

# SHOT PUT



**An event where a heavy ball is pushed as far as possible**

## Competition

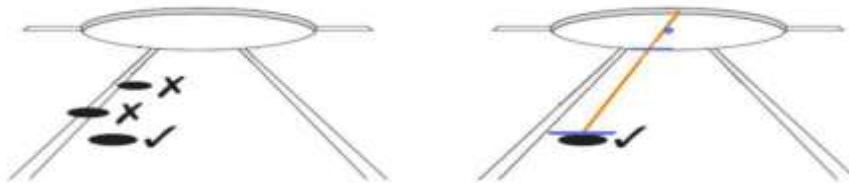
- Trials in Field Events
  - Depending on the event type or club rules, athletes may either have three trials or have three trials each with the top eight competitors progressing to the final round where another three trials will be held.
  - The order of competition is usually in name order as listed on the results recording sheet for the first three throws. The following three attempts are resorted with the shortest distance going first to the longest distance going last.
  - Athletes are not allowed to take their attempts consecutively
- During Competition
  - Practice attempts are allowed before the competition begins but not once it has started.
  - The athlete may enter the circle to start his/her attempt from any direction
  - The athlete must start their attempt from a stationary position inside the circle (meaning they can't do a run up from the outside of the circle)
  - The shot put will be held in one hand only. At the time an athlete takes a stance in the circle to commence the put / push, the shot put shall touch or be in close proximity to the neck or the chin and the hand shall not be dropped below this position during the action of pushing/putting. The shot put shall not be taken behind the line of the shoulders.
  - The athlete shall not leave the circle until the implement has landed
  - When leaving the circle, the first contact with the top of the circle or outside the circle must be behind the white lines drawn on the outside of the circle.



# SHOT PUT



- A competitor fails and a foul is recorded if:
  - He/she infringes any of the above rules
  - If the shot put lands on or outside the sector lines
  - After stepping into the circle and standing to throw, the competitor touches with any part of his body the tip of the circle or rim or the ground outside



- Measuring and Recording a Throw
  - Measure all valid (fair) attempts regardless of whether they were better or worse than the previous
  - Also place the spike where the shot put lands until the official gives the all clear (Fouls are not measured unless there is a protest)
  - If the shot put hits the cage, but lands in the sector line, it is not a foul
  - Measure from the nearest mark/location to the circle made by the Shot Put. The zero measurement goes at the end where the shot put lands
  - Draw the tape taut across the stop board and pull it through the centre of the circle
  - The distance is measured at the point where the tape crosses the inner edge of the circle. If the measurement is not a whole centimetre, take the nearest centimetre below the measurement
  - Record the distance in the space provided. Fouls = X Pass = -
  - At the end of the competition record each athletes best performance and his/her final place. The person that comes first is the athlete with the longest distance.
  - Where there is a tie for any place, count back to the second best performance of the tied athletes and if the tie still remains count back to the third best and so on.

## Safety

- Never throw the Shot Put back when retrieving
- Officials/volunteers/athletes stand in an area safe, away from the throw of the Shot Put
- Retrievers also have eyes on the circle

## Coaching Tips

- Coaching should only be done at club days or training days – not competitions
- Start low and finish high
- Tall delivery when throwing
- Look toward the direction of the throw
- Extend arm fully through the throw and finish with a long arm