

Shot-Put Officiating Roles

SHOT-PUT JUDGE AND RECORDER:

- ensure all rules are adhered to;
- call the athlete when it is their turn to throw;
- tell the athlete when it is safe to throw;
- tell the measurers to measure the throw if it is a legal throw; and
- record the distance achieved.

MEASURERS

Measurer 1:

- stands outside the throwing area safely to the side;
- holds the end of the tape measure;
- runs into the throwing area and marks where the shot first landed; and
- returns to the side of the throwing area once the throw has been measured.

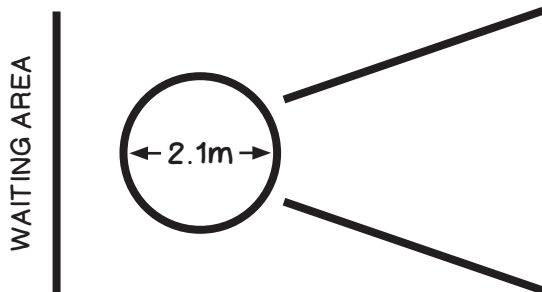
Measurer 2

- stands to the side of the throwing circle with the tape measure;
- pulls the tape tight to the front of the throwing circle and reads the distance achieved, once measurer 1 has marked the throw; and
- returns to the side of the throwing circle once the throw has been measured.

Shot-Put

ORGANISATION OF THE EVENT

- Measure a throwing circle approximately 2.1 m in diameter.
- From this circle, lay out cones in a V shape (see diagram below). This identifies the throwing area where the shot must land.
- Mark out a waiting area behind the throwing circle (see diagram below) where the competitors will stand while another athlete is throwing.



- Each athlete will have three attempts and their best performance will be recorded by the shot-put judge.

RULES OF THE EVENT

- Throwers must throw from within the throwing circle.
- No part of the thrower's body may touch the ground outside the circle during the throw.
- The shot must be kept tight into the neck.
- After the throw, throwers must leave the circle from the back.
- The shot must land within the throwing area.

IF ANY OF THE ABOVE RULES ARE BROKEN A NO THROW IS DECLARED AND THE DISTANCE IS NOT MEASURED.