres — one metre; in races of 800 metres — two and a half metres; and in races of 1600 metres — five metres. Where second offence occurs the penalty will be doubled, and on third offence the competitor will be disqualified from that race.

In scratch events, once under starter's orders, if a competitor makes a

false start, then he/she will be warned that should they make a second false start, then he/she will be disqualified from the race. If another competitor then makes a false start, then he/she would receive a similar warning. Any athlete false starting on a second occasion will be disqualified.

## **THE FINISH**

37a. The finish will be an imaginary line drawn across the track at right angles thereto.

37b. Worsted shall be stretched over this line and fastened to a post fixed at each side of the imaginary line.

37c. Competitors shall be adjudged to have finished in any race when their torso crosses the finish line as defined above.

37d. Competitors striking the worsted with their hands deliberately to gain unfair advantage will be disqualified.

37e. Any competitor who falls at the finish may be deemed to have gained a place if the whole body of his/her body crosses the finish line before the following competitor passes such line.

37f. The Judges decision as to the result of any race shall be final. In the event of suitable photo finish equipment being available, particularly in a close finish, the judges are encouraged to consult with the photograph. The decision to consult the photograph shall rest solely with the judges.

37g. Judges must place themselves at least four metres back from the winning post but in line with the finish.

38. Anyone running a dead heat in a qualifying heat shall progress to take part in the subsequent round as individual competitors in their own right.

39. Appointed Officials shall have the power to declare 'no race' if they consider that the quality of performance running merits such a decision.

40. Competitors in track events and or field competitors at Member Games/Sports Events organised by Members of the Scottish Highland Games Association are deemed to have assumed open athletic status unless such participation has received the prior approval of the appropriate sports body of the amateur sports authority and the competitor has lodged details of such approval with the SHGA.

41. All Championship track events (running and cycling) must be in metric measurement.

42. Any person attempting to coach a competitor while inside the arena in which the competition is taking place shall be liable to instant dismissal from

the arena if the appointed officials for that event so decide. The competitor receiving coaching in such circumstances shall render himself/herself liable to disqualification from that event.

## **CYCLING**

**The general rules for running events will apply to cycling plus:**

43. In all senior events, cycles must have a fixed wheel. No brakes, multispeed gears, free wheels, mudguards or any other detachable parts may be on the machines. Handlebars must be plugged.

43a. In youth races, the minimum age will be nine years of age and the maximum will be fifteen years of age, the exception being if a registered youth competitor reaches their 16<sup>th</sup> birthday after the first SHGA member games of the season.

Once having reached their 16<sup>th</sup> birthday they will then have the choice of either remaining a youth competitor until the end of the season or immediately moving up to compete in Senior competition. Once the decision has been made it cannot be retracted.

44. Riders must present a neat and tidy appearance when competing. Protective headgear must be worn on all tracks.

45. Judges shall have the power to disqualify competitors who in their opinion are guilty of pacing and to report immediately such instance to the SHGA. Competitors falling one lap behind with or without pacing another competitor being the objective may be called out of the race in progress.

46. In De'il tak the hindmost cycle races, competitors shall be withdrawn in accordance with the last part of the bicycle to cross the line. One cyclist is pulled out each lap after the first lap is over, until three cyclists are left, who will then race on to the finish after receiving the bell. In races in which there are four or fewer riders, the number "two" shall be substituted for the number "three" in the previous sentence.

47. When heats are necessary for a race then the same number of riders from each heat shall qualify for the final. When more than seven cyclists are taking part in the 800 metres cycling event, heats shall be run.

48. Starter's orders for all races will be given by whistle blast warnings for all to be ready. When all riders are seen to be ready, the pistol will be fired to start the race. Only standing starts are permitted, with the exception of the De'il and Scratch events.

## **HEAVY EVENTS - GENERAL RULES**

49a. Each competitor has up to three attempts in each event, with the best

of three to count.

49b. In the interests of safety, the Judge has the right to disqualify any competitor who does not come up to the required standard in any of the heavy events.

49c. In the hammer, the weight for distance and in the shot putt events, the weights will be thrown into a 34.92 degree sector, as per Diagram 1, from behind a wooden trig 6 ins. high and 4ft. 6ins. long. A suitable netted safety cage must be used in the hammer and weight for distance events.

The Throwing Sector may be marked out, by measuring 20m out from the centre of the marked rectangular throwing box 'O', on each sector line. A line between the two points A-B, will be 12m long. Thus for every 1m along the sector lines from the box centre, the distance across the lines should be 60cm.

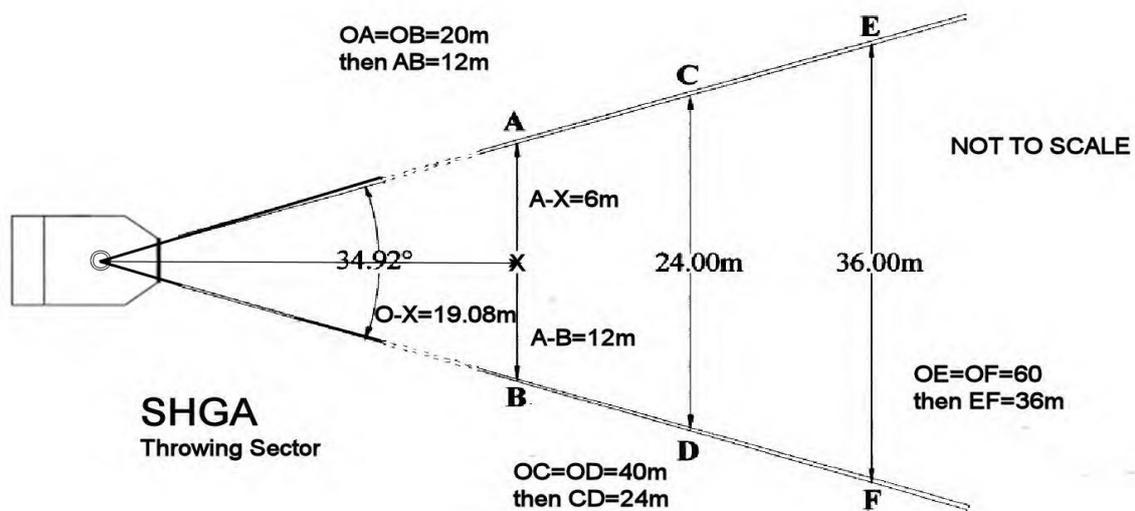


Diagram 1

In the weight for distance and shot putt events, to help judge if a throw is a foul or not, a 'winged box' throwing area should be clearly marked out, behind the wooden trig, as shown in Diagram 2 below.

Prior to each throw, competitors may start with only one foot inside the boxed area. However on completion of the throw, both feet must be inside the boxed area.

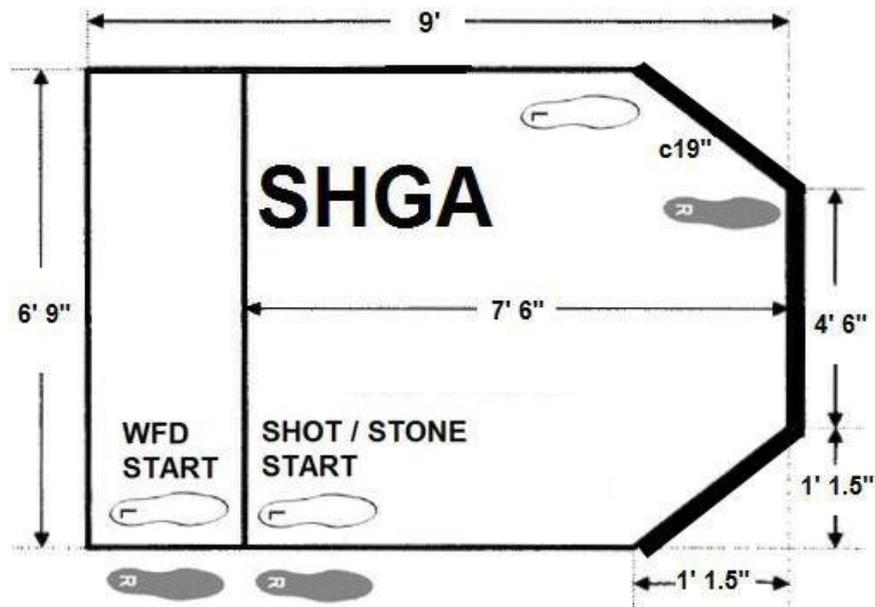


Diagram 2

Once a stance has been taken and the throw begins, all areas beyond the winged box are out of bounds. Contact with any of these areas, by any part of the competitor's body during an attempt, shall be a foul and will count as an attempt, whether the weight has been thrown or not.

The touching of any part of the trig, except the face nearest the competitor when he takes his stance, shall also be a foul throw. Only throws which land completely within the clearly marked 34.92 deg. sector, shall count and be measured. Measurements will be taken from the centre of the top inside face of the trig, to the nearest break of the ground, made by the weight.

49d. No device of any kind — e.g. Taping of fingers together — which may in any way assist a competitor when taking a throw, shall be allowed.

49e. All competitors in Open Heavy Events at SHGA Members Games must appear and compete whilst wearing a kilt. No competitor will be permitted to dress or undress in the Games arena.

49f. A time limit of two minutes shall be applied to each individual attempt in all heavy events listed above.

49g. In all heavyweight events after normal competition is complete, the winner will be given the opportunity to attempt both Ground and National Records. He will be given one attempt for the Ground Record if not broken during the competition, and if successful one further attempt for the National Record. Where ground records are claimed it is essential that the same weight be used from year to year on the same ground.

49h. Athletic costume; In sponsored events, no competitor shall be allowed to wear any prominent form of advertising, except where the advertisement relates to the Firm or Company supporting the event.

49i. In the event of a Championship for various events ending in a tie, the outright winner will be decided by most wins in individual events. Where there is a tie in individual Championship events, then they will have further throws until one is adjudged the winner.

49j. Distances shall be recorded to the nearest ½" if using Imperial measurements, or 1cm if using Metric measurements, below the actual distance measured, if that distance is not a whole ½" or cm.

**PUTTING THE BALL:** Standard Weights 16lbs. and 22lbs.

50. The ball shall be of metal or stone and spherical. Where a stone is used, the competition should be styled 'Putting the Stone'. The ball shall be putt from the front of the shoulder with one hand only, without follow and shall be delivered into the 34.92 degree sector, from a marked 7ft 6ins winged box area, which is behind a 4' 6" wide wooden trig.

**THROWING THE WEIGHT:** Standard Weights 28lbs. and 56lbs.

51. The weights shall be of metal with or without a chain/ring attached. The total weight being 28lbs or 56lbs. The weight shall measure 18ins overall. The weight shall be delivered with one hand, using any style, into the 34.92 degree sector; from inside a marked 9' winged box area, behind a 4' 6" wooden trig and within a suitable netted safety cage.

**THROWING THE HAMMER:** Standard Weights 16lbs. and 22lbs.

52. The hammer head shall be of metal and spherical and the shaft shall be of wood or cane. The overall length of the hammer shall be 4ft. 2ins. The hammer shall be thrown standing style, into the 34.92 degree sector. It shall be delivered from behind a 4' 6" long wooden trig, which is within a suitable netted safety cage.

**THROWING THE WEIGHT OVER THE BAR**

53. A weight with ring attached, weighing 56lbs in all, is used for this event. Each competitor may commence at any height he desires, but having once commenced, he must continue throwing. A competitor may use either hand, but only one hand may be used in making a throw. All measurements shall be made from the ground to the top of the bar, at the point midway between the two uprights. The height to which the bar is raised, shall be decided after consulting the wishes of the competitors.

Where all competitors except one, have retired or failed three consecutive times, the remaining competitor is entitled to continue throwing, until he either fails three times at each new height, or retires.

**TOSSING THE CABER**

54. There is no standard size or weight of caber, but the caber should be a length and weight beyond the powers of all but the best athletes to turn. The practice of throwing a light caber for distance is not tossing the caber and should be discontinued. Each competitor has three attempts, the best

of those to count. He may take any length of run he wishes and toss from where he chooses. For Safety, where the ground is uneven, a mark should be made from near which, and beyond which, the toss must be made. On no account must a fixed trig or stance be used.

The caber shall be set up for the athlete, by placing it upright, with the heavy end on top. An attempt shall commence once the caber has been so set up. If the athlete allows the caber to fall, then this shall count as one of his attempts.

It is recommended that a back judge and a side judge be used. It is essential to have competent judges, who thoroughly understand the rules of this sport. In Championship Caber Events - two different weights of caber must be provided. Only the competitors, who were able to toss the lighter caber, can proceed to try and toss the heavier caber.

The direction of run is determined by the direction in which the athlete runs after having control of the caber. Once the athlete has started on his run, the judge should pick a point in the horizon to use as a reference point once the toss has been made. The athlete may run in one direction and then stop and change directions as long as they show control over the caber. It is essential that the athlete stands still after the toss, to allow the judge time to determine its accuracy. The caber shall be judged on its landing position, not the position to which it may bounce or roll.

A valid turn is when the small end of the caber passes through the vertical position and falls away from the athlete, to land within the 180 degree radius, between 9 o' clock and 3 o' clock. The vertical position is 90 degrees and side judges determine if the caber has passed through it. The "clock face method" of judging shall be used.

In Diagram 3 below, an overhead view of a perfect toss, the caber will pass through the vertical position and land with the small end pointing directly at 12 o' clock, in an imaginary straight line, extending from the athlete, through the initial landing point and in line with the direction of the run. Athletes must stay still, to allow the judge to assess the throw.

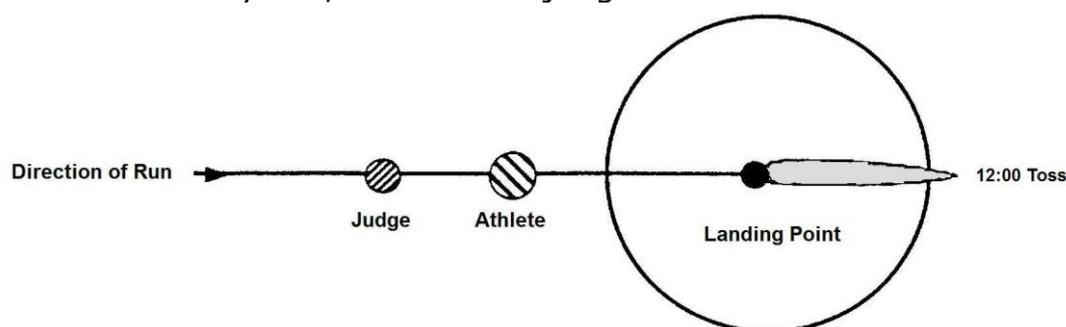


Diagram 3

Diagram 4 below, shows an overhead view of examples of turned caber

tosses, adjudged to be at 10:30, 1 o'clock and 2:30.

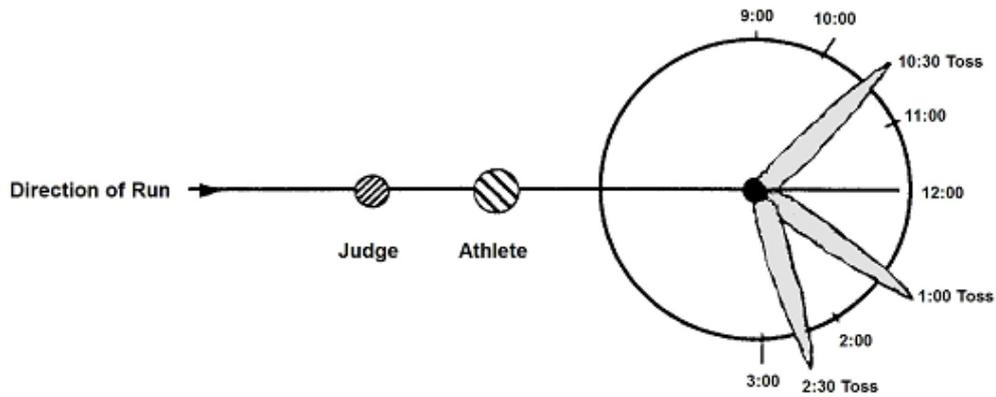


Diagram 4

If the caber lands in a 12 o'clock position pointing away from the athlete, but not in a direct line with their preceding controlled run (as when an athlete turns their body to one side at the last step or two), while the athlete remains still, the judge, having earlier determined the athlete's controlled direction of run, by picking a point in the horizon, then looks through the athlete, to the small end of the caber, thus giving a true reading of it, in relation to the athlete's controlled direction of run.

Diagram 5 below shows an overhead view of a toss, where an athlete turned their body in the last step or two. Taking into consideration the direction of the preceding controlled run, the toss is adjudged to be at 2 o'clock

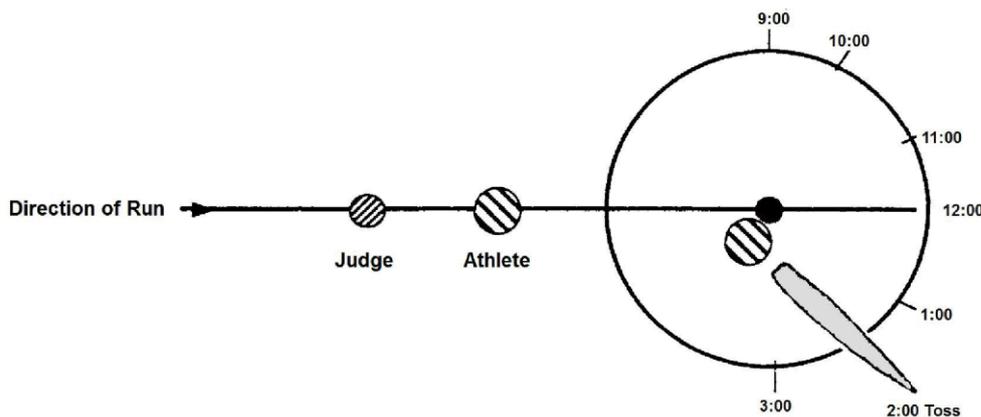


Diagram 5

If the caber is not turned by the athlete, then it is the responsibility of the side judge to determine the angle at which the caber was tossed with respect to the 90 degree vertical. The side judge should be perpendicular to the athlete's direction of run in order to make an accurate call. A drawing of a 60 degree toss, as viewed from the side judge's position, is shown in Diagram 6 below.

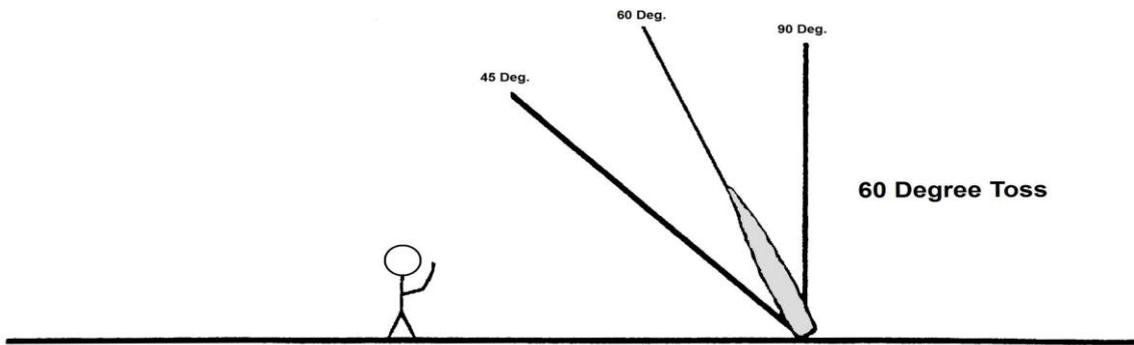


Diagram 6

Each athlete is allowed three attempts, all of which should be scored and the best of these to be used to determine placing. Any 12 o' clock throw cannot be beaten and all athletes throwing such shall share the prize money. If no perfect throws are made, the order of placing shall be determined by the nearest to 12 o' clock toss made by an athlete. If an athlete did not turn the caber, then the placing shall be determined by the toss which was closest to the 90 degree vertical. When a qualifying caber is used, then any successful turn qualifies the athlete for the next caber.

## **LIGHT FIELD EVENTS**

### **55. HIGH JUMP AND POLE VAULT**

Each competitor shall be allowed three attempts at each height. He may commence jumping at any height he desires, but having once commenced, he must continue to attempt each height as the bar is raised, until he either fails three times or retires. A time limit of two minutes shall be applied to each individual attempt. In the high jump, take off must be from one foot only and neither diving nor somersaulting will be permitted. Running under the bar or making an attempt to jump shall be regarded as an attempt. All measurements shall be made from the ground to the top of the bar at the point midway between the two uprights. Measurements shall be recorded to the nearest  $\frac{1}{2}$ " if using Imperial measurements, or 1cm if using Metric measurements, below the actual distance measured, if that distance is not a whole  $\frac{1}{2}$ " or centimetre. The bar shall be of uniform thickness. The pegs shall not project more than 3ins. from the uprights on the far side from where the competitor takes off. The bar shall not project more than 6ins from the pegs. Irrespective of any previous failures, all competitors who clear the winning height will share the prize money.

### **56. LONG JUMP AND TRIPLE JUMP**

Each competitor shall be allowed three attempts. A time limit of two minutes shall be applied to each individual attempt. He shall take any length of run he desires. A visible take-off area must be marked on the ground. An adequate sandpit should be provided, into which all leaps should be made. Measurements shall be recorded to the nearest  $\frac{1}{2}$ " if using Imperial measurements, or 1cm if using Metric measurements, below the actual distance measured, if that distance is not a whole  $\frac{1}{2}$ " or centimetre. Each leap should be measured from the foremost mark made in the take-off

area i.e. the competitor's toe mark, to the nearest break made in the sand by the competitor, on landing in the sandpit. In the event of a tie, the prize money shall be shared.

## **SCOTTISH PROFESSIONAL WRESTLING**

### **57a. CUMBERLAND AND WESTMORLAND STYLE**

On taking hold the wrestlers stand up chest to chest each placing his chin on the opponent's right shoulder grasping him round the body, each placing his left arm above the right of his opponent. Three minutes shall be allowed in which to take hold, and in the event of the hold not being obtained, the Referee shall compel the contestants to take hold across his (The Referee's) back, the wrestlers refusing to take hold to be disqualified. When both men have got hold and fairly on their guard the Referee shall call "hold" and, with the exception of kicking, the wrestlers are allowed to use every legitimate means to throw each other, to strike with the side of the foot shall be regarded as kicking. If either party breaks his hold, that is loose his grip, though not on the ground, and the other still retains his hold, the one releasing shall be declared the loser.

57b. If either man touches the ground with one knee only or any part of his body, though he may still retain his hold, he shall not be allowed to recover himself, but shall be deemed the loser. If both fall to the ground, the man who is first down or falls under the other shall be the loser. But if they fall side by side or otherwise so that the officials cannot decide which was first on the ground, it shall be termed a dog fall, and shall be wrestled over again.

57c. The wrestlers shall compete in their stocking feet. The wearing of sweaters or pullovers is forbidden. The Referee shall disqualify any wrestler using unfair means after having been once cautioned.

57d. A fall is defined as touching the ground with any part of the person, the feet excepted. All competitions shall be decided by the best of three falls.

57e. All byes must be drawn in the first round of the competition. No byes are allowed after the first round.

57f. All wrestlers must enter under their own name and town or village in which they have been permanently residing for the past three years.

### **CATCH-AS-CATCH-CAN-STYLE**

58a. All wrestlers shall take hold where they please, subject to the following restrictions: The hair, flesh, ears, private parts or clothes must not be seized, the twisting of fingers and thumbs is forbidden and grip that endangers life or limb or has for its objects the punishing of an opponent or inflicting such pain as might force him to give a fall, will not be allowed.

58b. Any fair hold, grip lock or trip is allowed. Forbidden holds are strangle hold, the flying mare with the palm of the hand uppermost, the hammerlock with the bar hold or interlacing of fingers.

58c. To strike with the side or the sole of the foot shall not be regarded as kicking. Pressing a knee on the back of an opponent's hand while on the mat or ground, or pressing a knee on opponent's leg is forbidden.

58d. If a wrestler's nose starts to bleed, the Judge or Referee must stop the bout for ten minutes duration. Then, if all is right, the bout will be allowed to go on.

58e. The Judge or Referee shall see that a wrestler's finger nails are trimmed short. All wrestlers must wear jock straps and shorts, stocking feet or rubber gym shoes. Shoes with heels or nails or hard leather soles are forbidden. It is also forbidden to wear rings or bracelets, shoes with buckles, or metal tags, studs, or any metal work, etc, with which it is possible to injure an opponent. Also to grease or oil the hands or any part of the person.

58f. When wrestling on the ground, if the contestant on top does not try any definite attack during one minute, he must be called to order and, after a further minute, the Judge or Referee shall make both men stand up and, after a further minute, the wrestler failing to try shall be disqualified.

58g. All falls in Catch-as-catch-can wrestling shall be decided by the pin falls. A wrestler must pin his opponent's shoulder to the ground or mat for three seconds and the Referee or Judge will tap the winner on the back, and if no fall at the end of ten minutes, the Referee or Judge will give his decision on points. Then both wrestlers must shake hands. The referee or Judge will give his decision on points. The both wrestlers must share hands. The Referee or Judge will hold up the winner's right hand so as to let the spectators know who the winner is. If the Referee or Judge cannot give decision at the end of ten minutes, both wrestlers must wrestle an extra five minutes.

58h. All wrestlers must enter under their own name and town or village in which they have been permanently residing for the past three years.

58i. Wrestlers competing under an assumed name are liable to be suspended by SHGA.

58j. All byes must be drawn in the first round in all competitions. No byes are allowed after the first round.

## **59. TUG-O-WAR**

59a. Team to consist of five or eight members and one coach.

59b. Raised heels up to a maximum of 1/4 inch (7mm) allowed on

footwear and footwear to be inspected prior to start of competition.

59c. Overall pull to be 12 feet and winner of each tie to be decided by best of three pulls.

59d. No hand over hand pulling allowed. Team members must go back with rope when pulling.

59e. Anchorman to loop rope round one shoulder to secure rope as per style used at present. No knot is permitted on the rope end.

59f. All team members to remain on their feet at all times. No hands are allowed on the ground apart from the anchorman who is permitted to use one hand on the ground.

59g. Draw for ties to take place prior to start of competition. Succeeding rounds to be redrawn at judge's discretion.

59h. Teams through coaches, will be reminded of the rules prior to the commencement of the competition. Only coaches consult with the judge and judge's decision is final.

59i. A team member is permitted to pull for only one team during a competition.

59j. Judge to toss coin to determine direction of pull.

59k. Prior to commencement of pull, judge will ask coaches if they are ready, then give the command 'take the strain', at this point team members may heel in, when teams are balanced, order to 'pull', is given and the tie has commenced.

59l. In weight restricted competitions competitors must be weighed in light trousers and vests and without boots.

59m. Teams will leave the area of competition during ties in which they are not involved.

59n. Two warnings for infringements including foul language will be given. A further warning will result in disqualification and forfeit of points awarded for attending competition.

59o. Points will be awarded for 8 man competition only. In the event of there being more than one competition at a Games, then the Open competition will take precedence.

59p. In all events, up to 7 teams, a Round Robin will ensue or at the discretion of the Games Committee.

## **PROTESTS**

60a. Protests or Objections, by a competitor against another competitor, must be made to the Secretary of the Games/Sports Meeting Committee and such Objections must be made within 15 minutes after the Officials have confirmed the result of the race or event in which the reason for the Protest/Objection arose.

60b. Protests must be accompanied by a deposit of £25 and shall be made in writing and signed by the competitor, such fee to be returned if the Objection is considered justifiable, but will be forfeited should the panel adjudication deem the Protest/Objection frivolous.

60c. Objections lodged against a successful competitor shall result in that competitor's prize money being withheld until the Protest or Objection is finally disposed of.

60d. Protests or Objections, on the grounds of misconduct by a competitor in the actual competition, shall be resolved by the Games/Sports Meeting Committee Officials on the ground, if possible in consultation with the Games/Sports Meeting Committee. If the matter cannot be resolved, details must be reported immediately to the SHGA Secretary.

60e. Appeals against decisions applied at Games/Sports Meetings, in respect of Protests/Objections, must be submitted in writing within seven days of the event, together with a fee of £10 (returnable at the discretion of General Council), to the SHGA Secretary, by any competitor adversely affected by such decisions. Appeals so submitted, will be ruled upon by General Council, or by Appeals Panel appointed by the General Council.

60f. Reports on any and all Protests/Objections raised in the course of a Member's Games/Sports Meeting, must be submitted to the SHGA Secretary by both the Members and SHGA Representatives.

## **APPEALS**

61. An individual wishing to appeal against a ruling of or decision by the General Council on a protest made under Rule 49 thereof, must do so submitting a written notice of appeal within 14 days of the date of the General Council's decision which should be intimated in writing forthwith by the secretary of the SHGA to the individual concerned, duly signed to the SHGA Secretary. A fee of £20 is payable at the time of appeal but will be refunded should the grounds of appeal be found to have merit. The notice of appeal must clearly specify those grounds on which the appeal is based and indicate whether part or all of a ruling/decision is being appealed. Upon receipt, the notice of appeal will be copied to Members of the General Council Appeals Panel together with a note of the date, time and venue when the and where an Appeals Hearing can be convened. The appellant and all parties involved will receive at least seven days notice of the date, time and place of the Hearing. The appellant may present his case in person or in writing to such a hearing and may in addition, be represented by one other person.

## **RECORDS**

62. Members wishing to seek ratification of claimed Scottish or World record breaking performances at their Games/Sports Meeting must submit to the Secretary of the SHGA (a) within seven days of the event, a written notice intimating their intention so to claim and (b) within twenty eight days of the event details of these performances for consideration by the General Council. If a record appears to have been broken, then the following procedures must be observed:

- i. Verification of the length of the course obtained through check measurement.
- ii. Confirmation of the accuracy of the watches used to time the performances ascertained through checks.
- iii. Names of two or more, competent timekeepers timing the performances.
- iv. Confirmation that the winning time was checked by other than track officials appointed by the Member Games immediately on completion of the performance(s).
- v. Names of the SHGA Representatives called upon to authenticate at the above. The appointed SHGA Representatives will report separately to the SHGA Secretary on such performances.
- vi. Heavy Events – The distance or height thrown, must be verified by the attending SHGA representative/s. The weight implement involved, is to be removed from the field by the SHGA representative/s and taken to a Trading Standards Office, Weights and Measures Department, for verification. A Certificate of weight must be obtained and any costs incurred, are to be incurred by the SHGA.

## **ANTI- DOPING**

63. The anti-doping rules of the Scottish Highland Games Association are the UK Anti-Doping Rules published by the Drug-Free Sport Directorate of UK Sport (or its successor), as amended from time to time. Such rules shall take effect and be construed as rules of the Scottish Highland Games Association.

The SHGA Anti-Doping Rules can be found at:

**<http://www.ukad.org.uk/resources/document/uk-anti-doping-rules>**

**Other important anti-doping information can be found at:**

- the UK Anti-Doping website, <http://www.ukad.org.uk/>;
  - the Global DRO website, <http://www.globaldro.com/>;
- and
- the WADA website, <http://www.wada-ama.org/>.