

## NATIONAL FEDERATION HIGH SCHOOL SHOT PUT RULES

### SAFETY IS THE FIRST CONCERN.

1. Referee shall meet with coaches and captain(s) before the meet. Emphasize the uniform rules: a school issued uniform must be worn during the competition, all visible undershirts must be a solid color, singlet cannot be knotted, no visible jewelry (exception: religious jewelry must be taped to the body), body suit is OK if school issued. No blood allowed on athlete or uniform.
2. Warm-ups shall not be allowed unless supervised by an official or a coach. No further practice throwing shall be allowed once the event has concluded.
3. THROWING SECTOR SIZE IS 34.92 degrees. No gloves allowed. A school issued uniform must be worn during competition. Support belt, chalk and rosin are OK.
4. No taping on any part of hands or fingers will be permitted unless there is an open wound or cut that must be protected by tape. Tape on the 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. Exit the rear half of circle after implement lands and "MARK" is called. Athlete must be under control when leaving the circle. Thrower may exit and reenter circle. May discard items after entering circle.
7. The put must be initiated from inside the circle WITHIN THE 1 MINUTE TIME LIMIT.
8. An **unsuccessful attempt** is when:
  - a. Competitor starts the throw without a pause after entering the circle,
  - b. Competitor touches the circle or the ground outside the circle before the discus has landed,
  - c. The shot lands on or outside the throwing sector. Landing on the sector line is a foul,
  - d. Competitor does not leave through the back half of the circle after completing the throw.
9. Measurement in the shot shall be from the nearest edge of the mark made by the shot where it lands in the sector to the inside edge of the toe board, pull tape through center of circle.
10. Ties broken by 2<sup>nd</sup> best performance for any places. (see Rule 6-3 in 2007 book).
11. Measurements will be to nearest **lesser 1/4" inch or lesser centimeter**.
12. No viewing of visual aids during the competition. A competitor using a wireless communication device will be disqualified.
13. Give order of participants. It is up to the games committee to determine the number of throws. Usually each contestant will have either 3 or 4 throws in dual meets.
14. In most big meets there are usually preliminaries and finals. Throwers will receive 3 attempts in the preliminaries and then be re-ordered from last to best for three more attempts in the finals.
  - a. Competitor must have one (1) legal throw to make finals
  - b. Competitors will be credited with their best performance – whether it is in the prelims or the finals.
  - c. Usually you will take one more competitor than there are scoring places into finals
  - d. Order is reverse of preliminary throws finish with best thrower last in the finals
15. Time limits for competitors excused to compete in other events will be established by the games committee. Be flexible but record time they leave. Encourage them to throw before they leave. The official may allow an athlete who is excused to compete in another event to take consecutive attempts before they leave. In order to be fair the best thrower from the preliminaries should always have the last throw of the competition.
16. No reference marks can be used. A Record Marker may be placed along the sector line.
17. Singlet/jersey must be tucked into shorts. Singlet/jersey must be worn in the competition area.
18. Remove all implements when the event is concluded. No further practice is permitted.

# NATIONAL FEDERATION HIGH SCHOOL SHOT PUT INSTRUCTIONS

## SAFETY IS THE FIRST CONCERN.

1. We will be using **NATIONAL FEDERATION of High School** rules for this competition.
2. You may enter the circle from any direction.
3. You must pause before you start your attempt.
4. During your attempt you may not touch top of the ring, the side or top of the toe board. You may touch inside of the ring or the toe board.
5. The implement must land inside of sector lines. On or outside of sector will be a foul throw. **After the implement lands**, you must exit out the rear half of circle after "Mark" is called. Notice the side markers. Exit on or in front of markers will be a foul.
6. This is a shot put event. The shot may not drop below or behind the shoulder during your attempt. Keep your elbow up.
7. You will have **60 SECONDS** to attempt a throw after you are called.

### **With Finals**

8. You will have three attempts in the Prelims. There are \_\_\_ flights. The top \_\_\_ throwers will advance to finals for three more attempts.

### **With No Finals**

9. You will have \_\_\_ attempts in this competition.
10. There will be \_\_\_ scoring places in this competition.
11. If you want to intentionally foul please step on toe board right away.
12. Your call up order will be: **UP, ON DECK, ON HOLD, THEN CALLED UP AGAIN. YOUR 60 SECONDS WILL START AT THAT TIME.** Please respond immediately to my calls.
13. No viewing of visual aids during competition. Penalty is Disqualification.
14. Please let me know if you need to be excused to compete in another event.
15. Your competition order will be: ... Good Luck.