

Moorpark Striders Volunteer Guide for SHOT PUT

Source: VCYTC How to Run a Meet Guide

WHAT IS DONE HERE - As a coordinator or helper in the shot put event, you will take age/groups in a specified order, measure and record their efforts, determine finish places, and report the results to the awards table.

WHAT YOU WILL NEED - The following are required for the Shot Put:

___ Two each of the following certified shot puts:

USE PUT WEIGHT

Six (6) Pounds

Four (4) Kilograms

FOR AGE GROUPS:

BB, BG, MG, MB, & YG

YB, IB & IG

___ A non-stretching measuring tape at least 50 feet/15 meters long. Must show feet and inches.

___ Clipboard

___ Pen/pencils

___ Field Event results forms. You will need at least 16 but bring extras.

The following items are not absolutely required but will add to your meet:

___ Two (2) long screwdrivers or B-B-Q skewers.

___ A radio or a runner to maintain contact with the Announcer.

___ Extra blank stickers.

___ Athletic Tape to mark the ring

___ Marker, colored "see-thru"

___ Broom

HOW IT'S DONE -

PREPARING THE AREA:

1. Sweep the ring.
2. Make sure there are marks on the ring to indicate the half of the ring used for entrance and exit, and a ring center mark.
3. Check the distance arcs in the throwing area.

RUNNING THE EVENT:

1. The order of competitors will be IB, IG, YB, YG, MB, MG, BB, BG for a one ring facility.
 - a. If you have two rings, use the same order and put boys at one ring and the girls at the other.
2. Request first call twenty (20) minutes prior to competition.
3. Check in athletes by placing stickers on results sheet, separating JV and varsity. Trials are made in check in order.
4. Prior to start explain basic rules to the competitors. Explain fouls. Remind them one at a time in the ring, clear area, and no horseplay.
5. Allow each competitor 2 unmeasured trials for warm up.
6. Each athlete receives 3 trials (4 in varsity finals).
7. To measure, mark the depression at the edge closest to the ring by placing a screwdriver into the ground at that point. Place the other screwdriver through the end ring on the measuring tape and then into the ground next to the marking screwdriver so that the "zero mark" on the tape is even with the marking screwdriver. Have the tape pulled taut through the center of the circle. Have a reader call out the distance to the lesser inch measured to the inside edge of the foul board (13 foot 2 ½ inches centimeters becomes 13 foot, 2 inches).
8. **FOULS:** The following are considered as fouls in the shot put. A "foul" put is not measured but is counted as a trial.
 - a. Touching the circle (not including the inner face of the stop board or band) or the ground outside of the circle, or the top of the stop board with any part of the body before the put is complete.
 - b. If the put falls on or outside of the sector lines.
 - c. If the competitor does not leave by the back half of the circle.
 - d. If the competitor leaves the ring before the put lands.
 - e. If the competitor uses both hands.
 - f. If the shot is not touching or in very close proximity to the chin (jaw line) before and during the act of putting.
 - g. The hand used to put the shot may not be dropped below the position just described during the act of putting.
 - h. If the shot is brought behind or below the line of the shoulders during the attempt. (No throwing or slinging).

9. Athletes must "check out" with the Shot Put Judge before going to a running event or another field event.
 - a. Athletes may leave the shot put only after third call for a running event. Only the high jump has priority over the shot put for the other field events and an athlete may be expected to complete his/her shot put trial when called. A "checked out" athlete has 5 minutes after the completion of the running event or the trial in the other field event to return to the shot put.
 - b. While the "checked out" competitor is gone, competition can continue by simply skipping over him/her in the jumping order. If the competitors return before the competition has finished, they simply rejoin by entering the throwing order in the proper place. If the competition has finished for their age/group, allow them to take all of their remaining trials. Be sure to allow them sufficient recovery time between the attempts.
10. When an age\group is finished, send the results to the awards table. Do not hold any results until the last age\group has finished, as this will negatively impact the awards table.