

NATIONAL FEDERATION SHOT PUT INSTRUCTIONS

Jersey can not be knotted. NO VISIBLE JEWELRY EXCEPT RELIGIOUS, MUST TAPE TO BODY. MEETING WITH COACHES AND CAPT. BEFORE MEET. BODY SUIT MAY BE USED

1. No gloves. A SCHOOL ISSUED uniform must be worn. ALL VISIBLE UNDER SHIRTS MUST BE SOLID COLOR. SUPPORT BELT is OK, Chalk and Rosin are OK

2. A CONTESTANT USING A WIRELESS COMMUNICATION DEVICE WILL BE DISQUALIFIED

3. Time will be allowed to participate in another event, from time I excuse you, **Be flexible but record time they leave. Encourage them to throw before they leave**

4. No taping on any part of hands or fingers will be permitted unless there is an open wound that must be protected by tape. TAPE ON WRIST IS OK

5. A legal put is made from the shoulder with one hand only, so that the shot does not drop behind or below the shoulder.

6. ATHLETE MAY TAKE ONE OR MULTI ATTEMPTS, WHEN CALLED UP THROWER MAY TAKE CONSECUTIVE ATTEMPTS IF COMPETING IN ANOTHER EVENT

7. The put must be INITIATED BEFORE 1 MINUTE TIME LIMIT

8. An unsuccessful attempt is when:

- Competitor starts the put without a pause after entering the circle
- Competitor touches the circle, ground outside the circle, or top or end of toe board
- The shot lands on or outside the throwing section
- Competitor does not leave through the back half of the circle after completing the put

9. Exit rear half of circle after implement lands and MARK is Called. You must be UNDER CONTROL when leaving

10. Measurement in the shot shall be from the nearest edge of the mark made by the shot to the inside edge of the toe board , pull tape through center of circle

11. GAMES COMMITTEE MAY ALLOW 40* OR 34.92* SECTORS

12. Measurements will be to nearest lesser 1/4" inch OR LESSER CENTIMETER

13. Give order of participants - Each contestant will have four (4) throws IF NO FINALS

14. IF FINALS- three (3) attempts in the prelims and (3) in finals

- Competitor must have one (1) legal throw to make finals
- Take one more competitor than places into finals
- Order is reverse of finish with best THROWER last

15. Thrower may exit and reenter circle. May discard items after entering circle

16. No REFERENCE MARKS can be used. ALL IMPLEMENTS MUST BE INSPECTED

17. Jersey must be tucked into shorts. Jersey MUST be worn in Competition area

18. No viewing of visual aids during competition. Penalty is Disqualification

18. Record Marker along sector is OK. No warm ups without coach or official present.