

CABER

DESCRIPTION

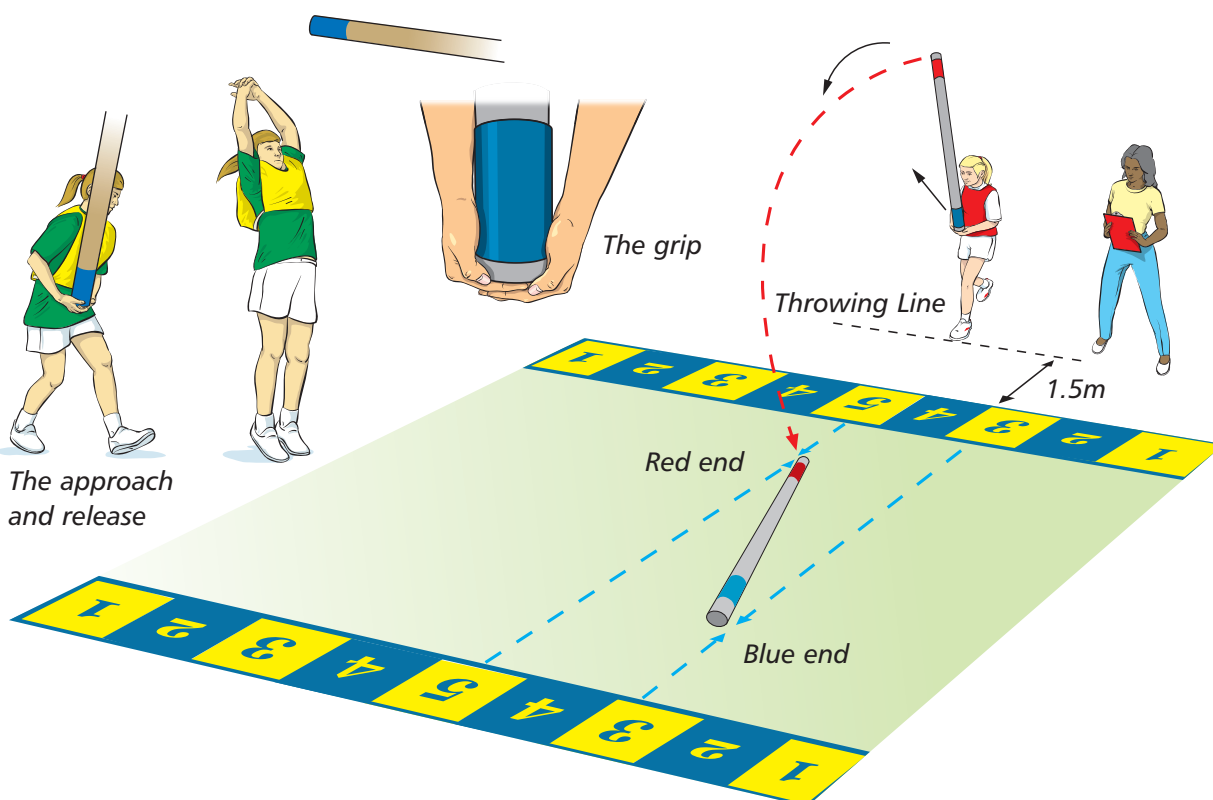
This is a children's adaptation of the traditional Scottish event. It is a test of accuracy, balance and coordination.

AIM

The caber contest calls for accuracy and not distance achieved. The aim is to flip the caber end over end so that it lands at right angles to the throwing line and in the centre of the target area.

EQUIPMENT

Caber Scoring Mat
Foam Caber (for indoor events) or
Wooden Caber (for outdoor events)



INSTRUCTIONS

- Hold the blue end of the caber in cupped hands, arms should be straight down, the caber rested on the shoulder.
- The caber should be tossed over the red end so that it lands with the blue end furthest from the throwing line.

SCORING

- Direction scores and not distance - there is no penalty for over stepping the throwing line.
- Mark the points where both ends of the caber first land. Line these points up with the numbers on the scoring mat, add these together to get the score for that throw.
- The score in the above diagram would be - $5 + 3 = 8$ points
- Each participant has three throws. Summate the three throws to get the total score.
- A score of 30 is therefore a maximum.

TIPS

For Participants

- Take three to four steps towards the throwing line, push the caber forward with shoulder and upwards with arms and hands.

For Judges

- Ensure the participant is holding the blue end before the throw.
- Allow the participants a practice throw before the test.



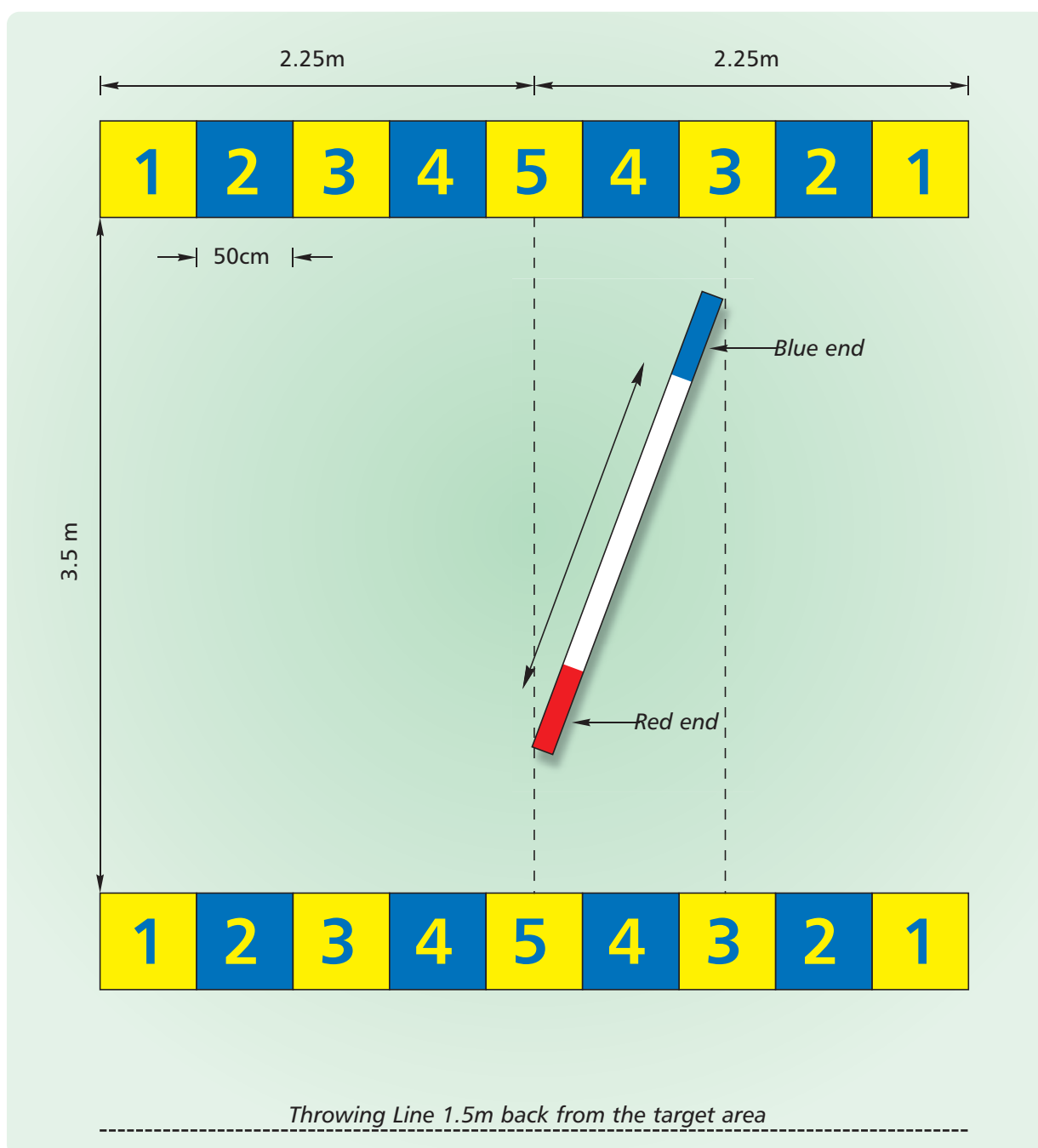
SAFETY



- Ensure that the throwing area is clearly defined and correctly supervised.

CABER

A WOODEN CABER - OUTDOOR				B FOAM CABER - INDOOR			
Caber	Length (ft)	Approx Weight (Kg)	Age Group	Indoor	Length (ft)	Approx Weight (Kg)	Age Group
SIZE 1	8	5.2	Under 11 years	SIZE 1	7	2.8	8-13 years
SIZE 2 / 3	8 / 8	6.8 / 9.2	Under 13 years				

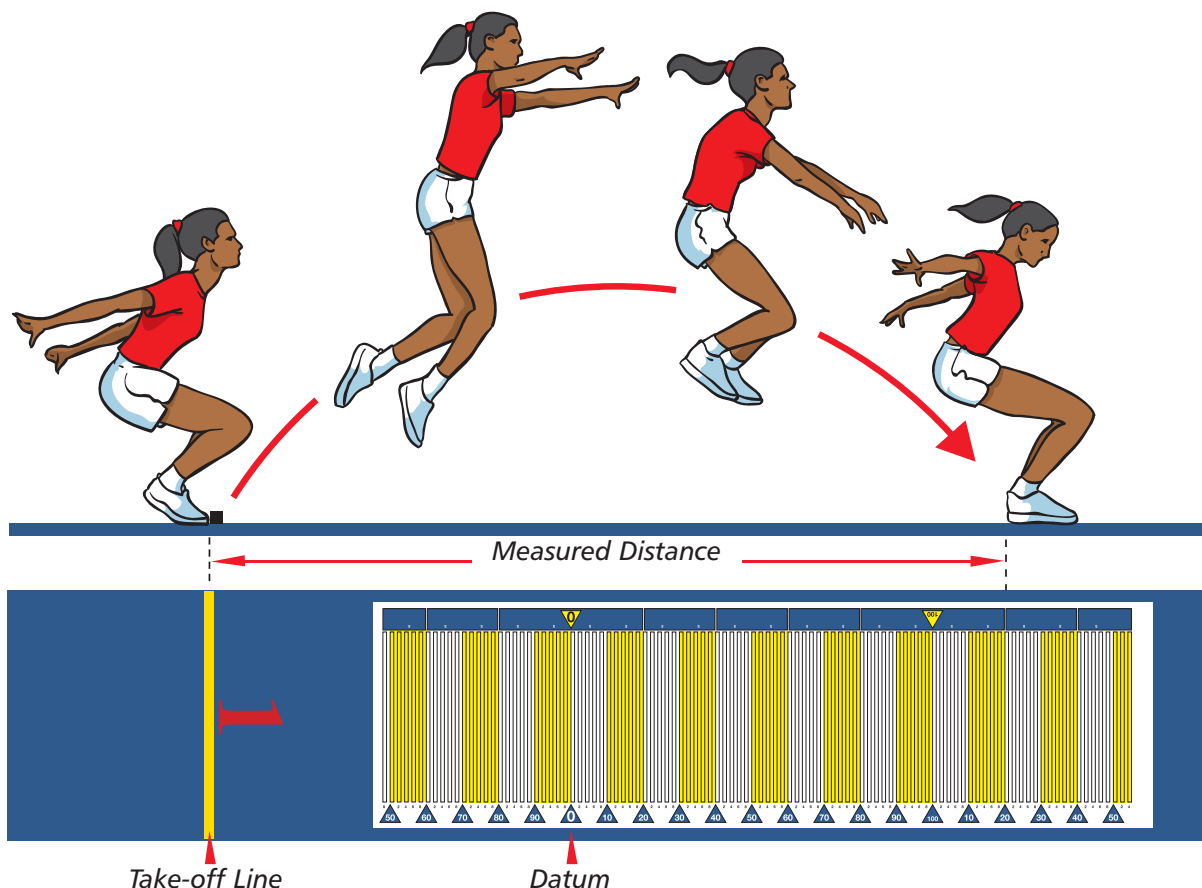


STANDING LONG JUMP (THE BROAD JUMP)

DESCRIPTION

This two footed jump from a standing position is a test of co-ordination and leg strength. In 1904 an Olympic record of 3.47m was recorded into a sand pit and it stood for over 80 years! The new world record is now over 3.60m.

In the Eveque Highland Games, a special calibrated 'Metromat' is used which enables jumps to be recorded more easily.



EQUIPMENT

- Folding Intermediate Metromat or
- Competition Metromat

RULES

- A two footed take-off from a standing position with both feet behind the take-off line.
- Measurement is taken from the take-off line to the back of the closest heel on landing.
- The participant may step forward after the jump however any step back or touching of the mat behind the feet is a no jump.

TIPS

- Participants should bend at the knees and swing arms for lift.
- For accuracy judges should place a finger on the scale where the participant lands then read the result.



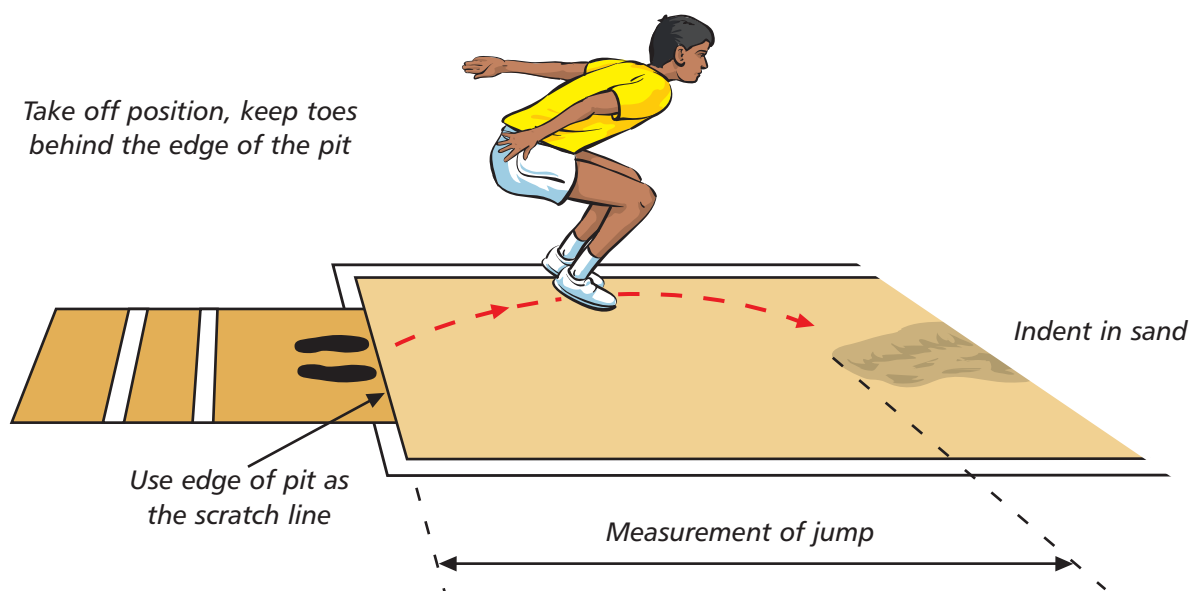
SAFETY



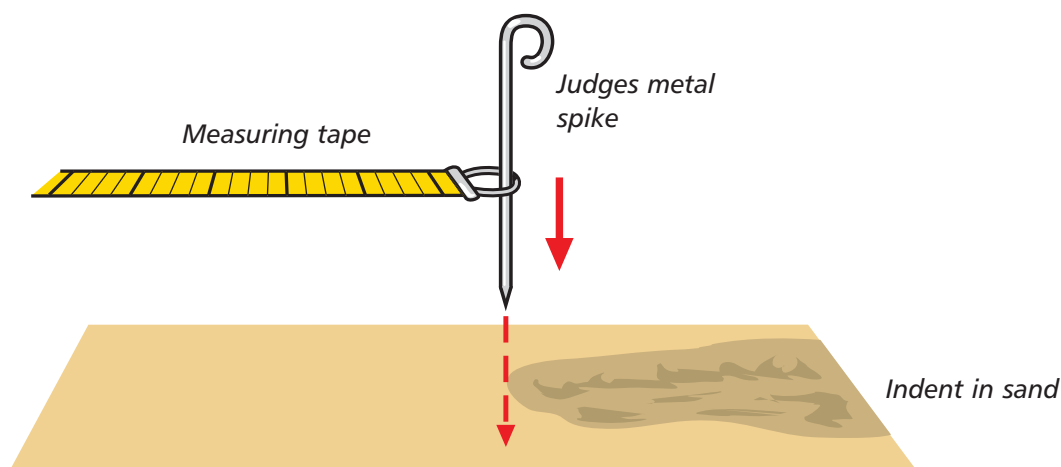
- Keep landing area away from obstructions such as walls.
- Avoid water or dirt on surfaces.

STANDING LONG JUMP - USING A SAND PIT

The Standing Long Jump is recommended rather than the traditional Long Jump with a running approach because it takes far less time which is important if large numbers are participating in the event. If the weather is dry the use of a calibrated Metromat makes the judging even faster.



In the Standing Long Jump the distance achieved is measured from the take-off position, at the edge of the pit, to the nearest edge of any indent made in the sand by any part of the participants body, including the hands or feet.



EQUIPMENT

- Measuring tape with end ring
- Judges spike
- Garden fork
- Rake

SAFETY

- Make sure the sand is well dug and raked and free of any stones or glass.
- Don't leave your rakes and forks lying around to avoid accidents.

HIGHLAND STEPS

DESCRIPTION

This activity requires rhythm, agility, speed, endurance and clear thinking.

The exercise can be quite confusing and is not as easy as it appears.

AIM

To complete as many full cycles as possible in 30 seconds.

EQUIPMENT

- Highland Steps Mat
- Stopwatch



FOAM
WEDGES
10cm high

BASE MAT SIZE
1.23m x 1.20m
It is a folding mat

TECHNIQUE

Step over the wedges one foot followed by the other so both feet have impacted with the floor in each section.

Follow the sequence 1, 2, 3, 4 for 30 seconds.

SCORING

Points are only scored by completing a full cycle (through 1, 2, 3 and 4).

After 30 seconds the full cycles are counted as the participants score.

RULES

- 1) Both feet must land in each section of the Highland Steps Mat.
- 2) The sequence must be 1, 2, 3, 4.
- 3) If the participant stands on the wedge then they can either return to space number one or the space before the error occurred and continue. If they do not and continue the cycle will not count.



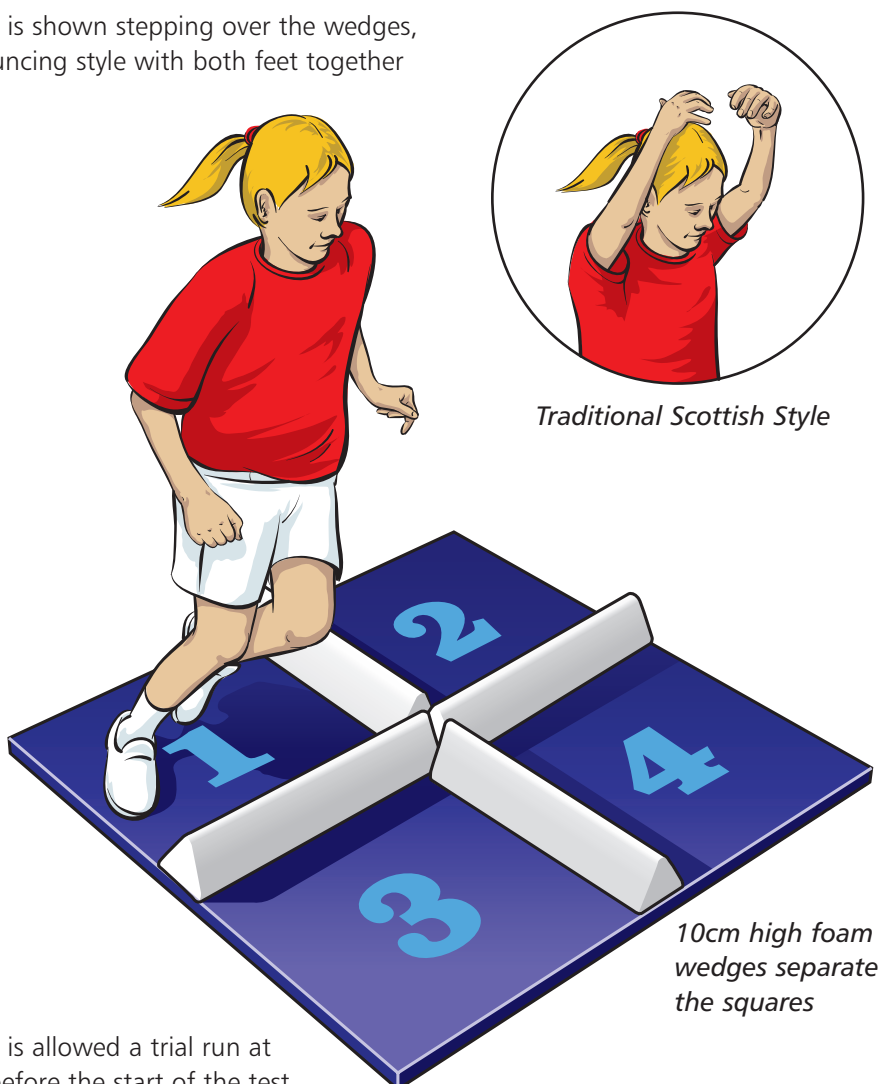
SAFETY



- Ensure the mat is dry before allowing a participant to begin.
- Be vigilant to avoid tripping over on a wedge whilst travelling quickly.

HIGHLAND STEPS

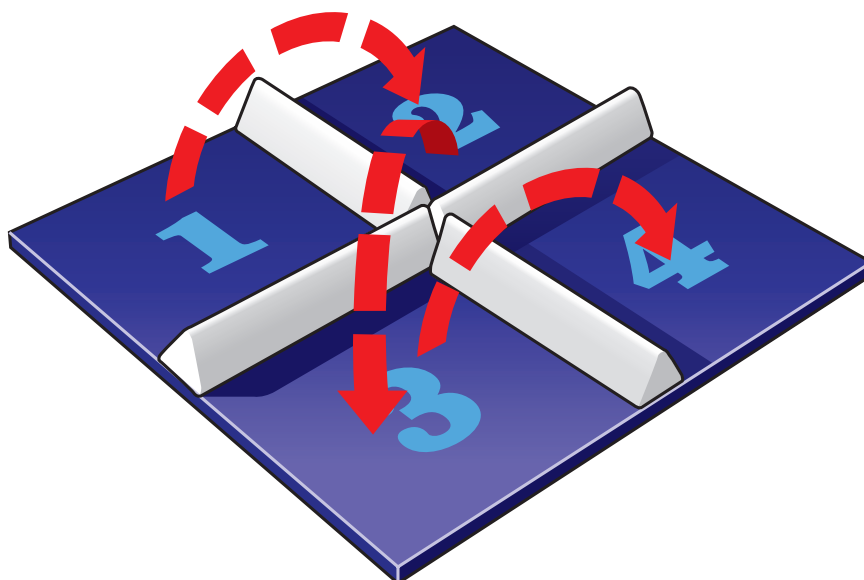
The participant is shown stepping over the wedges, although a bouncing style with both feet together is permissible.



The participant is allowed a trial run at the sequence before the start of the test.

SEQUENCE

Both feet to land in each segment before moving on.



WEIGHT FOR DISTANCE

DESCRIPTION

A linear throw is when the recorded distance is measured at a right angle forward from the throwing line. This is to develop the skill to control the direction of the delivery. A long throw at a sharp angle will only be recorded as a lesser distance for the participant. It is not the actual distance thrown as measured when using a segment.

NOTE: There is no throwing sector.

AIM

To throw the weight as far as possible in a forward direction.

EQUIPMENT

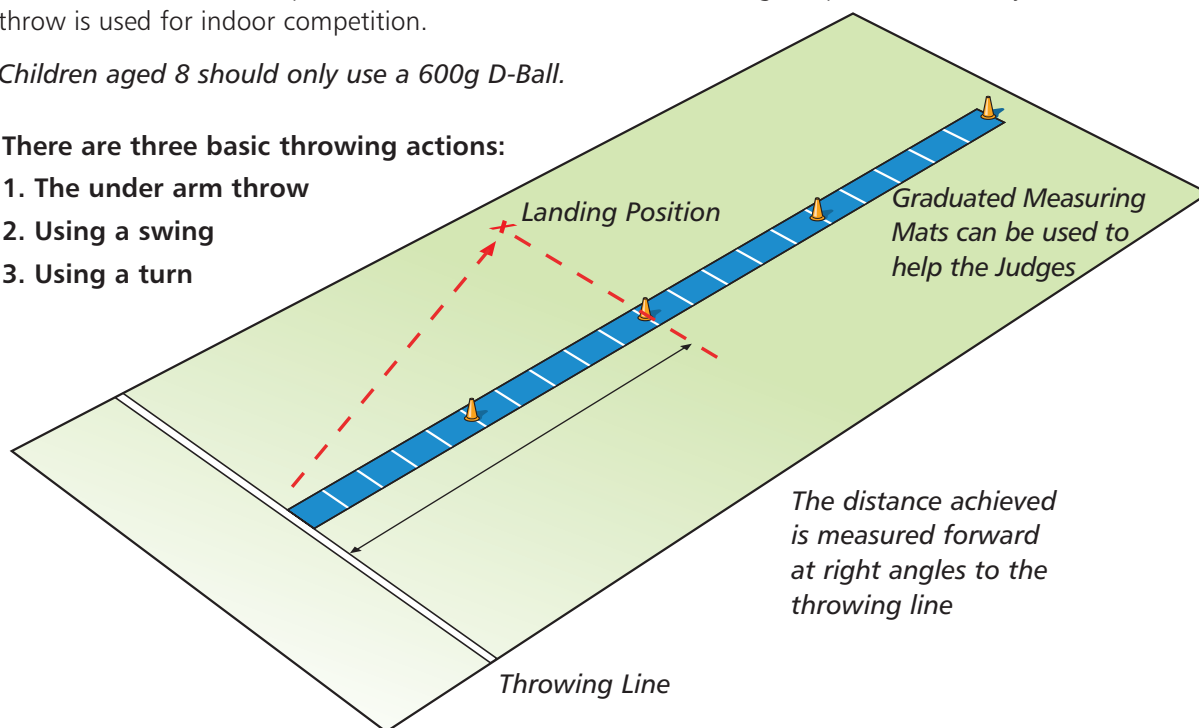
AGE GROUP	Indoor or Outdoor	Outdoor Competition Only
Girls under 11	1Kg D-Ball	1Kg Short Handled Hammer
Boys under 11	1.5Kg D-Ball	1.5Kg Short Handled Hammer
Girls under 13	1.5Kg D-Ball	1.5Kg Short Handled Hammer
Boys under 13	2Kg D-Ball	2Kg Short Handled Hammer

2 x 10m Graduated Measuring Mats or a tape measure are required. The use of Graduated Measuring Mats reduces the time required to less than half of that when using a tape measure. Only the under arm throw is used for indoor competition.

Children aged 8 should only use a 600g D-Ball.

There are three basic throwing actions:

1. The under arm throw
2. Using a swing
3. Using a turn



RULES & SAFETY



- Throwing should only be allowed under supervision.
- Judges should make certain that no one is allowed to swing or throw a D-Ball anywhere other than the designated throwing area.
- The participant must throw from behind the throwing line and not cross it whilst making the delivery.
- Other participants should be kept well clear of the thrower and behind the throwing line.

THROWING FOR DISTANCE

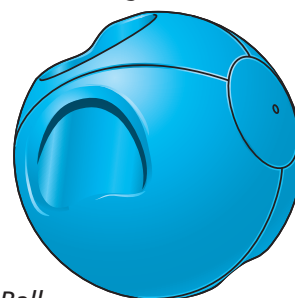
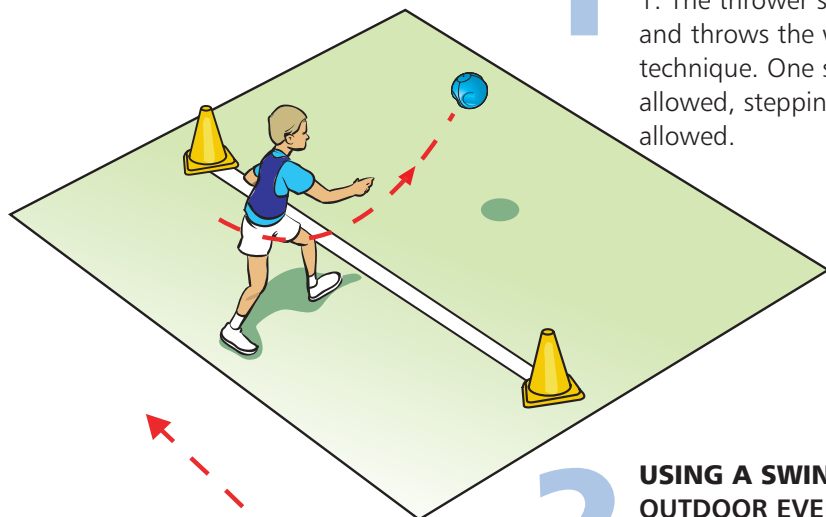
TECHNIQUES

1

UNDER ARM THROW

INDOOR OR OUTDOOR EVENT

1. The thrower stands behind the throwing line and throws the weight forward using an underarm technique. One step forward to the throwing line is allowed, stepping over the throwing line is not allowed.



D-Ball

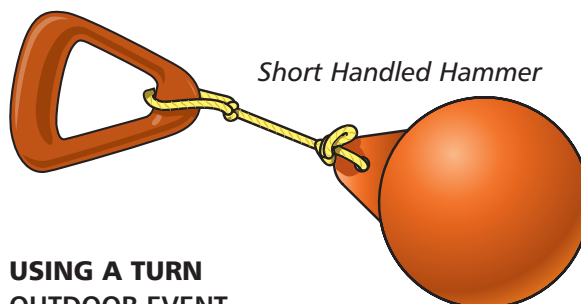
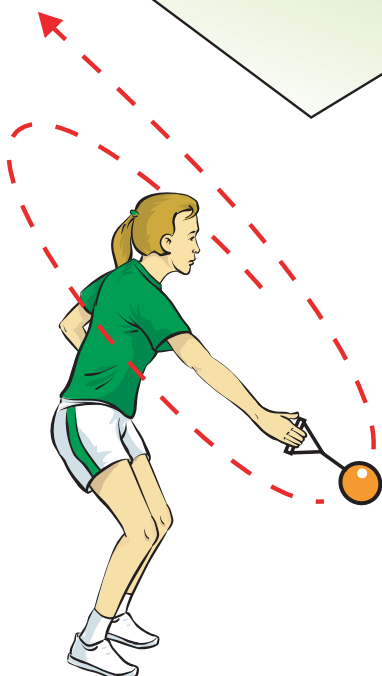
2

USING A SWING

OUTDOOR EVENT

2. This is an over the shoulder throw in which the thrower stands side on to the direction of the throw - if using the right arm the left shoulder is towards the throwing area and for left handed persons the right shoulder is forward.

Swing the weight around the head (as in hammer swings) two times and then on the third swing release the weight and aim to throw it as far forward as possible.



Short Handled Hammer

3

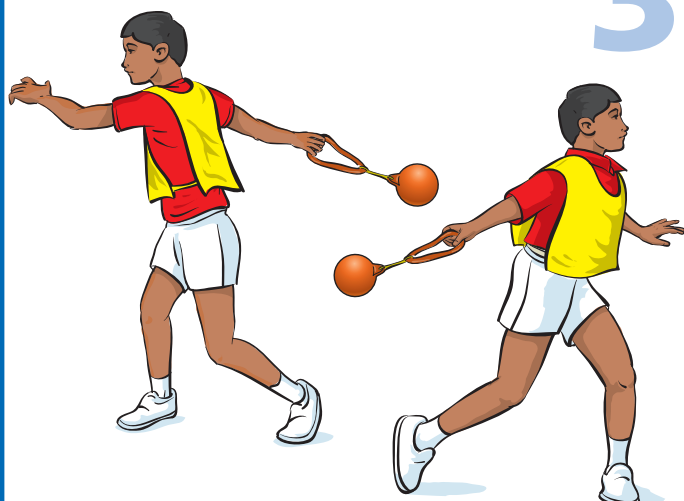
USING A TURN

OUTDOOR EVENT

3. The thrower uses a turn and starts standing side on to the direction of the throw approximately 1m behind the throwing line - if throwing with the right arm stand with the left shoulder towards the throwing area.

Swing the weight twice around the head (as with hammer swings) and on the third swing bring the right leg around in front of the body and perform a full turn to land back in the starting position where the thrower then releases the weight forward in a linear direction at right angles to the throwing line.

A person using their left arm would commence with their right shoulder forward and rotate in the opposite direction.



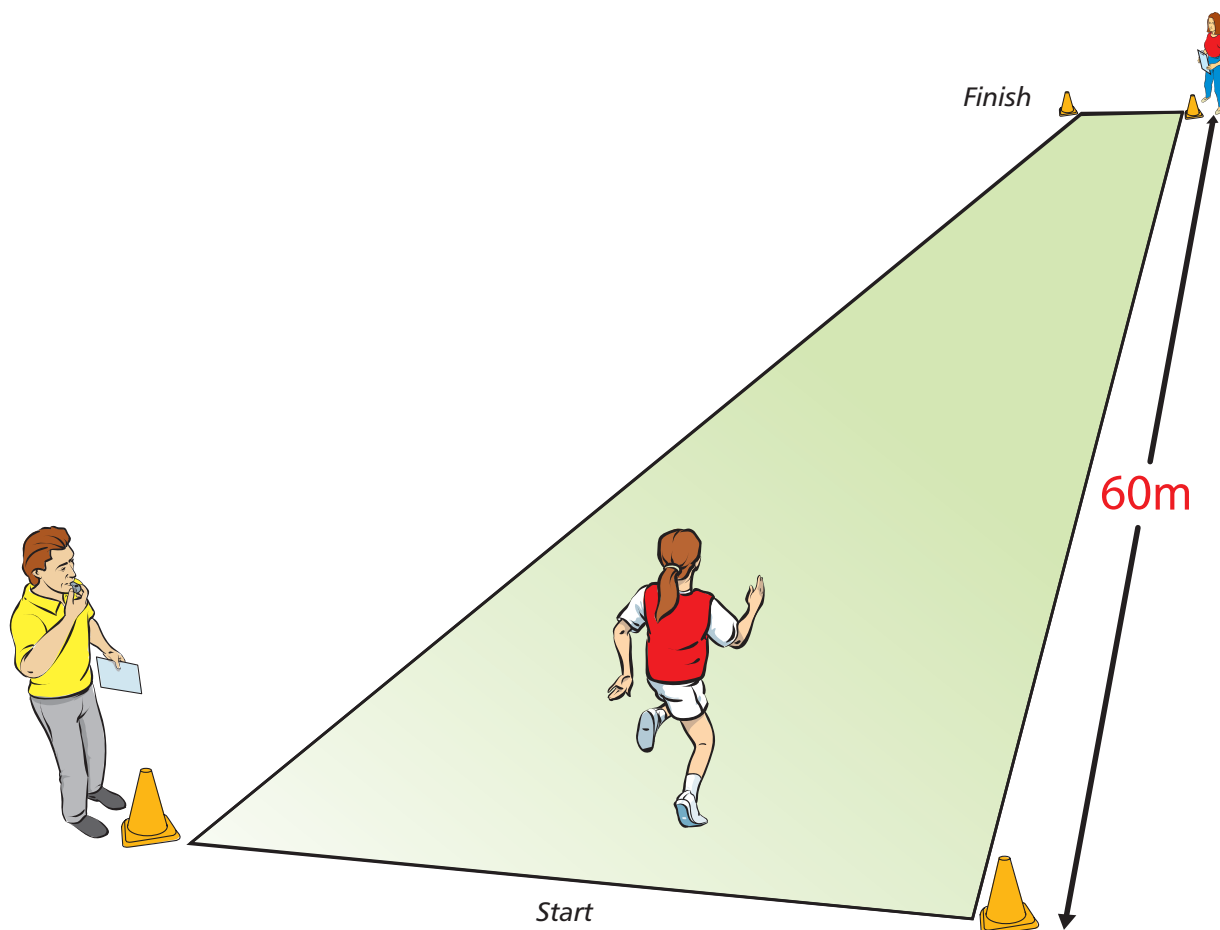
SPRINT TEST - 60 METRES KILTIE DASH

DESCRIPTION

A simple timed sprint over 60m testing the participants reflexes and ability to accelerate and run over a short distance.

EQUIPMENT

- Cones x 4
- Stopwatch
- Whistle



RULES

- The course is laid out as shown in the diagram.
- The participant is started from a standing position with the blowing of a whistle and must complete the 60m course to cross the finish line.
- Two judges are required - one starter and one timekeeper.



SAFETY



- Ensure that running surface is suitable, free from debris and that there is adequate run off at the finish end of the track.

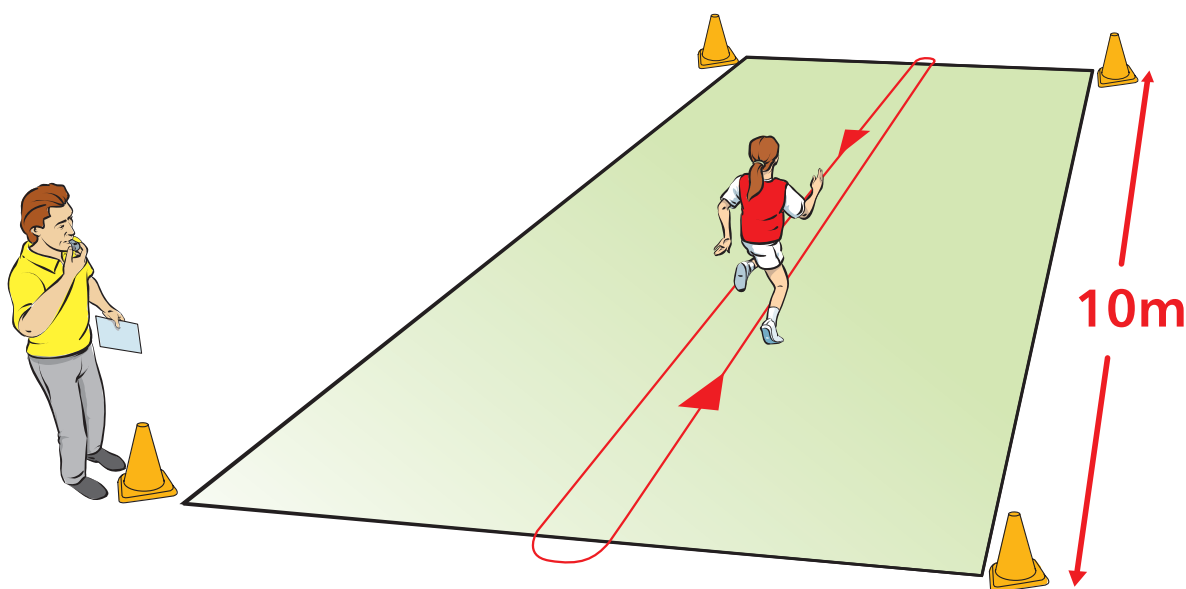
SPRINT TEST - 6 x 10 METRES KILTIE DASH

DESCRIPTION

A timed sprint over a 10m course, the participant is tested on their ability to accelerate, decelerate and change direction by running up and down the course to complete six lengths.

EQUIPMENT

- Cones x 4
- Stopwatch
- Whistle
- Tape



RULES

- The 10m course is laid out as shown in the diagram.
- The participant is started from a standing position with the blowing of a whistle and must complete the 10m distance ten times before crossing the finish line.
- The participant must place one foot over the end of each 10m run line before turning to run in the opposite direction.



SAFETY



- Ensure that running surface is suitable, free from debris and there is an adequate run off area at each end of the course.

THE SHOT PUT (using a conventional shot put circle and a throwing sector)

RECOMMENDED COMPETITION WEIGHTS

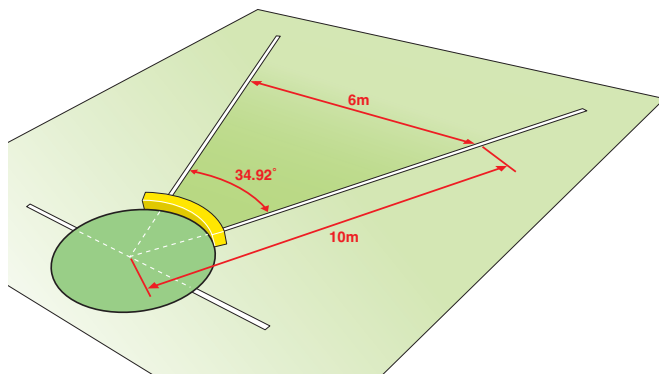
Age group	Recommended Weight of Shot	
	Girls	Boys
Under 11	1.5kg	2kg
Under 13	2.72kg	3.25kg

Note: Eight year old children should only use light weights of 1kg or less.

We would advise using lighter weights in practice sessions. A 600g Primary Shot is available for under 11's to practice.

LEAVING THE CIRCLE

The competitor must not leave the circle until the shot has touched the ground. When leaving the circle the first contact with the top of the circle rim or the ground outside the circle must be completely behind the white line which is drawn outside the circle, the rear edge of which runs theoretically through the centre of the circle.



Marking the sector

The landing sector shall be marked with white lines 5cm wide at an angle of 34.92° such that the inner edge of the lines, if extended, would pass through the centre of the circle.

The 34.92° sector may be laid out accurately by making the distance between the two points on the sector lines 10 metres from the centre of the circle, 6 metres across.



SAFETY



- The area of competition should be sited away from circulation areas with barriers or ropes used to isolate the designated throwing area.

LINEAR SHOT

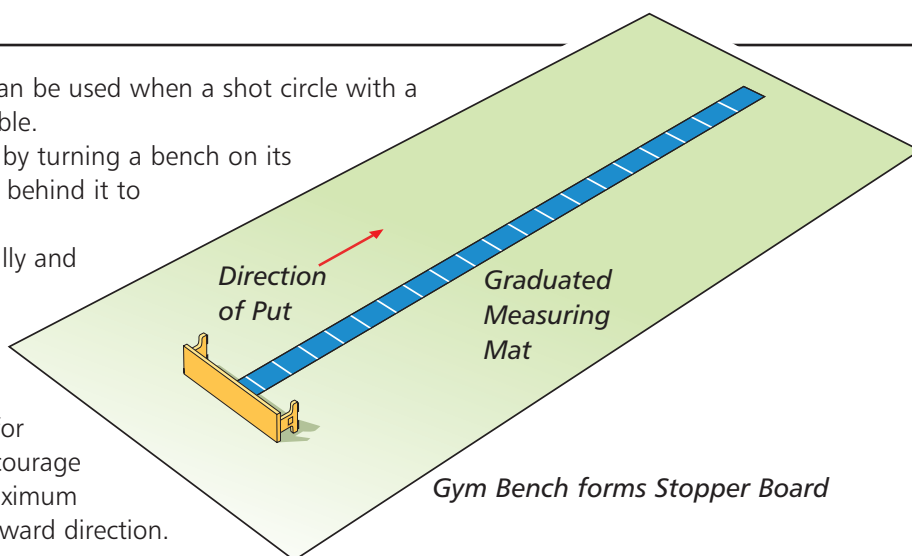
This form of competition can be used when a shot circle with a stopper board is not available.

A stopper board is formed by turning a bench on its side and placing gym mats behind it to prevent movement.

All puts are measured lineally and at right angles (90°) to the stopper bench.

Whilst performances in this improvised shot competition do not count for records, the event does encourage the thrower to gain the maximum distance by putting in a forward direction.

Graduated Measuring Mats or a tape measure are required. The use of Graduated Measuring Mats reduces the time required to less than half of that when using a tape measure.



Gym Bench forms Stopper Board

INDOOR COMPETITION

Shot competitions can be held in a sportshall or gymnasium using appropriate equipment.

A portable throwing circle and Indoor Shots are used with the throwing area quadrant marked on the floor with PVC tape.

The use of French chalk or an equivalent powder is dangerous in sportshalls and must not be permitted.

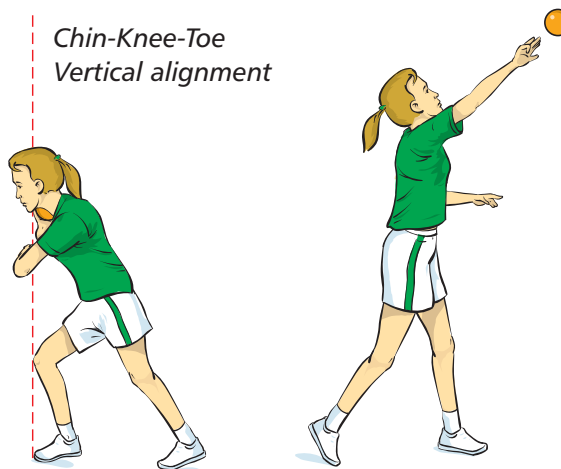
PUTTING THE SHOT



A correct grip of the shot will assist young participants to achieve maximum distance when they 'put'.

The young participant should place the shot in the throwing hand at the base of the first three fingers ensuring it does not rest in the palm. The first three fingers should then be placed behind the shot, with the thumb and little finger providing support at the side. The shot should be pushed into the neck which will ensure the elbow is held high and correctly ready to begin the 'put'.

THROWING TECHNIQUE

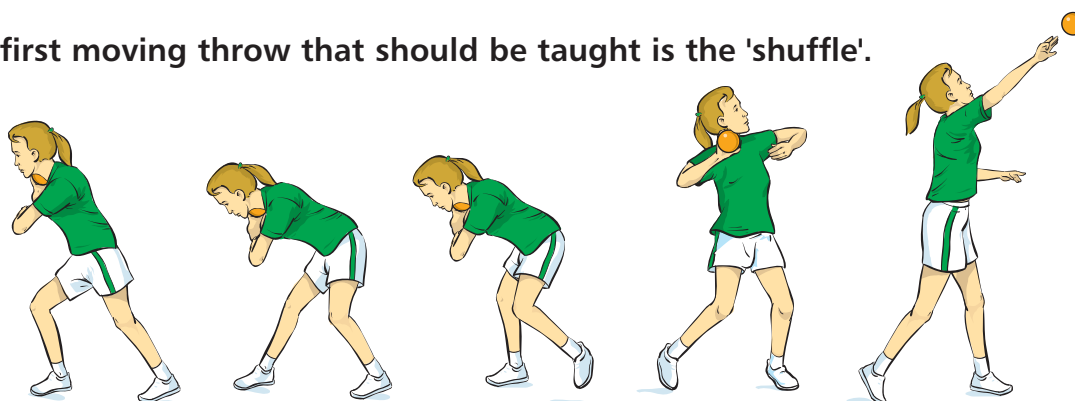


From the standing position, the young participant turns the shoulders away from the throwing direction to achieve the chin-knee-toe position from which momentum can be gained when making the 'put'. The feet should be placed so as to give purchase to the turn and shift to allow the use of the legs. If you use the right arm to 'put' then the left leg is placed forward and vice versa if the left arm is used.

By simple practice and development of technique young participants will quickly improve the distance 'put' as they begin to:

- Use the strong muscles in the legs.
- Start from a low to a high position to provide greater acceleration and give the shot maximum speed when it leaves the hand.

The first moving throw that should be taught is the 'shuffle'.



To begin the 'shuffle' approach, the young athlete should face the opposite direction to which he or she is throwing. A right-handed thrower would start with the body weight on a flexed right leg with the left leg held loose. The sequence that should take place is as follows:

- Extension of the left leg, propelling the young participant towards the direction of the throw.
- Landing on the left foot the weight is transferred to the left leg.
- The right leg is pulled towards the left leg transferring the weight once again to the right hand side.
- Extension of the left leg and planting the foot to achieve a strong base in which the hips can be rotated.
- The young participant now turns into the throw, transferring weight from right to left. The shot is released once a forward stance, with extension of the body and throwing arm has been achieved.
- Encourage the young participant to walk back towards the initial starting point before retrieving the shot, as this is a good habit to develop for competition purposes.

WEIGHT FOR HEIGHT - OUTDOOR VERSION

AIM

To throw a weight high and accurate over a bar.

THE WEIGHTS

The event for young participants is considered to be more a test of technique than strength. For this reason the suppliers have made a special "soft" 600 gramme D-Ball available which weighs little more than a football. This is recommended for use with young novices until they have mastered the technique.

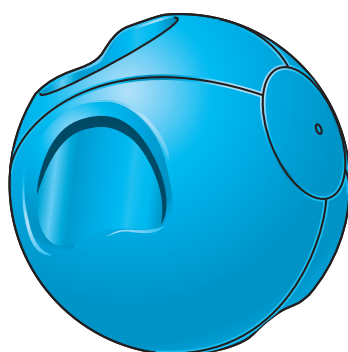
Age Groups

Practice	Boys and Girls aged 9–10 years	600 gr Soft D-Ball
Competition	Girls under 11 years	1.5 kg D-Ball
Competition	Boys under 11 years	2.0 kg D-Ball
Competition	Girls under 13 years	2.0 kg D-Ball
Competition	Boys under 13 years	3.0 kg D-Ball

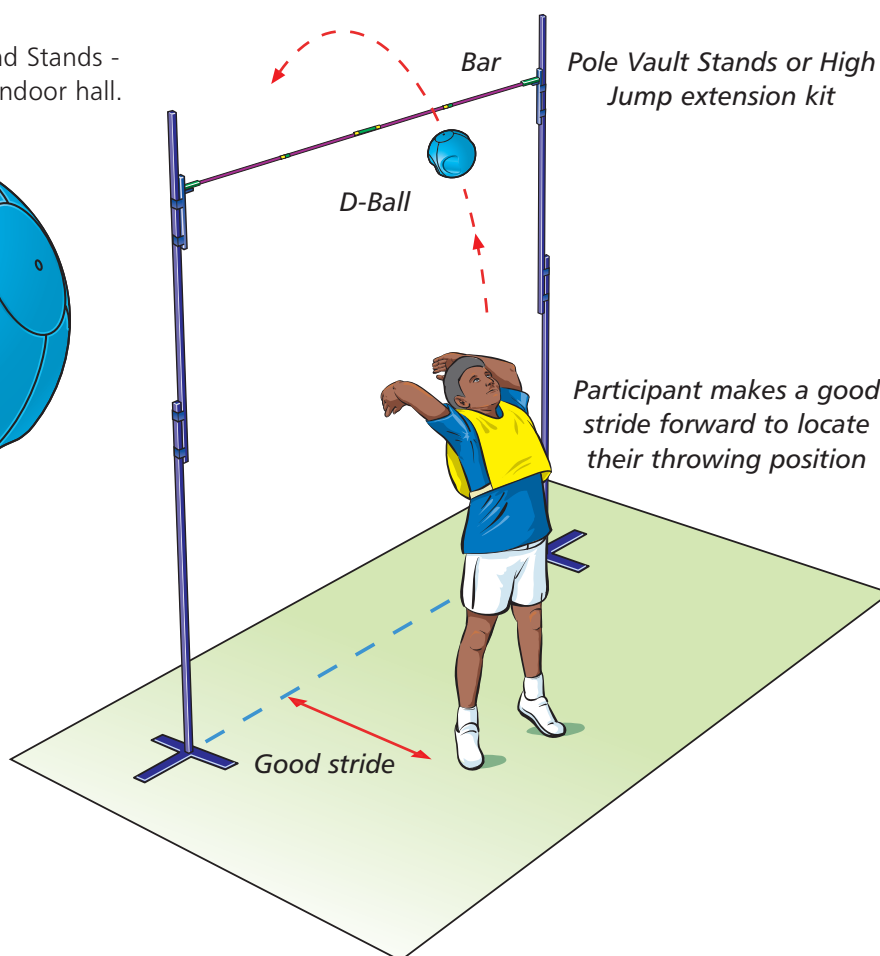
The older children should first practice with the 600 gramme soft D-Ball for safety. Children aged 8 years should only use the soft 600g "D-Ball".

EQUIPMENT

- The D-Ball
- Adjustable High Bar and Stands - Outdoor or in a large indoor hall.



D-Ball



RULES

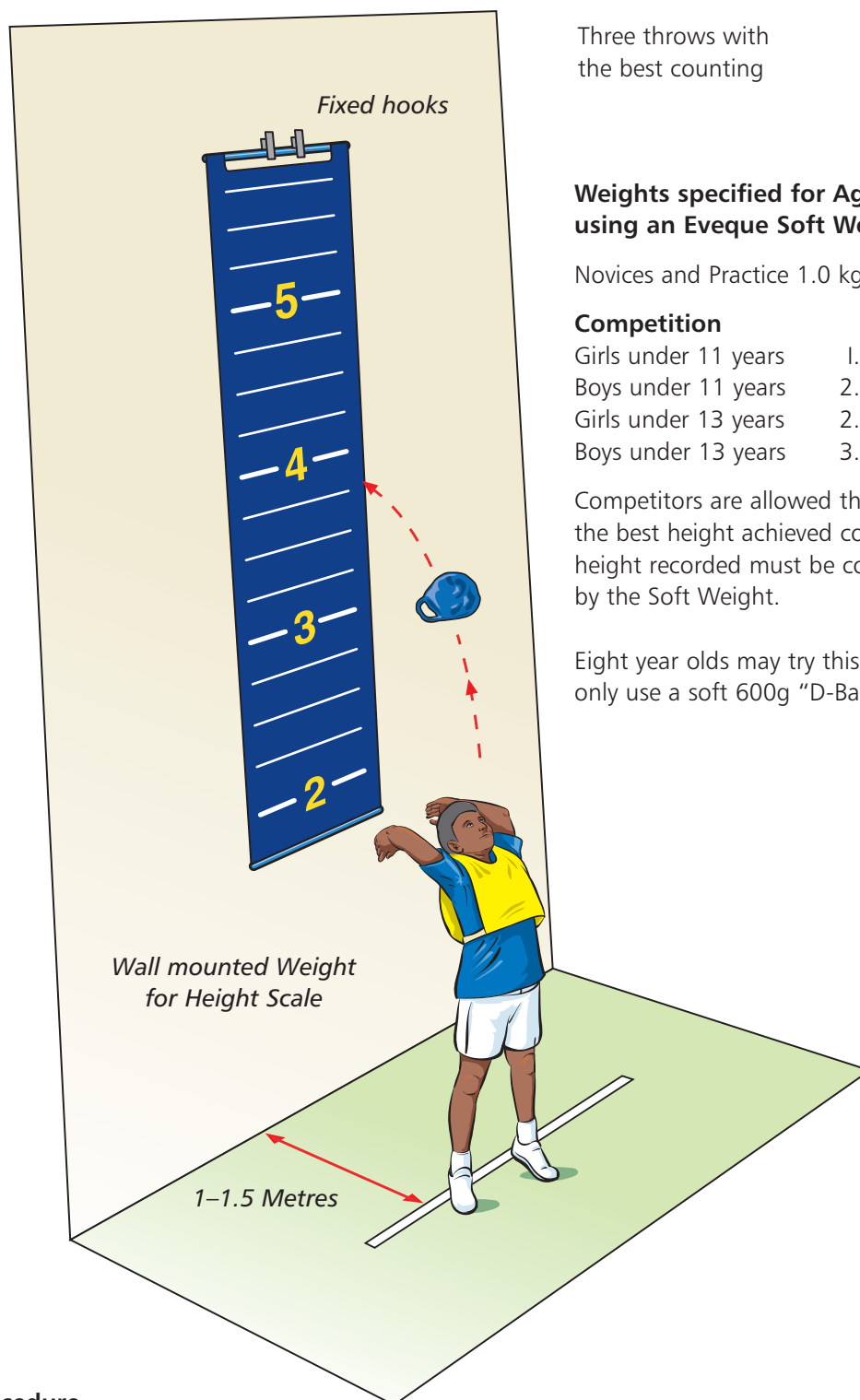
- The ball must be thrown above the head and clear the bar without knocking it off the bar rests.
- An official must be present at all times when this equipment is being used, whether practice or competition.
- Recommended starting height for all ages is 2m.

SCORING

The bar will start at the lowest height, scoring follows high jump scoring rules where three attempts at each height are allowed. The bar continues to rise until all children have reached their maximum height and this score is recorded.

WEIGHT FOR HEIGHT - INDOOR VERSION

This is a simple adaption that enables the event to be held indoor against a wall. In the interest of safety an Eveque Soft Weight (weight adjustable throwing bag) is used because it does not bounce away from the wall on impact. Each Soft Weight is provided with a number of half kilogram granule bags enabling the weight of the Soft Weight to be adjusted in steps of half kilogram up to three kilograms in total weight.



Three throws with
the best counting

Weights specified for Age Groups using an Eveque Soft Weight

Novices and Practice 1.0 kg

Competition

Girls under 11 years	1.5 kg
Boys under 11 years	2.0 kg
Girls under 13 years	2.0 kg
Boys under 13 years	3.0 kg

Competitors are allowed three throws with the best height achieved counting. The height recorded must be completely cleared by the Soft Weight.

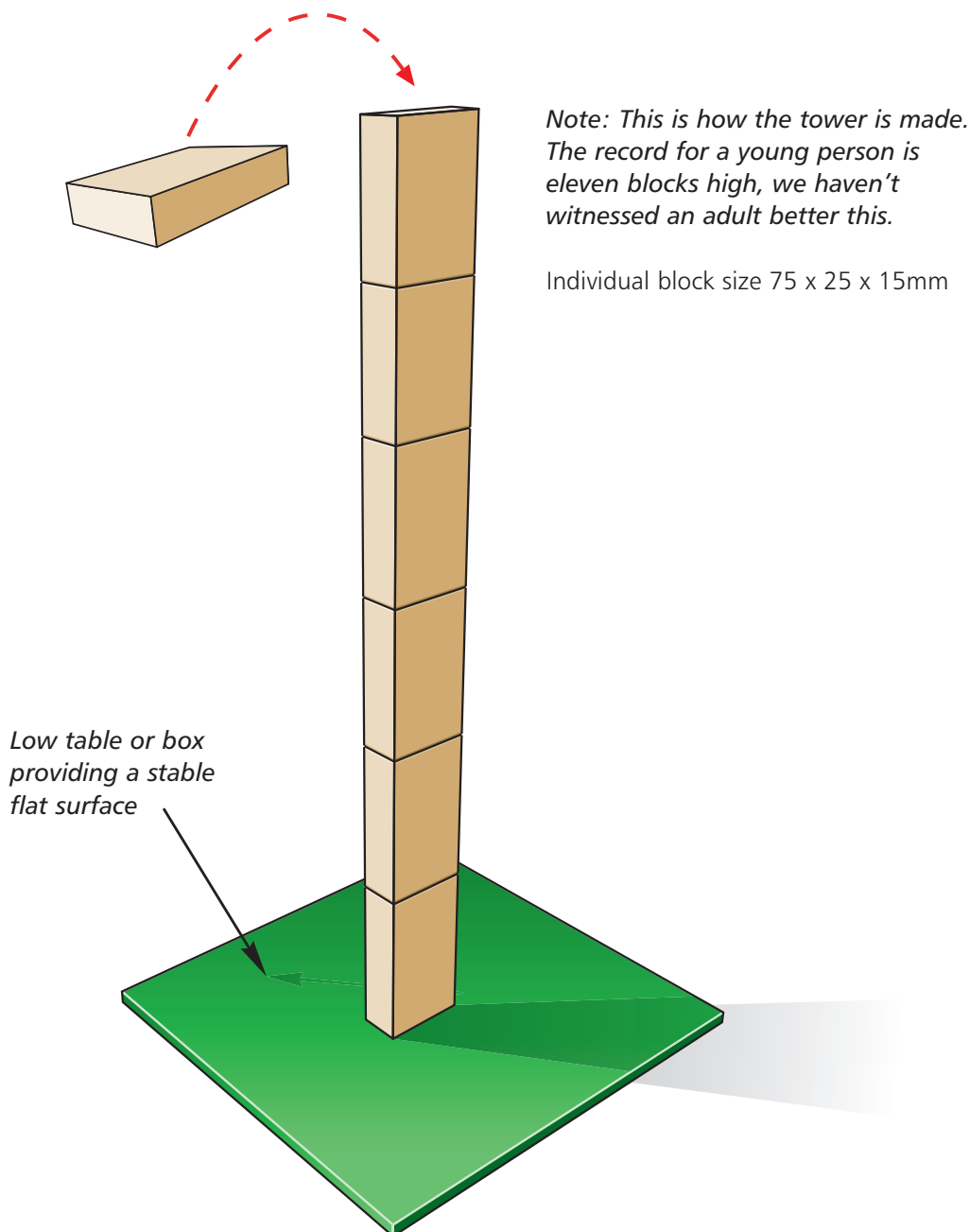
Eight year olds may try this event but must only use a soft 600g "D-Ball".

Procedure

The participant stands about 1–1.5 metres away from the target with their back to the wall and has three trials to see how high they can hit the wall with the Soft Weight. They are instructed to move forward away from the wall immediately after throwing the Soft Weight. The competitors score is the highest point achieved to where the Soft Weight hits the wall.

TOWERS - PRECISION AND SENSITIVITY TEST

Since the Industrial Revolution, Scotland has produced a host of famous Engineers and their pioneering work demanded high precision. The idea of including this challenge in our team competition has been endorsed by Olympic Champion and former World Record holder, *David Hemery*, who considers it a most important element in skill development for young people. The challenge is also a lot of fun.



TIME ALLOWED

Each competitor is allowed 30 seconds during which time they must attempt to build the blocks as high as possible in a vertical tower which does not collapse when left untouched.

SCORING

An individual's score is the highest number of blocks built into a self-supporting tower during a 30 second period.

EXAMPLE

If a height of nine blocks is achieved before the tower collapses and is then re-built to only seven or eight high, then the score of nine counts.

SKIPPING

DESCRIPTION

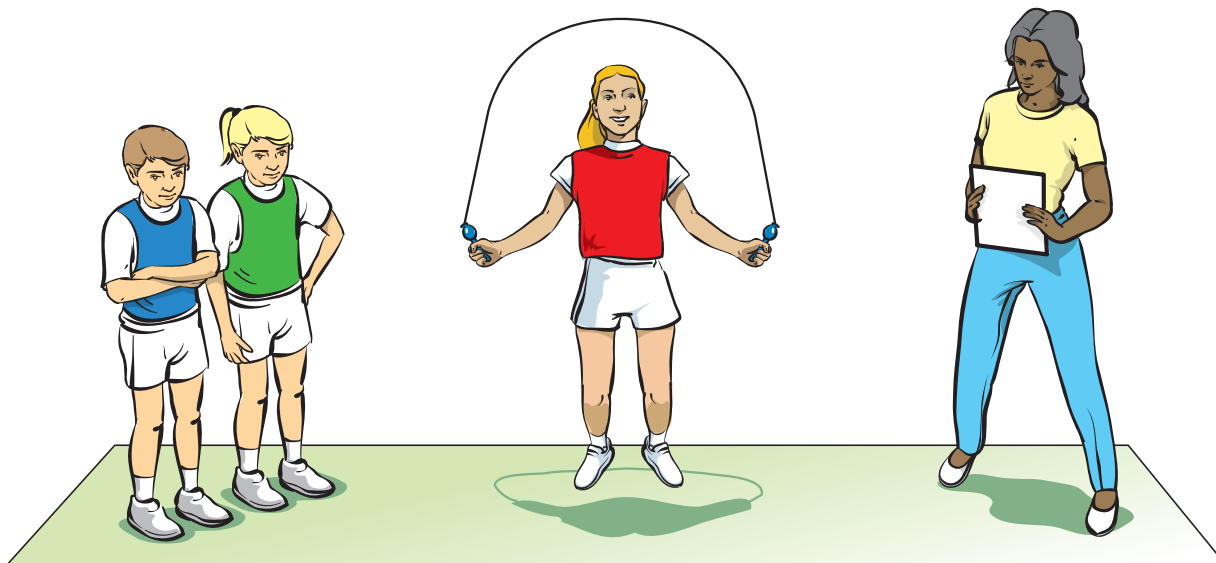
This is a universal test to measure participants speed, agility, coordination and fitness.

AIM

The participant must complete as many full skipping rotations as possible within 30 seconds.

EQUIPMENT

- Skipping Rope
- Stopwatch



RULES

The participant must start with the rope behind their heels.

When the judge signals the start the participant must begin to attempt as many complete forward rotations as they can in 30 seconds.

The participant is only allowed a second trial after a reasonable rest period

TIPS

For Participants:

Try to gain rhythm and then speed up the action.

For Judges:

Allow each participant a warm up trial of a few skips before starting.



SAFETY



- To avoid ropes colliding ensure that only one participant has a rope at any one time and that the test is completed away from walls and other people.
- Ensure that the rope is the appropriate length for the participant.

THE WELLY THROW

DESCRIPTION

Throwing the welly is not as easy as it first appears and the range of Wellington boot shapes and sizes is vast so it is a matter for the organiser to select a welly of the size and weight which they consider appropriate. The event is intended to be held out of doors using a large area for safety.

INDOOR COMPETITION

This event is only suitable for inclusion indoors if held in a large arena.

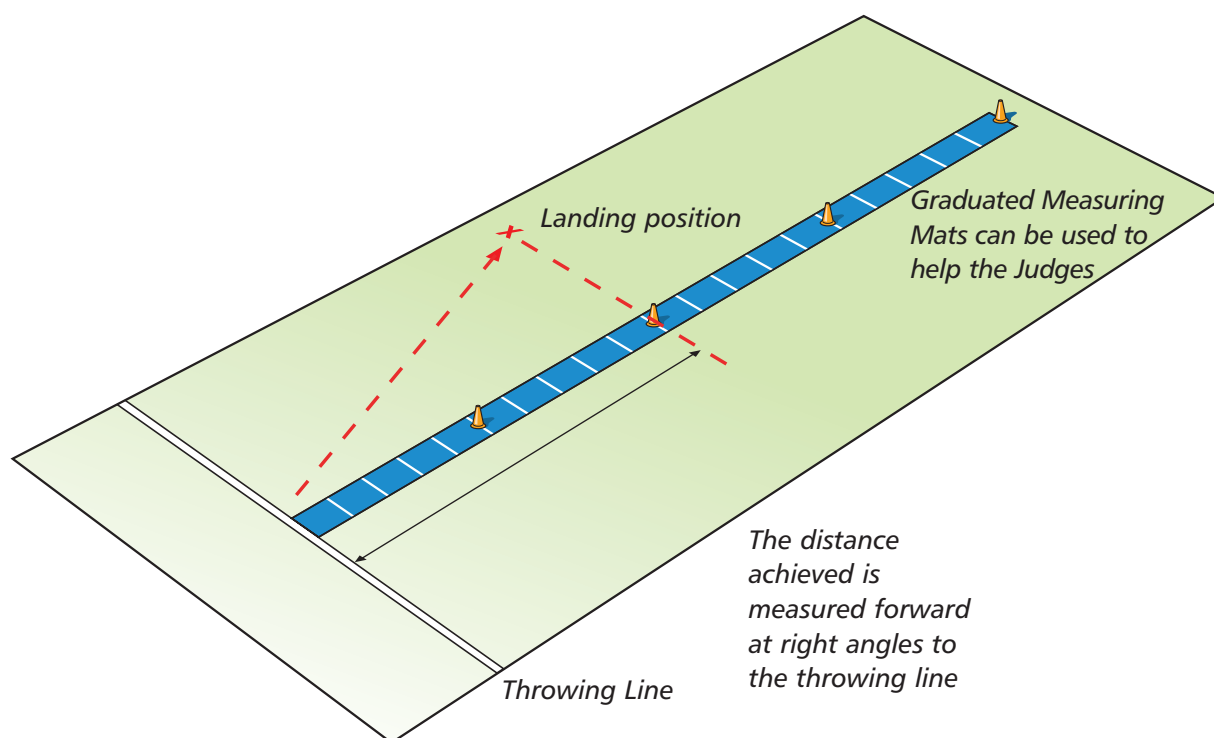
AIM

To throw the welly as far as possible in a forward direction.

EQUIPMENT

For guidance we would suggest for children aged between 8 years and 13 years of age a size 6 welly boot (UK size) or a size 7 welly boot (American size) would be suitable.

The use of Graduated Measuring Mats reduces the time required to less than half of that when using a tape measure.



The event is measured as a linear throw.

TECHNIQUE

The welly can be thrown standing or with a turn, but an under arm throw normally proves easier and safer for young children and novices.

SCORING

Use a Graduated Measuring Mat to measure the throw to the nearest 0.25cm. There should be no sector marks as throwing in a forward direction is encouraged.



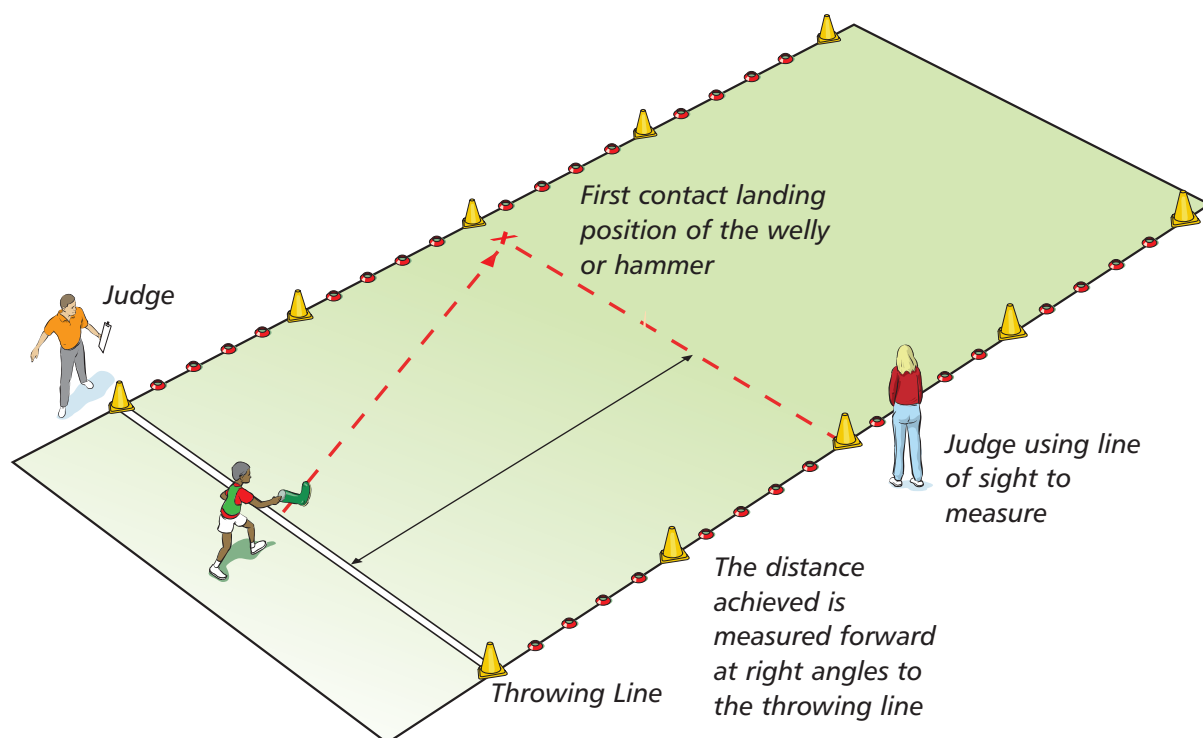
RULES & SAFETY



- Throwing should only be allowed under supervision.
- The welly must be released in the direction of the throw.
- The participant must throw from behind the throwing line.
- Keep other participants behind the throwing line and clear of the thrower.

A THROWING AREA

This arena layout can also be used for the other throwing events such as Throwing for Distance



The under arm throw is the easiest for a child to master

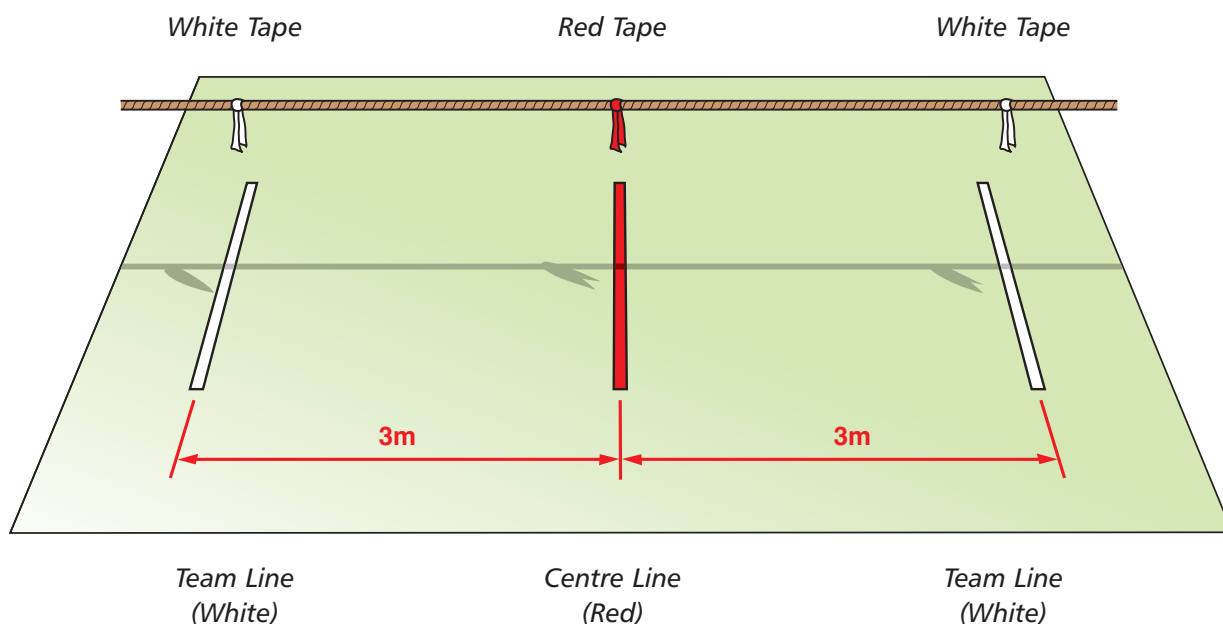
TUG OF WAR

AIM

For the team to 'pull' their opponents white tape (attached to the rope) over the centre line which is marked on the floor or ground at right angles to the rope.

EQUIPMENT

- Tug of War Rope
- Red and white tape
- Chalk, red and white tape or line marker



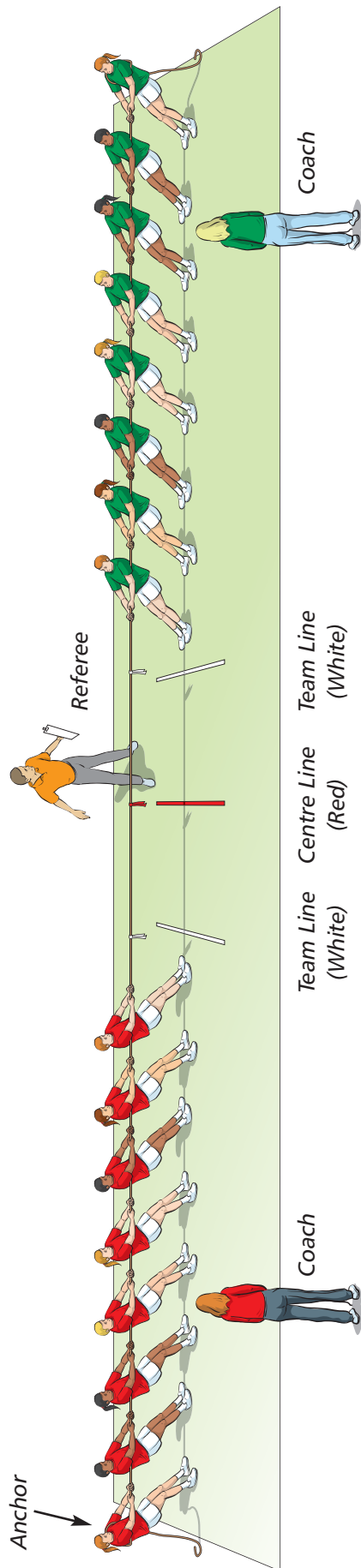
ARRANGEMENT OF THE JUDGING LINES FOR COMPETITION

RULES

- There can be single sex or mixed teams of either six or eight participants in each team, provided the number of boys and girls are equal.
- The 'Pulling' begins after the participants have been instructed to 'Take the Strain', when the rope becomes taut the referee says 'Pull'.
- All participants must be at least one metre from their own white ribbon.
- Participants must not touch the ground at any time with any part of their body other than their feet, nor loop the rope around any part of the body.
- The team wins the trial when their opponents white ribbon is 'Pulled' completely over the centre line.
- Coaches shall toss a coin for choice of end at the start of each match. Teams will change ends after the completion of each pull.
- All matches shall be won by pulls out of three.

SETTING THE ARENA

NOTE: The Referee must be in line with the relevant tape and line when making a judgement.



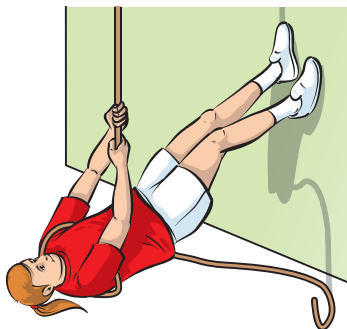
ANCHOR'S GRIP

Upon taking up position the anchor will place the rope around his or her body in the approved manner for the inspection of the judge.

The approved manner will be: The rope will pass under one armpit diagonally across the back and over the opposite shoulder from rear to front.

The remaining rope shall pass in a backward and outward direction and the slack shall run free.

The anchor shall grip the standing part of the rope with both arms extended forward.



TIPS

For participants: Lean slightly back and focus on pushing back with your legs whilst holding the rope with both hands (palms facing upward).

For judges: The red tape at the centre of the rope should be level with the centre line at the start of each pull.
Ensure you are completely in line with the ribbon you are responsible for.

The red tape at the centre of the rope should be level with the centre line at the start of each pull.

Rope Specification

Rope Diameter = 25mm

Rope Length = 22m

Suggested Team Sizes

6-8 Girls

6-8 Boys

3 Girls & 3 Boys Mixed Team

4 Girls & 4 Boys Mixed Team

JUDGING CARDS

EVENT CABER		TEAM				GIRLS ☐ BOYS ☐ MIXED ☐	
NUMBER	NAME	TRIAL 1	TRIAL 2	TRIAL 3	TOTAL (SUMMATION)	TEAM SCORERS	AGREED NUMBER TO SCORE IN THE TEAM
JUDGING CARD FOR CABER				TEAM SCORE			

EVENT		TEAM			GIRLS ☐ BOYS ☐ MIXED ☐	
NUMBER	NAME	TRIAL TIME OR SCORE	SECOND TRIAL (OPTIONAL)	BEST	TEAM SCORERS	AGREED NUMBER TO SCORE IN THE TEAM
JUDGING CARD FOR KILTIE DASH, HIGHLAND STEPS, THE SKIPPING TEST OR THE PRECISION TEST			TEAM SCORE			

Photocopy these cards to provide the required number of scorecards.

JUDGING CARDS

EVENT WEIGHT FOR HEIGHT USING A BAR		TEAM						GIRLS ☐	☐ BOYS ☐ MIXED ☐
NUMBER	NAME	HEIGHT	HEIGHT	HEIGHT	HEIGHT	HEIGHT	BEST HEIGHT	TEAM SCORERS	
									AGREED NUMBER TO SCORE IN THE TEAM
JUDGING CARD FOR WEIGHT FOR HEIGHT USING A BAR AND STANDS						TEAM SCORE			

USE A SECOND CARD IF NECESSARY

EVENT		TEAM				GIRLS ☐	☐ BOYS ☐ MIXED ☐
NUMBER	NAME	TRIAL 1	TRIAL 2	TRIAL 3	BEST	TEAM SCORERS	
							AGREED NUMBER TO SCORE IN THE TEAM
JUDGING CARD FOR JUMPS AND THROWS					TEAM SCORE		

Photocopy these cards to provide the required number of scorecards.

POINTS TABLE - PRIMARY AGE GROUP AND LOWER SECONDARY

INDOOR

CARD NO.	1	2	3	4	5	6	7	8A	8B	
POINTS	CABER	STANDING BROAD JUMP	HIGHLAND STEPS (30 secs)	WEIGHT FOR DISTANCE (under arm D Ball)	KILTIES DASH 6 x 10 METRES	LINEAR SHOT	WEIGHT FOR HEIGHT	PRECISION TEST (30 secs)	SKIPPING TEST (30 secs)	POINTS
GIRLS U11			1.5 KG		1.5 KG		1 KG			
BOYS U11			2 KG		2 KG		1.5 KG			
GIRLS U13			2 KG		2.72 KG		1.5 KG			
BOYS U13			3 KG		3.25KG		2KG			
	SCORE	METRES	NUMBER	METRES	SECONDS	METRES	METRES	NUMBER	NUMBER	
50		2.30	21	15.00	16.0	12.00	6.00	12	70	50
49		2.27		14.50	16.1	11.75	5.75		68	49
48		2.23		14.00	16.2	11.50			66	48
47		2.20	20	13.50	16.3	11.25	5.50		64	47
46	30	2.18		13.00	16.4	11.00	5.25	11	62	46
45		2.15		12.50	16.5	10.75			50	45
44	29	2.12	19	12.00	16.6	10.50	5.00		58	44
43		2.10		11.50	16.7	10.25	4.75	10	56	43
42	28	2.07	18	11.00	16.7	10.00			54	42
41		2.03		10.75	16.9	9.75	4.50		52	41
40	27	2.00	17	10.50	17.0	9.50	4.25	9	50	40
39		1.97		10.25	17.1	9.25			48	39
38	26	1.93	16	10.00	17.2	9.00	4.00		46	38
37		1.90		9.75	17.3	8.75			44	37
36	25	1.87	15	9.50	17.4	8.50	3.75	8	42	36
35		1.83		9.25	17.5	8.25			40	35
34	24	1.80	14	9.00	17.6	8.00	3.50		38	34
33		1.77		8.75	17.7	7.75			36	33
32	23	1.73	13	8.50	17.8	7.50	3.25	7	34	32
31		1.70		8.25	18.0	7.25			32	31
30	22	1.67	12	8.00	18.2	7.00	3.00		30	30
29		1.63		7.75	18.4	6.75			29	29
28	21	1.60	11	7.50	18.6	6.50	2.75	6	28	28
27		1.57		7.25	18.8	6.25			27	27
26	20	1.53	10	7.00	19.0	6.00	2.50		26	26
25		1.50		6.75	19.2	5.75			25	25
24	19	1.47	9	6.50	19.4	5.50			24	24
23		1.45		6.25	19.6	5.25	2.25		23	23
22	18	1.42	8	6.00	19.8	5.00		5	22	22
21		1.40		5.75	20.0	4.75			21	21
20	17	1.38	7	5.50	20.2	4.50	2.00		20	20
19		1.36		5.25	20.4	4.25			19	19
18	16	1.34	6	5.00	20.6	4.00			18	18
17		1.32		4.75	20.8				17	17
16	15	1.30		4.50	21.0	3.75			16	16
15		1.25	5	4.25	21.2		1.75	4	15	15
14	14	1.20		4.00	21.4	3.50			14	14
13	13	1.15		3.75	21.6				13	13
12	12	1.10			21.8	3.25			12	12
11	11	1.05	4	3.50	22.0		1.50		11	11
10	10	1.00			22.2	3.00			10	10
9	9	0.95		3.25	22.4			3	9	9
8	8	0.90			22.6	2.75			8	8
7	7	0.80	3	3.00	22.8		1.25		7	7
6	6	0.70			23.0	2.50			6	6
5	5	0.60		2.00	24.0				5	5
4	4	0.50			25.0	2.25			4	4
3	3			1.50	26.0		1.00	2	3	3
2	2		2		27.0	2.00			2	2
1	1				30.0				1	1

The Throws events should only be held under strict supervision.
All age groups are as at the start of the season.

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POINTS TABLE - PRIMARY AGE GROUP AND LOWER SECONDARY OUTDOOR

CARD NO.	1	2	3	4	5	6	7	8A	8B	
POINTS	CABER	STANDING BROAD JUMP	HIGHLAND STEPS (30 secs)	WEIGHT FOR DISTANCE (under arm D Ball)	KILTIES DASH 6 x 10 METRES	LINEAR SHOT	WEIGHT FOR HEIGHT	PRECISION TEST (30 secs)	SKIPPING TEST (30 secs)	POINTS
GIRLS U11			1.5KG		1.5 KG		1 KG			
BOYS U11			2 KG		2 KG		1.5 KG			
GIRLS U13			2 KG		2.72 KG		1.5 KG			
BOYS U13			3 KG		3.25 KG		2 KG			
	SCORE	METRES	NUMBER	METRES	SECONDS	METRES	METRES	NUMBER	NUMBER	
50		2.30	21	30	8.6	12.00	6.00	12	80	50
49		2.27		29	8.7	11.75	5.75		78	49
48		2.23		28	8.8	11.50			76	48
47		2.20	20	27	8.9	11.25	5.50		74	47
46	30	2.18		26	9.0	11.00	5.25	11	72	46
45		2.15		25	9.1	10.75			70	45
44	29	2.12	19		9.2	10.50	5.00		68	44
43		2.10		24	9.3	10.25	4.75	10	66	43
42	28	2.07	18	23	9.4	10.00			64	42
41		2.03			9.5	9.75	4.50		62	41
40	27	2.00	17	22	9.6	9.50	4.25	9	60	40
39		1.97		21	9.7	9.25			58	39
38	26	1.93	16		9.8	9.00	4.00		56	38
37		1.90		20	9.9	8.75			54	37
36	25	1.87	15	19	10.0	8.50	3.75	8	52	36
35		1.83			10.1	8.25			50	35
34	24	1.80	14	18	10.2	8.00	3.50		48	34
33		1.77		17	10.3	7.75			46	33
32	23	1.73	13		10.4	7.50	3.25	7	44	32
31		1.70		16	10.5	7.25			42	31
30	22	1.67	12	15	10.6	7.00	3.00		40	30
29		1.63			10.7	6.75			38	29
28	21	1.60	11	14	10.8	6.50	2.75	6	36	28
27		1.57		13	10.9	6.25			34	27
26	20	1.53	10		11.0	6.00	2.50		32	26
25		1.50		12	11.2	5.75			30	25
24	19	1.47	9	11	11.4	5.50			28	24
23		1.45			11.6	5.25	2.25		26	23
22	18	1.42	8	10	11.8	5.00		5	24	22
21		1.40		9	12.0	4.75			22	21
20	17	1.38	7		12.2	4.50	2.00		20	20
19		1.36		8	12.4	4.25			19	19
18	16	1.34	6		12.6	4.00			18	18
17		1.32		7	12.8				17	17
16	15	1.30			13.0	3.75			16	16
15		1.25	5		13.2		1.75	4	15	15
14	14	1.20		6	13.4	3.50			14	14
13	13	1.15			13.6				13	13
12	12	1.10			13.8	3.25			12	12
11	11	1.05	4	5	14.0		1.50		11	11
10	10	1.00			14.2	3.00			10	10
9	9	0.95			14.4			3	9	9
8	8	0.90		4	14.6	2.75			8	8
7	7	0.80	3		14.8		1.25		7	7
6	6	0.70			15.0	2.50			6	6
5	5	0.60		3	15.5				5	5
4	4	0.50			16.0	2.25			4	4
3	3				16.5		1.00	2	3	3
2	2		2	2	17.0	2.00			2	2
1	1				18.0				1	1

The Throws events should only be held under strict supervision.
All age groups are as at the start of the season.

SUGGESTED MULTI-EVENT COMBINATIONS FOR TEAM EVENTS

CARD	EVENT	INDOOR			OUTDOOR	
		OCTATHLON	PENTATHLON	SMALL AREA PENTATHLON	OCTATHLON	PENTATHLON
1	CABER	✓	✓	✓	✓	✓
2	STANDING LONG JUMP	✓	✓	✓	✓	✓
3	HIGHLAND STEPS	✓	✓	✓	✓	✓
4	a) WEIGHT FOR DISTANCE UNDER ARM 'D' BALL	✓	✓	-	-	-
	b) WEIGHT FOR DISTANCE 'D' BALL OR HAMMER	-	-	-	✓	✓
5	a) KILTIE DASH x 10m	✓	✓	✓	-	-
	b) KILTIE DASH 60m	-	-	-	✓	✓
6	LINEAR SHOT	✓	-	-	-	-
7	WEIGHT FOR HEIGHT	✓	-	-	-	-
8	a) PRECISION TEST	✓	-	-	-	-
	b) SKIPPING	-	-	✓	✓	-
9	WELLY THROW	-	-	-	✓	-

ALTERNATIVES

Organisers may modify the above combinations to suit their requirements and facilities. For example they may substitute Skipping for the Precision Test or vice-versa.

NOTE: The Weight for Height event when held out of doors using stands and a bar cannot be incorporated into a team event using the flow system because of the time required, however, it can be held as an individual event or included in a Decathlon when the tests are carried out over a period of sessions.

AWARD LEVELS

	OCTATHLON				PENTATHLON			
	UNDER 11 GIRLS	UNDER 11 BOYS	UNDER 13 GIRLS	UNDER 13 BOYS	UNDER 11 GIRLS	UNDER 11 BOYS	UNDER 13 GIRLS	UNDER 13 BOYS
GOLD	290	290	310	320	185	185	198	205
SILVER	260	260	275	285	165	165	176	182
BRONZE	230	230	245	270	145	145	154	162
BLUE	210	210	225	250	130	130	140	147
GREEN	160	160	170	190	100	100	106	112
YELLOW	100	100	110	115	60	60	65	70