

Shot Put

Role

The event judge shall oversee the measuring, weighing and inspection of the implements and apparatus; checks records; and see that the field events start on time and continue without delay. The event judge may change the order of competition in the preliminaries to accommodate those who may be excused to participate in other events. The event judge may choose to permit a competitor to take preliminary and final trials in succession. The event judge also shall check and enforce uniform, visible apparel and shoe regulations. The event judge shall be responsible for the judging and measuring of each legal trial of a competitor.

Considerations, Tips and Techniques

1. **Safety!** To ensure the safety of all in the area, supervise every practice put (using a cone or a person standing in the circle to prevent throws) and keeping everyone away from circle.
2. **Total Throws.** In regular high school meets, each competitor shall be allowed three preliminary trials. In the finals, each qualifier is allowed three additional trials. In meets with limited entries, the games committee may allow all competitors just four total trials. Competitors shall be credited with their best performance regardless of whether it occurs in the preliminaries or finals.
3. **Order of Puts.** The order in which contestants take their preliminary trials shall be determined by lot. In the finals, competitors shall compete in reverse order with the best preliminary performance last. Trials may be allowed in succession to accommodate those athletes who may be excused to participate in other events.
4. **Taping, Belt and Gloves.** Taping of any part of the hands or fingers shall not be permitted unless there is an open wound that must be protected by tape. Taping of the wrist is permissible. Gloves are not permitted. However, a support belt may be worn.
5. **Sector.** The throwing sector of 34.92 degrees is now required for the shot put and discus events. Shot must fall within the 34.92 degree sector lines – lines are not part of the sector.
6. **Fouls.** It is a foul if the competitor:
 - After stepping into the circle, fails to pause before starting to put.
 - After stepping into the circle, touches the circle, not including the inner face of the stopboard or the band, if one is used, or the ground outside of the throwing circle during a put.
 - Allows the shot to drop behind or below the shoulder during the put attempt.
 - Touches the top or end of the stop board before the put is marked.
 - Puts the shot so it does not fall within the sector lines.
 - Leaves the circle before the implement has landed.
 - Is not under control before exiting the back half of the circle.
 - Fails to initiate a trial within 1 minute after being called.
7. **Fouls Not Measured.** A foul throw is not measured, but is counted as one of the attempts.
8. **Calls.** The calls for next 3 competitors are: “UP”, “ON DECK” and “ON HOLD” (Smith is “UP”, Jones “ON DECK” and Adams “ON HOLD”).
9. **Measurement.** In measuring the throw:
 - Measurements are made from the nearest edge of the first mark made by the shot to the inside edge of the throwing circle or toe board.
 - The tape is lifted up to taught over the stopboard, then dropped and pulled through the center of the circle (often a small dot in the center of the ring) to the first mark made by the shot
 - Measurements are recorded to the nearest lesser $\frac{1}{4}$ inch or whole centimeter.
10. The use of electronic devices (i.e., CD player, cell phone, video recorder, etc) and profanity in the competition area is expressly forbidden, this could result in disqualification of the athlete.