

2.2 Shot Put Specific Rules

These rules are to be read in conjunction with Section "A" Competition General Rules and Section "C" – Field Events 1. General Rules and 2 Throws Events.

In this event there are some special points to be watched. IAAF 188.1 states that the shot shall be in close proximity to the neck or chin and the hand shall not be dropped below this position during the action of putting.

With the lighter shot used it is possible to "throw" rather than "put" it, and this would gain a material advantage. The position of the shot in relation to the chin therefore needs careful watching.

At the moment when the athlete begins to drive with the arm, the head (with it the chin) does turn slightly away from the shot. The shot is in exactly the same position as it has been throughout, though it will not be in as close proximity to the chin as in the earlier stage. The athlete should not be penalised on this account.

(Refer photograph 'Shot Put')

Obviously the deciding factor is the hand. If the shot is withdrawn in order to give extra drive, then the hand (and with it the arm and elbow) must move downwards and backwards. If the hand remains stationary then the delivery is a fair one.

2.2.1 Putting The Shot

- i. The shot shall be put from the shoulder with one hand only.
- ii. At the time the competitor takes a stance (i.e. stationary position) in the circle to commence a put, the shot shall touch or be in close proximity to the neck or chin and the hand shall not be dropped below this position during the action of putting.
- iii. The shot shall not be taken behind the line of the shoulders (IAAF 188.1).
 - Close proximity shall be at the discretion of the Chief Judge, but a guide would be that such distance should be about the thickness of a finger (allowing for the athlete to hold their finger(s) between the shot and their neck), and probably not be more than 10mm.
 - The words "the shot shall be put from the shoulder with one hand only", does not mean that the implement has to touch the shoulder prior to release.

2.2.2 Officials

- i. A minimum of 5 Officials is needed: 3 at the circle and 2 in the field.
- ii. Official A (normally the Chief Judge) will:
 - a. Watch the position of the shot throughout the trial (from about 2m from the circle and to the front) on the **side of the "putting" arm** and will read off the measurement of the throw.
 - b. Indicate a fair put with a white flag and a foul put with a red flag.
 - c. Advise the athlete of the reason for any foul.

- iii. Official B will:
Stand on the opposite side of the circle and watch for infringements by the foot and also pulls the tape through the centre of the circle.
- iv. Sector Officials C and D will:
 - a. Mark the fall of the shot with a spike holding the zero end of the tape.
 - b. Return the shot to the competitors. (The shot must always be carried and never thrown).
- v. Official E will:
 - a. Record the result on the Result Sheet and call up competitors.
 - b. Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.

Note

- The most likely infringement will be at the front of the circle where the force of the leg drive may cause the competitor to touch the top of the circle or stop board, or even go over it.
- Another infringement may occur at the rim, just to the left of the stop board (for a right handed putter) caused by the right foot being driven hard against the stop board and the left foot pushed forward, and out of the circle to preserve balance.
- Officials should watch for the athlete who, following a poor throw touches the top of the stop board to invalidate the throw.

2.2.3 Stop Board Construction

- i. The board shall be painted white and made of wood or other suitable material in the shape of an arc so that the inner edge coincides with the inner edge of the circle. It shall be placed mid-way between the sector lines, and be so made that it can be firmly fixed to the ground.
- ii. The board shall measure 112mm to 300mm wide, 1.21m to 1.23m (+/- 1cm) long on the inside and 98mm to 102mm high in relation to the level of the inside of the circle.