

High School SHOT PUT – 2024

1. **Warming up or practice shall not be allowed in any throwing venue until it is declared open. Each athlete shall be supervised by an adult coach or adult event official.**
 - First occurrence: Warning
 - Second occurrence: Disqualification from the event
 - Third occurrence: Disqualification from the meet
2. **When warming up throwers are only allowed to use implements that are legal for the actual competition. Therefore all undersized or oversized implements as well as any other illegal implements are prohibited during warmups. By rule the use of an illegal implement in competition or warm-ups disqualifies the athlete from the competition.**
3. **Each contestant shall be responsible for knowing the time schedule.**
4. Contestants shall report promptly to the shot put event judge at the designated location when the shot put is announced.
5. Contestants officially become competitors when they report to the shot put event judges.
6. **Contestants who fail to report prior to the shot put event judges starting competition shall not be allowed to participate.**
7. Each competitor shall be allowed three preliminary trials. In the finals each qualifier is allowed three additional trials. In meets with limited entries, the games committee may allow all competitors just four trials.
8. The order in which competitors take their first trials shall be determined by lot or the games committee.
9. The time limit for competitors excused to compete in another event shall be determined by the games committee. **Always record the time when a competitor leaves an event to compete in another event and the time when the competitor returns.**
10. The time at which the preliminaries in the shot put shall terminate should be set by the games committee. Any competitor who does not complete all preliminary attempts within the time specified shall forfeit any remaining preliminary trials.
11. If there are preliminaries and finals, the order of competition in the finals shall be the reverse of the best performances in the preliminaries; i.e. the competitor having the best preliminary performance will be last in order.
12. The head shot put official may change the order of competition to accommodate those who may be excused to participate in other events. Competitors may also be allowed to take more than one trial in succession under these circumstances. They may even be allowed to take preliminary and final trials in succession.
13. When preliminaries are held, one or more competitors than there are scoring places shall qualify for the finals. All competitors tying for the last position shall be finalists.
14. To be eligible to participate in the finals, a competitor shall have had at least one legal throw in the preliminaries.
15. If a qualifying competitor withdraws from competition in the finals, no substitute may replace the withdrawn competitor.
16. A trial is an attempt. Each competitor is allowed a specified number of trials.
17. A flight is a round of trials for a group of competitors. The three preliminary trials shall be taken in flights of no less than five.
18. To qualify is to win the right to participate in finals.
19. **A foul throw is one which is counted as a trial but which is not measured. A red flag should be raised to indicate a foul.**
20. **It is a foul if the competitor:**
 - a. Fails to initiate a trial that is carried to completion within **1 minute** after being called for a trial. **For consecutive trials a competitor is allowed 2 minutes.**
 - b. After stepping into the circle, fails to pause before starting the put.
 - c. After stepping into the circle, touches the circle, not including the inner face of the stopboard or the band, if one is used, or the ground outside the circle during a put.
 - d. Allows the shot to drop behind or below the shoulder during the put attempt.
 - e. Touches the top or end of the stopboard before leaving the circle.
 - f. Puts the shot so it does not fall within the sector lines. **(The lines are “out of bounds”).**
 - g. Leaves the circle before the implement has landed.
 - h. Does not exit the back half of the circle.
 - i. Uses a cartwheel technique of shot putting.
 - j. **Uses an indoor implement during outdoor competition. (Disqualification from the competition)**
21. **A white flag should be raised to indicate a legal throw.**
22. A competitor in the throwing events may enter and exit the circle without a foul provided it occurs within the time allowed for the trial and before the competitor starts his/her attempt beginning with a pause.
23. The shot put event judges shall be responsible for the judging and measuring of each legal put of a competitor.
24. Each legal throw shall be measured from the nearest edge of the first mark made by the shot, to **the inside edge of the stopboard** nearest such mark. Draw the measuring device through the center of the throwing circle where the two lines marking the throwing sector intersect. Measurements shall be recorded to the nearest **lesser 1/4 inch** or centimeter. Measurement must be made with either a non-stretchable tape or certified scientific measurement device (laser). The judges shall hold the tape in such a way that the readings will be at the circle.
25. **Meet management may place reference marks for records or qualifying marks adjacent to the sector.**
26. To obtain a better grip, competitors are permitted to use chalk or an adhesive or similar substance such as rosin on their hands during competition.
27. **Competitors shall not compete while using an illegal implement. It is not legal to use an indoor shot put outdoor.**
28. **Tape may be used on the hand and fingers provided that no two fingers are taped together. Taping the wrist is permissible.**
29. Gloves are not permitted. However, a support belt may be worn.
30. **Competitors shall not be allowed to use electronic equipment during competition in the area of competition. However, they are allowed to view videos or pictures of their performance between attempts if they do so in a non-restricted area.**
31. **Each competitor is required to wear a legal uniform. A competitor shall not compete while wearing an illegal uniform.**

32. Uniforms shall be worn as intended by the manufacturers. They should be worn “right side out”. **Boys are not allowed** to roll the waistbands of the shorts over. **Girls are allowed** to roll the waistband of their shorts over. **Tops must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.**
33. **A uniform shall consist of:**
- A. Shoes (slippers or socks do not meet this requirement).
 - B. Full-length **track** top and **track** bottom or one-piece uniform **issued or approved by the school.**
 - 1. **Teammates’ bottoms may vary in length, style and color.**
 - 2. Loose-fitted, boxer-type bottom, one-piece uniform and closed-leg briefs are acceptable.
 - 3. Top, bottom or one-piece uniforms may have school identification and the top may have the competitor’s name.
 - 4. When numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.
 - 5. The top shall not be knotted or have knot-like protrusions.
 - 6. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.
 - 7. A single manufacturer’s logo/trademark/reference, is permitted on the uniform bottom or top or one-piece uniform.
 - 8. An American flag, not exceeding 2 X 3 inches may be worn on each item of uniform apparel, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top or bottom.
 - 9. **Any visible undergarment(s) worn underneath the uniform top and/or bottom is considered a foundation garment. Foundation garments are not subject to logo/trademark/reference color restrictions. (a.) Head coverings worn for religious reasons are not considered hair devices. (b.) A single, visible manufacturer’s logo as per NFHS rules. (c.) Iowa adaptation regarding headband/hair devices has been eliminated.**
 - 10. French or high-cut apparel may be worn under the bottom, but not in lieu of the bottom.
 - 11. **The waistband of a competitor’s bottom shall be worn above the hips.** The logo/trademark/reference on the uniform bottom may be larger than 2 ¼ square inches around the waistband.
 - 11. Bare midriffs are not acceptable.
 - C. No part of the uniform, excluding shoes, shall be removed in or near the area of competition.
 - D. **Best practice to take nine to the finals. Games committee decision.**

A warning shall be issued for the first uniform violation. Any subsequent violation by that athlete shall result in a disqualification from the event in which the subsequent violation occurs. Information concerning any uniform violation warning must be noted on the event result sheet. This information must also be communicated to the meet referee immediately.

34. If medical medallions or bracelets are worn, the medical alert sign should remain visible.
33. To place in the shot put a competitor must have had at least one legal put.
34. Competitors shall be credited with their best performance regardless of whether this occurs in the preliminaries or finals.
35. When there is a tie in the final standings of the shot put, places and points scored shall be awarded as follows:
First tie-breaker: If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the tying competitor whose second-best performance is better from either the preliminary trials or the finals.
Second tie-breaker: If the second-best performances are also identical, the higher place is awarded to the tied competitor whose third-best performance is better than the third-best performance of any tied competitor, etc.
36. If after applying the above criteria, there is still a tie by any of the competitors for any scoring places, the points for tied places shall be added together and divided by the number of competitors who are involved in the tie.
37. A record will be recognized for each competitor when two or more tie at the record distance even though the points and places in the event are determined by the method of breaking ties. A record is valid whether made in the preliminaries or the finals.
38. **A competitor who is bleeding, has an open wound or an excessive amount of blood on the uniform, may complete the discus attempt.** However, the competitor shall not participate further until appropriate treatment has been administered and/or the excess blood has been removed from the uniform.
39. The head shot put official must sign the event card, indicating all the place winners.
40. **Unacceptable conduct** by a competitor **includes**, but is not limited to, willful failure to follow the directions of a meet official, using **non-excessive profanity which is not directed at someone or any action which could bring discredit to the individual or his school.**
Unacceptable conduct shall result in disqualification from the event.
41. **Unsportsmanlike conduct** is behavior which is unethical or dishonorable. **It includes, but is not limited to, disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing an opponent or an official, the use of excessive profanity or profanity which is directed at some one.** This shall apply to all coaches, contestants and other school/team personnel.
Unsportsmanlike conduct shall result in disqualification from the event and any further competition in the meet.
42. A field event begins at a time designated by the games committee and concludes and is considered official when the places have been determined and the results have been recorded by the field event judge.
43. At the conclusion of the shot put there shall be no further practice and implements shall be removed from the area.

In situations where a disqualification is obvious, and in the absence of a field event referee or a head field event judge overseeing all the field events, notify the competitor of his/her disqualification and the reason for it. Make note of the disqualification and the **specific** reason for it on the result sheet. Pass this information on to the referee so he/she can verify the disqualification and be prepared to discuss it with the competitor’s coach. In situations where the disqualification is not obvious, **immediately** notify the referee. **The referee will make the determination if a disqualification is justified.** Whenever possible the head shot put judge should stay at the event location and continue the competition.

The event judge is also no longer required to yell “Mark” when a legal throw has landed and throwers are no longer required to be under control when exiting the circle.