



SHOT PUT RULES



1. Competitors may enter the circle from any direction.
2. Competitors must begin their throw from a stationary position inside the circle; they are not allowed to run or jump into the circle and take their throw without first assuming the stationary position.
3. Competitors may touch the inside of the metal rim of the circle but once the throw has begun, competitors must not touch with any part of their body: the top of the rim or the ground outside otherwise the throw becomes a foul. Touching the inside of the stopboard or the circle is allowed.
4. For a throw to be considered 'legal', competitors must use the correct technique:
 - A 'legal' throw in this event is a 'push' of the shot from the shoulder with one hand.
 - The competitor must start with the shot touching, or close to, the chin and at no time may the hand be dropped, nor the shot be taken behind the line of the shoulders. This means there should be no hurling or throwing action.
 - A competitor is allowed to start from a crouch position and they may also move across the circle in a jump or a glide.
 - Some competitors manage to achieve a rotation of the body to gain momentum and this is allowed by the rules.
 - The use of gloves is not allowed.
5. Competitors must wait inside the circle until the implement has landed.
6. The shot put must land completely within the inner edges of the lines marking the sector, without touching the lines. It is still a valid throw if the shot put subsequently rolls outside the sector.
7. When leaving the circle, the athlete's first contact with the ground outside the circle must be completely behind the centre line of the circle (i.e. competitors must walk out the back of the circle).
8. A recommended time limit for the completion of a throw is one and a half minutes.
9. Each competitor is allowed three throws, the winner being the competitor who achieves the longest valid throw.
10. In the event of a tie, a decision is made on the next best recorded throw of the tied competitors.

Please see the recording sheets for age group weight specifications, zone records and regional qualifying distances.