

## INSTRUCTIONS TO HEAD SHOT PUT JUDGE

**LEGAL SHOTS:** All shots must be weighed and checked prior to competition. This is the responsibility of the head field judge. All legal shots will be marked. Each shot shall be checked for the mark prior to each throw.

**THROWING SECTOR MUST BE CORDED OFF:** The landing sector must be roped/flagged off well outside the sector lines (20 feet) and as far as competitors may throw.

### COMPETITORS CHECK-IN

Check in competitors early enough so warm-ups can be completed prior to the scheduled start of competition. Competitors must check in themselves. Coaches, student managers, or other contestants may not check in other athletes into their events.

### CHECK FOR UNIFORMS:

1. Must be a school issued top (sleeves or sleeveless) and bottom. 1 piece body suits are also legal. Shoes must be worn.
2. Sweat outfits, when worn in competition, shall have no markings other than that of the school the contestant is representing. It is assumed the school uniform is being worn under the sweat outfits. Sweat outfits would generally only be worn under adverse weather conditions.
3. When worn, t-shirts and/or other undergarments **MUST** be worn under the school issued uniform. The school uniform must be visible (exception: sweat outfits). (Football jerseys are not considered as a school issued uniform.)
4. Any visible shirt worn under the top and other visible apparel worn under the bottom are restricted to a single solid color. Trim of a second color is not allowed on any visible undergarments. Manufacturer's Logos are permitted but not to exceed 2 ¼" x 2 ¼".
5. It is an illegal uniform if the t-shirt/sweatshirt has school identification which shows thru a sheer or see-thru top. Likewise, if any writing or design of a shirt can be seen because of the cut of the neck of the top, the uniform will also be ruled illegal.
6. A support belt may be worn.
7. If during the pre-event meeting, the official(s) in charge rules that the uniform/jewelry is illegal, then the athlete must remove the apparel/jewelry before s/he will be permitted to begin competition. Refusal to remove apparel/jewelry that is ruled illegal shall constitute disqualification.
8. It is too late to disqualify a competitor, in an individual event, for uniform/jewelry violation after the competition has been completed.
9. Gloves may not be worn.

**NUMBERS:** Each competitor is to wear a paper number (when numbers are used) pinned to the front of the jersey. Any special issued uniforms within a squad must have a number affixed to the front of the jersey also. **PENALTY** for not wearing a jersey with a competitor's number or wearing a jersey with an incorrect number at the State Track and Field Meet shall be a one point team deduction.

### TAPING:

1. No taping of any part of the hands or fingers will be permitted unless there is an open cut or wound that must be protected by tape.
2. Taping of the wrist is permissible.

**PRACTICE:** Permit practice throw prior to the start of competition; none after competition starts. Contestants may continue to warm up outside of competition area. Warming up without a coach or event official at the venue shall lead to a warning, and if repeated, disqualification from the event.

### FLIGHTS OR PROCEDURES: (Preliminaries - 3 trials; finals - 3 additional trials)

1. Each flight in the preliminaries shall consist of four to twelve competitors. The first half of each flight of four to twelve to throw in rotation for two throws, then the second half of the flight throw in rotation for two throws. Each member of the entire flight then takes his/her third throw in order. Repeat this for each flight.
2. A 5 minute warm-up will be permitted between flights.
3. The eight best competitors will qualify for the finals. All ties for the eighth spot will qualify for the finals. In the finals, competition shall be in the reverse order of performance, in single rotation or more than one trial at a time, so that the best qualifier will compete last. Each competitor is entitled to three attempts in the finals.
4. Award eight places.

### MEASUREMENT:

1. Mark each good put and is to be made from the point where the shot first breaks ground to the inside of the stop board with the tape held through the center of the throwing circle.
2. Measurement is to be to the nearest lesser quarter inch.
3. Marks made in the preliminaries stand throughout the competition.

**TIME:** A contestant has 1 minute for his/her trial after he/she has been called. **A COMPETITOR SHALL INITIATE A TRIAL THAT IS CARRIED TO COMPLETION WITHIN 1 MINUTE OR A TRY WILL BE RECORDED!** A competitor must indicate a desire to pass immediately after their name has been called.

**RECORDS:** Call head field judge to witness measurement of record and to attest to them on the judge's sheet.

**BREAKING TIES:** Refer to information on front side of clipboard.

### GUIDELINES FOR A COMPETITOR WHO HAS BEEN EXCUSED FROM A FIELD EVENT TO COMPETE IN ANOTHER EVENT.

- A. Athlete, not coach or other team personnel, must receive permission from event judge.
- B. Judge must record time excused and indicate to the competitor when they are expected back for their next trial.
- C. Judge may allow competitor to take a trial out of turn before being excused.
- D. Judge will use some judgement in extending the time excused under special circumstances, e.g. 3200 meter run, reruns, injury, etc..
- E. In the finals, competitors are permitted to take more than one trial at a time during their normal rotation.

### AFTER EVENT: EVENT CLOSED SIGNS MUST BE USED

1. Sign judge's sheet and turn it in to headquarters booth. If no other event to conduct, also return clipboards.

**SOURCES OF HELP:** For further details on procedure refer to your Track and Field Rules. If you run into problems you can't handle, call the head field judge.

# SHOT PUT

## Rule 6-3

### Article 2. ..For breaking ties for places determined by distance:

- (a) If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the tying competitor whose second best performance is better from either the preliminary trials or the finals.
- (b) If after (a), the tie remains, the higher place is awarded to the tied competitor whose third best performance is better than the third best performance of any tied competitor.

## Rule 6-5

### Article 9 . . . It is a foul if the competitor:

- (a) Fails to initiate a trial that is carried to completion within 1 minute after being called.
- (b) After stepping into the circle, fails to pause before starting the put.
- (c) After stepping into the circle, touches the circle (not including the inner face of the stopboard or the band, if one is used) or the ground outside the circle during a put.
- (d) Allows the shot to drop behind or below the shoulder during the put attempt.
- (e) Touches the top or end of the stopboard before the put is marked.
- (f) Puts the shot so it does not fall within the sector lines.
- (g) Is not under control before exiting the back half of the circle.
- (h) Leaves the circle before the implement has landed and the judge calls "Mark".
- (i) Does not exit the back half of the circle.