

Shot Put

What is a Shot?

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



How do I make the event site safe?

- The **Chief Judge** 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 Judge, the Circle Judge on the stop board and those in the landing area, everyone should stand 2m behind the competitor
- The landing area should be flat and devoid of holes
- The shot should be **CARRIED** back to the circle - never thrown
- Warm-ups **must** be supervised and taken in competition order. Each competitor should get a minimum of one and maximum of three warm up throws if time permits

What is the minimum equipment I need?

- **Sector and Circle:** Clearly marked
- **Sector:** of 34.92°
Handy Hint: If the sector lines are not marked use a 50m tape (or 2 x 30m tapes) and measure, from the centre of the circle, 20m out, 1m across and 20 m back to the centre of the circle. Adjust the tape so that it is taught. You now have the sector lines and the correct sector angle
- **Tape Measure:** 20m
- **Shot:** Age, gender, disability appropriate
- **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 shotput circle
- **Flags:** Red, white, yellow
- **Stop Watch:** To time competitors from the time their name is called until they first commence their trial
- **Mat:** To wipe feet
- **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 Circle Judges:**
 - **Chief Judge:** Oversees the correct conduct of the competition in accordance with the rules
 - Watches the competitor take their trial and determines whether the put was within the rules
 - Watches the competitor doesn't step out of the circle or onto the stop board while attempting to put
 - Watches for the appropriate signal from the Circle Judge
 - Reads the competitor's performance measurement to the Recorder in single digits 456
 - **Circle Judge:** Watches the competitor take their attempt and determines whether the put was within the rules
 - Watches the flight of the shot into the landing sector
 - Watches for the signals of the Landing Sector Judges
 - Signals appropriately to the Chief Judge
 - Pulls the measuring tape through the centre of the circle once the Spiker has marked the landing position

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- **Two Sector Judges:**

- **Fall Judge:** Watches the shot leaves the competitor's hand to determine its flight path
 - Assists in confirming the first point of contact with the landing sector
 - Moves quickly to the first point of contact with the ground
 - Walks the implement back – never throw
- **Spike Judge:** Confirms the first point of contact in the landing sector
 - The selected point (closest to the stop board) is marked by the spike
 - The zero end of the tape is held at the spike. (Please check that zero is completely at the end of the tape and not 10cm down)
 - Hold some of the tape in your hand until the Circle Judge has pulled the tape through the centre of the circle. Release your tape and pull it taught. This should give an accurate line
 - Don't remove the spike until the Chief Judge signals all is clear
- **Recorder:** Calls back the measurement to the Chief Judge in the same manner, as single digits 456 and records them against the correct competitor
 - Foul throws are recorded by placing an "X" against the competitor's name
 - Highlights the best performance at the end of round 3



What happens during an competitor'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 competitor may enter the circle from any direction
- Each competitor is entitled to 3 trials
- The top 8 have an additional trial
- Once competition has begun, competitors shall not be permitted to use the circle or ground within the sector for practice trials with or without implements
- A competitor may use a marker, but must be removed by the competitor at the completion of the trial
- The competitor may during each trial, stop and may place the shot down and then recommence the trial again, providing that no other **infringement** has occurred

When is a foul recorded?

- If the competitor leaves the circle before the shot has landed
- If the competitor'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 competitor 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) The edge is considered part of the top
- If the shot falls so that the point of impact is on or outside the sector line
- If the competitor does not exit from the **rear half** of the circle
- If the competitor takes longer than **1 minute** to commence their trial

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How is a trial measured?

- The imprint mark made by the shot put on landing closest to the stop board 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 trial recorded?

- **The Recorder:** Calls back the measurement to the Chief Judge in the same manner (single digits i.e.456) and records it against the correct competitor
- Foul throws are marked with an **X**
- 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

Handy Hint: If you like to use a highlighter to select best performances, please use a **YELLOW** highlighter. If results need to be photocopied, any other colour causes the numbers to be 'blacked out'