

Proposed Adaptive Classifications for
Highland Games Competitions
&
Appendix

Submitted by:

Broken Caber Adaptive Athletics

With the increasing numbers of adaptive athletes competing in highland games across the world, a need has arisen for clear competitive classifications for adaptive athletes. These classifications will serve to create a level playing field within the large number of adaptive situations/needs presented by athletes. This will give highland games adaptive athletes the same representation as other highland games classes for record keeping, qualifying for championship events and clear rules/regulations.

Broken Caber Adaptive Athletics Mission Statement

Our purpose is to advise on adaptive highland games classifications so that adaptive classifications are represented in a fair, safe, and equitable manner and to promote the integration of adaptive classifications into highland games around the world.

A. Para-Seated

- a. Definition of Class:
 - i. Athletes confined to use of a wheelchair, crutches or other aid for day to day walking needs.
- b. All highland games rules and regulations apply other than identified permissible adaptations and event weights.
- c. Permissible Adaptations:
 - i. Wheelchair or throwing frame with the seat no taller than 75cm
 - ii. Weights may be used to secure chair as needed
 - iii. Straps may be used to secure the thrower to the chair/frame
 - iv. Thrower must finish the throw in the chair/frame under control. I.E. If a competitor falls from their chair/frame the throw will be deemed a foul.
 - v. Chair/frame must be able to be moved into and out of the trig/throwing area within a reasonable time, with assistance if needed.
- d. Event Weights - Men
 - i. Must be used for Official Field, National, Continental and World Records
 - ii. Caber - Approximate equivalent for reference: Women or Youth Caber
 1. No Official Records kept as cabers vary between competition
 - iii. Sheaf Toss - 10lbs
 - iv. Light Hammer - 12lbs
 - v. Heavy Hammers - 16lbs
 - vi. Weight for Height - 21lbs
 - vii. Light Weight for Distance - 14lbs
 - viii. Heavy Weight for Distance - 28lbs
 - ix. Open Stone - 8-12lbs
 - x. Braemar Stone - 13-18lbs
- e. Event Weights - Women
 - i. Must be used for Official Field, National, Continental and World Records
 - ii. Caber - Approximate equivalent for reference: Youth Caber
 1. No Official Records kept as cabers vary between competition
 - iii. Sheaf Toss - 8 lbs
 - iv. Light Hammer - 8 lbs
 - v. Heavy Hammers - 12 lbs
 - vi. Weight for Height - 14 lbs
 - vii. Light Weight for Distance - 8 lbs
 - viii. Heavy Weight for Distance - 14 lbs
 - ix. Open Stone - 6-10 lbs
 - x. Braemar Stone - 9-13 lbs

B. Para Standing Upper Limb Loss

- a. Definition of Class:
 - i. Athletes missing a hand to a full loss of an arm or complete loss of function of an arm.
 - 1. *Athletes with a hand deformities but functioning arms from the wrist up will be classified as Para Muscular/Neuro
- b. All highland games rules and regulations apply other than identified permissible adaptations and event weights.
- c. Permissible Adaptations
 - i. Prosthetic Arm
 - ii. Splints, straps or other bracing to support or protect limbs in dynamic movements.
- d. Event Weights
 - i. Must be used for Official Field, National, Continental and World Records
 - ii. Caber - Approximate equivalent for reference: Youth to Masters depending on adaptive capabilities
 - 1. No Official Records kept as cabers vary between competition
 - iii. Sheaf Toss - 10lbs
 - iv. Hammer - 12lbs
 - 1. For safety and to preserve grip strength over the course of the competition one hammer is recommended for full competitions.
 - v. Weight for Height - 42lbs
 - vi. Light Weight for Distance - 28lbs
 - vii. Heavy Weight for Distance - 42lbs
 - viii. Open Stone - 16-22lbs
 - ix. Braemar Stone - 20-26lbs
- e. Event Weights - Women
 - i. Must be used for Official Field, National, Continental and World Records
 - ii. Caber - Approximate equivalent for reference: Youth Caber
 - 1. No Official Records kept as cabers vary between competition
 - iii. Sheaf Toss - 8 lbs
 - iv. Light Hammer - 8 lbs
 - v. Heavy Hammers - 12 lbs
 - vi. Weight for Height - 28 lbs
 - vii. Light Weight for Distance - 14lbs
 - viii. Heavy Weight for Distance - 28lbs
 - ix. Open Stone - 8-12lbs
 - x. Braemar Stone - 13-18lbs

C.Para Standing Lower Limb Loss

- a. Definition of Adaptations
 - i. Athletes missing a foot to a full loss of one or both legs.
- b. All highland games rules and regulations apply other than identified permissible adaptations and event weights.
- c. Permissible Adaptations
 - i. Prosthetic Leg/Legs
- d. Event Weights - Men
 - i. Must be used for Official Field, National, Continental and World Records
 - ii. Caber - Approximate equivalent for reference: Womens to Masters depending on adaptive capabilities;
 - 1. No Official Records kept as cabers vary between competition
 - iii. Sheaf Toss - 16lbs
 - iv. Light Hammer - 12lbs
 - v. Heavy Hammers - 16lbs
 - vi. Weight for Height - 42lbs
 - vii. Light Weight for Distance - 28lbs
 - viii. Heavy Weight for Distance - 42lbs
 - ix. Open Stone - 16-22lbs
 - x. Braemar Stone - 20-26lbs
- e. Event Weights - Women
 - i. Must be used for Official Field, National, Continental and World Records
 - ii. Caber - Approximate equivalent for reference: Youth to Women's caber depending on adaptive capabilities
 - 1. No Official Records kept as cabers vary between competition
 - iii. Sheaf Toss - 10 lbs
 - iv. Light Hammer - 8 lbs
 - v. Heavy Hammers - 12 lbs
 - vi. Weight for Height - 28 lbs
 - vii. Light Weight for Distance - 14 lbs
 - viii. Heavy Weight for Distance - 28 lbs
 - ix. Open Stone - 8-12 lbs
 - x. Braemar Stone - 13-18 lbs

D.Para Standing Neuro/Muscular

- a. Definition of Class:
 - i. Athletes suffering from neurological, neuro-motor disorders or muscle loss/deficiency disorders/injuries.
 - 1. This is a broad class due to the number of unique injuries and disorders that qualify one as adaptive but not as blatant as an amputation. As more athletes participate, the advisory board will be able to better modify this class in the future.
- b. All highland games rules and regulations apply other than identified permissible adaptations and event weights.
- c. Permissible Adaptations
 - i. Splints, straps or other bracing to support or protect limbs in dynamic movements.
- d. Event Weights
 - i. Must be used for Official Field, National, Continental and World Records
 - ii. Caber - Approximate equivalent for reference: Womens to Masters depending on adaptive capabilities
 - 1. No Official Records kept as cabers vary between competition
 - iii. Sheaf Toss - 16lbs
 - iv. Light Hammer - 12lbs
 - v. Heavy Hammers - 16lbs
 - vi. Weight for Height - 42lbs
 - vii. Light Weight for Distance - 28lbs
 - viii. Heavy Weight for Distance - 42lbs
 - ix. Open Stone - 16-22lbs
 - x. Braemar Stone - 20-26lbs
- e. Event Weights - Women
 - i. Must be used for Official Field, National, Continental and World Records
 - ii. Caber - Approximate equivalent for reference: Womens to Masters caber depending on adaptive capabilities
 - 1. No Official Records kept as cabers vary between competition
 - iii. Sheaf Toss - 12 lbs
 - iv. Light Hammer - 8 lbs
 - v. Heavy Hammers - 12 lbs
 - vi. Weight for Height - 28 lbs
 - vii. Light Weight for Distance - 14 lbs
 - viii. Heavy Weight for Distance - 28 lbs
 - ix. Open Stone - 8-12 lbs
 - x. Braemar Stone - 13-18 lbs

Appendix

- I. Broken Caber Adaptive Athletics (BCAA) is not a governing board and holds no authority. BCAA is an advisory organization that aims to help the adaptive community find a level playing field in adaptive highland games by advising federations/associations and athletics directors how to safely and fairly include adaptive classes regularly and competitively.
- II. The Paralympic model was used as a reference and guide to develop the classifications as well as determine eligibility as an Adaptive Athlete vs acute conditions.
 - A. For example: “Joints that can move beyond the average range of motion, joint instability, and acute conditions, such as arthritis, are not considered eligible impairments.”- From Explanatory guide to Paralympic classification in Paralympic Summer Sports(2015)
- III. A five-person advisory board was appointed in order to review needs for growth in the future.
 - A. The role of the advisory board is to give the best information, practical knowledge and guidance to governing federations/associations, athletic directors and potential adaptive highland games athletes concerning classification.
 - B. Seats on the board will be on a voluntary basis and will receive no compensation in any form from Broken Caber Adaptive Athletics.
 - C. The board will meet yearly (Early January) to discuss and take action on the needs for expansion or modification of classifications advised. This is to ensure a broad perspective when considering modifications.
 - D. The board will be comprised of:
 1. An adaptive highland games athlete
 2. An athletic director (current or past)
 3. A medical professional, preferable who works with adaptive athletes
 4. A functional fitness expert
 5. An able-bodied highland games athlete.
- IV. Guidance for Combining Adaptive Classifications
 - A. These broadly defined classes are designed to give Athletic Directors the ability to hold an adaptive class and award prizes alongside of the other classes on the field.
 - B. In order to give Athletic Directors the ability to hold, promote, obtain sponsorship, etc for one or more adaptive classes, the classifications can be combined as:
 1. “Adaptive Class” with scoring separated into Para Standing Adaptive Class (combining Upper, Lower and Neuro/Muscular) and Para Seated Adaptive Class if less than 3 are competing in a specific class(Standing Upper, Standing Lower, Standing Neuro/Muscular)
 - C. Athletes will compete against each other using the specifications (weights, etc.) of their adaptive class.
 - D. If there are three or more competitors in a specific standing class, their scores will be scored against each other in order to crown a winner in a specific class.
 1. Their scores can also be scored against all other standing adaptive athletes in order to crown an “Overall Para Standing Class and Para Seated Class” champions, at the Athletic Director’s discretion.
 - a) Throws in the “Overall Para Standing Adaptive Class” or “Para Standing” will be at the weights for each athlete’s respective adaptive category
 - b) If no class had three or more finish the competition, then Places and Prizes should be distributed in the “Para Standing Class”.
 - c) Records for each specific class can be set and broken within an Overall Class if all specifications for the individual class are met.

- V. Until the majority of the world is utilizing consistent adaptive classes, BCAA will maintain a database of adaptive records set at the National, Continental, and World levels across the independent highland games federations around the world:
 - A. Records must be set according to all existing highland games rules with the allowable adaptations cited in each classification and the weights cited in each specific classification. i.e. steel tape, weight verified, etc.
 - 1. All throws must be deemed legal by the governing body of the competition in order to be valid for submission and follow all regulations for confirming a record for any other classification.
 - a) Please submit records to brokencaberaa@gmail.com with a picture of the official scoresheet or link to official posting online.
 - B. Once the majority of the world is utilizing consistent adaptive classification, BCAA will no longer need to maintain records as they will be as comparable across fed/assoc as current men's, women's, pro, amateur, etc classes.
 - C. Currently there are no Lightweight (LW) Adaptive classes proposed. Records will be tracked as we do hope for a need/numbers to justify splitting the classes in the future. LW Adaptive Athletes need to weigh in with the LW's or AD at each event for #'s to be considered valid
- VI. Identified potential needs in the future:
 - A. As the pool of adaptive athletes grows there may be a need to split these broad divisions. The objective will be to create a more level playing field while not diluting the athlete pool in other divisions.