

# Shot Put Procedures - Suburban Parochial League

Last amended 2026-02-11

## EQUIPMENT TO BE PROVIDED BY THE TEAM RUNNING THIS EVENT:

1. Two to Three Shot Puts. 6 lb for Junior Varsity (5th/6th grade). 8 lb for Varsity (7th/8th grade).
2. One - 50' foot measuring tape. Optional measuring stick at end of tape to mark put.
3. Two - 50' or 100' foot measuring tapes to mark outside line sectors, if not marked.
4. Rake for the infield. Rakers should bring gloves.
5. Broom to clear the circle free of sand.
6. Towels to clean off the shot.
7. Cones (optional) to mark sector boundaries and/or distance or for keeping contestants waiting to throw and spectators in a safe and secure area.

**SUPPLIES PROVIDED BY HOST TEAM:** Clipboard, scoring forms, pen, award ribbons.

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## SHOT PUT PROCEDURES

### 1. Athlete Check-In by Group (Grade and Gender)

- a. Check in athletes using the provided field event sheet. Confirm athlete name, grade, and school.
- b. Inform competitors that they will compete in the SAME SEQUENCE as they are listed on the scoring sheet for both practice and official attempts. Line up athletes to reduce confusion and improve efficiency.
- c. During check-in, begin running the two (2) allowable practice attempts.
- d. Clarifications & Exceptions:
  - i. A coach or teammate may check-in on behalf of an athlete.
  - ii. Field event participants may not be added or changed after the first competitor begins "official" attempts.
  - iii. Conflict Procedures Involving High Jump (5th and 6th grade)
    1. Athlete checks into shot put, informs the judge of conflict, and proceeds to the High Jump area.
    2. **The athlete then competes in High Jump in its ENTIRETY.** Once the jumper is eliminated from competition, they will return to shot put and compete as normal. Officials must keep the scoring sheets open at shot put until all high jump athletes have returned.
  - iv. To assist in running each event more timely, a volunteer working at each event should begin the check-in process for the next scheduled group of competitors once the current competitors have begun their 2nd or final round of throws.

### 2. Shot Put Rules

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

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

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

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- f. The competitor is allowed to enter the circle/ring from any area.
- g. The competitor can exit the back half of the ring or circle after the shot has landed and before the put is marked or measured.
- h. It is a "FOUL" or "SCRATCH" if the competitor:
  - i. fails to initiate a trial after one minute after the competitor's name is called,
  - ii. after stepping into the circle, fails to pause before starting the throw,
  - iii. fails to throw the shot from inside the circle,
  - iv. allows the shot to drop behind or below the shoulder during the attempt,
  - v. after starting the attempt, touches any surface outside the circle during a throw with any part of the body or clothes,
  - vi. touches the top or end of the stopboard,
  - vii. the shot does not fall within sector lines. If the shot lands on the sector line, it is a foul,
  - viii. leaves the circle before the implement (shot) has landed,
  - ix. fails to exit the back half of the circle/ring, line extended. The competitor cannot exit the front half of the circle/ring,
  - x. uses a "cartwheel" technique of shot putting.

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

- xi. It is no longer a foul if the competitor is not under control when legally exiting the competition area (ie - back half of shot circle/ring) and the implement (shot) has landed.
- xii. 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 the tape is placed at the point of shot impact into the pit; use the impact mark nearest the point of throw.
- b. "Reading" of tape is made at the inside edge of the circle at a point in line with the center of the shot put circle
- c. Measure to NEAREST LESSER quarter ( $\frac{1}{4}$ ) inch.
- d. During the process of measuring, judges shall keep all persons other than officials away from the measuring area.
- e. Throws landing outside the clearly-marked throwing sector are fouls.
- f. Announce each measured put result. Scratched-attempt counts as one of the two (2) allowed trials.
- g. TIE for longest put is broken by the second-best legal attempt.

### 4. General Safety Tips

- a. Do NOT allow competitors to practice puts in an unsafe manner, or away from the shot put area.
- b. Put should be handed - not thrown - to the next competitor.
- c. Judges should remember their primary responsibility is to see that all competitors have a fair opportunity. Avoid coaching contestants. Instructing as to correct rules should be the limit of conversation.

### Change Brief

2026-02-11

Updated check-in procedures to account for pre-registration.  
Updated conflict rules to account for new field event sequence.  
Reduced official attempts from three (3) to two (2).  
Edited for clarity, fixed misnumbering, and updated document format.

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- 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.