

# Shot Put Instructions - High School

**75 minutes Prior to competition-CLOSE CIRCLE-put marker in circle. Prepare area, sector, meet with other officials working the event, discuss responsibilities**

**1 hour prior to competition-Implement certification**

**30 Minutes prior to start-open circle...HEADS UP to all those in throwing area. check athletes during warm-ups for proper uniforms, no jewelry, numbers, taped hands/wrists, certified implements. Discuss responsibilities with late arriving help.**

**15 Minutes prior to start-first flight only**

**5 Minutes prior to start-circle closed, helper sweep circle, Check athletes in, give instructions**

**START ON TIME! Athletes not checked in are scratched.**

## Speak to the athletes:

**Welcome, Implements with mark only in this area, Athlete numbers?, wear them front or back?, For safety, PLEASE...no cell phones or other electronics in competition area. You may not view video during competition.**

**1 minute to throw when called**

**Calls: Up, On Deck, On Hold-begin 60 second time limit to throw**

**Enter anywhere, pause, throw, pause, leave back half only**

**Measure on "mark" or white flag,**

**Foul or red flag IF:**

- Shot drops below or behind shoulder
- throw lands on or out of sector
- foot or body touches top or side of toe board, top of ring, not leaving BEHIND the circle's center marks
- Over 60 seconds from called name "UP"

**Scoring \_\_\_ places**

**No Finals- 4 throws**

**Finals- 3 throws top \_\_\_\_ to finals in reverse order.**

**We will give up to 15 minutes warmup between flights.**

**Are there any questions? (flights of 4-12)**

**Here is the order of throwing by flight. Anyone checking out for another event? Discuss check out procedure with that athlete.**

**Please Stay Heads Up ALL times, Good Luck.**

**First thrower-first flight is up....**

**Call to markers in sector: "Mark these"**