

## SHOT PUT

**COMPETITION DIVISIONS:** Shot Put is an individual age competition which is divided into both men and women divisions.

### **TOURNAMENT:**

Each participant will be allowed three throws and the competition is based upon the distance of the throw.

### **FORMAT:**

1. The shot is a spherical ball.
2. The field is a marked sector and throws must be made from within the 7 foot diameter painted circle or toe board.

### **SCORING:**

1. The distance of each throw will be measured to the nearest  $\frac{1}{4}$  inch from the front end of the painted circle or toe board to where the shot lands.
2. In the event of a tie, the higher place shall be awarded to the competitor whose second best throw is better than the second best throw of any other competitor tied for that place.
3. If during a throw, a competitor steps on or over the painted circle or toe board or if the shot lands on or outside of sector lines, the throw shall be declared a foul and shall not be measured; but will count as one of the competitors three throws.
4. The three highest measurements in each age category below will receive the gold, silver, and bronze medals.

50-54	65-69	80-84	95+
55-59	70-74	85-89	
60-64	75-79	90-94	

### **EQUIPMENT:**

1. The weight of shot for men in the following age groups will be:

50-59	6K	70-79	4K
60-69	5K	80+	3K

2. The weight of the shot for women will be 3K.

### **OFFICIALS:**

Any circumstances not covered in these rules will be ruled upon by the Event Coordinator.