



SHOT PUT IMPLEMENT WEIGHTS

AGE	GENDER	WEIGHT
Under 6-7	Boys/Girls	1kg
Under 8	Boys/Girls	1.5kg
Under 9-Under 12	Boys/Girls	2kg
Under 13-Under 17	Girls only	3kg
Under 13-14	Boys only	3kg
Under 15-16	Boys only	4kg
Under 17	Boys only	5kg

THROW GUIDELINES

- No spike shoes are allowed for the event
- Each athlete is entitled to three (3) throws
- Athletes must throw 2 consecutive throws and a 3rd and final throw. This guideline has been introduced for the 20/21 JLAC season to ensure smooth and quick movement of the program
- The athlete must not leave the circle until the shot has landed
- The athlete may enter the circle from any direction but must leave the circle from behind the centre line
- The athlete **must not touch the top of the stop-board** or the ground outside the circle with any part of their body; touching the inside face of the board is allowed
- The shotput must land completely within the sector lines, **on the lines is out**
- Athletes have 30 seconds to commence their throw
- The throw must commence with the hand close to the chin/ear and not dropped below this position. The shot must not be taken from behind the line of the shoulders. An athlete may during each throw, stop and place the shot down in the circle and then re-commence their throw, provided no other infringement has occurred

MEASUREMENT

- All measurements shall be made immediately after each valid throw
- Place the spike with the zero end of the tape in the ground where the shot makes first contact with the ground, draw the tape back straight through the centre dot of the throwing circle and the measurement is taken from the inside of the rim
- Measurement is rounded down to the nearest whole centimetre

SAFETY

- Always carry or roll the shot back. Do not throw it back
- Athletes are not to throw the shot until called
- Athletes and spectators are to stand well behind the throwing area