Vancouver Island Athletic Association

SHOT PUT

Official in charge
- Register athletes using recording sheets provided by host
- Note top ten or records for that age group(s) and gender. If a throw exceeds #10, remeasure. If record broken, mark location with spike, call for field referee to confirm.
- Before competition starts, review with competitors the rules (valid throw, number of throws, etc.)

Valid throw
1) Any part of body must NOT touch TOP of toe board or outer part of circle. Can touch inner part of circle or the toe board.
2) SHOT MUST BE PUTTED FROM THE SHOULDER WITH ONE HAND ONLY. HELD AT SHOULDER TOUCHING (OR VERY CLOSE) TO NECK OR CHIN AT START AND RELEASED BY PUSHING SHOT CLOSE TO FACE AND UP. SHOT MUST NOT GO BEHIND PLANE OF SHOULDER.
3) Athlete must NOT leave circle before shot has landed and must exit circle at back half..
4) Shot must NOT touch INSIDE edge of tape marking the sector.
5) Measure from INSIDE edge of toe board to where Shot first touched ground. Tape must be stretched taut between the point of landing and the center mark of circle. Measure to nearest cm. SHORTER than throw.

Times allowed each (from start time official indicates) 1.00 min
Competitor faults if they have not started final throw within time limit.

Scoring
Best throw wins. *For a tie, second best throw wins tie.

Competitor	YoB	1st Throw	2nd Throw	3rd Throw	4th Throw	5th Throw	6th Throw	Best	Place
Abe Cannon	M94	6.81	(6.88)	X				6.88	3
Chris Jaws	M94	(7.37)	6.85	6.81				7.37	2
Jon Reno	M94	5.72	6.91*	(7.37)				7.37	1*

2nd best throw

Number of throws
- As specified by the host club at the competition site or in the meet literature.
- If not given then left to the discretion of the head official.
- 3 throws at most JD meets for younger JD's. For Midgets and older categories, 3 throws then 3 more for top 8. For older groups, 3 throws then 3 more for top 8 of each weight group. 3 throws ONLY for pentathlon competitions

Athletes leaving to go to another event
- Must get permission from official in charge before leaving and may be allowed to throw out of order (i.e. early or late).
- Competition may proceed without them.
- Must report when they return and may re-enter competition but at the current round, although not necessarily required to throw in the original order.
- (Athletes should try to minimize their absence by leaving only when other event is called and returning IMMEDIATELY after completing it).