

# 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, Award Ribbons.

## **Procedures:**

### **1. Sign Up Competitors:**

- 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 3<sup>rd</sup> or final round of jumps/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 shoulder.
- d. Participant must remain within the circle during his/her put motion. He/she cannot step on either the toe-board or the shot put ring (metal or painted circle).
- e. Participant must exit from rear half of shot put circle; participant may enter the circle from anywhere.

- f. Head Judge (who also records the measured puts) observes the "put" to ensure compliance with rules, and loudly announces any "scratched" put -- these 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.

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.