

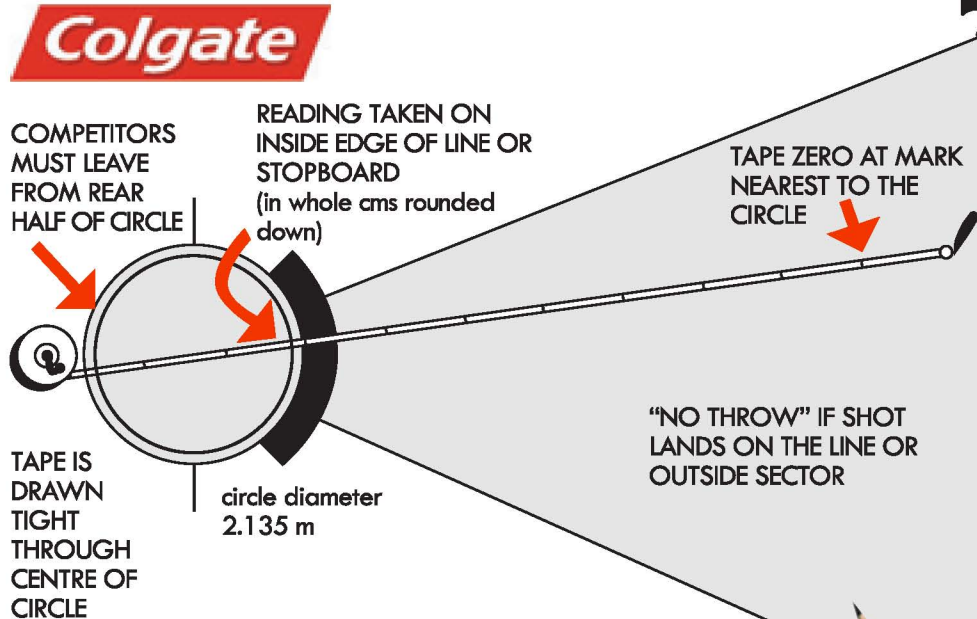
SHOT PUT



New Zealand Children's Athletic Association Inc.

IMPORTANT RULES

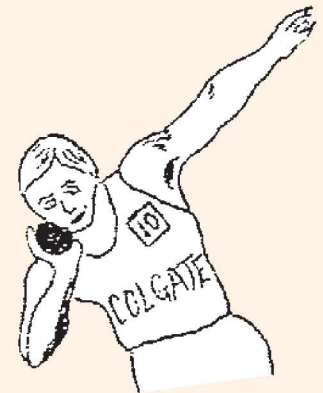
1. The shot must be put from the shoulder with one hand.
2. The shot must remain close to the chin or neck right through the action.
3. The action of putting must start from a stationary position.
4. The thrower must not touch the ground outside the circle. The top of the stopboard or circle rim, may not be touched.
5. The thrower must leave the circle from the rear half, but only after the shot has landed.



SAMPLE SCORE SHEET

A	757	724	X	2nd
B	660	671	650	4th
C	724	715	712	3rd
D	757	724	732	1st

(2nd and 3rd decided on second best throws)
X = Foul / No Throw



HINTS ON ORGANISING THE SHOT PUT

- Arrange competitors in throwing order
- Allow a practice throw if time permits
- List names and explain rules if necessary
- Specify the number of throws (generally 3)
- Record all throws

NZCAA WEIGHTS

1.000kg	Grades 7
1.500kg	Grades 8 & 9
2.000kg	Grade 10 Girls & Boys, Grade 11 Girls
3.000kg	Grade 11 Boys, Grade 12 Girls & Boys
	Grade 13 & 14 Girls
4.000kg	Grade 13 Boys
5.000kg	Grade 14 Boys

NOTE: FOR DETAILED RULES OF COMPETITION REFER TO NZCAA SHOT PUT SHEET