

## SHOT PUT RULES

GOVERNING BODY	I.A.A.F.	USAT&F	N.C.A.A.	H.S.
SIZE OF CIRCLE	2.135 7 FEET	2.135 7 FEET	2.13 7 FEET	2.13 7 FEET
SECTOR SIZE	34.92 DEGREES	34.92 DEGREES	34.92 DEGREES	65.5 DEGREES
INDOOR SECTOR	34.92 DEGREES	34.92 DEGREES	34.92 DEGREES	40 • ALLOWED
YOUTH		40 DEGREES		
TAPE ON HANDS/FINGERS	ALLOWED	ALLOWED <b>IF COVERING OPEN WOUND</b>	ALLOWED	ALLOWED
INTERNAL MOVEMENT IN SHOT	YES	YES	YES	YES
CAULK OR SUITABLE SUBSTANCE ON HANDS FOR GRIP	ALLOWED	ALL AREAS SHOT / NECK	ALLOWED HANDS / NECK	ALLOWED
WARM UP IN COMPETITION AREA	2 THROWS	GAMES COMM	15 MINUTES EACH FLIGHT	10 MINUTES EACH FLIGHT
WARNING TIME PERIOD	15 SEC Hold Flag up	15 SEC Hold Flag up Verbal also	30 SEC	
PRELIMINARIES	THREE 6 NO FINALS	THREE 6 NO FINALS	THREE 4 NO FINALS	THREE 4 NO FINALS
MULTI EVENT ATTEMPTS	THREE ONLY	THREE ONLY	THREE ONLY	
NUMBER TAKEN TO FINALS	8	8	1 MORE THAN SCORING	1 MORE THAN SCORING
NUMBER IN FLIGHT	UP TO 16	UP TO 16	5-12	4-12
FINALS ORDER	REVERSE	REVERSE	REVERSE	REVERSE
THROWER MAY INTERRUPT TRIAL AND LEAVE CIRCLE	YES	YES	YES	YES
	<b>THROW MUST BE INITIATED WITHIN TIME ALLOWANCE</b>			
IMPLEMENT IMPOUNDED WHEN RECORD MADE UNTIL RECERTIFIED	NO	YES	YES	NO
RECORD BEST EFFORT EVEN IN TIE BREAKER	YES	YES	YES	YES
TIME RULE FOR THROWER				
4 OR MORE THROWERS	1 MINUTE	1 MINUTE	1 MINUTE	1 MINUTE
2-3 THROWER	1 MINUTE	1 MINUTE	1 MINUTE	1 MINUTE
1 THROWER IN COMPETITION	1 MINUTE	1 MINUTE	1 MINUTE	1 MINUTE
1 THROWER CONSECUTIVE	2 MINUTES	2 MINUTES	1 MINUTE	1 MINUTE
MULTI-EVENTS	1 MINUTE	1 MINUTE	1 MINUTE	1 MINUTE
MULTI EVENTS CONSECUTIVE	2 MINUTES	2 MINUTES	1 MINUTE	
VIEWING OF TAPE BY REFEREE	OPTIONAL	OPTIONAL		