

# SHOT PUT

## What is a shot?

A shot is a circular metal ball that athletes have to “put” (pushing motion) as far as they can.

## How heavy is the shot?

|                            |       |
|----------------------------|-------|
| U6, U7                     | 1kg   |
| U8                         | 1.5kg |
| U9, U10, U11, U12          | 2kg   |
| U13, U14, U15G, U16G, U17G | 3kg   |
| U15B, U16B                 | 4kg   |
| U17B                       | 5kg   |



## How do the athletes “put the shot”?

- Starting Position – stand side on, feet shoulder width apart.
- Grip – sit the shot at the base of the fingers (not in the palm or in the fingertips). The thumb and little finger rest around the sides of the shot and the three middle fingers are at the back.
- Use a balanced ready stance. Avoid placing the foot hard up against the stop board as this will make it difficult to turn the front foot.
- Sit the shot in the curve of the neck just behind or on the upper part of the jaw (not on the cheek or ear).
- Point the non-throwing arm in the direction of the throw.
- Putting the shot – keep the elbow up as the shot is pushed. Athletes should finish with their thumb pointing down and palm facing out. This technique stops the elbow from dropping, thus ensuring the shot does not come away from the neck. The saying, “**elbow up, thumb down, palm out**” help remember the sequence.

## When is a foul recorded?

- If the shot lands on or outside the sector lines.
- If the hand drops away from the neck during the putting action.
- If the shot is put from behind the line of the shoulder.
- If the shot is thrown like a ball.
- If any part of the athlete’s body touches the top (not the inside edge) of the stop board.
- If any part of the athlete’s body touches the outside of the circle during the putting action.
- If the athlete walks out the front half of the circle.

# SHOT PUT

## How do I measure?

- Measurement is from the nearest edge of the landing mark of the shot to the inside of the stop board.
- The zero end of the tape goes out to where the shot lands.
- The tape needs to be pulled directly back through the centre of the circle.

## What are some basic rules?

- The shot can only be put with one hand.
- The shot cannot be thrown like a ball.
- Athletes must commence the action from a stationary position inside the circle – meaning they cannot do a run up from outside the circle.
- The athlete must not leave the circle until the shot has landed.
- Athletes must be told the reason why they have fouled.
- Athletes can enter the circle from any direction (front or back), but must exit from the back half of the circle.

## What are the safety considerations?

- Keep participants who are waiting their turn to put, well back from the circle.
- Judges should stand on the outside of the sector lines and always be alert.
- Make sure the shot is smooth and there are no unsafe edges.
- Make sure the sector lines extend well past the largest put you are expecting and mark these with a red flag.
- Carry the shot back after each put.
- Shot to be placed on the ground for athlete to pick up.
- Athletes must not put until told to do so.

## What are some “Handy Tips” for conducting shot put?

- For large groups, allow athletes to have 2 puts rather than 3.
- Peg an athlete’s best put and measure it at the end of the competition.
- Mark out sector lines before competition for the day/night starts.
- Have the next athlete ready to put.
- Move any shots that are not being used away from the immediate area.
- For younger age groups, only allow athletes to do a standing shot put.
- For younger age groups, mark out 3m and 6m distances and award athletes on a points system, rather than measuring their puts (3m = 3 points, 6m = 6 points etc.).

