

INSTRUCTIONS TO HEAD SHOT PUT JUDGE – Updated 2021

LEGAL SHOTS: All shots must be weighed and checked prior to warm-ups. This is the responsibility of the head field judge. All legal shots will be marked. Each shot shall be checked for the mark prior to each throw. There should be different colored markings on the shot for girls and boys.

THROWING SECTOR MUST BE CORDED OFF: The landing sector must be roped/flagged off well outside the sector lines and as far as competitors may throw. No spectators should be located downfield from the thrower's circle as possible/reasonable.

COMPETITORS CHECK-IN

Check in competitors early enough so warm-ups can be completed prior to the scheduled start of competition. Competitors must check in themselves. Coaches, student managers, or other contestants may not check in other athletes into their events.

CHECK FOR UNIFORMS:

1. Must be a school issued top (sleeves or sleeveless) and bottom. one piece body suits are also legal. Shoes must be worn.
2. Sweat outfits, when worn in competition, shall have no markings other than that of the school the contestant is representing. Sweat outfits would generally only be worn under adverse weather conditions.
3. A support belt may be worn.
4. If during the pre-event meeting, the official(s) in charge rules that the uniform is illegal, the athlete must remove the apparel before s/he will be permitted to begin competition. Refusal to remove apparel that is ruled illegal shall constitute disqualification.
5. It is too late to disqualify a competitor, in an individual event, for uniform violation after the competition has been completed.
6. Gloves may not be worn.

NUMBERS: Each competitor is to wear a paper number (when numbers are used) pinned to the front of the jersey. Any special issued uniforms within a squad must have a number affixed to the front of the jersey also. **PENALTY** for not wearing a jersey with a competitor's number or wearing a jersey with an incorrect number at the State Track and Field Meet shall be a one point team deduction.

TAPING:

1. No taping of any part of the hands or fingers will be permitted unless there is an open cut or wound that must be protected by tape.
2. Taping of the wrist is permissible.

PRACTICE: Permit practice throw prior to the start of competition provided prior approval from meet management; none after competition starts. Contestants may continue to warm up outside of competition area without an implement, or in an approved auxiliary area. Warming up without prior meet management approval and a coach or event official at the venue shall lead to a warning, and if repeated, disqualification from the event.

FLIGHTS OR PROCEDURES: (Preliminaries - 3 trials; finals - 3 additional trials)

1. Conduct preliminaries in flights of no less than five competitors in the order in which the contestants are listed. (worst to best) State & Region meets will separate flights in prelims into two groups, with first group taking two attempts before the second group begins (1-2-3-4-1-2-3-4-5-6-7-8-5-6-7-8-1-2-3-4-5-6-7-8).
2. A 5 minute warm-up will be permitted between flights.
3. The nine best competitors will qualify for the finals. All competitors tying for the last position shall be finalists. In the finals, competition shall be in the reverse order of performance, in single rotation or more than one trial at a time, so that the best qualifier will compete last. Each competitor is entitled to three attempts in the finals.
4. Award eight places.

MEASUREMENT:

1. Mark each good put and is to be made from the point where the shot first breaks ground to the inside of the stop board with the tape held through the center of the throwing circle.
2. Measurement is to be to the nearest **lesser quarter inch**.
3. Marks made in the preliminaries stand throughout the competition.

TIME: Competitors have one minute to initiate a purposeful action of completing the requirements of a trial. The competitor must indicate a desire to pass immediately after their name has been called.

RECORDS: Call head field judge to witness measurement of record and to attest to them on the judge's sheet.

BREAKING TIES: Refer to information on front side of clipboard.

GUIDELINES FOR A COMPETITOR WHO HAS BEEN EXCUSED FROM A FIELD EVENT TO COMPETE IN ANOTHER EVENT.

- A. Athlete, not coach or other team personnel, must receive permission from event judge.
- B. Judge must record time excused and indicate to the competitor when they are expected back for their next trial.
- C. Judge may allow competitor to take a trial out of turn before being excused.
- D. Judge will use some judgement in extending the time excused under special circumstances, e.g. 3200 meter run, reruns, injury, etc..
- E. In the finals, competitors are permitted to take more than one trial at a time during their normal rotation.

AFTER EVENT: EVENT CLOSED SIGNS MUST BE USED

1. Sign judge's sheet and turn it in to headquarters booth. If no other event to conduct, also return clipboards.

SOURCES OF HELP: For further details on procedure refer to your Track and Field Rules. If you run into problems you can't handle, call the head field judge.

SHOT PUT

Breaking Ties – Field Events

ART. 2 . . . When there is a tie at any distance or height of a field event, places and points scored shall be awarded as follows:

- a. For places determined by distance:
 1. 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.
 2. If after (1.) the tie remains, 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.
- b. For places determined by height:
 1. The competitor with the fewest number of trials for the height at which the tie occurs, i.e., the last height successfully cleared, shall be awarded the higher place.
 2. If the tie still remains, the competitor with the fewest total number of unsuccessful trials throughout the competition, up to and including the height last cleared, shall be awarded the higher place.
 3. Passed trials shall not count as misses.
 4. If the tie remains after applying (1) and (2) and:
 - (a) It concerns first place, the competitors tying shall make one more attempt at the height at which they failed. If no decision is reached, the bar shall be lowered in increments of 1 inch in the high jump and 3 inches in the pole vault. If two or more of the tying contestants cleared the height, the bar shall be raised by intervals of 1 inch in the high jump and 3 inches in the pole vault. Each competitor shall attempt one trial at each height until a winner is determined.
 - (b) The tie concerns any place other than first, the competitors shall be awarded the same place.

NOTES 1. If the height which the tied competitors last attempted is not the same, because of a passed height by one or more of the remaining competitors, the bar shall be lowered to the lowest height last attempted by any of the remaining competitors to begin the jump-off.

2. No passed heights shall be permitted in the jump-offs.

ART. 3 . . . In the vertical jumping events, a competitor shall be credited with his/her best achievement including performances made in the jump-off of a firstplace tie.

ART. 4 . . . If there is a tie by any number of 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.

ART. 9 . . . It is a foul if the competitor:

- a. Fails to initiate a purposeful action of completing the requirements of the athletic challenge of the event (trial) within one minute after the competitor's name is called.
- b. After stepping into the circle, fails to pause before starting the put.
- c. After starting the attempt, touches any surface 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 the put is marked.
- f. Puts the shot so it does not fall within the sector lines.
- g. Leaves the circle before the implement has landed.
- h. Does not exit the back half of the circle.
- i. Uses the "cartwheel" technique of shot putting.

PENALTY: The put is not measured, but counts as a trial.