

# Shot Put

## What is a Shot?

A shot is a circular metal ball that is put from close proximity to the chin or neck

## How Do I Make The Event Site Safe?

- 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 Officials on the sector line and/or spiking, everyone should stand 2metres behind the athlete
- The landing area should be flat and devoid of holes
- The shot should be **CARRIED** back to the circle - never thrown.



## What is the Minimum Equipment I Need?

- **Sector and Circle:** Clearly marked
- **Tape Measure:** (20 metres)
- **Shot:** age, gender, disability appropriate. A separate sheet lists the weights.
- **Spike:** To hold zero end of tape at the nearest edge of the mark made by the shot on landing
- **Recording Sheet:** For recording all performances at the venue
- **Cloth:** To wipe and clean the shots.
- **Broom:** To sweep the surface of shot put circle
- **Flags:** Red, white, yellow
- **Mat:** to wipe feet
- **Sector:** of 34.92°
- **Stop board:** measuring 1.22m Long, 100mm high and 114mm wide shall be used.

## What Is The Minimum Number Of Officials Required To Conduct The Event?

- **Two officials at circle:** Tasks include watching for foul throws, measuring and pulling the end of the tape back through the centre of the circle.
- **Two officials 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.**

## What Happens During An Athlete's Trial?

- The trial must be commenced from a stationary position inside 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
- It shall not be dropped below this position during the action of putting.
- The shot must not be brought from behind the line of the shoulders
- An athlete may enter the circle from any direction
- Each athlete is entitled to 3 trials
- Some athletes may have 6 trials – the best 8 at championship level
- 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.

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- 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.

## When is a Foul Recorded?

- If the athlete leaves the circle before the shot has landed.
- If the athlete's hand drops away from the neck during the putting action
- If the shot is put from behind the line of the shoulder
- If the shot is thrown like a ball
- If the athlete touches the top of the circle, the top of the stop 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 circle.)
- If the shot falls so that the point of impact is on or outside the sector line.
- If the athlete does not exit from the **rear half** of the circle.
- If the athlete takes longer than 60 seconds to commence his trial



## How is a Trial Measured?

- The imprint mark made by the discus on landing closest to the circle is selected
- 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 centimetre below the distance put unless the reading is a whole centimetre.

## How is a Throw Recorded?

- Best performances should be circled or highlighted.
- Ties are broken by referring to the next best throw.

Competitor	Trial 1	Trial 3	Trial 4	Best	Placing
A	8.72	X	8.63	8.72	5
B	9.63	8.87	9.87	9.87	2
C	9.88	9.78	9.87	9.88	1
D	8.86	8.88	9.67	9.67	5
E	X	9.78	X	9.78	3