

SUMMARY OF SCOTTISH GAMES RULES

	RMSA	NASGA	SAAA	SHA	MASA	KASA
Braemar Stone						
Men	22 to 26	20 to 26	22 to 24	20 to 28	22 to 28	20 to 28
Women	11 to 18	13 to 18	13 to 16	13 to 18	11 to 18	13 to 18
Open Stone						
Men	16 to 22	16 to 22	16 to 18	16 to 20	16 to 22	16 to 20
Women	8 to 12	8 to 12	9 to 11	8 to 12	8 to 12	8 to 12
Light Weight For Distance						
Men	28	28	28	28	28	28
Women	14	14	14	14	14	14
Men's Masters	28	28	28	28	28	28
Women's Masters	14	14	14	---	---	14
Men's < 200#	28	---		28	---	28
Women's < 150#	---	---	---	---	---	14
Heavy Weight For Distance						
Men	56	56	56	56	56	56
Women	28	28	28	28	28	28
Men's Masters	42	42 or 56	42 or 56	42	42	42
Men's Novice	---	---	42 or 56	42	42	42
Women's Masters	21	---	21	---	---	---
Men's < 200#	42	---	42 or 56	---	---	---
Women's < 150#	---	---	21	---	---	---
Light Hammer						
Men	16	16	16	16	16	16
Women	12	12	12	12	12	12
Heavy Hammer						
Men	22	22	22	22	22	22
Women	16	16	16	16	16	16
Weight Over Bar						
Men	56	56	56	56	56	56
Women	28	28	28	28	28	28
Men's Masters	42	42 or 56	42 or 56	42	42	42 or 56

Men's Novice	---	---	42 or 56	42	---	42 or 56
Women's Masters < 200#	21	---	21	---	---	---
Throwing Style	Any	Any	Any	Any	Any	Any
Sheaf						
Men	20	20	20	20	20	20
Men's Amateur	16 or 20	16 or 20	16 or 20	16 or 20	16	16 or 20
Women Elite	12	---	---	---	---	---
Women	10 or 12	12	10	12	12	12
Men's Masters	16	16 or 20	16 or 20	16 or 20	16	16
Men's < 200#	16	---	16 or 20	16 or 20	---	---
Women's < 150#	---	---	---	---	---	---

Authorities

SAAA	https://docs.wixstatic.com/ugd/a42bbf_5ccc511a23024e32bf7252d7945fd65d.pdf
SHA	http://scottishheavyathletics.com/rules.html
RMSA	https://www.rmsa.org/rmsa-rule-book/
NASGA	http://www.nasgaweb.com/rules.asp
MASA (Mid-Atlantic)	http://www.heavyevents.com/rules/index.php
KASA	PDF Document published on Facenook