

## Event offered to

Shot Put colour	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
1kg	● blue	B/G	B/G									
1.5kg	● yellow		B/G									
2kg	● orange			B/G	B/G	B/G	B/G					
3kg	● white							B/G	B/G	G	G	G
4kg	● red								B	B		
5kg	● green											B

## Event equipment

- ✓ Throwing circle with stop board
- ✓ Marked landing sector
- ✓ 15m–30m measuring tape
- ✓ Measuring spike
- ✓ Shot, at least two of each weight
- ✓ Recording form, pen and clipboard
- ✓ Cloth to wipe and clean the shot

## Event safety

- Shot Put event area must be clear of obstructions and hazards.
- Athletes must stand well behind the throwing circle while the event is in progress.
- The Chief Judge should stand at the throwing circle on the right hand side for right handed athletes and vice versa.
- Trials are only allowed under supervision.
- Athletes and Officials should make sure the sector is clear before proceeding.
- The shot must always be carried back to the throwing area — **never** thrown or rolled.

## Where to assist

One person can do more than one role.

**Chief Judge:** to watch for hand fouls, ask the Measuring Assistant to watch for foot fouls, measure valid throws and call the distance to the Recorder/Age Marshal.

**Sector Judge/Retriever:** to determine if the trial is valid, assist to locate the point of impact of the shot and return the shot to the throwing area.

**Spiker:** to locate and mark the point of impact of the shot.

**Measuring Assistant:** to watch for foot fouls, pull the measuring tape through the centre of the throwing circle for the distance to be read.

**Recorder/Age Marshal:** to call the athletes for their trials, repeat the measured distance back to the Chief Judge and complete the recording form.

## Basic rules

- The shot must be put from the shoulder with one hand only.
- At the start of the trial, the shot must touch or be in close proximity to the neck or chin. The hand must not drop below this position during the putting action. The shot must not be taken behind the shoulder line.
- An athlete may enter the throwing circle from any direction but must leave from the back half of the throwing circle behind the centre extension line.
- An athlete must commence the trial from a stationary position within the throwing circle.



*Family fun and fitness*

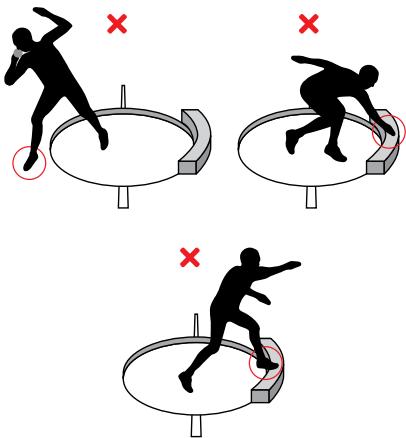
**HANDY HINTS**

- It shall be a valid throw if:
  - an athlete touches the inside of the stopboard during the trial.
  - an athlete begins to put the shot then turns their head slightly away from the shot.
  - the shot lands inside the sector lines then rolls out of the sector after impact.
- The first point of impact of the shot must be entirely within the sector lines.
- The athlete must not leave the throwing circle until the shot has landed.
- The trial is complete when the athlete leaves the throwing circle.
- Breaching the basic rules constitutes a failure.

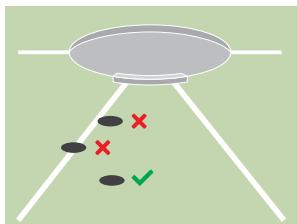
## When is the trial (throw) a failure?

It shall be a failure if:

- an athlete touches with any part of their body, the top of the circle rim, the top of the stopboard or the ground outside the throwing circle during the trial. **Note:** If an athlete uses a rotational technique, different rules apply.

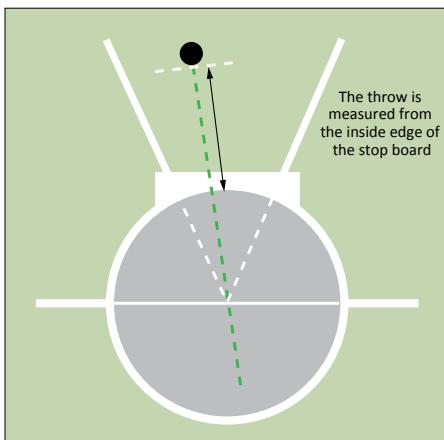


- an athlete's hand drops away from the neck during the putting action, i.e. double movement when the shot is moved backwards then forwards or to the side and then put.
- the shot is released incorrectly or thrown like a ball.
- the shot lands on or outside the sector lines.



## How to measure

- The measuring spike (zero end of the measuring tape) is placed at the nearest edge of the landing mark of the shot to the throwing circle.
- The measuring tape is pulled back straight and tight directly through the centre of the throwing circle. The measurement is taken to the inside edge of the stopboard.
- The measuring spike is not removed until the Chief Judge signals all is clear.



## How to record

- The Recorder/Age Marshal repeats the measured distance back to the Chief Judge and records the distance on the recording form.
- Measurements are recorded to the nearest whole centimetre **below** the actual distance thrown, e.g. 8.879 is recorded as 8.87.
- When recording:
  - = failure
  - = pass
  - NM = no valid trial recorded
- Best performances should be circled or highlighted.
- Placings are not required at Centre level.

## Handy hints to run Shot Put

- Have the next athlete ready to put with the shot in hand.
- Encourage younger athletes to do a standing put — no turns or spins.
- For large groups, allow athletes to have two trials rather than three.
- Move any shots not being used away from the immediate area.

## Handy hints for the athletes

The basic technique for a standing 'put':

- **Starting position:** stand side on to the landing area, feet shoulder width apart with back foot slightly pointing to the back and use the non-throwing arm to aim.
- **Grip:** sit the shot at the base of the fingers (not palm or fingertips) with three fingers behind and the thumb and little finger to each side of the shot; hold the shot close to the neck, elbow raised.
- **Wind up:** turn the body to the back, as body weight shifts onto the back foot, back leg bends until the chin, knee and toe are in a straight line. To unwind, the weight shifts to the front foot, drive hips up and stand tall.
- **Putting the shot:** keep the elbow up, turn shoulders square to the front as the shot is pushed out with full extension of the arm, finishing with thumb pointing down and palm facing out.

