



## 2012 WB/HP SPRING CAMPOREE HIGHLAND GAMES RULES



### Origins of the Events

There are many legends about the origins of the Scottish Games. The oldest traces the Games tradition back to the period of Roman invasions in the 2nd and 3rd centuries, where Scottish warriors reputedly displayed their bravery and strength by performing feats of skill and power in front of the opposing army.

The most widely accepted tale describes the Games as informal athletic tests by which Kings and Clan Chiefs examined the agility, cunning and physical strength of their clansmen. The victors of these trials were then awarded positions of leadership both on the battlefield and within the clan. The Scottish Highland Games or "Heavy Events" are the modern continuation of this ancient Celtic tradition. Each event you watch today may look like a simple matter of brute strength, but each also requires excellent timing, balance and technique (they also require a kilt!).

### INDIVIDUAL COMPETITIONS:

#### PRIZES AWARDED IN 10-13 & 14-17 YR OLD GROUPS

- **CABER TOSS** - The **caber toss** is a traditional Scottish athletic event practiced at the Scottish Highland Games involving the tossing of a large wooden pole called a caber, similar to a telephone pole or power pole. It is said to have developed from the need to toss logs across narrow chasms to cross them. In Scotland the caber is usually made from a Larch pine tree. A caber typically is 19 feet 6 inches tall and weighs 175 pounds.

Ours will not be as big. We will have 2 sizes for the 2 age groups. Participants will be required to stand up the pole, lift it from the bottom and hold it upright. Then with forward motion flip the pole trying to keep the pole as straight as possible. Distance will be calculated to the distance of the colored end tip and a one foot deduction will be taken for each degree off of straight. (we will use a clock face for degree calculations i.e. 1,2,3...8,10,11 o'clock) Sample- if you throw and the painted end lands 20 feet and falls at the 10 o'clock position you would receive 18feet.  $20-2=18$

- **BATTLE HAMMER TOSS** - There is no doubt as to the origins of throwing the hammer. Wherever this tool was used - smitheries, quarries, or farms - men diverted themselves by throwing the wooden-shafted sledgehammer. In the past, throwers used to gain distance by spinning around to build up momentum before releasing the hammer. We will bring back the hammer throw with actual hammers. These will be thrown from a station allowing only a ½ body turn before release. Hammer must be thrown from the side, not overhead. Distance will be recorded at the point the head hits the ground. 2 sizes of hammers will be provided for the 2 age groups.

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- **AXE THROW** -The battle axes used in the modern competition are frequently replicas of the type issued to the 78th Frasers Highlanders, a military regiment from the Highlands of Scotland. The axe is light enough to be used with one hand and heavy enough to dent or puncture armor. Our competition will consist of 3 throw. The closest to the center at point of stick will be counted.
- **BRAEMAR STONE PUT** - Historically, the Braemar Stone Putt stems from a common practice by early Highland Chieftains who kept a large stone outside their gatepost, and challenged the throwing arms of every visiting clan's warriors. In the Braemar Stone Putt, athletes throw a stone from a stationary position (no running approach allowed). The competitor cannot touch the top of the trig (toe bar) nor the ground beyond it before or after the throw. 2 different size/weight stones will be provided to accommodate the 2 age groups.
- **SHEAF TOSS** - The sheaf toss is a traditional Scottish agricultural sport event originally contested at country fairs. A pitchfork is used to hurl a burlap bag stuffed with straw over a horizontal bar above the competitor's head. Typical weight for the bag is 16 pounds (about 7 kg). We will not be using pitchforks, but short handles spades instead. The bar will be moved upwards as the new height is set. Highest toss of the day wins.
- **WEIGHT TOSS** - In this event, participants will throw a weight for distance while remaining in the throwing box. Any method of approach is allowed. Longest distance wins. 2 sizes of weights will be provided to accommodate the 2 age groups. 2 different size/weight bags will be provided to accommodate the 2 age groups.