

Shot Put Procedures

Provided Equipment: 100ft measuring tape TEAM IN CHARGE BRINGS: minimum shot puts (x3) 6lb. & 8lb. and other equipment wanted to measuring..

Provided Supplies: Clipboard, scoring forms, pen

Event Runner's Role

To supervise the safety of all competitors during the warm-up and competition, and to accurately measure/record each throw to the nearest quarter-inch (round down).

Sign Ups:

1. During sign ups, record each grade and gender on a different sheet (six or more sheets). Record Last Name, Competitor Number, School Name.
2. Inform competitors that they will compete in the same sequence in which they are signed-up. Line up athletes, as that will reduce confusion.
3. You may start to sign athletes in at 3:30 and continue to sign athletes in until the start of throws for that specific division.
4. At the start of each division competition conduct a quick Official's Meeting to explain procedure.
5. Equipment: Athletes must use the equipment provided by the Official. They may not use their own equipment during the meets.

Competition Procedures

1. Each competitor will receive a total of three throws, they will be taken consecutively.
2. Each throw will be measured to the nearest quarter-inch (round down).
3. The competitor may enter the throwing circle from any point, but must exit following the throw from the nearer back half of the throwing circle.

Shot Put Weights

Eighth grade boys use an eight pound shot put, everyone else uses the six pound shot. Please verify the correct shot is being used before an athlete throws.

Measurement

Measures are made from the nearest edge of the first mark made by the discus to the inside edge of the throwing circle. The zero mark of the measuring tape should be held at the first mark made by the shot. Measurements are rounded down to the nearest quarter-inch and recorded.

Fouls

A foul throw is not measured, but is counted one of the three attempts. It is a foul throw if the competitor:

- After stepping into the circle, fails to pause before starting to throw

- Touches either the painted or metal circle (not including the inner surface of the stop-board or metal band if one is used) or the ground outside of the throwing circle
- The shot lands on or outside the throwing sector lines (lines are out)
- After the shot has landed, does not exit from the back half of the circle
- When shot separates from chin/ neck area during throw

Time Limit

Time limit is 1 minute. Throw must be started within the time limit.

Safety

To ensure the safety of all in the area, supervise every practice throw (using a cone or a person standing in the circle to prevent throws) and keeping everyone behind the cage.

Taping, Belts, and Gloves

No taping of the hands or fingers is permitted except to protect an open wound. A protective belt may be worn; use of gloves of any type is prohibited.

Calls

The following calls are made:

- Up – the next thrower is announced (“Smith is Up”)
- On Deck – the thrower who will throw after the next thrower is alerted (“Smith is up, Jones is on deck ”)
- On Hold – the third thrower in the group is alerted (“Smith is up, Jones is on deck and Baker is on hold ”)
- Mark is called when the athlete has completed the throw and properly exited the circle
- Foul is called if a foul has been indicated due to the throw or exiting

Awards

Please score the division as soon as it is completed. Gather the athletes and handout awards. If an athlete is not present, label the award with their complete name and school and return it to the scoring table. Indicate on recording sheet athletes have received their award and return score sheet to results table.

TOP 6 GO TO COUNTY NEXT THURSDAY, MAY 18 AT WILLOW GLEN HS.