

## THE SCOTTISH HIGHLAND GAMES ASSOCIATION LIMITED – BYELAWS

1. Results of all competitions must be recorded on official return sheets provided by the SHGA and these sheets returned to the SGA results coordinator within 14 days following completion of the event by the Secretary of each Games/Sports/Event.
2. Handicappers, Judges, or Officials found guilty of misconduct and/or infringement of Rules, shall be deleted from the SHGA Approved List of Officials and their future employment in such official capacity proscribed.
3. (a) No Handicapper, Judge, or Official may engage in betting or bookmaking, on foot or cycle racing at any SHGA Meetings at which he/she is officiating  
(b) Handicappers must not engage in the training of athletes for track events for Members Games/Sports/Meetings.  
(c) No coaches or trainers of runners having vested interest in the athletes taking part should be appointed as officials on the finish line at SHGA Members Games.
4. All Handicappers, Secretaries and Officials shall use their best endeavors to enforce the ban or use of assumed names and addresses by any entrant into Open Athletics at Members Games/ Sports/Meetings.
5. It is the responsibility of each Member to inform General Council of any infringement of SHGA Rules, misdemeanour or other misconduct, which comes to their attention, on the part of any official, competitor or other individual.
6. Secretaries, Handicappers, Starters, and all Games Committee personnel will use their best endeavours to ensure that no person under suspension by the SHGA will be allowed to compete at SHGA Member Games.
7. Members will afford every assistance to the SHGA Secretary and other SHGA representatives in the pursuance of their duties.
8. No competitor may enter an assumed name or address. Athletes will be required to give details of the address at which they are permanently residing at the time of registration and to advise the SHGA Secretary of any change of address.
9. In youths races, the minimum age will be ten (10) years of age and the maximum will be fifteen (15) years. Persons wishing to enter youths events must provide proof of date of birth at time of registration.
10. In open events, competitors must be not less than sixteen (16) years of age.
11. All registered athletes wishing to compete in track events will be allocated SHGA identification numbers. Each athlete must wear his/her number on back and chest when competing in all SHGA events where bibs are not supplied.
12. All competitors taking part in running events up to and including 800 metres at Members Games must wear spiked track shoes.
13. All persons wishing to take part in athletic events at a Members Games/Sports Meeting must be registered as an athlete with the Scottish Games Association prior to taking part in any of these events and pay appropriate fee which will be fixed annually.
14. Entry monies due by competitors wishing to participate in events at Members Games/Sports Meetings must be paid over in the manner and by the date/time specified by the Member.
15. Where Games have pre-entry requirements, competitors may be penalised for late entries at the discretion of the handicappers.
16. Failure by any competitor to notify the handicapper, at a Member Games/Sports meeting in which he/she is competing of a winning performance subsequent to competing for such Games/Sports Meeting will result in the possible disqualification of that competitor from any and all events at that venue. Any monies or awards gained at that venue prior to discovery of the failure to disclose shall be subject to forfeiture.

17. Any runner or cyclist who wishes to question their handicap mark must do so in writing to the handicapper concerned. Competitors who are dissatisfied with the response received may apply, in writing, to the Secretary of the SHGA who will then put the matter before a panel of General Council Members appointed by the President to consider the complaint.
18. Competitors must lodge complaints or make appeals personally. Submissions presented on their behalf by coaches, trainers, and/or other aides will not be considered, except in youth races.
19. Handicap marks allocated to competitors for any individual event at a Members/sports meeting shall not be altered during the course of that event.
20. Competitors must leave the track at the close of their competition and must not loiter on the Games Field.
21. No attendants shall be allowed to accompany competitors on the track except at the finals of the open handicaps and then they must leave the arena before competitors come under starter's orders.
22. Any competitor adjudged to be wilfully jostling, running or obstructing another competitor may be disqualified by appointed Games Officials, from that race and reported to the General Council for decision on disciplinary action.
23. Any competitor in a track event who is holding the inside position on the track and is adjudged by an official appointed by the Member Games and/or by the SHGA, to have run wide to prevent another competitor from passing will be disqualified from that event.
24. Any competitor giving verbal and/or physical abuse to officials will be reported with the minimum possible delay, to a panel comprising the SHGA Representatives at that venue and a representative of the Member's Managing Committee who will have powers to deal with this matter on the day.
25. Competitors who are found to have made a deliberate attempt to mislead the handicappers or officials in any way shall be subject to disqualification from participation in any event at that Member's venue at which such attempt is detected. The matter must then be referred to the General Council for decision as to whether further disciplinary measures are to be implemented.
26. Games Officials have the authority to carry out random inspection of running shoes and equipment.
27. The handicapper has the authority to position a competitor who has competed successfully from actual scratch or virtual scratch to a mark behind the scratch mark in subsequent handicaps, irrespective of the fact that the event(s) is (are) advertised as being over a given distance.
28. All competitors competing at Meetings held under the SHGA Rules automatically bind themselves to accept this and all other SHGA Rules.
29. Sprint handicap races up to and including 110 metres shall be run on stringed or lined tracks.
30. In handicap races, stations at the start shall be assigned to the competitors according to the order of their names appearing on the programme. No.1 in the heat taking the inside station, No.2 the second station etc. Competitor on scratch is permitted to nominate the lane of his/her choice in the final. All starts should be pegged and the respective distance marked on the pegs. Lines shall be drawn from the pegs indicating the competitors starts. In handicap sprints, two lines of start pegs shall be provided with parallel lines drawn from peg to peg, so that Steward and runners alike have easy visibility of correct starts.
31. Adequate and separate dress accommodation shall be provided by Members for male and female competitors.
32. The track must be measured accurately, and the track with bends shall be measured 12 inches /30.5 centimetres from the inside.
33. Starting blocks may be used in scratch championship events. Their use in 200 metre events is permitted only where marked lanes are provided.

34. Any Official may stop a race for safety reasons. In all other circumstances only the appointed starter or recall steward where appointed has such authority.

### **THE START**

35. Starter's Orders - The starters orders for sprint events will be - "Get to your marks", and when all the runners are seen to be steady, the second order will be given - "Get Set". When all runners seen to be ready following the second command, the start pistol will be fired without any further verbal command.

36. In the case of a competitor going over their mark with hand or foot when under starter's orders in handicap events they shall be penalised as follows: In races up to and including 400 metres - one metre; in races of 800 metres - two and a half metres; and in races of 1600 metres - five metres. Where second offence occurs the penalty will be doubled, and on third offence the competitor will be disqualified from that race.

### **THE FINISH**

37. The finish will be an imaginary line drawn across the track at right angles thereto. (a) Worsteds shall be stretched over this line and fastened to a post fixed at each side of the imaginary line.

(b) Competitors shall be adjudged to have finished in any race when their torso crosses the finish line as defined above.

(c) Competitors striking the worsteds with their hands deliberately to gain unfair advantage will be disqualified.

(d) Any competitor who falls at the finish may be deemed to have gained a place if the whole body of his/her body crosses the finish line before the following competitor passes such line.

(e) The Judges decision as to the result of any race shall be final. In the event of photo finish equipment being available, the judges are encouraged to consult with the photograph in the event of a close finish. The decision to consult the photograph shall rest solely with the judges.

(f) Judges must place themselves at least four metres back from the winning post but in line with the finish.

38. Anyone running a dead heat in a qualifying heat shall progress to take part in the subsequent round as individual competitors in their own right.

39. Appointed Officials shall have the power to declare 'no race' if they consider that the quality of performance running merits such a decision.

40. Competitors in track events and or field competitors at Member Games/Sports Events organised by Members of the Scottish Games Association are deemed to have assumed open athletic status unless such participation has received the prior approval of the appropriate sports body of the amateur sports authority and the competitor has lodged details of such approval with the SHGA.

41. All Championship track events (running and cycling) must be in metric measurement.

42. Any person attempting to coach a competitor while inside the arena in which the competition is taking place shall be liable to instant dismissal from the arena if the appointed officials for that event so decide. The competitor receiving coaching in such circumstances shall render himself/herself liable to disqualification from that event.

### **CYCLING**

The general rules for running events will apply to cycling plus:

43. In all events, cycles must have a fixed wheel. No brakes, multispeed gears, free wheels, mudguards or any other detachable parts may be on the machine. Handlebars must be plugged.

43a. In youths races, the minimum age will be ten years of age and the maximum will be sixteen years. Persons wishing to enter youths events must provide proof of date of birth at time of registration.

44. Riders must present a neat and tidy appearance when competing. Protective headgear must be worn on all tracks.

45. Judges shall have the power to disqualify competitors who in their opinion are guilty of pacing and to report immediately such instance to the SHGA. Competitors falling one lap behind with or without pacing another competitor being the objective may be called out of the race in progress.

46. In de'il tak the hindmost cycle races, competitors shall be withdrawn in accordance with the last part of the bicycle to cross the line. One cyclist is pulled out each lap after the first lap is over, until three cyclists are left, who will then race on to the finish after receiving the bell. In races in which there are four or fewer riders, the number "two" shall be substituted for the number "three" in the previous sentence.

47. When heats are necessary for a race then the same number of riders from each heat shall qualify for the final. When more than seven cyclists are taking part in the 800 metres cycling event, heats shall be run.

48. Starter's orders for all races will be given by whistle blast warnings for all to be ready. When all riders are seen to be ready, the pistol will be fired to start the race. Only standing starts are permitted, with the exception of the Diel and Scratch events.

## **HEAVY EVENTS**

### **49. GENERAL RULES**

(a) Each competitor has up to three attempts in each event with best of three to count.

(b) In the interests of safety, the Judge has the right to disqualify any competitor who does not come up to the required standard in any of the heavy events.

(c) In the shot putt, hammer, and weight for distance, the weight will be thrown from behind a wooden trig 6 ins. high and 4ft. 6ins. long. All competitors must have one foot behind the line of the trig prior to each throw, but both feet must be behind the trig on completion of the throw. The touching of any part of the trig except the face nearest the competitor when he takes his stance or the ground beyond the trig, or the line of the trig extended by any part of the competitors body shall be foul throw - whether the weight has been delivered or not. Measurements will be taken from the centre of the trig to the nearest break of the ground.

(d) No device of any kind - eg. Taping of fingers together - which may in any way assist a competitor when taking a throw, shall be allowed.

(e) All competitors in Open Heavy Events at SHGA Members Games must appear and compete in highland dress. No competitor will be permitted to dress or undress in the Games arena.

(f) A time limit of two minutes shall be applied to each individual attempt in all heavy events listed above.

(g) In all heavyweight events after normal competition is complete, the winner will be given the opportunity to attempt both Ground and National Records. He will be given one attempt for the Ground Record if not broken during the competition, and is successful one further attempt for the National Record. Where ground records are claimed it is essential that the same weight be used from year to year on the same ground.

(h) Athletic costume; In sponsored events no competitor shall be allowed to wear any prominent form of advertising except where the advertisement relates to the Firm or Company supporting the event.

(i) In the event of a Championship for various events ending in a tie, the outright winner will be decided by most wins in individual events. Where there is a tie in individual Championship events, then they will further throws until one is adjudged the winner. **PUTTING THE BALL:** Standard Weights 16lbs. and 22lbs.

50. The ball shall be of metal or stone and spherical. Where a stone is used, the competition should be styled 'Putting the Stone'. The ball shall be putt from the front of the shoulder with one hand only, without follow, and shall be delivered from a wooden trig. The run shall not exceed 7ft. 6ins. Boundary pins are neither necessary nor desirable except on uneven ground.

**THROWING THE WEIGHT:** Standard Weights 28lbs. and 56lbs.

51. The weight shall be of metal with chain and ring attached, the total weight being 28lbs. or 56lbs. The weight shall measure 18ins. overall. The weight shall be delivered from behind the trig with one hand where the run will not exceed 9 feet and any style can be used.

**THROWING THE HAMMER:** Standard Weights 16lbs. and 22lbs.

52. The hammer head shall be of metal and spherical, and the shaft shall be of wood or cane. The overall length of the hammer shall be 4ft. 2ins. The hammer shall be thrown standing style and shall be delivered from behind a wooden trig.

**THROWING THE WEIGHT OVER THE BAR**

53. The weight with ring attached weighing in all 56lbs. is used for this event. Each competitor may commence at any height he desires, but, having once commenced, he must continue. All measurements shall be made from the ground to the top of the bar at the point midway between the uprights. A competitor may use either hand but only one hand may be used in making a throw. Where competitors have failed except one, that competitor is entitled to continue until he has forfeited his right to compete further having had three attempts at each selected height. The height which the bar is raised shall be decided after consulting the wishes of the competitors.

#### **TOSSING THE CABER**

54. There is no standard size or weight of caber, but the caber should be a length and weight beyond the powers of all but the best competitors to turn. The practice of throwing a light caber for distance is not tossing the caber and should be discontinued. Each competitor taking any length of run he wishes and tossing from where he chooses. Where the ground is uneven a mark should be made from near which, and beyond which, the toss must be made. On no account must a fixed trig or stance be used. An attempt shall commence when the caber has been set up and if the competitor allows the caber to fall, then this shall count as one of his attempts. It is absolutely essential to have a competent judge, who thoroughly understands the rules of this sport. In Championship Caber Events- two different weights of caber must be provided and only competitors able to toss the lighter caber can proceed to heavier caber.

#### **LIGHT FIELD EVENTS**

##### **55. HIGH JUMP AND POLE VAULT**

Each competitor shall be allowed three attempts at each height. He may commence jumping at any height he desires, but having once commenced, he must continue to attempt each height as the bar is raised, until he either fails three times or retires. In the high jump, neither diving nor somersaulting will be permitted, and running under the bar or making an attempt to jump shall be regarded as an attempt. All measurements shall be made from the ground to the top of the bar at the point midway between the uprights. The bar shall be of uniform thickness. The pegs shall not project more than 3ins. from the uprights on the far side from where the competitor takes off. The bar shall not project more than 6ins. from the pegs.

##### **56. LONG JUMP AND TRIPLE JUMP**

Each competitor shall be allowed three attempts. He shall take any length of run he desires. An adequate sandpit should be provided into which all leaps should be made. It is essential that a take-off mark be stipulated. Each leap should be measured from the take-off mark i.e. the competitor's toe mark to the edge of the nearest heel mark made by the competitor on landing in the sandpit. The take-off mark must be a clearly visible field mark on the ground. If a competitor falls back after leaping, the attempt shall constitute a foul, but shall be counted as one of the competitor's attempts.

#### **SCOTTISH PROFESSIONAL WRESTLING**

##### **57. CUMBERLAND AND WESTMORLAND STYLE**

(a) On taking hold the wrestlers stand up chest to chest each placing his chin on the opponent's right shoulder grasping him round the body, each placing his left arm above the right of his opponent. Three minutes shall be allowed in which to take hold, and in the event of the hold not being obtained, the Referee shall compel the contestants to take hold across his (The Referee's) back, the wrestlers refusing to take hold to be disqualified. When both men have got hold and fairly on their guard the Referee shall call "hold" and, with the exception of kicking, the wrestlers are allowed to use the every legitimate means to throw each other, to strike with the side of the foot shall be regarded as kicking. If either party breaks his hold, that is loose his grip, though not on the ground, and the other still retains his hold, the one releasing shall be declared the loser.

(b) If either man touches the ground with one knee only or any part of his body, though he may still retain his hold, he shall not be allowed to recover himself, but shall be deemed the loser. If both fall to the ground, the man who is first down or falls under the other shall be the loser. But if they fall side by side or otherwise so that the officials cannot decide which was first on the ground, it shall be termed a dog fall, and shall be wrestled over again.

(c) The wrestlers shall compete in their stocking feet. The wearing of sweaters or pullovers is forbidden. The Referee shall disqualify any wrestler using unfair means after having been once cautioned.

(d) A fall is defined as touching the ground with any part of the person, the feet excepted. All competitions shall be decided by the best of three falls.

(e) All byes must be drawn in the first round of the competition. No byes are allowed after the first round.

(f) All wrestlers must enter under their own name and town or village in which they have been permanently residing for the past three years.

### **58. CATCH-AS-CATCH-CAN-STYLE**

(a) All wrestlers shall take hold where they please, subject to the following restrictions: The hair, flesh, ears, private parts or clothes must not be seized, the twisting of fingers and thumbs is forbidden, and grip that endangers life or limb or has for its objects the punishing of an opponent or inflicting such pain as might force him to give a fall, will not be allowed.

(b) Any fair hold, grip lock or trip is allowed. Forbidden holds are strangle hold, the flying mare with the palm of the hand uppermost, the hammerlock with the bar hold or interlacing of fingers.

(c) To strike with the side or the sole of the foot shall not be regarded as kicking. Pressing a knee on the back of an opponent's hand while on the mat or ground, or pressing a knee on opponent's leg is forbidden.

(d) If a wrestler's nose starts to bleed, the Judge or Referee must stop the bout for ten minutes duration. Then, if all right, the bout will be allowed to go on.

(e) The Judge or Referee shall see that a wrestler's finger nails are trimmed short. All wrestlers must wear jock straps and shorts, stocking feet or rubber gym shoes. Shoes with heels or nails or hard leather soles are forbidden. It is also forbidden to wear rings or bracelets, shoes with buckles, or metal tags, studs, or any metal work, etc, with which it is possible to injure an opponent. Also to grease or oil the hands or any part of the person.

(f) When wrestling on the ground, if the contestant on top does not try any definite attack during one minute, he must be called to order and, after a further minute, the Judge or Referee shall make both men stand up and, after a further minute, the wrestler failing to try shall be disqualified.

(g) All falls in Catch-as-catch-can wrestling shall be decided by the pin falls A wrestler must pin his opponent's shoulder to the ground or mat for three seconds and the Referee or Judge will tap the winner on the back, and if no fall at the end of ten minutes, the Referee or Judge will give his decision on points. Then both wrestlers must shake hands. The referee or Judge will give his decision on points. The both wrestlers must shake hands. The Referee or Judge will hold up the winner's right hand so as to let the spectators know who is the winner. If the Referee or Judge cannot give decision at the end of ten minutes, both wrestlers must wrestle an extra five minutes.

(h) All wrestlers must enter under their own name and town or village in which they have been permanently residing for the past three years.

(i) Wrestlers competing under an assumed name are liable to be suspended by SHGA.

(j) All byes must be drawn in the first round in all competitions. No byes are allowed after the first round.

### **59. TUG-O-WAR**

(a) Team to consist of five or eight members and one coach.

(b) Raised heels up to a maximum of 1/4 inch (7mm) allowed on footwear, and footwear to be inspected prior to start of competition.

(c) Overall pull to be 12 feet and winner of each tie to be decided by best of three pulls.

(d) No hand over hand pulling allowed. Team members must go back with rope when pulling.

(e) Anchorman to loop rope round one shoulder to secure rope as per style used at present. No knot is permitted on the rope end.

(f) All team members to remain on their feet at all times. No hand sars allowed on the ground apart from the anchorman who is permitted to use one hand on the ground.

(g) Draw for ties to take place prior to start of competition. Succeeding rounds to be redrawn at judges discretion.

(h) Teams through coaches will be reminded of the rules prior to the commencement of the competition. Only coaches consult with the judge and judges decision is final.

(i) A team member is permitted to pull for only one team during a competition.

(j) Judge to toss coin to determine direction of pull.

(k) Prior to commencement of pull, judge will ask coaches if they are ready, then give the command 'take the strain', at this point team members may heel in, when teams are balanced, order to 'pull', is given and the tie has commenced.

(l) In weight restricted competitions competitors must be weighted with boots on.

- (m) Teams will leave the area of competition during ties in which they are not involved.
- (n) Two warnings for infringements including foul language will be given. A further warning will result in disqualification and forfeit of points awarded for attending competition.

## **PROTESTS**

- 60 (a) Protests or objections by a competitor against another competitor must be made to the Secretary of the Games/Sports Committee and such objections must be made within 15 minutes after the Officials have confirmed the result of the race or event in which the reason for the protest/objection arose.
- (b) Protests must be accompanied by deposit of £25 and shall be made in writing and signed by the competitor, such fee to be returned if the objection is considered justifiable but will be forfeited should the panel adjudication deem the Protest/Objection frivolous.
- (c) Objections lodged against a successful competitor shall result in that competitor's prize money being withheld until the Protest or Objection is finally disposed of.
- (d) Protest of objection on the grounds of misconduct by a competitor in the actual competition shall be resolved by the Games/Sports Committee Officials on the ground if possible in consultation with the Games/Sports Committee. If the matter cannot be resolved, details must be reported immediately to the SHGA Secretary.
- (e) Appeals against decisions applied at Games/Sports events in respect of protests/objections must be submitted in writing within seven days of the event, together with a fee of £10 (returnable at the discretion of General Council) to the SHGA Secretary by any competitor adversely affected by such decisions. Appeals so submitted will be ruled upon by General Council or by Appeals Panel appointed by the General Council.
- (f) Reports on any and all protests/objections raised in the course of a Member's Games/Sports Meeting must be submitted to the SHGA Secretary by both the Members and SHGA Representatives.

## **APPEALS**

- 61. An individual wishing to appeal against a ruling of or decision by the General Council on a protest made under Rule 49 thereof, must do so submitting a written notice of appeal within 14 days of the date of the General Council's decision which should be intimated in writing forthwith by the secretary of the SHGA to the individual concerned, duly signed to the SHGA Secretary. A fee of £20 is payable at the time of appeal but will be refunded should the grounds of appeal be found to have merit.  
The notice of appeal must clearly specify those grounds on which the appeal is based and indicate whether part or all of a ruling/decision is being appealed. Upon receipt, the notice of appeal will be copied to Members of the General Council Appeals Panel together with a note of the date, time and venue when and where an Appeals Hearing can be convened. The appellant and all parties involved will receive at least seven days notice of the date, time and place of the Hearing. The appellant may present his case in person or in writing to such a hearing and may in addition, be represented by one other person.

## **RECORDS**

- 62. Members wishing to seek ratification of claimed record breaking performances at their Games/Sports Meeting must submit to the Secretary of the SHGA (a) within seven days of the event a written notice intimating their intention so to claim and (b) within twenty eight days of the event details of these performances for consideration by the General Council. Submissions for track events should include inter alia:
  - (a) Verification of the length of the course obtained through check measurement.
  - (b) Confirmation of the accuracy of the watches used to time the performances ascertained through checks.
  - (c) Names of two or more, competent timekeepers timing the performances.
  - (d) Confirmation that the winning time was checked by other than track officials appointed by the Member Games immediately on completion of the performance(s).
  - (e) Names of the SGA Representatives called upon to authenticate at the above. The appointed SHGA Representatives will report separately to the SHGA Secretary on such performances.

## **63. CONTROL OF DOPING**

63.1 Doping in or out of competition is strictly forbidden and is an offence under the Rules of the SHGA.

63.2 The offence of doping takes place when:

63.2:1 A prohibited substance is found to be present within an athlete's body tissue or fluids, or

63.2:2 An athlete takes advantage of a prohibited technique; or

63.2:3 An athlete admits having used or taken advantage of a prohibited substance or prohibited technique; or

63:2:4 An athlete fails or refuses to submit to doping control and produce a sample after having been requested to do so by an authorised official; or

63:2:5 A person assists or incites others or admits having assisted or incited others to use prohibited substances or prohibited techniques: or

63:2:6 An athlete on the "out of competition register" fails to notify the SHGA of changes of address or more than five days duration and is consequently not available at the notified address when requested to undertake a test without an explanation which is acceptable to the SHGA.

63:3 Prohibited substances shall have the meaning ascribed to them in the IAAF "Rules and Procedural Guidelines for Doping Control" in force for the time being and / or any recognised successor thereto.

63.4 Prohibited substance shall include a metabolite of a prohibited substance.

63.5 It is the duty of the athlete to ensure that no substance enter his/body tissues or fluids which is prohibited under the Rules. Athletes shall bear the responsibility for any substance detected in samples given by them.

63.6 The expression "prohibited technique" shall include:

63:6:1 Blood infusion ("blood doping")

63:6:2 Use of substances and/or methods which alter the integrity and validity of urine samples in doping control.

63:7 An admission may be made either verbally in a verifiable manner or in writing.

63.8 An athlete must submit to doping control by an authorised official when requested to do so either in or outside competition. Failure to do so shall be a doping offence and the sanctions regarding eligibility set out hereafter shall apply and as if a positive result under Rule 63:2:1 had been obtained.

## **64 PROCEDURE**

64:1 Disciplinary proceedings will take place in three stages.

64:1:1 Suspension - such suspension shall take place from the time that the Secretary of the SHGA receives prima facie evidence that a doping offence has taken place and written notice to that effect has been sent to the athlete concerned.

64:1:2 Hearing as hereinafter described.

64:1:3 Decision as to eligibility.

64:2 Every athlete shall have the right to a hearing before a disciplinary panel comprising of three members of the General Council of the SHGA. When an athlete is notified on their suspension under Rule 64:1:1, he/she shall be served first class post with a notice informing them of their right to a hearing under the terms of this rule together with a notice of application of a hearing. If the athlete fails to return the notice of application under this Rule within 2 days of it's issue, they shall be deemed to have waived their rights to a hearing under this Rule. The hearing shall be fixed by the Secretary of the SHGA to take place not later than the expiry of 14 days from the end of the period of notice provided for in this paragraph. The athlete and not more than two representatives shall be entitled to attend the hearing and shall hear any representations made by or on behalf of the athlete. The hearing shall determine whether or not a doping offence has taken place after hearing such representations as are made on behalf of the athlete and shall determine the sanctions to be adopted in terms of Rule 65.

## **65. SANCTIONS**

65:1 Where an athlete has committed one of the doping offences in respect of a substance listed in part 1 of the "IAAF Rules and Procedural Guidelines for Doping Control", that athlete shall be declared ineligible to participate in any SHGA or other recognised event in any country:- The period of time an athlete is declared ineligible for competition at any SHGA Member Games as outlined hereunder, will apply to the period of mid May to mid September and the date or dates upon which the New Year Athletics Gala is/are held.

65:1:1 For a first offence for a minimum period of four years from the date of the provision of the sample or of the sanctionable offence, together with any additional period necessary to include a subsequent equivalent competition to that in which the athlete was disqualified.

65:1:2 For a second offence for life from the provision of the sample or of the sanctionable offence.

65:2 Where an athlete has committed one of the doping offences in respect of a substance listed 1 Part 2 of the "IAAF Rules and Procedures for Doping Control" that athlete shall be declared ineligible to participate in any SHGA or other recognised event in any country.

65:2:1 For the first offence for a period of three months from the date of the provision of the sample.

65:2:2 For the second offence for a period of two years from the provision of the sample.

65:2:3 For the third offence for life from the date of the provision of the sample.

65:3 In addition to the foregoing sanctions the athlete may be subjected to such other sanction as the hearing panel considers appropriate including a finding of liability for costs incurred to the SGA in respect of the doping procedures, the hearing or any appeal as hereinafter provided. Where an athlete has been declared ineligible under the provisions of these Rules, he/she shall forfeit any award to which he/she would have been entitled by virtue of his/her appearance at the SHGA meeting at which the offence took place and any subsequent SHGA meeting at which he/she may have participated pending the final disposal of the matter hereunder.

65:4 The decision of the hearing panel shall be intimated to the athlete in writing forthwith by the Secretary of the SHGA whether or not the athlete is present at the hearing and whether or not he /she is advised at the hearing of the decision reached.

## **66. APPEAL**

66:1 Every athlete found to have committed an offence under any of the provisions of Rule 63 may appeal against any part of the finding to a panel consisting of two members of the General Council of the SGA provided that such an appeal is lodged in writing with the Secretary of the SHGA within 14 days of the issue of the notice under Rule 65:4 and specifies the part or parts of the decision which the athlete wishes to have reviewed and specifies the basis on which the appeal is being brought. Only matters raised by the athlete in his /her application for appeal may be raised at the hearing of the appeal.

66:2 Rule 64:2 shall apply to the conduct of the appeal as it does to the conduct of the hearing except where inconsistent with Rule 66 in which event the provisions of Rule 66 shall apply. The appeal panel may sustain, reject or modify the decision of the hearing panel and in so doing may increase or decrease the sentence applied subject always to the terms of these Rules.

66:3 Once the period of ineligibility has expired the athlete shall automatically be re-eligible provided that no other offence involving ineligibility has occurred subsequently in which event that shall be treated as a separate offence under these Rules and dealt with under these Rules as appropriate.

## **67. INTIMATION**

67:1 The SHGA shall advise forthwith in writing the Scottish Athletics Federation of any decision to suspend or declare ineligible any athlete in terms of these Rules or any other steps taken by it in the application of these Rules. The General Council shall have the power to give such other publicity to matters raised under the provisions of Rules 64 to 67 as it shall determine in its absolute discretion.

## **68. RECOGNITION**

68:1 The SHGA General Council may, recognise the results of doping control carried out by a recognised sporting body other than the SHGA, or by a Member of that sporting body under the Rules and Procedures different from those of the SHGA, if it is satisfied the testing was properly carried out and the rules of the body conducting these tests afford sufficient protection to athletes.

68:2 Where it is proposed to recognise, at a meeting of the SHGA General Council, the results of doping control carried out by a sporting body other than the SHGA or a Member of that sporting body under the Rules and Procedures different from those of the SHGA, an athlete likely to be affected shall be given notice in writing one month before the relevant Council meeting. Should they wish to make representations in writing to the Council, these should be delivered to the SHGA Secretary at least even days before the date of such meeting.

68:3 An athlete shall have the right to attend the relevant Council meeting and to make such representations as they feel necessary.

68:4 If the Council decide that the result of doping control carried out by a sporting body other than the SGA is to be recognised, then the athletes shall be deemed to have breached the relevant SHGA Rule and will be subject to the same sanctions as an athlete who has done so.

## **LIST OF PROHIBITED SUBSTANCES**

Because the list of prohibited substances is amended from time to time, where any athlete has any doubt whatsoever of any substance, **It Is Recommended That All Athletes Personally Check The Up-To-Date Information With UKSport In London By Calling The Helpline On 020 7211 5130 Or By Accessing The Drug Information Database At [www.uksport.gov.uk/did](http://www.uksport.gov.uk/did)**