

Instruction for all QLAA Shot Put Chiefs & Throws Referees.

This paper has been provided due to a number of queries / comments received by the Officials Committee. We would appreciate, during your address to the athletes, prior to commence of the event, that you include the following information.

Shot Put

IAAF Handbook, Rule 188.1

The shot shall be put from the shoulder with one hand only. At the time an athlete takes a stance in the circle 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 taken behind the line of the shoulders

Implementation of the rule:

At the moment when the athlete begins to drive with the arm, the head (with it the chin) does turn slightly away from the shot. The shot is in exactly the same position as it has been throughout, though it will not be in as close proximity to the chin as in the earlier stage. The athlete should not be penalised on this account.



Clearly, the deciding factor is the hand. If the hand remains stationary then the delivery is a fair one. If, however, the shot is withdrawn in order to give extra drive, then the hand (and with it the arm and elbow) must move downwards and backwards.