

Shot Put – Rules & Guidelines

Implement Size:

Bantam Boys, Bantam & Midget Girls – 3 kg
Junior & Senior Boys – 12 lbs

Midget Boys, Junior & Senior Girls – 4 kg
QUAD – Girls 4 kg, Boys 12 lbs

General Rules:

1. Athletes are expected to use appropriate language at all times.
2. Time limit for attempt is 1 minute.
3. **No competitor may compete twice in the same round.** If the competitor is also in a track event, (s)he is allowed to throw at the beginning of a round - go to the track – and return for the following round – where they may compete last in that round. However if the athlete returns to find that (s)he has missed that round, the athlete is not allowed to throw in that round. If they return to find that the competition has concluded, they are not allowed any additional throws.
4. Once competition has begun, no practices / warm-ups are allowed in the competition area.
5. No assistance shall be given to any athletes in the competition area. Coaches and spectators should remain out of the competition area.
6. Implements must be carried back to the circle – never thrown, rolled, or dragged.

Measurements:

7. Measure each legal throw immediately after it is made.
8. The implement must land completely in the sector. “On the line” is out of bounds = fault.
9. The official in the field should approach the mark from a position farther away from the circle than the mark so as not to interfere with the mark.
10. Measurements are taken by holding the “zero” end of the tape at the mark in the field (ground break nearest the circle) and pulling the tape through the center of the circle. The measurement is read at the inside edge of the circle (toe line). The tape should be level and taught with no twists in it.
11. Measured in 1 cm units. If the measurement is between units, **round down** to the nearest completed unit, do **not** round up. The measurement is what they have achieved not what they are closest to.

Determining Places / Breaking Ties

12. If you have more than 1 flight in the competition – allow all athletes in flight 1 to each have 3 attempts, then allow all athletes in flight 2 to each have 3 attempts, etc. After each athlete has made their 3rd attempt, circle their best performance of the 3 attempts made.
13. Rank the athletes from all flights combined from first to last. The **top 8 athletes** each get another 3 attempts in the final round. They will proceed in **REVERSE** order – 8th place throws first, 1st place throws last.
14. At the end of their 6th attempt – circle their **BEST PERFORMANCE OF ALL 6 ATTEMPTS**. Use this to determine their final placements.
15. If two or more of the top 8 athletes are tied, use their second best performance to break the tie. If they are still tied, use their third best performance, etc. until the tie is broken.

Shot Put Rules

16. All athletes have the right to use any implement in the competition.
17. Athlete must start from a stationary position within the circle.
18. At the start the shot must touch or be in close proximity to chin or neck and can NOT be drawn back behind the plane of the shoulders. The shot can't be thrown – it must be put (pushed).
19. Foot may touch the inside of, but not the top of iron band, toe board, or edge.
20. Bandages are not allowed on the hand except to cover and open wound.
21. Gloves are not allowed to be worn, however, the wrist may be wrapped / taped to prevent injury.
22. No shoe “grip spray” allowed on the circle or on the athlete's shoes.
23. Athletes are allowed to wear back belts.
24. Chalk may be used on the hand & neck but not on the implement itself.
25. No leaving the circle until the implement lands.
26. Athlete must exit so that the first foot touches the ground behind the center line. (Exit back half)
27. Athlete may interrupt an attempt by setting the implement down in the circle and exiting legally. (S)he may then re-enter for another start provided it is within the 1 minute time limit.