



# SHOT PUT



## Safety

- Athletes and helpers must wear closed in shoes.
- Athletes must stay well behind the ring until it is their turn.
- Officials stand where they feel safe, but close enough to accurately judge and mark the landing of the implement.
- The shot put must always be carried back to the circle, never thrown or rolled back.

## Trials in Field Events

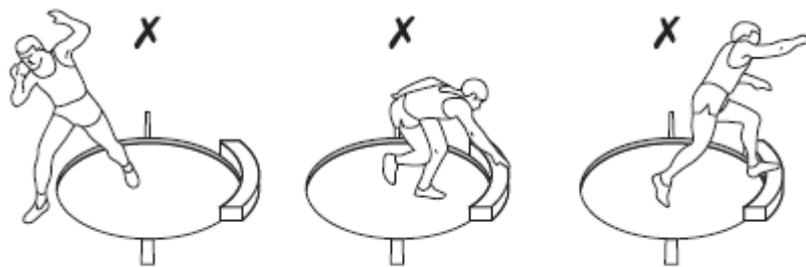
- Depending on the event type or club event rules, athletes may have either three trials only or have three trials each with the top eight competitors progressing to the final round where another three trials will be held. This also applies to events with eight athletes or less in these age groups.
- The order of competition is usually in name order as listed on the results recording sheet for the first three attempts. The following final three attempts are resorted with the shortest distance first to the longest distance last.
- Athletes are not allowed to take their attempts consecutively.

## The Competition

- Practice attempts are allowed before the competition begins but not once it has started.
- The athlete may enter the circle to start his attempt from any direction.
- The athlete must start his attempt from a stationary position inside the circle meaning they cannot do a run up from outside the circle.
- The shot must be put from the shoulder using one hand only and cannot be thrown like a ball. In the starting stance the shot must be touching or close to the chin and the hand must not drop from this position or be taken back behind the line of the shoulders in the action of putting the shot.
- Keep the elbow up as the shot is pushed. Athletes should finish with their thumb pointing down and palm facing out. This technique stops the elbow from dropping thus ensuring the shot does not come away from the neck. The saying, ("**elbow up, thumb down, palm out**") can help remember the sequence.
- During the Put an athlete may touch the inside of the stop board or the inside of the rim of the circle without penalty.
- The athlete shall not leave the circle until the implement has landed.
- When leaving the circle, the first contact with the top of the iron band or the ground outside the circle must be completely behind the white lines drawn outside the circle running (theoretically) through the centre of the circle.

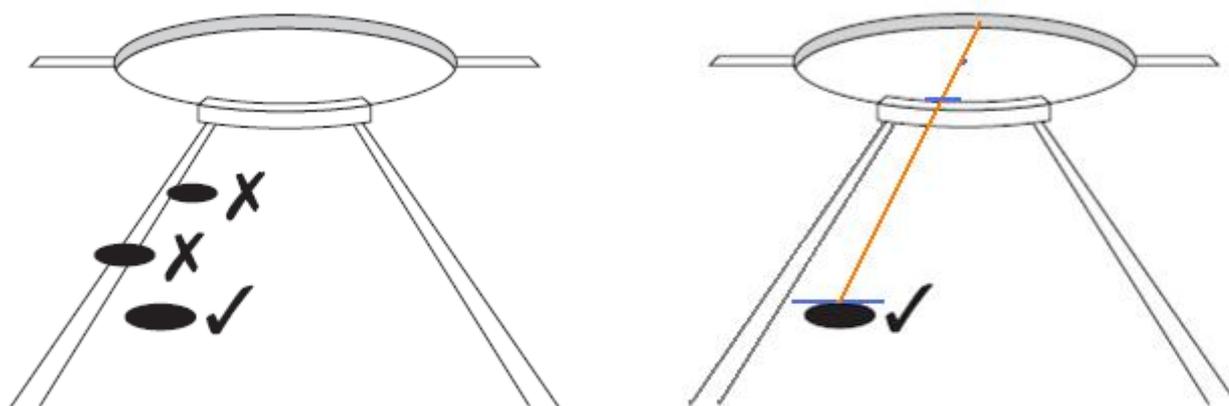
## Age Limitations

Age	Weight	Age	Weight	Age	Weight
4-6 m/f.....	1.0kg	14-15 male	.. 4.0kg	50-59 male.....	6.0kg
7 m/f.....	1.5kg	16-U18 male	.. 5.0kg	50-74 female....	3.0kg
8-10 m/f....	2.0kg	U20 male	.. 6.0kg	60-69 male.....	5.0kg
11 male	3.0kg	U20 female	.. 4.0kg	70-79 male.....	4.0kg
11 female	2.0kg	Open-49 male	7.26kg	75+ female.....	2.0kg
12-13 m/f	3.0kg	Open-49 female	4.0kg	80+ male.....	3.0kg
14-U18 f	3.0kg				



### **A competitor fails and a foul is recorded if :**

- He infringes any of the above rules.
- He improperly releases the shot.
- The shot lands on or outside a sector line.
- After stepping into the circle and starting to Put, the competitor touches with any part of his body the top of the circle or rim or the top of the stop board 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 attempt.
- Never measure a foul unless there is an immediate oral protest.
- Identify the nearest mark to the circle made by the shot on landing. Select the point nearest to the circle and place the zero end of the tape at this point with the spike.
- Draw the tape taut across the stop board and pull it through to 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 measured in the space provided. Show fouls as “X”; a pass as “ – “.
- At the end of the competition record each athlete’s best performance and his final place. The winner is the athlete with the best performance.
- 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 performance and so on until the tie is resolved. If after this the tie still remains – if it is a tie for first place the athletes involved in the tie have one more attempt each, in order, until the tie is resolved. If the tie concerns any other place the athletes involved share the place. In determining the final result each athlete is credited with the best of all his attempts including those achieved in resolving a tie for first place.