

S-P-L

# Shot Put Procedures

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## Equipment Needed by Volunteer School

- 1) 2-3 Shots. 6 lb. for AM session, 8 lb. for PM session.
- 2) One - 50' foot measuring tape. Optional measuring stick at to end of tape to mark put.
- 3) Two - 50' or 100 ' foot measuring tapes to mark outside line sectors if not marked.
- 4) A rake for the infield. Rakers should bring gloves.
- 5) Broom for keeping circle free of sand.
- 6) Towels to clean off the shot.
- 7) Cones – optional for marking sector distances or to keep contestants waiting to throw and spectators in a safe and secure area.

# Shot Put Procedures

**EQUIPMENT:** 50-ft measuring tape; SHOT is metal, 8-lb for Grades 7 & 8; 6-lb for Grades 5 & 6.

**SUPPLIES:** (provided by Meet Host-school): Clipboard, Scoring Forms, Pen, and Award Ribbons.

## PROCEDURES:

### 1) Sign Up Competitors By Group (Grade and Gender) :

- a. Record first & last name, and school,...clearly!
- b. Inform competitors that they will compete in the SAME SEQUENCE in which they are signed-up,... for practice AND official attempts. Line up athletes, as that will reduce confusion (& quicken the day)
- c. As competitors are signed up, start running the two (2) allowable practice attempts.
- d. Clarifications & Exceptions:
  - i. Competitor does **NOT** have to personally sign-in for event; coach or teammate may arrange it.
  - ii. Field event participants may **NOT** be added or changed after **FIRST** competitor begins event "official" tries.
  - iii. Ask whether anyone has a conflicting event: are they competing in another field event that is being run at this same time? If so, explain procedure that allows the athlete to perform any or all official attempts out-of-sequence.
    1. Exception: (High Jump crossbar will **NOT** be lowered for a late- arriving competitor).
  - iv. No athlete is allowed to compete in an event AFTER all other competitors have finished unless he or she is physically present as the last other competitor finishes.
- e. To assist in running each event more timely, a volunteer working at each event should begin the sign-up process for the next scheduled group of competitors once the group currently competing has begun their 3rd or final round of throws.

## 2) Shot Put Rules:

### a. Technique :

1. The shot must be "PUT", that is, pushed, and NOT thrown.
2. Participant must keep his/her elbow below the shoulder, AND, must keep the shot inside the elbow extended.
3. To start a "put", the shot shall touch the chin or neck. Flight of "put" shall NOT begin below or behind shoulder.

**Failure to comply with the proper technique is a Foul or "Scratch" and is not measured.**

b. Taping of any part of the hand or fingers shall not be permitted unless there is an open wound and must be protected by tape. Taping of the wrist is permissible. Gloves are not permitted.

c. The lines that mark the sector are out-of-bounds.

d. The competitor is allowed to enter the circle/ring from any area.

e. **The competitor can exit the back half of the ring or circle after the shot has landed and before the throw is marked or measured.**

f: It is a "foul" or "Scratch " if the competitor :

1. fails to initiate a trial after one minute after the competitor's name is called.
2. after stepping into the circle, fails to pause before starting the throw.
3. fails to throw the shot from **inside** the circle.
4. Allows the shot to drop behind or below the shoulder during the attempt.
5. after starting the attempt, touches any surface outside the circle during a throw with any part of the body or clothes.
6. Touches the top or end of the stopboard.
7. the shot does not fall within sector lines. If the shot lands on the sector line, it is a foul.
8. leaves the circle before the implement (shot) has landed.
9. fails to exit the back half of the circle/ring, line extended. The competitor cannot exit the front half of the circle/ring.
10. Uses a "cartwheel" technique of shot putting.

**PENALTY : The throw is not measured, but counts as a trial.**

g. It is no longer a foul if the competitor is **not** under control when legally exiting the competition area (ie - back half of shot put circle/ring) and the implement (shot) has landed.

h. Head Judge (who also records measured throws) observes the "put" to ensure compliance with rules, and loudly announces "Scratch" for an illegal put; scratches are NOT measured.

### 3) Measuring:

- a. "Zero" end of tape is placed at point of shot's impact into the pit; use impact mark nearest throwing circle.
- b. "Reading" of tape is made at inside edge of stop-board (or scratch line), at a point in line with center of shot put circle.
- c. Measure to NEAREST LESSER quarter (1/4) inch.
- d. During process of measuring, judges shall keep all persons other than officials away from measuring area.
- e. Throws landing on or outside the marked sector lines are fouls.
- f. Announce each measured put result. Scratched-attempt count as one of the 3 allowed trials.
- g. TIE for longest jump is broken by jumper's second-best (or third best, if necessary).

### 4) SAFETY:

- a. Do NOT allow competitors to throw shot away from pit.
- b. Put should be handed to next competitor; not thrown and not rolled to that person.
- c. Judges should remember their primary responsibility to see that all competitors have a fair opportunity --avoid coaching of contestants. Instructing as to correct rules should be limit of conversation.

### Change Brief

2015-04-21 Updated Section 2 – Shot Put Rules to provide clarification and up-to-date rules.

2013-04-11 Added cover sheet with recommended equipment.  
Added 3.g to be consistent with javelin and discus documents.