



# SHOT PUT RULES

**ALL** girls' age groups will throw the **6# shot**. Boys **10-11** will throw the **6# shot**; Boys **12-13 & 14-15** will throw the **8# shot**

- 1. Each participant will be allowed three throws.**

Throws are not to be taken consecutively; throws are taken by rounds. Only the participant's farthest throw will be recorded for the competition. Throws will be measured to the nearest 1/4 inch.

- 2. Participants are allowed at least one or two practice throws prior to the start of competition.**
- 3. Participants must enter and exit the throwing area from the rear of the shot circle.**

Stepping out of the front of the circle constitutes a foul. Touching the top of the toe board or the ground outside of the throwing circle is also considered a foul. A foul is recorded as an attempted throw, but no credit is given for the distance of the throw.

- 3. Ideally, the shot should be “put” and not thrown.**

In other words, the shot should remain in contact with the participant's neck or chin while the approach across the circle is made and should be “put” or “punched” rather than thrown at the release (i.e. the elbow should remain in line behind the shot at all times). Please note: CYC does NOT disqualify a child or his/her throw because of improper form during the competition.

- 4. The measurement of each participant's shot put is made from the inside edge of the toe board to the nearest edge of the “ground point.”**
- 5. In case of a tie, the tie will be broken by the next best throw to determine the winner**

Consistency in measurement is key!

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**PLEASE NOTE: Running events take precedence over field events. Any participant called to a running event must first check-in with the official at the current field event. Then, at the completion of the participant's running event, the participant will be allowed to reenter the field event without penalty (i.e. allowed to re-enter at the same height, throw, attempt, etc. where the participant left).**