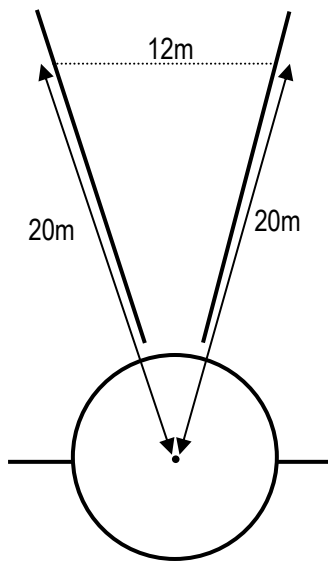


Quick Guide Shot Put¹

The purpose of officiating is to create a fair and welcoming environment for the competition. An official is impartial, non-intrusive, and aware at all times of events in the competition area. Officials contribute to the athletes' positive experience of the event.

Site Preparation: (at least 1 hour prior to start of Competition)

- Layout out sectors if not done. If done, check to make sure correct.
- (Rule TR 32.12.1) The landing sector shall be marked with white lines 50mm wide at an angle of 34.92° such that the inner edge of lines, if extended, would pass through the centre of the circle. The 34.92° sector may be laid out accurately by making the distance between the two points on the sector lines 20m from the centre of the circle 12m ± 0.05m (20m × 0.60m) apart. Thus, for every 1m from the centre of the circle, the distance across shall be increased by 0.60m. This will require 1 official and 2 volunteers.
- Make sure that that the throwing area is safe for athletes, coaches, parents and officials.**
- Assign duties and positions to Judges (2 minimum) and Volunteers (2 minimum) as per diagram attached.
- Make sure that you have at least the following:
30m tape, marker, broom and towels for cleaning the circle, World Athletics Rule Book



Implements: (minimum of 2 for the age group competing)

- (Rule TR 32.1) In all competitions, the implements used shall comply with World Athletics specifications. Only implements which hold a current valid World Athletics Product Certificate may be used.
- (Rule TR 32.2) Except as provided below, all such implements shall be provided by the Organising Committee (OC). The technical delegate(s) may, based on the relevant technical regulations of each competition, allow athletes to use their own implements or those provided by a supplier, provided that such implements are World Athletics certified, checked and marked as approved by the OC before the competition and **made available to all athletes**.
- (Rule TR 32.3) No modification shall be made to any implements during the competition.

BOYS		GIRLS	
9 years	2 kg	9 years	2 kg
10-11 years	2 kg	10-11 years	2 kg
12-13 years	3 kg	12-13 years	3 kg
U16 (14-15 years)	4 kg	U16 (14-15 years)	3 kg
MEN		WOMEN	
U18 (16-17 years)	5 kg	U18 (16-17 years)	3 kg
U20 (18-19 years)	6 kg	U20 (18-19 years)	4 kg
Open (20+ years)	7.26 kg	Open (20+ years)	4 kg
MEN (MASTER)		WOMEN (MASTER)	
35-49 years	7.26 kg	35-49 years	4 kg
50-59 years	6 kg	50-59 years	3 kg
60-69 years	5 kg	60-74 years	3 kg
70-79 years	4 kg	75+ years	2 kg
80+ years	3 kg		
HIGH SCHOOL MEN		HIGH SCHOOL WOMEN	
Grade 8	4 kg	Grade 8	3 kg
Junior (Grade 9 & 10)	5 kg	Junior (Grade 9 & 10)	3 kg
Senior (Grade 11 & 12)	6 kg	Senior (Grade 11 & 12)	4 kg

Updated July 3, 2015

GENERAL Instruction for Official's in running the event

Address the Athletes prior to Warm-Up:

- Define the Competition Area.
- Establish the number of practice throws (1 – 4) as time allows.
- Advise Athletes of Competition Start Time.
- (Rule TR 5.7) Athletes have the option of wearing only one Competition Number on front or back as preferred.
- (Rule TR 5.8) No athlete shall be allowed to take part in any competition without displaying the appropriate bib(s) and/or identification.
- (Rule TR 5.2) Athletes may wear one shoe, two shoes or no shoes.
- (Rule TR 25.5) Competitors compete in the order indicated on the start list, except as altered by the Chief Judge for an excused absence.
- (Rule TR 32.18) After each throw, implements shall be carried back to the area next to the circle and never thrown back.

Address the Athletes prior to Competition:

- Define the 'Coaching Area'.
- Review Timing Rules and General Rules of Competition.
- Athletes may pass at any attempt.
- For athletics 13 and under will receive 3 attempts only.
- For athletics 14 and older shall receive 3 attempts with the top 8 getting three additional attempts.
- In Combined Events only 3 attempts.
- Go over the rules of the event.

Recording, Scoring and Ties:

- (Rule TR 25.7) Recording:
Valid trial shall be indicated by a **measurement taken**. For the standard abbreviations and symbols to be used in all other cases, see Rule CR 25.4 of the Competition Rules.
A failure shall be indicated by the symbol "X"
If the athlete forgoes a trial (a pass) it shall be indicated by the symbol "-"
- Athletes may pass any round
- (Rule TR 25.22) If there is a tie for 1st place use next best attempt.

Measurements:

- (Rule TR 32.19) In all throwing events, distances shall be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimeter.
- (Rule TR 32.20) The measurement of each throw shall be made immediately after each valid trail.

- (Rule TR 32.20.1) From the nearest mark made by the fall of the shot, to the inside of the circumference of the circle along a line to the center of the circle.

Markers:

- (Rule TR 25.3.2) For shot an athlete may use one marker only placed on the ground in the area immediately behind or adjacent to the circle. It must be temporary, in position only for the duration of each athlete's own trial, and shall not impair the view of the judges. No personal markers may be placed in or beside the landing area. Note each marker shall be composed of a single piece only.

Timing:

- (Rule TR 25.17) Time commences when an indication is made to the Athlete that all is ready for his trial (usually the removal of a cone or name called).
- The Timing Judge will indicate 15 sec. is remaining with the raising of a yellow flag.

Number of Competitors	Individual and Combined Throwing Events
More than 3	1 minute
2 or 3	1 minute
1 or Consecutive Trails	2 minutes

Assistance:

The following shall be considered assistance and are therefore **not allowed**: (Rule TR 32.4)

- (Rule TR 32.4.1) The taping of two or more fingers together. If taping is used on the hands and fingers, it may be continuous provided that as a result no two or more fingers are taped together in such a way that the fingers cannot move individually. The taping should be shown to the Chief Judge before the event starts.
- (Rule TR 32.4.2) The use of any device of any kind, including weights attached to the body, which in any way provides assistance when making a trial.
- (Rule TR 32.4.3) The use of gloves.
- (Rule TR 32.4.4) The spraying or spreading by an athlete of any substance in the circle or on his shoes nor the roughening of the surface of the circle.

The following shall not be considered assistance and are therefore **allowed**: (Rule TR 32.5)

- (Rule TR 32.5.1) The use by an athlete, in order to obtain a better grip, of a suitable substance on his hands only. A shot putter may use such substances on his neck.
- (Rule TR 32.5.2) The placement by an athlete on the implement, chalk or a similar substance. All substances used on the hands and on the implements shall be easily removable from the implement using a wet cloth and shall not leave any residue.
- (Rule TR 32.5.3) The use of taping on the hands and fingers that is not in contravention of Rule TR 32.4.1.

The Competition:

- (Rule 188.1) The shot shall be put from the shoulder with one hand only. At the time an athlete takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or the chin and the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders. Cart wheeling techniques are not permitted.

Trials:

- (Rule TR 32.13) In the Shot Put implements shall be thrown from a circle. An athlete shall commence his trial from a stationary position inside the circle. An athlete is allowed to touch the inside of the rim and is also allowed to touch the inside of the stop board.
- (Rule TR 32.15) In the course of a trial and the rules relative to shot put have not been infringed, an athlete may interrupt a trial once started, may lay the implement down inside or outside the circle and may leave the circle. When leaving the circle he shall step out as required in Rule TR 32.17 before returning to the circle to begin a fresh trial. All the moves permitted by this paragraph shall be included in the maximum time for a trial given in Rule TR 25.17.

It shall be a failure if an athlete in the course of a trial:

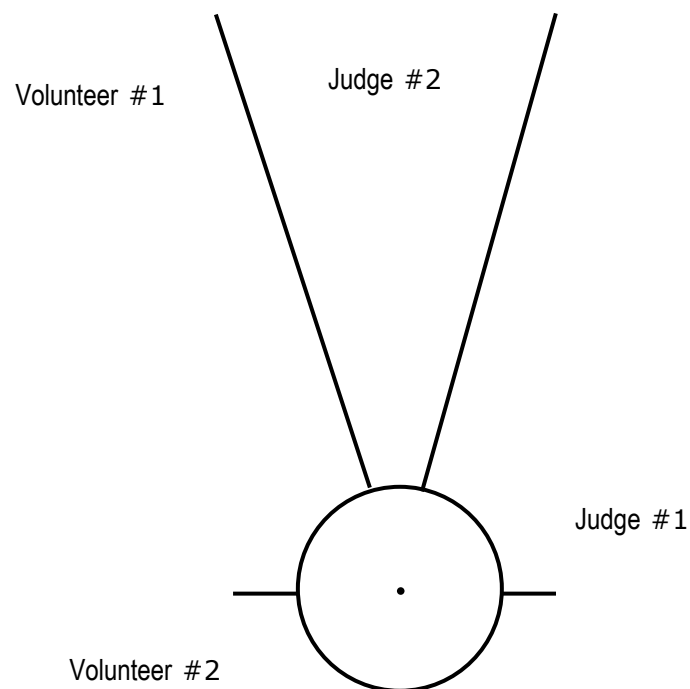
- (Rule TR 32.14.1) Releases the shot than as permitted under Rules TR 33.1 and TR 38.1.
- (Rule TR 32.14.2) After he has stepped into the circle and begun to make a throw touches with any part of his body the top (or the top inside edge) of the rim or the ground outside the circle.
Note: However, it will not be considered a failure if the touch is made without providing any propulsion and occurs during any first rotation at a point completely behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle.

- (Rule TR 32.14.3) Touches with any part of his body any part of the stop board other than its inner side (excluding its top edge which is considered to be part of the top).
- (Rule TR 32.16) If the shot in contacting the ground when it first lands touches the sector line or the ground or any object outside the sector line.
- (Rule TR 32.17) if the athlete leaves the circle before the implement has touched the ground.
- (Rule TR 32.17.1) If when leaving the circle, the athlete's first contact with the top of the rim or the ground outside the circle is not completely behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle. Note the first contact with the top of the rim or the ground outside the circle is considered leaving.

Roles of the Judges and Volunteers

- Judge #1
- Chief
 - Assigns roles
 - Addresses Athletes
 - Oversees competition
 - May use 'Fair' (white) and 'Foul' (red) flags
 - Call up
 - Times the trail
 - Watches for arm and foot fouls
 - Reads the tape
 - Records Results
- Judge #2
- Field Judge in the Sector
 - Marks where the implement first lands
 - Makes sure that Volunteer #1 has the tape in the right location while the distance is being measured
 - Makes sure that the tape is straight between marker and the centre of the circle while the distance is being measured
- Volunteer #1
- In the Field
 - Holds the zero end of the tape outside of the sector
 - Brings the tape into the sector and places the tape by the marker as indicated by Judge #2
- Volunteer #2
- Behind the Circle
 - Holds the reel end of the tape
 - Pulls the tape through the center of the circle

Positions of the Judges and Volunteers



Note: For additional information on running an event go to the BC Athletics website under Officials Technical Info