

## Shot Put Officiating Rules

Competitors take their throw from inside a marked circle 2.135 metres in diameter, with a stop board approximately 10 centimetres high at the front of the circle. The distance thrown is measured from the inside of the circumference of the circle to the nearest mark made in the ground by the falling shot, with distances **rounded down** to the nearest centimetre under OFSAA rules. Place the zero end of the tape at the mark made by the shot closest to the throwing circle, pull through to the centre of the circle (should be a mark or hole, and read off the measurement where the tape crosses the inside edge of the circumference of the circle or toe board.

The following rules are adhered to for a legal throw:

- Upon calling the athlete's name, they have **sixty seconds** to commence the throwing motion.
- The athlete may NOT wear gloves; OFSAA rules permit the taping of individual fingers.
- The athlete must rest the shot close to the neck, and keep it tight to the neck throughout the motion.
- The shot must be released above the height of the shoulder, using only one hand. The ball is to be put (i.e. pushed), not thrown with an overhead motion. At no time may the shot move behind the plane of the shoulders.
- The athlete may touch the **inside surface** of the circle or stop board, but must not touch the top or outside of the circle or stop board, or the ground beyond the circle. Limbs may however extend over the lines of the circle in the air.
- The shot must land in the legal sector (34.92°) of the throwing area (Inside of / not including the line)
- The athlete must exit the throwing circle from the back half of the circle.

Foul throws occur when an athlete:

- Does not pause within the circle before beginning the throwing motion.
- Does not begin the throwing movement within sixty seconds of having his or her name called.
- Allows the shot to drop below his shoulder or outside the vertical plane of his shoulder during the put.
- During the throwing motion, touches, with any part of the body (including shoes):
  - the top or ends of the stopboard
  - the top of the iron ring
  - anywhere outside the circle.
- Throws a shot which either falls outside the throwing sector or **touches a sector line on the initial impact.**
- Leaves the circle before the shot has landed.
- Does not exit from the rear half of the circle.

The first **three rounds of throws** is taken by each competitor in an **order determined randomly** at entry registration. The **top 8 throwers**, once established, will have three more attempts in order of increasing distance. The final rankings will result from all 6 attempts.

The competitor's best throw from the allocated number of throws, typically three to six, is recorded, and the competitor who legally throws the shot the farthest is declared the winner. Ties are broken by determining which thrower has the longer second-best throw.

If any disputes or problems arise, consult the Field Referee

### Measurement Standards for the Qualifier Meet.

These are the prescribed standards that will be used at the Preliminary Qualifier meet as the basis for no measurement when **there are more than 16 entries** in a field event in order to complete the judging of the event in the time scheduled to be fair to the competitors and judges. They are based on previous zone performances (last place rounded in most cases). Officials will be instructed to not measure if the try does not reach the distance/height and indicate with an NM .

### SP

25 Women Shot Put Midget 6.00m

57 Women Shot Put Junior 6.00m

89 Women Shot Put Senior 6.00m

26 Men Shot Put Midget 7.50m

58 Men Shot Put Junior 8.00m

90 Men Shot Put Senior 8.00m

Return your official sheets for computer entry as soon as possible after the completion of your event.

**THROWING EVENT OFFICIALS – Zone Meet**  
**PLEASE READ CAREFULLY AND INFORM THE ATHLETES**

Regulation throwing implements will be provided by the NRHSAA. No other javelins will be allowed. Shots and discs that have been weighed and approved will be allowed for competition.

There should be **no write-in athletes or substitutions** unless the athlete appears with a **signed sheet from the convenor**.

Contact the convenor if there appears to be a problem with the entries.

Please record something for every athlete listed on the sheet and every round.

Indicate a fault with a F. Indicate a pass with a P.

If the athlete did not show or left after signing in put DNS beside their name. Record any details of the circumstance for later reference in a protest dispute.

Athletes involved in track events must check in at the field event and then go to the track event. They may be given a throw before they leave but they must not miss the track event or they will be considered a no show and be ineligible for competition for the rest of the day. They may return to the field event when they have completed the track event but they join in at the round that the event is at.

If the athlete shows and says they are scratching caution them that they are ineligible to compete for the rest of the day in all events if they do scratch. If they decide to scratch anyway make a note on the sheet beside their name and indicate with a SCR.

**Only three(3) throws are taken in the first round. Determine the top eight throws for the second round and announce placement to athletes. The second round of three(3) more throws goes in reverse order of distance. The final rankings will result from all six(6) throws.**

**Four (4) athletes advance from Zone to SOSSA.** In the case of ties make sure that you have not qualified more than five athletes. If the athletes are tied with their best throw you must use the second best throw and if necessary the third best throw to break the tie.

Please return your event recording sheets for results processing as soon as possible after the completion of your event.

Thank you for your commitment and participation.

## *Throws Officials Duties*

### *At the Circle:*

#### All Officials

- Be seated as often as possible.
- Remember the circle belongs to the athletes; stay out of it unless you must walk in the circle to clean.
- Be as silent and in the background as possible....but, in control of the competition.
- Give the event field crew a break during any warm-up period.

#### A. Judge/1<sup>st</sup> Recorder:

1. Move the gate on your side of cage (Flight Coordinator will move the other gate).
2. Note exact **start time** (first thrower called "Up").
3. Judge your side of the circle back to front. After each throw, I will quickly check the circle judges for a fault signal...**thumb up – no foul, thumb down - foul**.
4. You must be **100% positive to call a foul**.
5. After watching the circle for a fault, check Markers (down sector lines) for **sector foul signal**. Make this part of your call. Please, **hold your signal** until you are sure I have seen it.
6. You are the **second reader of the tape** and the **1st Recorder**. I'll read the tape then you read it. If we agree, I'll announce the distance. You'll then record each throw on the official sheet.
7. Make no extra marks on the event sheet. Enter best attempt on the right side of the sheet. **Be neat!**
8. **At the end of each round compare results** with the 2nd recorder and me.
9. Note the **completion time** (results announced to athletes) on the official sheet. **You and I should sign** your sheet and then **give it to me**.
10. **Check and clean** the circle prior to each round.

#### B. Judge/Timer/2<sup>nd</sup> Recorder:

1. Start the time clock (count-down) for warm-ups exactly 1 hour before the competition is to begin. During the warm-up, help me **check the athletes** for proper taping, gloves, and "lefties."
2. Make sure you have a **yellow flag**.
3. **Do not sit or stand directly** behind the thrower in the ring.
4. Make sure the **clock and flag** are **visible to the throwers**. Start the clock after the Flight Coordinator has called an athlete "Up" the 2nd time. **Raise a yellow flag and verbalize when 15 seconds remain; hold the flag overhead then drop it immediately when time expires,**
5. After each throw, I will check the circle judges for a fault signal... **thumb up – no foul, thumb down - foul**. Hold the signal until you know that I have seen it.
6. You must be **100% positive to call a foul**.
7. after the throw check that the **athlete does not leave the circle until the implement has landed** in the field. If he/she has, give a foul signal.
8. When I announce the distance, record it on the official sheet.
9. At the **end of each round compare your results** with the 1st Recorder and me.
10. Note **start time** (1<sup>st</sup> thrower called "Up") and **completion time** (results announced on the sheet).

### C. Coordinator:

1. Move the gate on your side of the cage. (First Judge/Recorder moves the other gate).
2. During competition, position yourself near the athletes' entry point to the cage. When you give your calls, make sure you face the athletes and can be heard by all.
3. Athletes **may not leave the competition area** unless escorted – by an Escort/Retriever/Marshal. Athletes may talk through the fence or across the track, but **may NOT cross the track to talk to a coach** or for any other reason.
4. No **electronic devices** are allowed.
5. **Check your flight sheet** - make sure **all are present**, we have **no extras**, and that the **athlete's number** is visible
6. Coordinate the **athletes' warm-up** (structured warm-up...only 2 throws...in competition order), give the competitors information relevant to the event, and **run the competition**.
7. All **warm-ups with implements** are to be conducted within the competition circle. Not anywhere else.
8. Only the athletes called, **"Up and On Deck"** may have an **implement in hand**. **Absolutely, no warm-up** (or winds) outside the circle.
9. Make sure athletes apply **substances** (chalk/spray) **to only their hands**.
10. **Call the athletes, "Up...On Deck...On Hold"** as soon as the last athlete has thrown. Remind each athlete they may enter the circle and stand **OUTSIDE** the ring.
11. When an athlete is called **"Up"**, **check the number** to ensure we have the proper athlete.
12. **Do not let athletes enter the circle before the second "Up" call**. Make the second **"Up"** call when the measurement is completed and **all officials are ready**, to indicate the athlete is on the clock. You should give a **visual signal** (point to the ring) when you issue the second **"Up"** call. **Keep a good flow/rhythm to the competition.**
13. If we do not have an **Implements Inspector**, assume as many of the duties as you can.
14. The implement cart should be stationed near you with easy access for Retrievers. Towels should be available near the implement cart..

### D. Implement Inspector:(if available)

1. All implements have **no ownership** during competition and will be **reclaimed** by athletes at the venue upon completion of the competition. They must/may sign for their implements.
2. Maintain the **implements at the venue**, which includes cleaning and inspecting each, returned from the field. This insures that athletes use only meet-approved implements and do not alter them in any manner.
3. **Allow only athletes** called **"Up"** and **"On Deck"** to have **implements in hand** during the competition.

### E.

1. **If a record has been set, contact the Field Referee and offer your help.**

### **In the Field:**

- Please **aid in retrieving during all warm-ups**.
- When you arrive at your position, spread out and keep the **competition as silent** as possible.
- Be alert . Athletes may not be focused on implements flying at them

### A. Measurer/Head Sector Judge:

1. **Obtain and return our event equipment** before the crew meeting.

2. You are the Measurer with the field-end of the tape/Lynx measuring stick.
3. Keep the Field Crew alert, ready, and **you acknowledge all signals from the ring.**

**B. Markers:**

1. **Mark where the implement first makes contact.** Position yourself inside and near the sector line, at about the distance expected so you'll be sighting the throw across the field between Markers.
2. Once the implement lands, **the one closest to it will mark it.**
3. If there has been a **sector foul** -- the implement lands on or outside **the white sector boundary line**, signal to the official at the circle – silently with an **arm extended from the side** toward the sector line. **Hold your signal** until you know it has been seen from the ring.
4. The Marker not involved with the measurement, keeps an eye on the circle to make sure that it is a fair throw. Communicate this with your field mates.
5. **Check each implement** to make sure it is certified and not damaged.
6. **Mark all throws**, even a foul, unless it is obvious that the athlete intentionally fouled it. This **protects the mark** in case of a **protest**. **Don't be too quick to pick up the mark** unless it is **VERY clear** that the athlete fouled. Give the benefit of doubt in favour of the athletes
7. Make needed **divot repairs**.

**C. Retrievers:**

1. Space yourselves equal distance between the landing area and the circle **outside the sector line**. **Retrieve it from the field** and return it to the Official at the circle.
2. **Do not toss, throw, or roll** the implement back to the ring.