

Shot Put

Event offered to

U6 to U15 age groups

Event equipment

- ✓ Throwing circle with a stopboard and a marked landing sector
- ✓ 50m–100m measuring tape and measuring spike
- ✓ Shot Put, at least two of each weight required
- ✓ Cloth to wipe and clean the shot



Officials Required

- 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.
- Sector Judge: to determine if the trial is valid and assist to locate the point of impact of the shot.
- Spiker: to locate and mark the point of impact of the shot.
- Measuring Assistant: to watch for foot fouls, to pull the measuring tape through the centre of the throwing circle for the distance to be read.
- Recorder: to call the athletes for their trials, repeat the measured distance back to the Chief Judge and complete the recording form.
- Retriever: to return the shot to the throwing area.

Event Safety

- Shot put event area must be clear of obstructions and hazards.
- Athletes must stand well clear of the throwing circle.
- Chief Judge should stand on the right hand side of the circle for a right hand thrower and vice versa. (If the Measuring Assistant is confident to judge hand fouls the Chief and the Measuring Assistant can swap judging roles for a left handed thrower, however the Chief Judge will still measure the throw).
- 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.
- **NEVER** turn your back on the shot put throwing circle while in the field.

Basic Rules

- Practice throws are permitted, but athletes may not use implements to practice when not in the throwing circle.
- An athlete must commence the trial from a stationary position within the throwing circle.
- 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.
- The first point of impact of the shot must be entirely within the sector lines.



Shot Put

- The athlete must not leave the throwing circle until the shot has landed.
- The athlete may, during each trial, stop and place the shot down inside or outside the circle and then recommence the trial again, providing that no other infringement has occurred within the time limit.
- The trial is complete when the athlete leaves the throwing circle.
- Each athlete is given three trials, unless competition rules specify otherwise.
- It **IS** a valid throw even 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.

A Failure

- An athlete touches with any part of their body, on 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. It will not be considered a failure if the touch happens during the rotation, back of the centre line.
- 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, or the shot is put behind the line of the shoulder.

- The shot is released incorrectly or thrown like a ball.
- The shot lands on or outside the sector lines.
- Athlete leaves from the front half of the circle or before the shot has landed.

Measuring a Put

- 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 distance is recorded to the nearest centimetre below the distance measured unless the reading is a whole centimetre.
- The measuring spike is not removed until the Chief Judge signals all clear. If a record has been broken, do not move the spike until the Referee signals the all clear.



*Officials Information Sheet: Shot Put,
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How to Record

- The Recorder repeats the measured distance back to the Chief Judge and records the distance.
- When recording:
 - X = failure
 - = pass
 - NM = no valid trial recorded
- Ties are broken by the next best throw. A Referee should be called to check.

