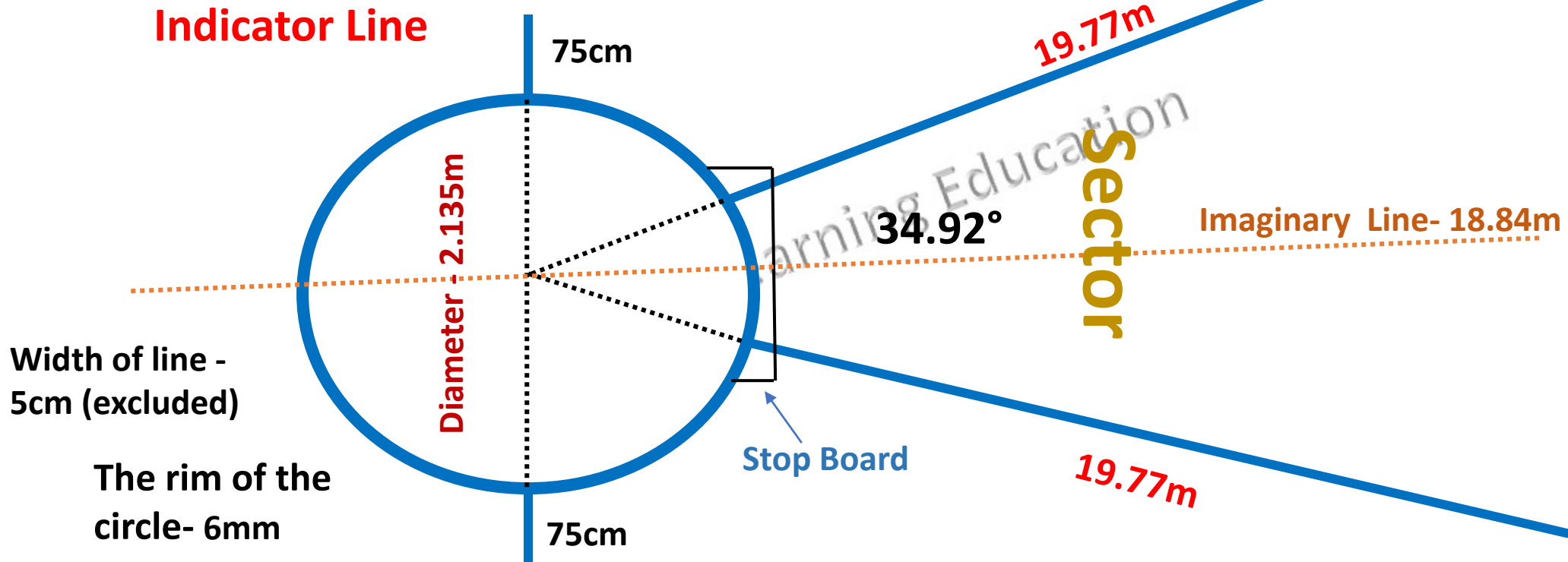




Shot Put

Measurement





Fun Learning
Education

Shot Put Measurement



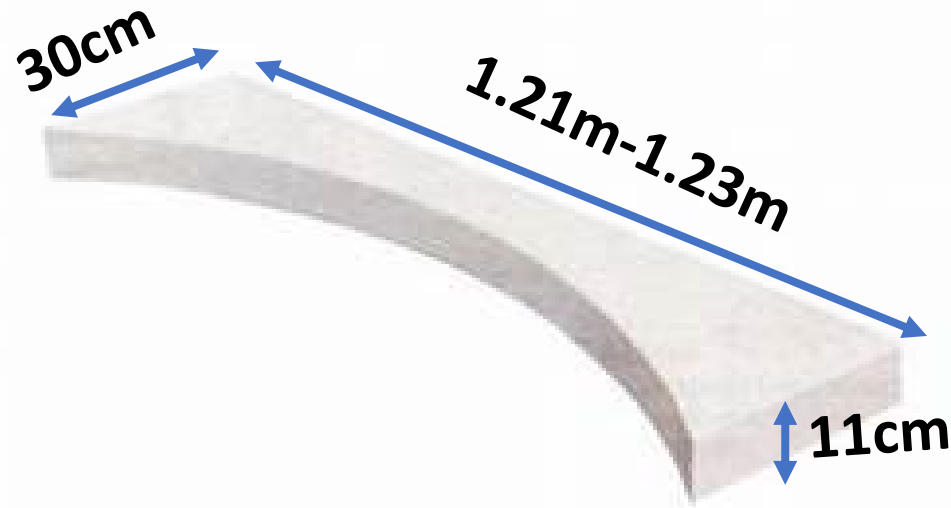
na99

 funlearning99



Stop Board

- ❖ The stop board shall be white and made of wood or other suitable material in the shape of an arc.





Shot



- ❖ The shot shall be of solid iron, brass or any metal not softer than brass. It shall be spherical in shape and its surface finish shall be smooth.

❑ Man-

- Weight– **7.260kg**
- Circumferences – **110mm-130mm**

❑ Woman-

- Weight– **4kg**
- Circumferences – **95mm – 110mm**





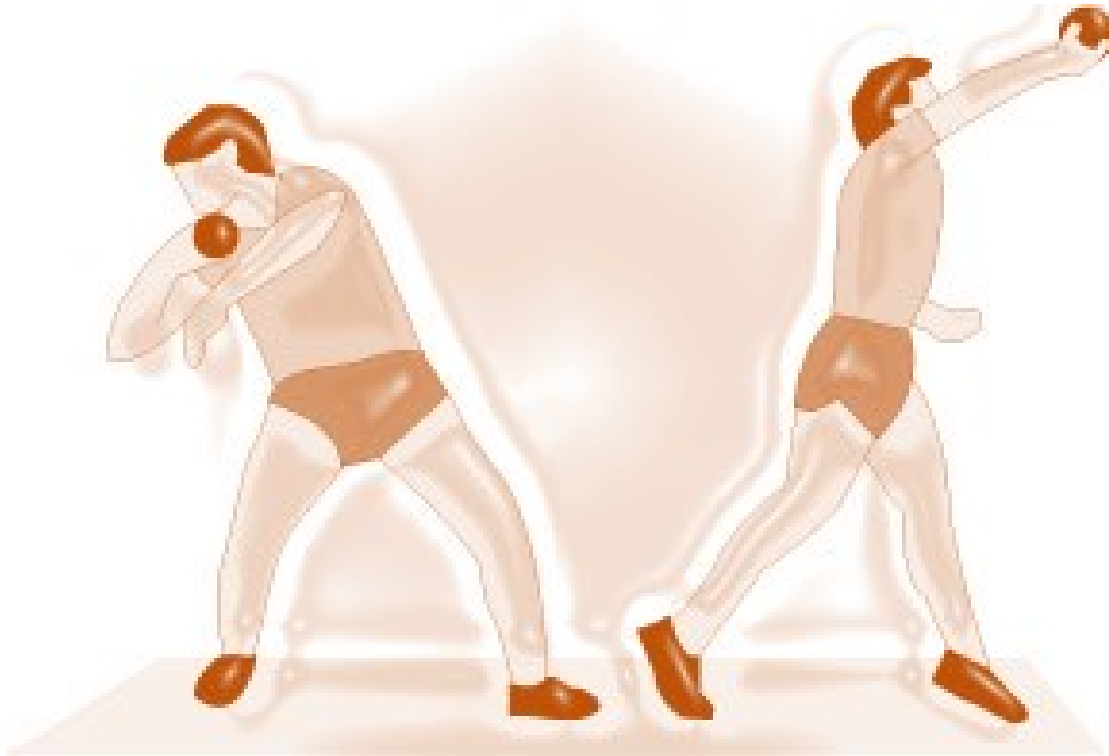
Style of Throws

- **Orthodox Style** (Simple method)
- **Parry O' Brien Style** (Glide method)
- **Disco Put Style** (Rotatory method)



Style of Throws

➤ Orthodox Style (Simple method)





Style of Throws

➤ Parry O' Brien Style (Glide method)





Style of Throws

➤ Disco Put Style (Rotatory method)





Rules of Shot Put

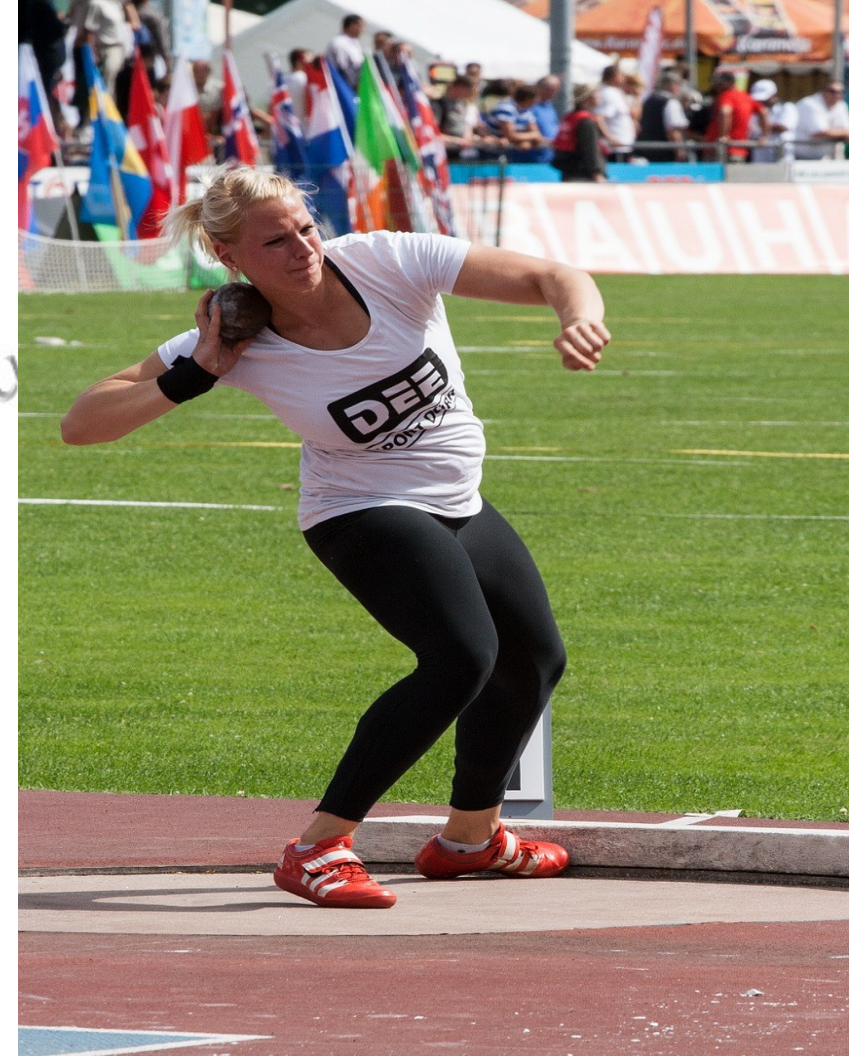
How many chance will be given to athlete-

- When the number of **athlete are more than eight** chance will be **three** time each.
- When the number of **athlete are eight or less than eight** chance will be **six** time each to them.
- For **top eight** athlete **three more chance** will be given to them.



Rules of Shot Put

- Athlete **cannot use own shot.**
- Shot should hold by only one hand.
- The shot shall be put from the shoulder with one hand only.





Rules of Shot Put



- The shot must be placed **close to the neck and resting on the shoulder**, while keeping it in that position the entire time until it is released.
- The **shot must be released above the height of the shoulder** with one hand
- During putting the shot if the circle line is touched by the athlete will be given foul.



Rules of Shot Put

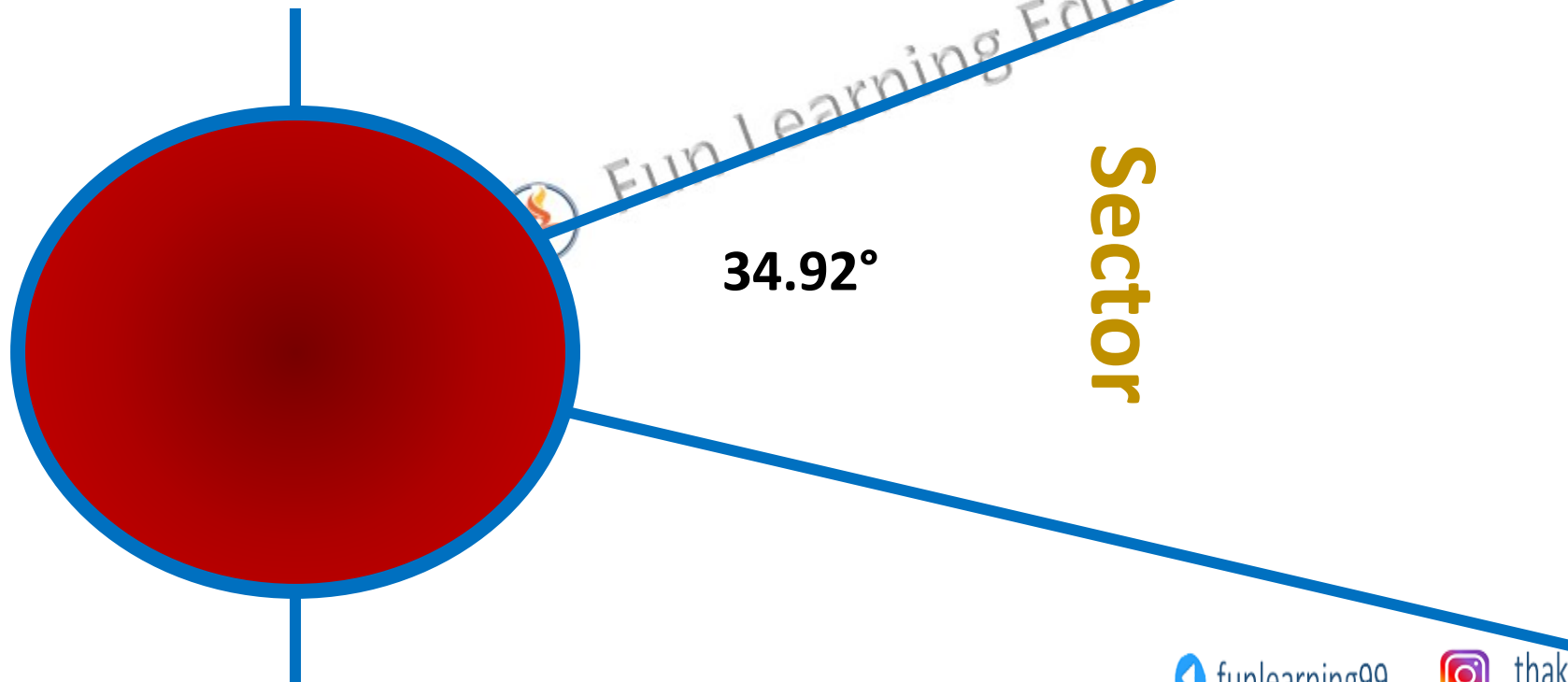
- The athlete is permitted to touch the inside surface of the stop board, however neither the top nor the outside of the circle or stop board can be touched or passed.





Rules of Shot Put

- The shot is required to land within the legal sector (34.92°)
- The competitor must exit the circle from the back.
- A player cannot leave the circle before the shot has landed.





Rules of Shot Put

- For safety purpose, the **players can tape their fingers** but the taping of two or more fingers together.
- The use of gloves not allowed.





Rules of Shot Put

- The spraying or spreading by an athlete of any substance in the circle or on their shoes nor the roughening of the surface of the circle not allowed.
- In order to obtain a better grip, of a suitable substance on their hands and neck are allowed.

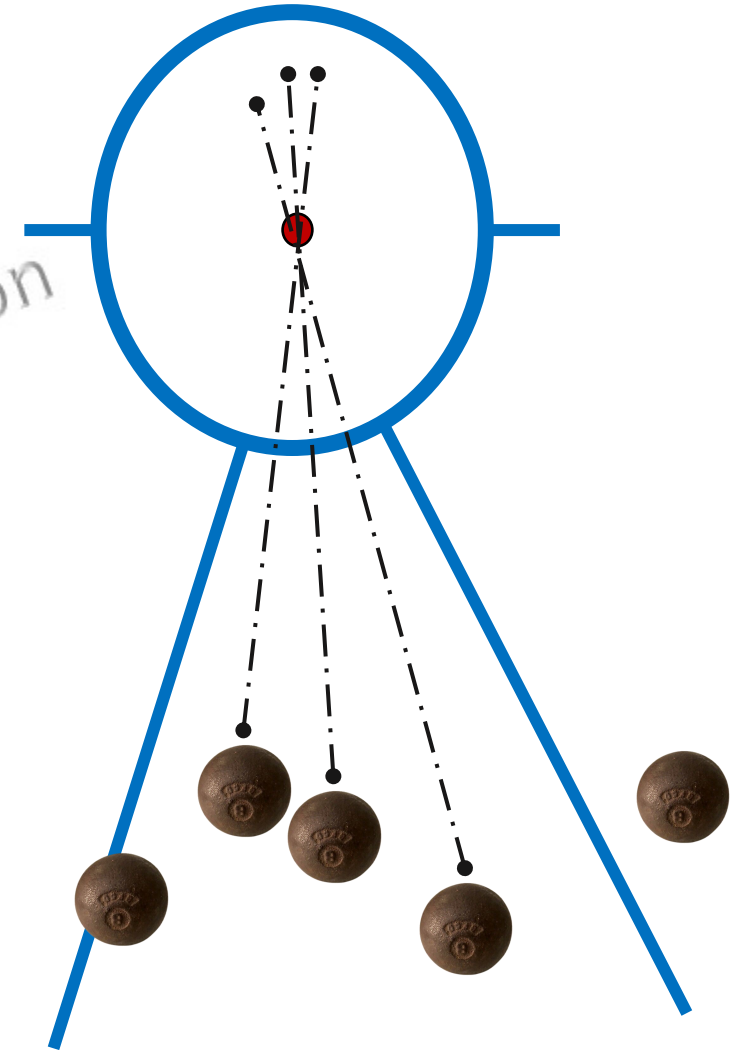




Rules of Shot Put

Measurement

- The measurement of each throw shall be made immediately **after each valid trial.**
- Measurement is made with a measuring tape from the **inside edge of the stop board to the closest side of the shot once it has landed.**
- If the **shot lands on one of the sector lines, a foul is called** and no measurement is made.
- If the shot lands outside the sector lines, it is out of bounds and no measurement is made.





Rules of Shot Put

Time Limitation

Once the athlete's name is called, they have **60 seconds** to release the shot.





Officials-

- 1- Chief Judge
- 2- Measurement Judges
- 1- Scorer
- 1- Time Judge
- 1- Announcer

Fun Learning Education