



# VAAL HIGHLAND FESTIVAL AND GAMES - 2014

## *THE HIGHLAND GAMES*

It is said that the highland games were started in the 11<sup>th</sup> century by King Malcolm III of Scotland.

### The rules

#### Caber toss

A long tapered pine pole is stood upright and hoisted by the competitor who balances it vertically holding the smaller end in his hands. Then the competitor runs forward attempting to toss it in such a way that it turns over end with the upper (larger) end hitting the ground first. The smaller end that was originally held by the competitor then hits the ground in the 12 o'clock position measured relative to the direction of the run. Competitors are judged on how closely their throws approximate the ideal 12 o'clock toss on an imaginary clock.

#### Stone put

This event is similar to the modern day shot put but instead of a steel ball a large stone of variable weight is used. There are two versions of the stone toss event differing in allowable technique. One is a standing put which does not allow any run up to the toe board i.e. it's a standing put and the thrower is allowed to use any throwing style so long as the stone is put with one hand, with the stone resting cradled in the neck until the moment of release.

#### Scottish hammer throw

In the Scottish event a round metal ball is attached to the end of a shaft about 4ft (1.2m) in length and made out of wood. With the feet in a fixed position, the hammer is whirled about one's head and thrown for distance over the shoulder.

#### Weight throw

The weights are made of metal and have a handle attached by means of a chain. The implement is thrown using one hand only, but otherwise using any technique. Usually a spinning technique is employed. The longest throw wins.

#### Sheaf toss

A bundle of straw (the sheaf) wrapped in a burlap or hessian bag is tossed vertically with a pitch fork over a raised bar much like in pole vaulting. Each competitor is allowed three attempts at each height. Successful clearance of the height allows the competitor to advance into the next round at a greater height. The competition is determined by the highest successful toss with the fewest misses being used to break tie scores.

## Tug- o war

This event consists of 10 members. 1 member will be the manager to encourage his team. 1 member will be the anchor – normally the heaviest - at the end of the rope. The other 8 members comprise the rest of the team. The winner in their heat will challenge the winners of other heats until there is an outright winner.

On completion of all the events all the points are added together for each team for the final count.

Prizes will be awarded to the overall winners of each category.

Ladies and girls will not compete in the caber toss.

All equipment will have different weights for different categories.

Team managers are to see that their teams come to at least 1 practice. Dates of the practice will be forwarded to the team managers.

Managers and teams to be dressed in team colours.

No rugby togs or running spikes will be allowed.

## Team fees

Teams will pay an entrance fee per member as follows

Adult's R 60.00

U/19 R 40.00

Members will not have to pay gate entry fees.

## Prizes, certificates and trophies

Prize money payable will be determined by the number of teams that enter per category and sponsorships received.

Example: - adult male category has 10 teams entered.

With no sponsorship and costs deducted the prize money should be R 5 000.

All participants will receive a certificate of competing in the games.

Overall winners in each category will receive a miniature trophy..

Overall winning team will receive a floating trophy.

This is an annual event.

Next year the winners of each event will qualify to compete nationally and after that internationally in Scotland.

*Good luck lads*