

SHOT PUT



Weight for Each Age Group

. U6	500g	(Pink)
. U7	1kg	(Blue)
. U8	1.5kg	(Yellow)
. U9 - U12	2kg	(Orange)
. U13, U14, U15G, U17G	3kg	(White)
. U15B	4kg	(Red)
. U17B	5kg	(Green)

How do you “put the shot”

- . *Starting position* - stand side-on, feet shoulder width apart, using the non-throwing arm to aim.
- . *Grip* - sit the shot at the base of the fingers (not in the palm or finger tips). The thumb and little finger rest around the sides of the shot and the three middle fingers are at the back. Sit the shot in the curve of the neck just behind or on the upper part of the jaw (not the cheek or ear).
- . *Putting the shot* - keep the elbow up as the shot is pushed. Finish with your thumb pointing down and palm facing out. (This technique helps stop the elbow dropping, thus ensuring the shot does not come away from the neck - risking a foul.)

Basic Rules

- . Use only one hand to put the shot. You cannot ‘throw’ the shot like a ball!
- . The Action must start from a stationary position from within the circle.
- . Do not leave the circle until the shot has landed.
- . Athletes must be told the reason for a foul.
- . Athletes can enter the circle from any direction, but **must** exit from the back half of the circle.

When is a Foul Recorded

- . If the shot lands **on** or outside the sector lines.
- . If the shot is thrown like a ball, or is put from behind the line of the shoulder, or if the hand drops away from the neck during the putting action.
- . If any part of the athlete touches the ground outside the circle during the throw or the top of the stop board.
- . If the athlete walks out from the front half of the circle.

Measuring

- . *Place* the zero end of the tape at the nearest edge of the landing mark and extend the tape *to* the centre of the circle.
- . *Measure* the distance *from* the landing mark *to* the inside edge of the circle or stop board.

Tips

- . Younger age groups should do a standing shot put.