

Event Description

The shot is a heavy, circular metal ball that athletes must 'put', using a pushing motion from the shoulder and close to the neck, to achieve maximum distance. The goal is to throw the shot as far as possible while staying within the designated throwing circle.

Event Equipment

- Throwing circle with stop board
- Shot Puts
- Tape measure
- Numbered marker pegs
- Event sheet and pen

Event Location

Shot put events are conducted in the shot put circles located between the far side of the track and the fence. An additional circle outside the fence is occasionally used as an overflow event area.

Safety Considerations

- Keep all participants waiting their turn well back from the throwing circle.
- Officials should stand outside the sector lines and remain fully alert at all times.
- Ensure the shot is smooth and free from any unsafe edges.
- Athletes must not throw until instructed.
- Carry the shot back after each put. Do not throw or roll back to the throwing area.
- The shot should be placed on the ground for the athlete to pick up.

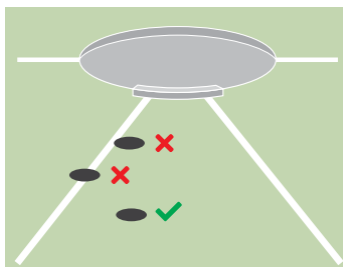
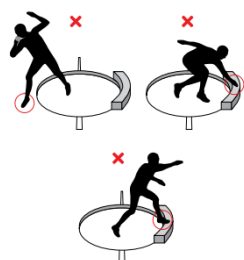


Event Rules

- The shot must be placed against the neck, just behind or on the upper part of the jaw (not on the cheek or ear), and must be put with one hand.
- The shot must be pushed, not thrown or flicked like a ball.
- Athletes must begin from a stationary position inside the circle — no run-up from outside the circle is allowed.
- The athlete must remain inside the circle until the shot has landed.
- Athletes may enter the circle from any direction, but must exit from the back half of the circle after completing their throw.
- It is a valid throw if an athlete touches the inside of the stopboard during the throw.
- It is a valid throw if the shot lands inside the sector lines then rolls out of the sector after impact.

It is a foul if:

- the athlete's hand drops away from the neck or the shot is released from behind the line of the shoulder.
- the athlete touches any part of the top of the circle rim, the top of the stopboard, or the ground outside the circle at any time during their throw.
- the shot is released incorrectly or thrown like a ball.
- the shot lands on or outside the sector lines.

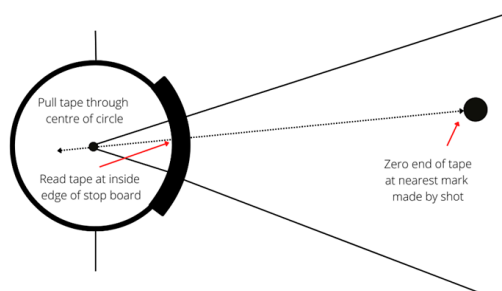


How to run the Event

- Measure and mark out existing event records before the competition begins.
- When the shot is thrown, place a numbered marker peg at the nearest edge of the landing mark where the shot initially lands.
- Each athlete has three attempts, and all athletes complete their first throw before moving on to the second and third rounds in the same order. Athletes should not take all three throws consecutively before the next athlete has thrown.
- Updating markers: If a subsequent throw is shorter than the athlete's previous best, the marker remains at the previous distance. If a throw is further, the marker is moved to the new distance. If unsure whether a later throw is further, a second marker can be placed so both throws can be measured.
- Markers are never moved backward to represent a lesser throw.
- *If it appears that a record has been broken, the marking peg should not be removed when measuring. A committee member must verify the peg is in place to confirm the record.*

How to Measure

- The zero end of the measuring tape should be placed at the nearest edge of the mark where the shot first lands.
- Pull the tape straight and tight through the centre of the circle, and take the measurement to the inside edge of the stopboard.



Learn More

For more information and guidance, scan the QR code below to view the *Little Athletics Australia Officiating Video* for this event.

