



July 3, 2012

Little Athletics Chelsea Shot Put Rules

Extract from LA Vic Regulation 8, Section 10.8 Shot Put, October 2010

Spirit of Competition

LAC encourages athletes to:

Participate- be involved no matter what their level of performance is;

Try their best- athletes are competing against their own previous performances;

Have fun- if athletics is fun it is rewarding and they will continue to participate.

LAC encourages parents and Officials to:

Be fair- little athletics is children's sport and is about having fun not winning;

Acknowledge effort- athletics is very complicated and most athletes try their very best despite their performance;

Think of safety- athletics can be dangerous and children may not always be aware of the dangers around them;

Seek assistance- speak to a Committee member or Official for guidance or assistance.

Competition Rules for Shot Put

10.8 SHOT PUT

10.8.1 Weights and Age groups

AGE GROUP (Under)	NOMINAL WEIGHT
6, 7	1.000kg (see below)
8	1.500kg (see below)
G 9, 10, 11, 12 B 9, 10, 11	2.000kg
G 13,14,15, 16 B 12, 13	3.000kg
B 14, 15, 16	4.000kg

10.8.2 General

(a) In all Championships, athletes shall use the implement provided by the Organising Body.

(b) Except as detailed in CR: 10.2, the order in which the athletes take their trials shall be as listed in the program (draw order).

(c) The number of trials shall be as follows:

Each athlete shall be allowed three (3) trials and each athlete shall be credited with the best performance of all their trials with places determined on this basis.

(d) Once competition has begun, athletes shall not be permitted to use the circle or ground within the sector for practice trials, with or without implements.

10.8.3 Assistance to Athletes

(a) No device of any kind, the use of gloves or the taping of two or more fingers together, which in any way assists an athlete when making a put, shall be permitted. The use of tape and/or a wrist support shall only be allowed when it does not encapsulate fingers or thumbs.

(b) An athlete shall not spray or spread any substance in the circle, on the shot or on the soles of their shoes.

(c) In order to protect the spine from injury, an athlete may wear a belt of leather or other suitable material.

10.8.4 Competition

(a) The trial shall be made from a circle. At the middle of the circumference, in the front half of the circle, a stop board shall be placed, firmly fastened to the ground.

(b) An athlete shall commence the trial from a stationary position inside the circle. The shot shall be put from the shoulder with one hand only. At the time the athlete takes a stance in the ring to commence a put, the shot shall touch or be in close proximity to the neck or chin and the hand shall not be dropped below this position. During the action of putting, the shot shall not be brought behind the line of the shoulders.

(c) An athlete shall be allowed to touch the inside of the iron band and the stop board.

(d) The athlete shall not leave the circle until the implement has touched the ground. When leaving the circle the first contact with the top of the iron band or the ground outside the circle shall be completely behind the white line through the centre of the circle i.e. the rear half of the circle.

(e) For a valid trial, the shot shall fall so that the first mark made by the fall of the shot is within the inner edges of lines, 50mm wide, marking the sector.

(f) After the put has been completed, the shot shall be carried back to the circle and not thrown back.

(g) Provided that in the course of a trial the foregoing regulations have not been infringed, an athlete may interrupt a trial once started, lay the implement down and leave the circle before returning to a stationary position and beginning the trial again.

10.8.5 Failures

(a) It shall be a foul, and not allowed to count, if after the athlete has stepped into the circle and begun to make a put, touches (with any part of their body) the ground outside the circle, the top of the iron band, top of the stop board or improperly releases the shot (see CR: 10.8.4).

Note: "Body" does not include shoelaces, hats, hairpins, etc.

10.8.6 Landing Sector

(b) The 34.92° landing sector shall be laid out accurately and conveniently by marking the distance between the two points on the sector lines 20m from the centre of the circle exactly 12m apart (see Diagram 7). The ends of the lines marking the landing sector should be marked with suitable flags.

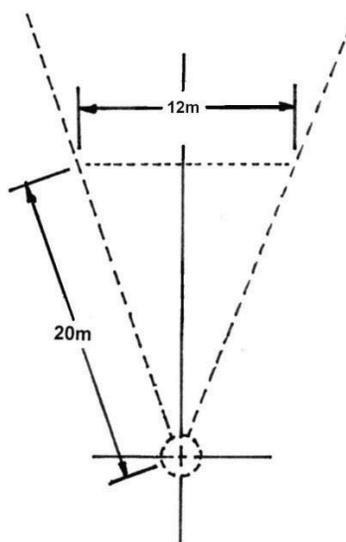


Diagram 7: Shot Put Landing Sector

Local rules and variations for Shot Put at Little Athletics Chelsea

10.8.1 Weights and Age groups

Under 6 and 7 age groups shall use the recommended shot put weight 1kg

Under 8 age group shall use the recommended shot put weight 1.5kg

10.8.2 General

(c) The number of trials shall be as follows:

Each athlete shall be allowed three (3) trials and each athlete shall be credited with the best performance of all their trials with places determined on this basis.

Use of spikes in Shot Put at Little Athletics Chelsea

Athletes must wear footwear in accordance with LA Vic, regulation 8.

Spikes shall not be worn in any age group in Shot Put.

Amendments

July 2012	Add U16B&G weights