

## Field events – shot put crew

See over for sector layout

Chief judge receives event cards and score sheet from clerk. Also present are: staker, recorder. Recorder and judge may be combined.

See USATF rules 187 and 188.

**Instructions.** Athletes will be called “up,” “next,” and “third.” The athlete who is “up” will be called again, and will have up to one minute to make a throw. (Consecutive trials: two minutes.) Athletes may pass attempts.

When called up, an athlete shall enter the circle, come to a stationary position, complete the throw, and leave the circle through the marked half away from the landing sector. It is a foul to leave the circle before the implement lands. It is a foul if the implement lands outside the sector. The shot shall be put from the shoulder with one hand only.

**For safety: those in the vicinity of the circle should take care to face the thrower. Officials must not turn their backs to the thrower.**

The judge should confirm the weight of implement to be thrown. In the case of a flight with mixed weights, the judge should confirm the weight with each athlete.

For a trial, the athlete called up enters the circle and completes the throw.

If the judge observes a foul, the judge shall raise the red flag and call “no mark.”

If the judge observes a fair throw, including a correct exit from the circle, the judge shall raise the white flag and call “mark.”

On the call of “mark,” the staker shall stake the location of the throw, fixing the zero end of the measurement tape there. The recorder shall fix the tape at the **center of the circle** and note the measurement at the **inside edge of the stop board**, rounding to the nearest whole centimeter below the measurement.

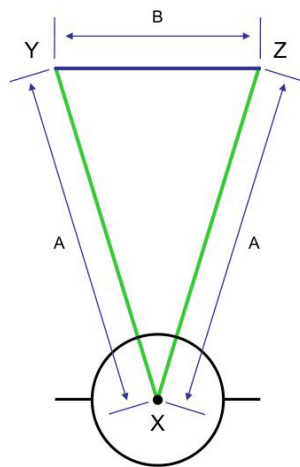
After the measurement or call of no mark, the implement should be **carried** back from the sector.

The result – measurement or no mark – together with the athlete's bib number and weight thrown – should be entered on the **serial record of trials, score sheet, and, if possible, athlete's event card.**

If convenient, the recorder may keep the score sheet and the judge may keep the serial record.

### Shot put weights for age and sex

Youth - Age at birthday this year	8 or under	9 to 12	13 or 14	15 to 18	18+ - age today	To 49	50's	60's	70 to 74	75 to 79	80 & up
M	2 kg	6 lb	4 kg	12 lb	M	16 lb	6 kg	5 kg	4 kg	4 kg	3 kg
F	2 kg	6 lb	6 lb	4 kg	F	4 kg	3 kg	3 kg	3 kg	2 kg	2 kg



Source: USATF Pacific NW

Ideally, three people will be available to lay out the sector lines, located in positions X, Y and Z.

Stretch out the measuring tapes or strings so that they are straight & taut, with the correct A and B lengths.

The person in position X will then direct Y and Z to the left or right, in unison, to center the sector on the throwing circle or runway:

For shot put, the centering should be done on the stopboard.

For discus, hammer and weight, the centering can be done relative to the circle dividing lines or the opening of the throwing cage, whichever is more symmetrical and easier to measure from.

For javelin, the centering should be done on the points where the foul arc intersects the runway sidelines.

For all except javelin, ratio A:B is 5:3. For javelin, A:B is 2:1.

For shot put, A = 15 meters and B = 9 meters yields the correct 34.92° angle.

On turf, use cones and athletic tape to mark sector lines. Use at least two 30 cm pieces of tape for each line, placed so that the tape is in foul territory.

We may have a loop sectioned in ratio 5:3:5 to lay out the sector as a triangle.

**Marked, chalked, or painted lines are to the outside of the sector.**

**The inside edge of the marked line is the edge of the sector.**

**Warm-ups:** Athletes should be allowed a warm-up period. The warm-up period should be sufficient for each athlete to take two practice throws. For shot put, warm-ups take about 10 minutes for a flight of six athletes.

No marks inside the circle or sector are allowed.