

GENERAL INFORMATION
76th Annual Pacific Northwest Scottish Highland Games & Clan Gathering
July 21, 22, & 23, 2023
Enumclaw Expo Center
45224 – 284th Avenue SE
Enumclaw, Washington USA

APPLICATION AND COMPETITOR ENTRY INFORMATION

1. Online entry for Heavy Events is available at www.sshga.org.
2. All competitor entries and applications must be received by June 1, 2023.
3. Late applications, entries, field entries and competitor substitutions are at the discretion of the SSHGA and Athletics Director.
4. Competitor numbers will be provided at check in. Gate passes, and any advance admission tickets purchased will be supplied via the online registration and ordering system.
5. Everyone must have a gate pass or an admission ticket to get on the field Saturday or Sunday.

DRIVING DIRECTIONS

Expo Center
45224 – 284th Avenue SE
Enumclaw, Washington

From the North, go south on Interstate 405 to the Maple Valley Highway (State Route 169) and then south to Enumclaw.

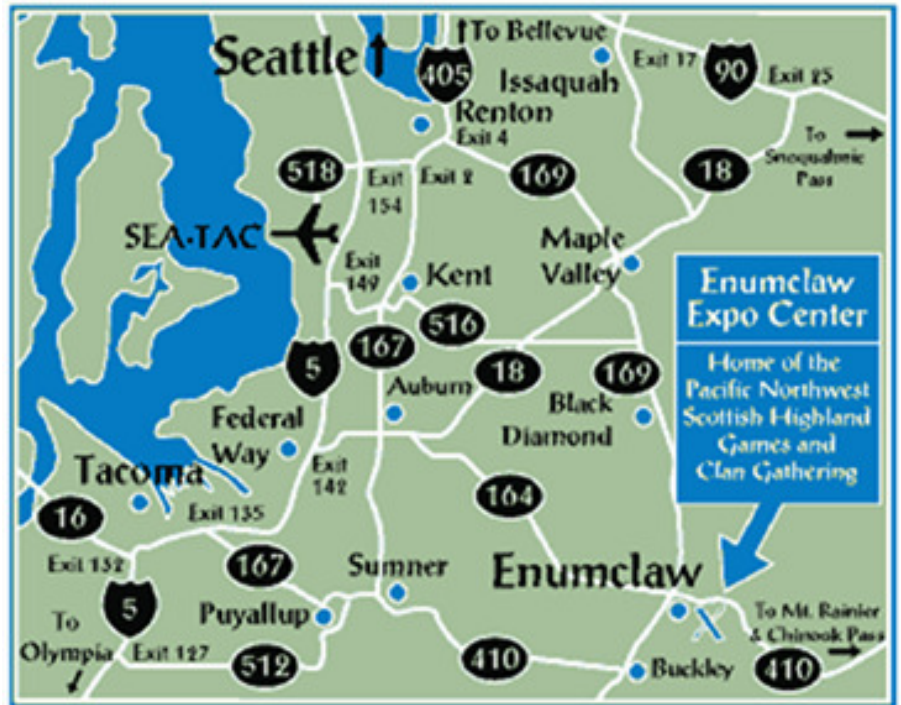
From Interstate 90, take State Route 18 to Maple Valley and then State Route 169 south to Enumclaw.

From Federal Way, take State Route 18 east to Auburn and then State Route 164 southeast to Enumclaw.

Once in Enumclaw, follow signs to the Expo Center. The grounds are at the southeast edge of Enumclaw, just off State Route 410 at 284th Avenue Southeast.

From Tacoma, take State Route 167 and then go east on State Route 410 to 284th Avenue Southeast.

From the south, take State Route 512 to Sumner and then State Route 410 to 284th Avenue Southeast.



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Applications Must Be Received by June 1, 2023

Late Applications, Field Entries and Competitor Substitutions ARE AT THE DISCRETION OF THE ATHLETICS DIRECTOR

Scottish Athletics Director: Jay O'Neill or Bret Lathrop email: 16Lb-hammer@sshga.org

Saturday, July 22, 2023 (8am Check-In)

Men's Elite Class
Women's Elite Class
Men's Class A
Women's Class A

Sunday, July 23, 2023 (8am Check-In)

Men's Class B
Master Men 40-49

Master Men 50 & Up
Master Women

Men's Events Include:

17 lb. Open Stone
20 lb. Sheaf Toss*
16 lb. Hammer
Caber Toss
28 lb. Weight for Distance
56 lb. Weight for Distance**
56 lb. Weight Over Bar-Standing**
23 lb. Braemar Stone
(Masters - *16 lb., **42 lb.)

Women's Events Include:

9 lb. Open Stone
10 lb. Sheaf Toss
12 lb. Hammer
Caber Toss
14 lb. Weight for Distance
28 lb. Weight for Distance*
28 lb. Weight Over Bar-Standing*
13 lb. Braemar Stone
(Masters - *21lb.)

The overall winning Elite Men, Elite Women, Amateur Men's A & B, Women's Class A and Master Athletes will be the North American Champion in their respective class.

ATHLETICS RULES

1. Championship governed by the rules of the SHA, using a winged trig and SHA tiebreakers.
2. Men's Class A,B and Master Men are each limited to 12 competitors and Women's Class A and Master Women are each limited to 6.-The AD reserves the right to use their discretion to make special considerations for inclusion of athletes
3. Each application will be added to a waiting list with communication via email and at www.nasgaweb.com/forum. Applicant information will be evaluated and the top ranked applicants will be invited to compete. Remaining vacancies, if any, will be filled by NASGA ranking and/or Athletic Director discretion.
4. The Athletics Committee reserves the right to split or combine classes and/or change or eliminate scheduled events.
5. Competitors **must** wear kilt, long hose, competition number and games shirt. Competitors receive numbers and shirts at registration check in.
6. A Men's Class A is one who, in the past two years, has competition records exceeding five or more of the following marks:
 - (a) 17 lb. Open Stone – 37 ft. (or Braemar – 30 ft.)
 - (b) 28 lb. Weight for Distance – 53 ft.
 - (c) 16 lb. Scottish Hammer – 91 ft. (or 22 lbs. – 72 ft.)
 - (d) 56 lb. Weight for Distance – 26 ft.
 - (e) 56 lb. Weight Over Bar, Standing – 12 ft.
 - (f) 20 lb. Sheaf Toss – 22 ft. (or 16 lb. – 24 ft.)
7. A Women's Class A is one who, in the past two years, has competition records exceeding five or more of the following marks:
 - (a) 9 lb. Open Stone – 28 ft. (or Braemar – 23 ft.)
 - (b) 14 lb. Weight for Distance – 48 ft.
 - (c) 12 lb. Scottish Hammer – 65 ft. (or 16 lbs. – 52 ft.)
 - (d) 28 lb. Weight for Distance – 26 ft.
 - (e) 28 lb. Weight Over Bar-Standing - 12 ft.
 - (f) 10 lb. Sheaf Toss – 20 ft. (or 12 lb. – 18 ft.)
8. A Men's Class B is ranked and throwing class appropriate distances. A Master is one who is age 40 or older, and chooses to compete as such.
9. Decisions of the Judges and Athletics Directors are final.
10. It is the responsibility of the competitor to pick up all awards at the Games. Failure to do so will result in forfeiture of unclaimed awards.
11. Gate pass will be emailed by July 10, 2023. Everyone must have a pass or ticket to get on field.
12. For further information, contact the Athletic Director.
13. Results will be posted at www.nasgaweb.com/dbase.

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AMATEUR ENTRY FEE (Including Invitees):\$25.00 + fees, nonrefundable if accepted as a competitor.

MEDALS: Awarded to first 3 places (requires one more competitor than place)

SCRUTINEERS: Competitors are encouraged to contact the Directors and volunteer to assist at the Games on day not competing.

RULES FOR SCOTTISH ATHLETICS: IN EFFECT AT THE NORTH AMERICAN CHAMPIONSHIPS

I. THE DISTANCE EVENTS – Distance implements will be thrown on artificial turf surface from behind a wooden trig 6" high by 4'6" long. Back lines parallel to the trig will be drawn at 7'6" and 9'0". From the back two corners of the trig, wings will be drawn at 45 degree angles. From these wings, side lines 6'9' apart will extend to the 9'0" back line. All lines are a fair part of the throwing area.

The touching of any part of the trig (except for the vertical face nearest the competitor), or the area beyond the trig, or the area beyond the lines forming the throwing grid, by any part of competitors body will be a foul and count as a throw, whether the implement has been delivered or not. Touching the trig, or ground beyond with the hammer once wind-up has commenced will also be a foul.

The competitor must start and finish an attempt with at least one foot in the area behind the trig. The competitor may stop and restart the throw so long as no foul has occurred. The competitor may set the implement down or, if the judge permits, step out of the trig area. The competitor must remain on feet following a throw but may maintain balance by placing hand(s) on the fair area of the throwing surface. Competitors' footwear must be compatible with artificial turf.

A. Putting the Stones: The implement will be a rounded stone weighing 17 or 23 pounds for men and 9 or 13 pounds for women. The stone shall be put from in front of the shoulder using one hand only. In the Open style, the approach shall not exceed 7'6". In the Braemar, there is no approach. Competitor's feet must remain in contact with the ground but reversing the feet on release is permitted.

B. Throwing the Weights: Each implement will be a metal weight with chain and handle attached, the total weight being 28 or 56 (or 42) pounds for men and 14 or 28 (or 21) pounds for women. The implement will measure not more than 18" overall. The weight shall be delivered using one hand only. The approach shall not exceed 9'0".

C. Throwing the Hammer: The implement will be a spherical metal head, on a shaft of cane, the total weight being 16 or 22 pounds for men and 12 or 16 pounds for women. The overall length will be 50". The hammer shall be thrown standing style. Side and back lines are not used. Each competitor will be allowed three throws. Throws are restricted to a 60 degree sector (hammer 40 degrees). The implement (not including handle) must land within the outer edges of the lines marking the sector to be scored. Each throw will be measured from a point on the side of the trig nearest the competitor, nearest to where the throw or plant foot was placed (in the open stone and weights) or at the center of the competitors stance (in the Braemar stone and the hammer), to the nearest break in the ground made by the implement (not including handle). Measurements will be rounded down to the nearest quarter inch. Placing will be determined by best throw. In the event of a tie, those places will be determined by the next best throw(s). Ties not broken by this method remain ties. Competitors still tied for first shall make one additional attempt to break the tie. If there is no decision, the event remains tied. After an event is complete, and time permits, the winner will be given three attempts to set new records. The competitor may use all, some or none of these extra attempts.

II. THE HEIGHT EVENTS Height implements will be tossed over a crossbar similar to a pole vault bar. The crossbar will be suspended by ropes

A. Tossing the Weight for Height: The implement will be a metal weight with handle attached, the total weight being 56 (or 42) pounds for men and 28 (or 21) pounds for women. The toss shall be made using one hand only. "Spinning" is not permitted.

B. Tossing the Sheaf: The implement will be a burlap bag containing rope fiber, the total weight being 20 (or 16) pounds for men and 10 pounds for women. The toss shall be made using a pitchfork not longer than 5'0" with at least two

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times. Competitors are permitted to use their own pitchforks and are not required to share them with other competitors. Each competitor will be allowed three attempts at each height. The competitors may toss or pass at any height without penalty. Three consecutive misses (except in a tie breaker) eliminates a competitor from the event. Starting height will be as agreed upon by the competitors and the judge with the judge having the final decision. The bar is raised in larger increments until five or fewer competitors remain and will then be raised by the amount requested by the competitors and agreed to by the judge. At 70 minutes past the scheduled start, and at the beginning of the next height, the event can go into a one attempt per height elimination (if the judge deems it necessary to remain on schedule). All measurements will be made from the ground to the top of the bar at its lowest point and will be rounded down to the nearest half inch. Placing will be determined by the best toss. In the event of a tie, those places will be determined by the fewest misses at the next lower height(s). Ties not broken by this method remain ties. Competitors still tied for first shall make one additional attempt at the current height. If there is no decision, the bar will be lowered (if all have failed) or raised (if two or more have cleared) by an amount determined by the judge. The tied competitors shall make one attempt at each height until a winner is decided. In the process of breaking a ties, a pass will be a missed attempt. When all have failed except one, time permitting and no tie breaker was used, that competitor may continue until having had three consecutive misses. Any record must be achieved within that competition.

III. CABOR TOSS: A qualifying caber will be used to determine the better caber tossers and any successful turn qualifies the competitor for the event. Attempts on the qualifying caber will be scored and can be used to determine placing.

Each competitor will be allowed three attempts on each caber. No trig or stance will be used, the competitor taking any length run from where-ever chosen. An attempt will commence when the competitor is left alone with the set up caber. Dropping the small end of the caber back to the ground after having picked it up, or allowing the caber to fall, counts as an attempt.

Placing will be determined by best turn. In the event of a tie, those places will be determined by next best turn(s) including those of the qualifying caber. Ties not broken by this method remain ties. Competitors still tied for first shall make one additional attempt (on a larger caber, if available) to break the tie. If there is not decision, the event remains tied.

In the event the caber is broken before all competitors have had two attempts, and a spare caber of approximate equal size and difficulty is available, then all the rounds of competition will be repeated, negating the scores on the broken caber. If a proper spare is not available, then the fully completed rounds of the broken caber will be scored.

IV GENERAL RULES:

- A.** Bans or suspensions as a result of a failed drug test, from any sport, will be enforced. No banned or suspended person will be permitted to compete while the ban/suspension is in effect.
- B.** The judge may eliminate a competitor from an event if it is felt that the competitor will cause harm to self or others. A competitor who displays poor sportsmanship or engages in inappropriate conduct may be removed from the competition.
- C.** Competitors must compete in kilt, long hose and games shirt.
- D.** A limit of two minutes will be applied to each individual attempt, three minutes when competitor follows self. Time starts when implement is delivered to throwing area.
- E.** No practice throws from the trig or at the uprights will be allowed.
- F.** In the open stone, weights and sheaf events, any throwing style may be used as long as it is deemed safe by the judge and the rules are followed.
- G.** No device which assists a competitor when making throws will be allowed: i.e. taping of fingers together, straps, etc. This does not preclude the use of gloves, non-slip preparations, or the taping of individual fingers.
- H.** In the event of a tie, the points for those places will be added together and divided evenly among the tied competitors.
- I.** Competitors must make a least one attempt in every event in order to place in overall competition.
- J.** In the event of a tie in overall points, placing will be determined by the number of events won, then seconds, thirds, etc. Ties not resolved in this manner will be broken using only the results of the Open Stone, the Light Weight for Distance, the Light Hammer and the Caber Toss.

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