

NCAA – SHOT PUT INSTRUCTIONS

- 1) **NCAA Rules** apply and where specified by GC, flights of 5 to 16 will be used (R – 6.4.1).
 - a. GC may allow only 4 attempts, may set a time for completion of all preliminaries or establish a minimum distance for measurement (R – 6.3).
- 2) This event is a prelim and a final so all will have **3 ATTEMPTS; FINALISTS WILL HAVE 3 MORE.**
- 3) A **FOUL MAY BE CALLED** if the competitor (R – 6.8.3):
 - a. Touches on or over the ring or toe board, or the toe board ends (R – 6.8.3.c).
 - b. Exits the ring from the front half or before the implement lands (R – 6.8.3.f,g).
 - c. Fails to stop in the ring or hold or put the implement properly (R – 6.8.3.a).
 - d. Implement lands on or outside the sector lines (R – 6.8.3.b).
 - e. Exceeds the time limits (R – 6.8.3.h).
 - f. Uses an illegal implement during competition or warm-up, or has it in the area (**DQ**) (R – 6.1.12).
 - g. Throws with hands illegally taped (R – 6.8.2), let's do a tape check.
- 4) A competitor has **1 MINUTE** to initiate an attempt after being called (R – 6.1.2).
 - a. **3 or fewer competitors remain** **1.0 minutes, 1.0 minutes for combined events**
 - b. **1 competitor remains** **1.0 minutes, 1.0 minutes for combined events**
 - c. **Consecutive Trials** **1.0 minutes, 1.0 minutes for combined events**
- 5) There will be a **YELLOW FLAG** with 15 seconds remaining. When the flag is dropped your time has expired – [recommendation - continue your throw] (R – 6.1.5).
- 6) The call order will be **UP, ON DECK, ON HOLD; THEN YOU WILL BE CALLED “UP” AGAIN AND YOUR TIME WILL START.**

PLEASE PAY ATTENTION & RESPOND APPROPRIATELY TO COORDINATOR CALLS.

- 7) Head official may allow *preliminary attempts* out of order or in succession. *Final attempts* must be taken in order or a **PASS** is given when time expires. If you wish to **PASS at any time** please inform the coordinator before being called “UP” (R – 6.1.6.a).
- 8) After event starts **YOU MAY NOT USE THE RING UNLESS ON THE CLOCK** (R – 6.1.11).
- 9) After running events start competitors must **STAY IN THE COMPETITION AREA** you may not cross the track unless you sign out with the coordinator (R – 6.1.8.f).
- 10) **NO ELECTRONICS** are allowed (R – 6.1.8.b).
- 11) **One TEMPORARY Marker Allowed** behind or adjacent to the circle 7x15 cm. No shoes (R – 6.1.9.d, e).
- 12) There will be **POST-EVENT DRUG TESTING** so if you win do not leave unescorted..I have the medals for x through x place.
- 13) If you are **BEING SKIPPED IN ERROR** please tell the coordinator immediately.
- 14) The **THROWING ORDER** is:
- 15) **GOOD LUCK TO ALL**