

Rough Rider District
Highland Games
Bear Creek Scout Ranch
February 10-12, 2012

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!)**.

Below is a list of possible events.

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 to accommodate the 2 age groups.

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 different size/weight bags will be provided to accommodate the 2 age groups.

Farmer's Walk.....The competitor picks up two weights, one in each hand, and walks around a series of pylons (figure eight). The entire patrol will line up in single file; the first member carries the weights around the course, sets them down, moves to the end of the line, and the second picks up the weights and starts to move again. This is a timed event for all patrol members.

Golf....Scouts/patrols make clubs from twine, long stick (shaft) and short fat stick (club head) and hits plastic golf balls towards compass heading.

Storming the Castle.....Scouts makes ladder (lashings and knots) out of spares to go over fence, obstacle, climbing wall, etc.

Line heaving.....on signal, patrols tie sections of rope together using sheep bend and then take turns throwing rope between stakes located distance from starting line.

Toss the wellie.....How far can a Scout toss an old boot?

Mini-Catapults (practice golf balls with catapults)

Log Roll – Test your balance and coordination. This is a timed event. How long can you walk on a rolling log? You must keep moving.

Haggis Toss - Show your trust in your partner as you toss the haggis back and forth (Sponges soaked in water or splash balls: when the sponge hits the ground that team is out) for distance toss: Patrol pairs off*, stand in two lines, facing each other 10 feet apart and tosses the Haggis'. After each throw, the scouts increase their distance by 5ft until there is only team of 2 Scouts left.

Knot Skills:

OBJECT

To show teamwork, assess the situation, and to properly tie all of the following knots in the shortest elapsed time: Square knot, sheet bend, timber hitch, taut line, sheepshank, clove hitch, bowline, and two half hitches.

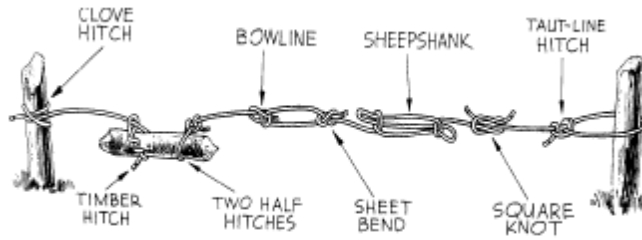
RULES

1. The patrol will line up at the starting line where they will be provided with the task.
2. When the judge gives the signal to begin, the patrol must piece together the ropes with the above knots and resulting completion will suspend the log above the ground.
3. At the judge's signal that the event is over, the Patrol members will unite all knots and return all items to the starting position.

SCORING

1. Time starts at the signal from the judge and ends when the patrol gives their yell signaling that the log has been hoisted and all knots tied.
2. Two (2) points for participation.
3. Six (6) points for completion of event with all knots tied correctly.
4. Bonus of two (2) points if done in minimum time of four (4) minutes.
5. Spirit points maximum of Five (5).

REFERENCE : Boy Scout Handbook



Stretcher Race

Build a stretcher using 2 poles and blankets. Carry one member 30 feet. Then switch and carry another one back. Place can of water on victim and have a few logs to step over and a horizontal pole to step under. Scouts will be judged on time, safety, amount of water on victim and teamwork.

Clan War....Scouts stand on balance beam and try to knock each other off using water noodles. Two patrols 'war' against each other: Scouts are matched as best as possible by size. Balance beam is a 2x4 4-5 ft long a few inches off the ground. As soon as one scout falls off or his foot touches the ground, the remaining scout is the winner.

Tug-O-War

Troops will assemble a team to compete against other troops in a battle of strength. The troops will compete with each other in heats; the winner of the heats will advance on until the last two troop's battle each other at the final. (total number of Scouts on each team will depend on the patrol sizes)

5K Run with Kilt-

One person per unit will compete in a 5K run in the morning around camp. In order to run, the runner must be wearing a kilt of some kind.

Kilts are required to participate in the events.