

THROWING EVENTS: SHOT PUT

Athletes must compete in a **complete uniform** in all circumstances. **See Field Event Reminders for more details!**

Jewelry and watches may be worn. Jewelry can be deemed dangerous by the officials and asked to be removed.

EQUIPMENT: CAGES and SECTOR LINES are out-of-bounds! Landing area must be roped off.

SHOT PUT – Boys – 12 lb (5.443 kg) and 3 7/8” to 4 5/8” inches in diameter or 12 1/8” to 14 1/2” inches in circumference. Weigh shot!

Girls – 8.818 lbs (4 kg) and 3 3/4” to 4 1/4; inches in diameter or 11 3/4” to 13 3/8 “inches in circumference.

Use gauges to check implements or visual/physical check; no indentations, other than a weight mark; virtually round; Circle is 7’ in diameter.

EVENT PROCEDURES: Three (3) trials in pre-lims and three (3) tries in finals for all qualifying throwers (all 6 trials count); four (4) trials or three (3) trials (tbd by games committee) in small meets. There must be one qualifying pre-lim throw for athlete to move on to finals.

If finals are being held always take at least one (1) more thrower than places awarded (could be more if ties occur at shortest distance).

Open order (done by time limit), or seeded order as listed in pre-lims; shortest to longest qualifiers in finals. Pre-lim flights will be of five (5) to twelve (12) competitors: or directly from listed order. Time limit is one attempt in one (1) minute.

Throwers may take two throws in succession each with one (1) minute time limit. Order can be changed to allow for participation in other events. Ask athlete if they will need to leave for another event during check-in!

Time limits for excused competitors to compete in another event are determined by the games committee.

Competitor with best mark in pre-lim has right to the last throw of the competition.

WARM-UPS: MAY NOT OCCUR without supervision of event official or coach; one (1) warning followed by disqualification. Event official or coach must be present during warm-up once **event area is open.**

At conclusion of event there will be no further throws, implements will removed from area and event area will be closed

All implements must be approved before event. Illegal implements will not be allowed at any time and if used results in disqualification.

RULES: No tape is allowed on throwers hand unless it covers an open wound. Taping of wrists and weight belts are permitted. **Gloves are not allowed.** Chalk or an adhesive such as rosin may be used to assist with grip.

Thrower may enter from front or back of circle but must leave from back half of circle when throw is **completed. Object lands!**

A legal put must be made from shoulder with one hand only. The shot must not drop below or behind the shoulder.

Throwers must pause before starting throw, once in the circle; **MAY NOT** touch inside edge of circle (top or end of stop board) during throw.

Broken implement may be replaced by approved implement and a re-throw allowed if it happens during the attempt. No penalty if after attempt; Replace with approved implement

MEASUREMENTS: recorded to lesser nearest (1/4) **inch or cm** to the inside edge of the circle from the nearest edge of the first mark. Pull tape through circle. **Each throw must be measured when throw occurs, not marked and measured later.**

BREAKING TIES: taking second best effort or third, if second still results in a tie, etc. If a tie still remains then the points for the places are added together and divided by the number of participants.

BE AWARE OF COVID PROTOCOLS FOR 2021

RULE 6-7 (p.55)	SHOT PUT	SUMMARY OF RULES - 2021
Implements		
1) Boys: Shot Put = 12 lb; Girls: Shot Put = 4 Kg.....		6-7-2
2) Shot Puts may not have indentations.....		6-7-1
3) Illegal equipment is not allowed during warm-up or competition. If used = Event DQ.....		6-2-10
Uniforms		
4) Competitors must compete in a complete uniform (school issued/approved).....		4-3-1b
5) Competitors must wear shoes fastened securely to both feet.....		4-3-1a
Warm ups:		
6) There must be supervision. An official or coach must be present during warm-up. 1st Violation: Warning ... 2nd Violation: Event DQ ... 3rd Violation: Meet DQ. Once competition begins, venue and associated equipment is off limits for practice. Event concluded - there will be no further activity- event area is closed.		6-2-6
Order:		
Shot Put = Boys 1st [even year], Girls 1st [odd year]		
7) Open order: Games committee will set time limit for prelims.....		3-2-4d, 6-2-19
8) Prelim flights of no less than 5 in the order set by games committee.....		3-2-3l
9) Finalists put worst to best.....		6-2-3, 6-2-18
10) Order may be changed to allow for participation in other events.....		6-2-3
Grip:		
11) Chalk or an adhesive such as rosin may be used to assist with grip.....		6-2-12
12) Gloves NOT allowed; Tape NOT allowed on hand unless to cover an open wound.....		6-7-7
13) Taping of wrists permitted; wearing support belts permitted.....		6-7-7
Trials:		
14) Larger meets: 3 prelims – 3 finals: all trials count for placing.....		6-2-15
15) Smaller meets: 4 trials – no finals: all trials count for placing.....		3-2-4e, 6-2-7
Time Limit (Table p.41):		
16) Trials - After being called competitors have one (1) min to initiate a trial.....		6-2-2, 6-7-9a
17) Time limit when excused to other events = determined by games committee.....		6-2-4
Measurements:		
18) Marks are recorded after each legal trial.....		mhsaa
19) SECTOR LINES are out-of-bounds.....		6-7-5
20) Measure from nearest edge of mark to inside edge of stopboard thru center of circle.....		6-7-10
21) Legal trials are measured and recorded to nearest lesser quarter (1/4) inch or cm.....		6-7-11
Finals:		
22) There must be at least one qualifying prelim trial for athlete to move on to finals.....		6-2-17
23) One (1) more competitor advances to finals than places awarded.....		6-2-17
24) i.e. 8 places score means 9 advance from prelim; everyone tied for 9th also advance.....		6-2-17
Failed Attempts:		
25) Competitor FAILS TO INITIATE A TRIAL within one (1) minute after name is called.....		6-7-9a
26) Once in the circle, Competitor FAILS TO PAUSE before starting the put.....		6-7-9b
27) Competitor TOUCHES ANY SURFACE outside of circle during the put.....		6-7-9ce
28) The SHOT DROPS BEHIND OR BELOW the shoulder.....		6-7-9d
29) A legal put must be made from shoulder with ONE HAND ONLY.....		6-7-8
30) Shot does not fall WITHIN the sector lines.....		6-7-9f
31) Competitor LEAVES THE CIRCLE BEFORE the implement has landed.....		6-7-9g
32) Competitor DOES NOT EXIT BACK HALF of the circle.....		6-7-9h
33) Competitor does a "CARTWHEEL".....		6-7-9i
Ties: (6-3-2a)		
34) Break ties by comparing 2nd-best efforts (or 3rd-best if 2nd still results in a tie, etc.).....		6-3-2a
35) Ties remaining after this process - Add points for places & divide between competitors.....		6-3-4