



SHOT PUTT RULES & GUIDELINES

Equipment needed

- Shots - only those provided by Athletics Wicklow to be used unless agreed in advance.
- Rake
- Brush
- Measuring Tape
- Spike to hold measuring Tape
- Start List on clipboard
- Pens/Pencils

Officials required : 3 - 4

1. Chief Judge / Recorder
Call athletes and record the throws.
Determines Shot is thrown correctly.
Note and call out the distance thrown.
2. Watch the front line as athlete throws for infringements - touches rim or steps over it.
Watch for athlete to exit through rear of circle behind the white line.
Measure throws in a straight line from the centre point of the circle.
3. Mark the spot where the Shot first hits the ground. (Use spike with tape attached)
Measure throws from this point.
The shot must land in the throwing area.
4. If a 4th official is available, this person should return the Shot to the throwing area.

Procedure :

1. Check with meet director how many throws are to be given.
1. Check all athletes listed are present.
2. Measure throws. Measure in metres and centimetres.
3. Record throws.
4. Call out the distance thrown so athletes are aware of what they've thrown.
5. When all throws are completed record the best throw by each athlete in the box provided.
6. List the throws in order of length.
7. Have another official check no mistakes were made.
8. Inform the athletes of their best throw.
9. Send the top three athletes to the awards area with the score sheet for medal presentation.

General Rules for Shot Putt

1. An athlete shall commence their trial from a stationary position inside the circle.
2. The shot shall be putt from the shoulder with one hand only. At the time an athlete takes a stance in the circle to commence a putt, the shot shall touch or be in close proximity to the neck or the chin and the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders.
3. An athlete is allowed to touch the inside of the rim and also allowed to touch the inside of the stop board
4. There is no restriction on how, or from which direction, an athlete may enter the circle.
5. No modification shall be made to any implements during the competition
6. The taping of two or more fingers together is prohibited.
7. Use of gloves are prohibited.

