



Scottish Highland Games



Stone put

Men would hold competitions using two types of stones to determine who among them was the strongest. The first stone weighed over one hundred pounds; men competed to see who could lift it to a certain height or place it on a wall. The second stone was much smaller, usually around twenty to thirty pounds. The contest at which this stone was employed was to see who could throw it the farthest.



Caber Toss

The Caber toss is considered the signature event of the Heavy Events. The Caber is generally a log measuring about 20 feet long and weighing approximately 150 lbs. Once the Caber is balanced, the athlete runs, stops suddenly and pulls upward on the small end with all his might, flipping it end over end. A judge runs behind the athlete and calls the score.



Hammer Throw

The Scottish Hammer is a spherical, metal ball weighing 16 or 22 lbs that is fastened to the end of a wooden handle and is thrown for distance. The athlete has his back facing in the direction of the throw. He anchors his feet to the ground using long blades fixed to the bottom of his boots. Top professional athletes can throw the 22 lb hammer over 115 feet!



Highland dance

Highland dance is a style of competitive solo dancing developed in the Scottish Highlands in the nineteenth and twentieth centuries in the context of competitions at public events such as the Highland games, where it is often performed to the accompaniment of Highland bagpipe music. It is now seen at nearly every modern-day Highland games event.



Tug of war

Tug O'War is one of the oldest athletic contests known throughout recorded history. Tug O'War leagues with professional sponsors are popular throughout the United Kingdom. The contest is settled by the best of three pulls. The winners must pull their opponents a total of six (6) feet to win. The rules are: No cleats on your shoes. No hand over hand pulling. You can't wrap the rope around your body.



Sheaf toss

The **sheaf toss** is a traditional Scottish agricultural event. A 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 about 7 kg. Three chances are given to each competitor to go over the bar, without touching it. After all challengers have made their attempts, the bar is raised and all successful competitors move on to the new height.



