

Official Guidelines - Shot Put

You should have two assistants, one to mark the shot, one to stretch the tape back through the center of the circle.

Weights -the 12 lb shot is used by Jr and Sr Boys
 -the 4 kg shot is used by all other age groups

Before the event

Athletes may practice their approaches at any time prior to the event an unlimited number of times.

Roughly five minutes before the event is scheduled to begin, allow an official practice throw for each athlete (if time allows), they may pass on their practice throw

Addressing the athletes

Once the event is scheduled to begin, gather the athletes to you, introduce yourself, and tell them “The order you will be competing in is{list the athletes}”

“If you have track events that might conflict, you are to make sure you are on the track for them, you can throw at any point during each round” (As an official you are to make every possible accommodation to include each athlete in each round)

“Everyone gets three throws, if you place in the top six you will receive an additional 3 throws”

“You must exit the circle, controlled, out the back half of the circle”

“There is no rule about the type of motion in the circle”

“The shot must be put from the vicinity of the collar bone and not fall behind the line of the shoulders or below the collar bone during the motion” (As an official you should place yourself facing the athlete to ensure a clean throw, move to the opposite side of the circle for left handed athletes)

“You may not touch the ground on the outside of the circle until the shot touches the ground”

“The shot must land entirely within the sector to be measured, that is, if any portion hits the sector lines it is recorded as a foul”

“No tape is allowed on the hand except to cover an open cut or wound, you can not use gloves or tape fingers together”

“If you don’t want us to measure a throw, go out the front of the circle on purpose”

“I will tell you who is throwing, who is on deck, and who is retrieving the shot (the third in line)”
{This will keep the event moving quickly}

“Are there any questions”

Once the competition has started

- announce the next thrower and who is on deck and who is retrieving the shot
- WATCH THE BOARD FOR FOULS OUTSIDE THE CIRCLE
- have your assistant in the field watch for the shot landing outside the sector, don’t take your eyes off the athlete
- read the measure from the tape on the inside of the front of the circles chalk line
- record it and announce the distance
- confirm the competitor number of the thrower when you write the results

Once all athletes have had three throws

-determine the top six and in the order they are on the sheet, allow them an additional 3 throws

Once the competition is completed

- determine and announce the top 6 finishers
- sign the results sheet
- give it to the first place finisher, send them to the results window to pick up their medal
- tell the 2nd, 3rd, and 4th place finishers to go get their ribbons
- remind the 1st and 2nd place finishers that they have qualified to go to provincials next week
- in the case of a tie, the 2nd best performances shall resolve the tie, then 3rd best if needed....