Colgate

COMPETITORS MUST LEAVE FROM REAR HALF OF CIRCLE down)

READING TAKEN ON INSIDE EDGE OF LINE OR **STOPBOARD** (in whole cms rounded

TAPE ZERO AT MARK **NEAREST TO THE CIRCLE**

TAPE IS DRAWN **TIGHT THROUGH CENTRE OF CIRCLE**

circle diameter 2.135 m

"NO THROW" IF SHOT LANDS ON THE LINE OR **OUTSIDE SECTOR**

SAMPLE SCORE SHEET

ΓΔΤ	717	724	6.50	4th
B	6.60	6.11	712	3rd
C	724	721	7.32	Ist
	\ 711	129		

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

NZCAA WEIGHTS

1.000kg **Grades 7**

1.500kg Grades 8 & 9

2.000kg **Grade 10 Girls & Boys, Grade 11 Girls**

Grade 11 Boys, Grade 12 Girls & Boys 3.000kg

Grade 13 & 14 Girls

Grade 13 Boys 4.000kg

5.000kg **Grade 14 Boys**

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



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.



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