

SHOT PUT

Legal Put

1. A legal put shall be made from within the circle and shall land within the prescribed sector.
2. A legal put shall be made from the shoulder, with one hand only, so that during the attempt the shot does not drop behind or below the shoulder.
3. A competitor must start from a stationary position inside the circle.
4. No harness or mechanical device attached to the hand or arm shall be used.
5. A competitor may enter the circle from any direction but must exit by the back half. A competitor may exit and re-enter the circle provided he/she does not violate the time limit.
6. A competitor shall pause once entering the circle/runway before he/she initiates the attempt.
7. A competitor shall not warm-up or compete while using an illegal implement.

Foul Put

It is a foul if the competitor:

1. Fails to initiate a trial within one minute after the competitor's name is called.
2. After stepping into the circle, fails to pause before starting the put.
3. After initiating the attempt, touches any surface outside the circle during a put.
4. Allows the shot to drop behind or below the shoulder during the put attempt.
5. Touches the top or end of the stop board before the put is marked.
6. Puts the shot so it does not fall within the sector lines.
7. Leaves the circle before the implement has landed.
8. Does not exit the back half of the circle.
9. Uses the "cartwheel" technique of shot putting.

PENALTY: The put is not measured, but counts as a trial.

Throwing Aids

1. Taping of any part of the throwing hand or fingers shall not be permitted unless there is an open cut or wound that must be protected by tape.
2. Taping of the wrist is permissible.
3. Gloves are not permitted; however, a support belt may be worn.
4. To obtain a better grip, competitors are permitted to use chalk or an adhesive (or similar substance such as rosin) on their hands during competition.

Preliminaries

The Games Committee may elect to open the competitive area and specify a time by which all preliminaries shall be completed. Any competitor who does not complete all preliminary attempts within the time specified shall forfeit any remaining trials (open pit).

Measuring Legal Throw

1. Measurement shall be from the nearest edge of the first mark made by the shot to the inside edge of the stop board nearest such a mark, measured along the extended radius of the circle.
2. Measurements shall be recorded to the nearest lesser ¼ inch or centimeter using a non-stretchable tape (fiberglass, nylon, or steel) or a certified scientific measuring device.
3. The judge shall hold the tape in such a way that the readings will be at the circle so that the competitors will immediately know the results of their efforts.

Breaking Ties

When there is a tie at any distance in the finals of a field event, places and points scored shall be awarded as follows:

1. If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the tying competitor whose second best performance is better from either the preliminaries or finals.
2. If after (1) the tie remains, the higher place is awarded to the tied competitor whose third best performance is better than the third best performance of any tied competitor, etc.