

SHOT PUT COMPETITION

Official Rules & Regulations — College Competition

1. Competition Categories & Equipment

Category	Shot Weight
Men / Boys	7.267 kg
Women / Girls	4.00 kg

2. Eligibility & Registration

- Only registered participants approved by the organizing committee may compete.
- Participants must compete in the category assigned to them by the organizers.
- Each participant must report with valid college identification or the identification specified by the organizing committee.
- A participant may not substitute another person or compete under another participant's name.
- Late entries may be rejected if the entry/registration deadline has passed.
- Participants must follow all instructions issued by officials and the organizing committee.

3. Competition Area & Safety

- The throwing area must be kept clear of spectators, non-competing participants, bags and other equipment.
- Only the current competitor, authorized officials and designated event staff may enter the throwing sector/competition area.
- No throw may begin until the throwing sector is declared clear by the official.
- Participants must remain behind the designated throwing-circle boundary until instructed otherwise.
- All persons must stay outside the throwing sector because the shot is a heavy projectile and can cause serious injury.
- Officials may stop the competition immediately if the area becomes unsafe.
- Practice throws are permitted only when authorized and supervised by officials.
- Participants must not throw the shot toward any person or outside the designated sector.

4. Equipment Rules

- Men/Boys will use an 8 kg shot; Women/Girls will use a 4 kg shot.
- The organizing committee will provide the competition shots unless otherwise announced.
- Participants may not alter, damage, mark or deliberately modify the official shot.
- Officials may inspect the shot before or during the competition.
- Personal equipment may be used only if the organizing committee permits it and the equipment satisfies the event requirements.
- Any equipment considered unsafe or unfair by the officials may be rejected.

5. Starting Order & Call

- The starting order will be decided by the organizing committee, draw, seeding or another announced method.
- Participants must report promptly when their name/number is called.

- A participant who is not present when called may lose the attempt, subject to the competition's announced procedure.
- Officials may make a final call before closing the throwing order.
- Participants must not interfere with another participant's attempt.

6. Correct Throw — Technique

- The shot must be put, not thrown. It must be put from one hand from the shoulder area.
- At the start of the put, the shot must be close to the neck/chin area.
- The shot must not be brought behind the line of the shoulders during the putting action.
- An athlete may use a standing put, glide, rotational technique or another legal technique, provided all rules are satisfied.
- The shot must land inside the marked landing sector.
- The shot must first contact the ground within the sector for the attempt to be valid.

7. Throwing Circle Rules

- The athlete must start the attempt from inside the throwing circle.
- The athlete must not step on the top surface of the circle rim during the putting action.
- The athlete must not touch the ground outside the circle during the attempt.
- The athlete must not touch the top or outer side of the stop board, where applicable, during the attempt.
- Contact with permitted internal surfaces of the circle is allowed, provided no other rule is violated.
- After releasing the shot, the athlete must remain inside the circle until the shot has landed.
- The athlete must leave the circle only from the rear half of the circle, after the shot has landed and the official has indicated that the attempt is complete.
- Leaving the circle from the front half after an attempt will make the attempt a foul.

8. Foul Throws

- An attempt is a foul if the athlete does not make a legal putting action.
- An attempt is a foul if the shot lands outside the marked landing sector.
- An attempt is a foul if the athlete touches the top surface of the circle rim during the attempt.
- An attempt is a foul if the athlete touches the ground outside the circle during the attempt.
- An attempt is a foul if the athlete touches the top or outer side of the stop board, where a stop board is used.
- An attempt is a foul if the athlete leaves the circle before the shot lands.
- An attempt is a foul if the athlete leaves the circle from the front half.
- An attempt is a foul if any other event rule or official instruction is violated.
- A foul attempt is recorded as a foul and does not count as a measured valid distance.

9. Number of Attempts & Final Ranking

- The standard competition format may be used: each participant receives three preliminary attempts.
- Where the organizing committee provides a final round, the leading participants after the preliminary attempts may receive additional attempts as announced before the event.
- If the event uses a different number of attempts, that format must be announced to all participants before competition begins.
- Only valid throws are measured.

- The participant's best valid throw is used for ranking.
- The longest valid distance wins.
- Second, third and subsequent places are determined by the best valid distances.

10. Measurement

- Measurement is taken from the nearest mark made by the shot to the inside edge of the throwing circle/stop board, measured along a straight line through the centre of the circle.
- The distance is recorded in metres, normally to the nearest centimetre or according to the precision announced by the organizers.
- Only an official/authorized measurer may record the result.
- Officials may re-measure a throw if there is uncertainty or a measurement error is suspected.
- An invalid throw is not measured as a competition result.

11. Tie-Break Procedure

- If two or more participants have the same best valid distance, compare their second-best valid distances.
- If still tied, compare their third-best valid distances.
- For a competition with additional final-round attempts, continue comparing the next-best attempts according to the competition format.
- If a tie remains after all applicable attempts have been compared, the organizing committee/officials will apply the announced tie-break procedure or relevant athletics rules.
- Where the event is being conducted under a simplified college format, the organizers may use one additional tie-break attempt, announced before the competition.

12. Athlete Conduct

- Participants must behave respectfully toward officials, volunteers, organizers and other participants.
- Unsporting conduct, abusive language, deliberate interference or refusal to follow officials' instructions may result in warning, disqualification or removal from the event.
- Participants must not enter the sector or disturb the area while another athlete is preparing to put.
- Coaching or advice must comply with the event's announced arrangements and must not delay or interfere with competition.
- Participants must not intentionally delay the competition.

13. Time Limit

- An official may provide a time limit for an athlete to begin an attempt after being called.
- If a participant fails to start the attempt within the announced time limit, the attempt may be recorded as a foul.
- The exact time limit should be announced at the technical briefing; where no separate college rule is announced, officials may apply the applicable athletics competition standard.

14. Officials' Authority

- The chief official/judge has final authority over the validity of an attempt during the competition, subject to the event's protest/appeal procedure.
- Officials may stop, suspend, restart or modify the running of an attempt if safety, weather, equipment or other exceptional circumstances require it.
- Officials may disqualify a participant for repeated or serious violations.

- The organizing committee may clarify rules before the competition and must communicate any special local rules to participants.

15. Protests & Appeals

- Any protest concerning a result or rule application should be made through the designated event official within the time announced by the organizing committee.
- Protests should be made respectfully and without disrupting the competition.
- Once results are officially declared, changes will be made only where permitted by the competition's protest procedure or where an official error is established.
- The decision of the designated appeal authority/organizing committee will be final for the college competition.

16. Clothing & Personal Safety

- Participants must wear appropriate sports clothing and footwear suitable for the competition area.
- Loose items, jewelry or accessories that could create a safety risk should be removed.
- Participants must warm up only in designated areas and must not make unsupervised practice puts.
- Any participant feeling unwell, injured or unable to continue should immediately inform an official.

17. Competition Etiquette & Administration

- Participants should remain available until their event is completed and results are confirmed.
- Participants should collect personal belongings promptly and keep the competition area clean.
- Only authorized persons may handle official result sheets or measurement equipment.
- Results announced by the designated results official will be treated as the official competition record, subject to the protest procedure.
- The organizing committee may issue additional instructions at the athletes' briefing, provided they do not conflict with the fundamental safety and competition rules.

18. Recommended Event-Day Procedure

- 1. Registration/verification of participants.
- 2. Technical briefing and explanation of local rules.
- 3. Equipment and throwing-area safety check.
- 4. Warm-up/practice period under officials' supervision.
- 5. Participant call and confirmation of starting order.
- 6. Preliminary attempts conducted in the announced order.
- 7. Results recorded and rankings determined.
- 8. Final-round attempts conducted if included in the format.
- 9. Final results verified and announced.
- 10. Awards/prize distribution.

IMPORTANT LOCAL RULES FOR THIS COLLEGE EVENT

- **Men/Boys:** 8 kg shot.
- **Women/Girls:** 4 kg shot.
- **Recommended attempts:** 3 attempts per participant, with a final round only if announced by the organizers.
- **Ranking:** Best valid throw determines the position.

- **Safety:** No person may enter the landing sector while a throw is in progress.
- **Final authority:** The appointed chief official/organizing committee will decide matters arising during the event.

Note: These rules are designed as a comprehensive college-level competition rulebook and are based on standard shot-put principles. Before the event, the organizing committee should announce the exact number of attempts, time limit, tie-break method, reporting time, and protest deadline so that every participant has the same information.