

# A VOLUNTEERS GUIDE TO THE SHOT PUT

In the shot, competitors put a metal ball with one hand. The aim is to put it as far as possible. In order for the put to be measured, the shot must not be thrown, and must land inside a designated sector. The athlete, must not touch the top of the toe-board during their put or leave the circle before the ball has landed, and then only from the rear half of the circle.

## ORGANISING THE EVENT

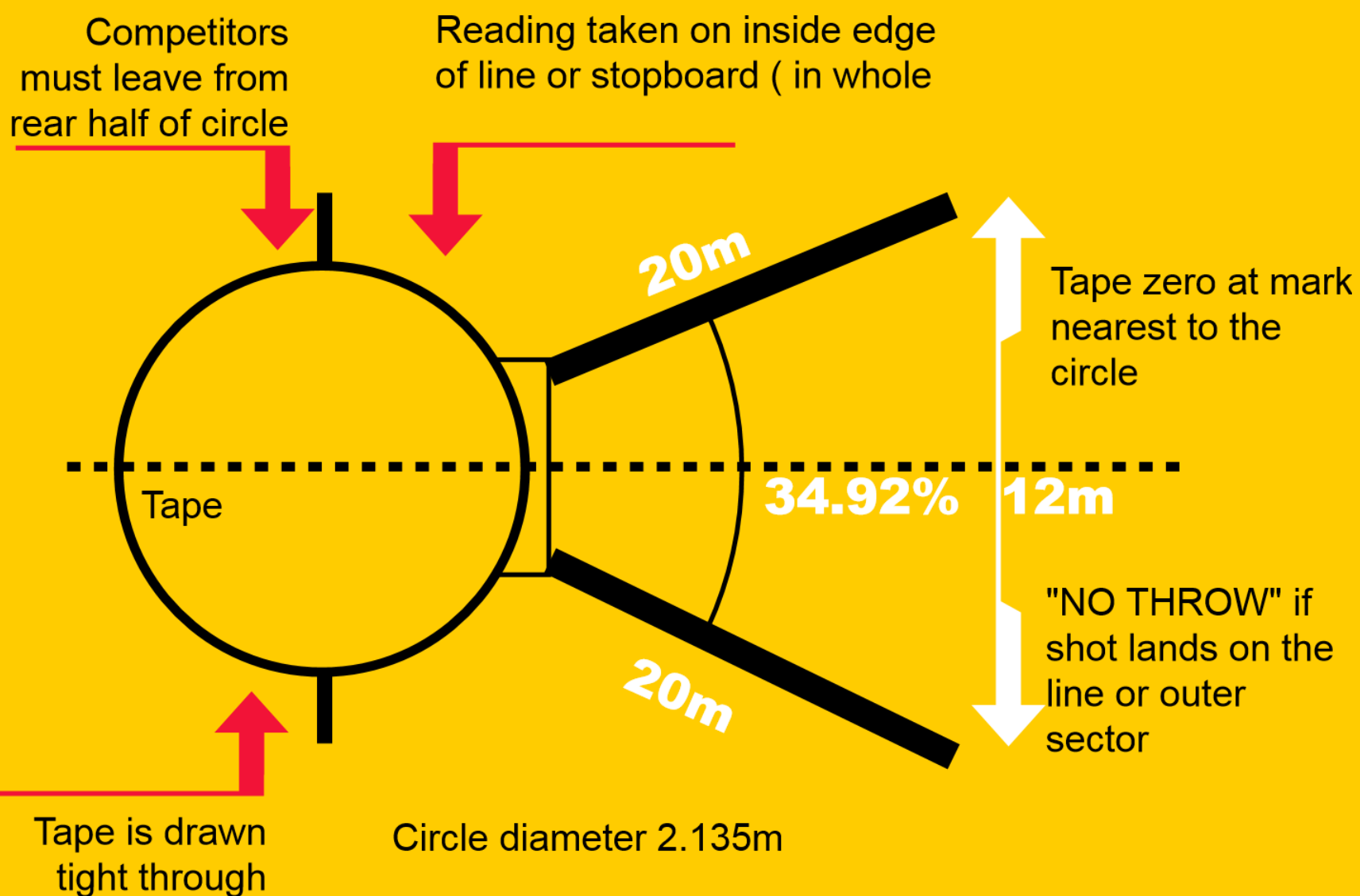
- 1 Check surroundings and equipment are safe for all children and volunteers.
- 2 Write children's names on the recording sheet to record the results.
- 3 Arrange the children in order they are to 'put'. Tell the children the number of trials they are to have.
- 4 Give each child practice 'puts' before the event begins.
- 5 The shot put is from the shoulder with one hand only. It starts touching the jaw line, close to the ear and shouldn't drop below this position. The shot shouldn't be brought back behind the line of the shoulders.
- 6 Watch the flight of the implement and measure from the first point it strikes the ground, noting there may be a visible imprint. The selected point is marked with the spike. The zero end of the tape is held at the spike.
- 7 Pull the tape tightly through the middle of the circle and measure for distance to the nearest centimetre below the distance measured (Unless the measurement is a whole centimetre). Measurement is taken from where the tape crosses the inner edge of the circle.
- 8 When recording, please use:  
X = Foul, - = Pass, NM = No measure

## EQUIPMENT

- Sector tape.
- Tape measure (50-100m).
- Shots (Refer to *Implement Weights* overleaf).
- Spike to assist with measuring.
- cloth to wipe/clean the shots.
- Broom to sweep the surface of the circle.
- Recording sheet.



# SITE REFERENCE



# RECORDING

When recording, please use:

X = Foul, - = Pass, NM = No measure

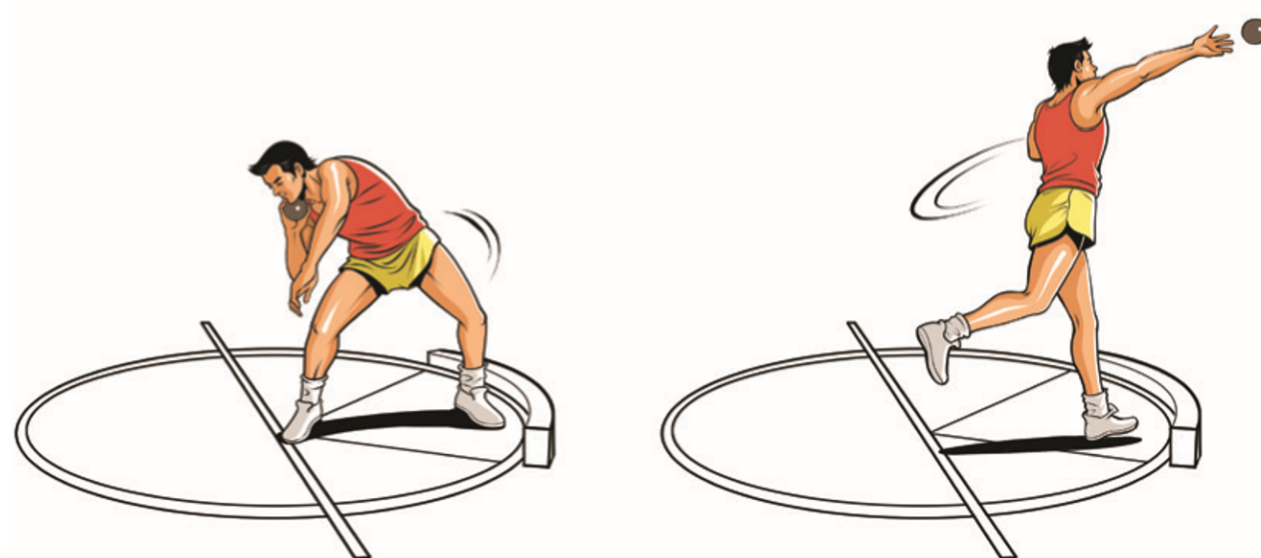
Athlete	1st Trial	2nd Trial	3rd Trial	Best	Place
A	4.76	X	4.62	4.76	4
B	5.35	4.92	5.88	5.88	2
C	4.65	4.35	4.76	4.76	3
D	5.88	5.35	5.03	5.88	1
E	X	X	X	NM	NM

# FOULS

- The athlete leaves the circle before the shot lands
- The athlete's hand drops away from the neck during the putting action
- The shot is put behind the line of the shoulder
- The shot is thrown like a ball and not put with one forward movement.
- The athlete touches the top of the circle/stop board or the ground outside the circle during the trial with any part of their body.
- The shot lands outside the sector line
- The athlete does not exit from the rear half of the circle

# SAFETY

- 1 Volunteers and other children must stand at least 2m behind the thrower, and the sector must be clear.
- 2 Correct weights must be used for each age group (Refer to table below)
- 3 One responsible person spikes the landing and retrieves the shot.
- 4 The shot is carried back to the throwing circle, not thrown or rolled back.
- 5 Ensure throwing circle is swept clear of sand, dirt, and/or other objects.
- 6 **Never turn your back on the throwing circle while in the field.**



# IMPLEMENT WEIGHTS

U6 - U7	1kg
U8	1.5kg
U9 - U12	2kg
U13G - U17G	3kg
U13B - U14B	3kg
U15B - U16B	4kg
U17B	5kg