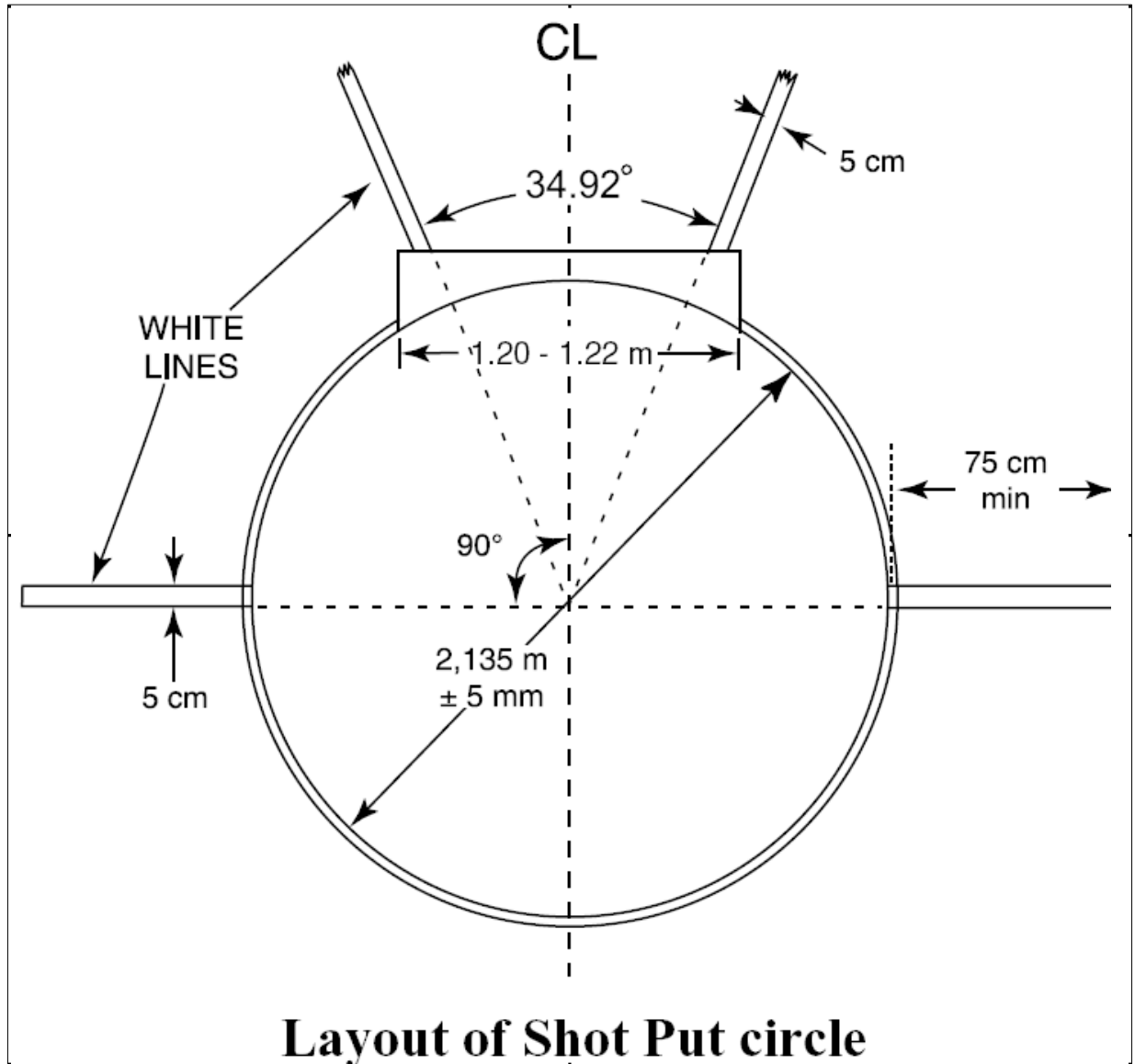




## Shot Put



# Shot Put

## ***Throwing Circle***

The rim of the circles shall be made of band iron, steel or other suitable material, the top of which shall be flush with the ground outside. The ground may be concrete, synthetic, asphalt, wood or any other suitable material surrounding to the circle. The interior of the circle may be constructed of concrete, asphalt or some other firm but not slippery material. The surface of this interior shall be level and 1.4 - 2.6cm lower than the upper edge of the rim of the circle. In the Shot Put, a portable circle meeting these specifications is permissible.

The inside diameter of the circle shall be 2.135m ( $\pm 5$ mm) in the Shot Put and the Hammer Throw and 2.50m ( $\pm 5$ mm) in the Discus Throw. The rim of the circle shall be at least 6mm thick and shall be white. The hammer may be thrown from the discus circle provided the diameter of this circle is reduced from 2.50m to 2.135m by placing a circular ring inside.

## ***Layout of Shot Put circle***

A white line 5cm wide shall be drawn from the top of the metal rim extending for at least 75cm on either side of the circle. The white line may be painted or made of wood or other suitable material. The rear edge of the white line shall form a prolongation of a theoretical line through the centre of the circle at right angles to the centre line of the landing sector.

## ***Landing Sector***

1. The landing sector shall consist of some suitable material on which the shot will make an imprint, but which will minimise any bounce.
2. The landing sector shall be surrounded at the far end and on the two sides, as close to the circle as may be necessary for safety of the other athletes and officials, by a stop barrier which should stop a shot whether in flight or bouncing from the landing surface.
3. In view of the limited space inside an indoor arena, the area enclosed by the stop barrier may not be large enough to include a full  $34.92^\circ$  sector. The following conditions shall apply to any such restriction.
  - (a) The stop barrier at the far end shall be at least 50cm beyond the current world Shot Put record for men or women.
  - (b) The sector lines on either side shall be symmetrical about the centre line of the  $34.92^\circ$  sector.
  - (c) The sector lines may either run radially from the centre of the Shot Put circle including a full  $34.92^\circ$  sector, or may be parallel to each other and the centre line of the  $34.92^\circ$  sector. Where the sector lines are parallel, the minimum separation of the two sector lines shall be 9m.