

QUICK SAFETY

- **Carrying Only:** Always carry the shot back. Never throw it.
- **Stand Back:** Everyone must stand safely behind the athlete. outside the sector facing the throwing athlete close to the athlete's PB.
- **Clear View:** The Chief Judge stands to the side on the throwing arm side to watch the release.

FOUL (Mark "X")

- Athlete throws like a ball (brings shot behind the shoulder).
- Drops the shot below the chin/neck line.
- Steps on top of the circle, stop board, or outside ground.
- Leaves the circle before the shot lands.
- Athlete exits via front half of circle.
- Clock runs past 1 minute to start throw.
- Lands the shot on or outside the sector lines.

MEASURING & RECORDING

- For U14 up measure each throw
- For U8-U13 measure the longest throw in each set
- Place the zero end of the tape at the closest mark where the shot landed.
- Pull the tape tight straight through the centre of the circle.
- Read the distance at the inside edge of the stop board or circle rim.
- Round down to the nearest whole centimetre.

<https://cdn.revolutionise.com.au/cups/waathletics/files/4vhtzndfkzi7pymj.pdf>



SHOT PUT

FORMAT & WEIGHT MATRIX

Age	Competition Format	Implement Weight
U7 – U8	1 Prac + 1 Measured (Rd 1), then 2 Measured (Rd 2)	1kg (Boys & Girls)
U9	1 Prac + 1 Measured (Rd 1), then 2 Measured (Rd 2)	1.5kg (Boys & Girls)
U10 – U12	1 Prac + 1 Measured (Rd 1), then 2 Measured (Rd 2)	2kg (Boys & Girls)
U13	1 Prac + 1 Throw (Rd 1), then 2 Throws (Rd 2)	3kg (Boys & Girls)
U14	1 Optional Practice + 3 Measured Throws	3kg (Boys & Girls)
U15 – U17	1 Optional Practice + 3 Measured Throws	4kg Boys / 3kg Girls
U18	1 Optional Practice + 3 Measured Throws	5kg Boys / 3kg Girls

