

Event Information: SHOT PUT

EVENT SAFETY:

- The Chief Official should stand alongside the ring in a safe position on the right hand side of a right handed thrower and vice versa.
- Apart from the Chief Official and the official on the sector line and/or spiking, everyone should stand 2m behind the athlete and the landing sector should be clear.
- The shot should be CARRIED back to the circle - never thrown.

OFFICIALS REQUIRED:

- **Two officials at putting circle.** Tasks include watching for foul throws, measuring and pulling the end of the tape back through the centre of the circle.
- **One official at side of Sector.** Tasks include locating and marking the point of impact of the shot and returning the shot to the circle.
- **One official for recording.**

IMPLEMENT WEIGHTS:

U6 – u7	1kg
U8	1.5kg
U9G – U12G & U9B – U11B	2kg
U13G – U16G & U12B – U14B	3kg
U15B – U16B	4kg

GENERAL RULES:

- The trial must be commenced from a stationary position inside the circle.
- The athlete must not leave the circle until the shot has landed.
- The athlete must not touch the top of the circle or stop/kick board, or the ground outside the circle during the trial with any part of their body. They are allowed to touch the inside of the stop/kick board.
- The shot must land in a manner whereby the 'impact mark' is within the inner edges of the lines marking the sector.
- The athlete may enter the circle from any direction (preferably from the rear half of the circle) but must exit from the rear half of the circle.
- The shot shall be put from the shoulder with one hand only. At the start of the trial the shot shall touch or be in close proximity to the neck or chin and shall not be dropped below the position during the action of putting.
- The shot must not be brought from behind the line of the shoulders.
- The athlete may during the course of each trial, stop and place the shot down in the circle and then recommence the trial again, providing that no other infringement has occurred.
- Once competition has begun, athletes shall not be permitted to use the circle or ground within the sector for practice trials with or without implements.

MEASURING:

- Officials select the imprint mark made by the shot on landing closest to the circle. The selected point is marked by the spike and the zero end of the tape is held at the spike.
- The tape is drawn tight through the centre of the circle.
- The distance is measured at the point where the tape crosses the inner edge of the circle.
- Each measurement is to the nearest cm below the distance thrown unless the reading is a whole centimetre.

RECORDING:

Athlete	1st Trial	2nd Trial	3rd Trial	Best
A	4.76	X	4.62	4.76
B	5.35	4.92	5.88	5.88
C	X	X	X	NT