

Shot put (south side of track, outside of fence and east of baseball fields)

1. Each participant gets two puts. Allow each participant to finish both throws before continuing to the next participant.
2. Record both attempts
3. A legal put must be made from the shoulder with one hand such that the shot does not drop behind or below the shoulder. Failure to do so is a foul.
4. The participant must put the shot from within the ring without stepping on or over the toe board. Failure to do so is a foul.
5. The participant must exit the ring through the back or the previous put shall be a foul.
6. In all cases, a foul is counted as an attempt and is recorded as "foul"
7. The put is measured by placing the rod where the ball first hits the ground. Measure to the inside of the toe board making sure the tape will pass through the center of the circle.
 - a. Measurements are made to the lesser 1/4 inch (A distance of 54 feet, 5 and 5/8 inches is recorded as 54' 5 1/2 ")
8. 4th-6th graders use the shot put

