

SHOT PUT RULES

GOVERNING BODY	I.A.A.F.	USAT&F	N.C.A.A.	H.S.
SIZE OF CIRCLE	2.135 7 FEET	2.135 7 FEET	2.13 7 FEET	2.13 7 FEET
SECTOR SIZE	34.92 DEGREES	34.92 DEGREES	34.92 DEGREES	65.5 DEGREES
INDOOR SECTOR	34.92 DEGREES	34.92 DEGREES	34.92 DEGREES	40* ALLOWED
YOUTH		34.92 DEGREES		34.92 (2006-07)
TAPE ON HANDS/FINGERS	ALLOWED	ALLOWED IF COVERING OPEN WOUND	ALLOWED	ALLOWED
INTERNAL MOVEMENT IN SHOT	YES	YES	YES	YES
CAULK OR SUITABLE SUBSTANCE ON HANDS FOR GRIP	ALLOWED	ALL AREAS SHOT / NECK	ALLOWED HANDS / NECK	ALLOWED
WARM UP IN COMPETITION AREA	2 THROWS	GAMES COMM	15 MINUTES EACH FLIGHT	10 MINUTES EACH FLIGHT
WARNING TIME PERIOD	15 SEC Hold Flag up	15 SEC Hold Flag up Verbal also	30 SEC	
PRELIMINARIES	THREE 6 NO FINALS	THREE 6 NO FINALS	THREE 4 NO FINALS	THREE 4 NO FINALS
COMBINED EVENT ATTEMPTS	THREE ONLY	THREE ONLY	THREE ONLY	
NUMBER TAKEN TO FINALS	8	8	1 MORE THAN SCORING	1 MORE THAN SCORING
NUMBER IN FLIGHT	UP TO 16	UP TO 16	5-12	4-12
FINALS ORDER	REVERSE	REVERSE	REVERSE	REVERSE
THROWER MAY INTERRUPT TRIAL AND LEAVE CIRCLE	YES	YES	YES	YES
	THROW MUST BE INITIATED WITHIN TIME ALLOWANCE			
IMPLEMENT IMPOUNDED WHEN RECORD MADE UNTIL RECERTIFIED	NO	YES	YES	NO
RECORD BEST EFFORT EVEN IN TIE BREAKER	YES	YES	YES	YES
TIME RULE FOR THROWER				
4 OR MORE THROWERS	1 MINUTE	1 MINUTE	1 MINUTE	1 MINUTE
2-3 THROWER	1 MINUTE	1 MINUTE	1 MINUTE	1 MINUTE
1 THROWER IN COMPETITION	1 MINUTE	1 MINUTE	1 MINUTE	1 MINUTE
1 THROWER CONSECUTIVE	2 MINUTES	2 MINUTES	1 MINUTE	1 MINUTE
MULTI-EVENTS	1 MINUTE	1 MINUTE	1 MINUTE	1 MINUTE
MULTI EVENTS CONSECUTIVE	2 MINUTES	2 MINUTES	1 MINUTE	
VIEWING OF TAPE BY REFEREE	OPTIONAL	OPTIONAL		

11/7/2005

Prepared by William H. Buttermore Ohio Association