

Highland Games 101

Presented
by



Section 1. Pick a Highland Game

Where are Games?

There are a few ways to locate Highland games. Most games are listed on Facebook or can be found on websites dedicated to the specific game. One of the best ways is to get linked into a group that has this information centralized for you. The Sisterhood makes a list of games from its members and updates as information changes. You can use this information to search for your first game!

Below is a list of some US Highland Games groups and how to contact them.

NASGA

North American Scottish Games

*Facebook for event notifications

*Website for profile and event score

<http://www.nasgaweb.com/main.asp>

Ancient Athletics (IL & IN)

<https://sites.google.com/view/ancient-athletics/home>

Buffalo Heavies (New York):

<https://buffaloheavies.webstarts.com/index.html>

F4SA (Florida and Southern States)

Foundation for Scottish Athletics

<http://www.f4sa.org/>

GLSAA (Ohio)

THE GREAT LAKES SCOTTISH ATHLETES' ASSOCIATION <https://www.glsaagames.com/>

IHGF

International Highland Games Federation

<https://internationalhighlandgamesfederation.com>

MASA

MidAtlantic Scottish Athletics

<http://www.heavyevents.com/>

New England Highland Games Association

Facebook only

SHA (California and West Coast)

Scottish Heavy Athletics

<http://scottishheavyathletics.com/index.html#/>

S.H.A.G. (GA, SC, NC)

Southeast Highlands Athletic Group

<http://throwshagshag.org/schedule/?fbclid=IwAR2cy2xnxNpo7ncPfsiXgtNyUBey58ev8hOKhtkbrRkn9fSPr1wVW9f3UbM>

SMAI

Scottish Masters Athletics International (Over 40 - World Championship) <https://scottishmasters.org/>

TCAA

Texas Celtic Athletic Association

Facebook Only

Clan Bacon

<http://www.clanbacon.org> for more links to practice groups!

There are more groups not listed so do not be afraid to search on your own. You will be surprised how many groups and games are out there. A lot of throwers make travel plans and take vacations to new locations across the US just to throw and meet new people! We will discuss how to travel with your throwing gear later in the series.

If you can locate throwing group near you, they will always be a wealth of information and can keep you informed of local games. If you ever have questions, you can reach out to the Sisterhood of Highland Throwers, or anyone associated with games or throwing groups and they will help you find information. Most new throwers will just post a question like, "I live near Dallas, are there any throwing groups or games near me?"

Registering for Games

You have found a game on a weekend that seems perfect what do you do now? You will need to find a registration link either on the games Facebook page or the games website. Most games use a third-party site to collect information and payment. One third party site is called Eventbrite; this also has a feature you can search events by city or state. A few games have you print forms and return those and pay when you arrive at the event. When you register it should ask you for some basic information, name, address but will also ask for shirt size and what class you will enter.

The classes, depending on the AD and Games, will be broken in several categories based on sex, age, and weight. The graphic below shows a summary of what could be offered. Some games offer just two classes for women (Open and Masters) while some take the sub-classes further separating out more age and weight categories.

How To Determine Your Class

Age determines participation in Open or Masters Classes and Sub-Classes

Age	Weight	Sub-Classes	Classes	
Under 40	<150 lbs.	Lightweight(LW)	Open	Elite (top women throwers)
	Any	A		
	Any	B		
Over 40	Any	40-44	Masters	
	<155 lbs.	40-44 LW		
	Any	45-49		
	<155 lbs.	45-49 LW		
	Any	50+		
	<155 lbs.	50+ LW		

Weight can further break down sub-classes

Classes will be offered in any of these classes or sub-classes as determined by the Athletic Directors (ADs)

+ more masters classes over 50, in 5 year increments & certain games may have adaptive classes



When you look at the registration for the event you can see what classes are offered and take note of the days the classes will be throwing. The classes may be split over several days.

You will also be required to pay a fee for registration. Typically, those range from \$30 to \$45. These funds cover the shirt and prizes, and most games offer snacks, water, and occasionally lunch.

In most cases, games will post athlete lists prior to the date on Facebook. You can see other women in your class before you arrive. These are the women who will coach you through your first game! We were all beginners once and only want you to love and succeed in your new adventure. There are no silly questions when you are learning so be sure to ask!