

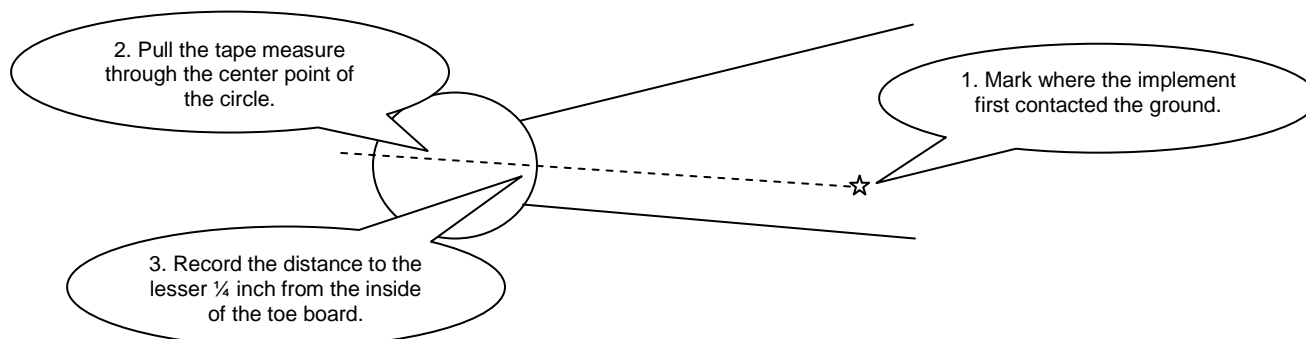
# CYO SHOT PUT

## A. General Rules

1. When you are ready for the next level to start competition, you should inform the Field Referee and announcer to call the next division.
2. There shall be three (3) attempts for each competitor.
3. Each Athlete will check-in by their level and will compete in the order of the sheets on the track pad. After each put the distance will be marked on the ticket. **When the last put is complete the athlete will be given their ticket to give to their coach.**
4. Flights may be used for attempts at each field event, with the entire flight being given an attempt in the order of athletes listed on the track pad before the second attempt is given (an athlete can be skipped over if they are not present when they are called for an attempt).
5. If an athlete "checks-in" after the event has begun, that athlete is only entitled to the attempts remaining in the competition order.
6. If an athlete "checks out" in order to compete in another event, that athlete will be given his/her remaining attempts in the event.
7. A competitor shall be charged with an unsuccessful attempt if he/she does not initiate an attempt or pass within one (1) minute of being called.
8. At the conclusion of an event, the area will be closed. One warning will be issued to those in a closed area; second will result in disqualification from the meet.
9. Throughout the competitions, athletes will be called as "Up", "On Deck" and "On Hold"

## B. Shot Put Rules

1. **Order of Event: Developmental girls followed boys, Minor girls followed by boys & Elemental girls followed by boys. Intermediate girls followed by boys, Youth girls followed by boys, Cadet girls followed by boys.**
2. Spiked shoes (with or without spikes) are not permitted in the shot put.
3. The weight of the shot put will be as follows for each division:
  - a. Four (4) kilogram - Boys Intermediate & Youth
  - b. Six (6) pound - Boys Cadet & Developmental and Girls Intermediate, Youth, Cadet & Developmental
  - c. Four (4) pound - Boys and Girls Elemental & Minor.
3. Taping any part of the hands or fingers is not permitted unless there is an open wound. Taping the wrist is permitted.
4. Gloves are not permitted.
5. A legal put shall be made after entering the circle the athlete pauses and puts from the shoulder with one hand only, so that during the attempt the shot does not drop behind or below the shoulder.
6. It is a foul if the competitor:
  - a. Fails to pause before starting the put.
  - b. Once in the circle touches the circle or the ground outside the circle during the put.
  - c. Allows the shot to drop below the shoulder during the put.
  - d. Touches the top or end of the stop board before the put is marked.
  - e. Puts the shot so it lands outside the sector lines.
  - f. Fails to exit from the back half of the circle.
  - g. Leaves the circle before the shot has landed.
  - h. Fails to initiate an attempt within one minute.
7. The put will be measured to the **nearest lesser ¼ inch**, from the nearest edge of the first mark made by the shot to the inside edge of the stop board nearest to the mark along the extended radius of the circle.



**DIOCESE OF CLEVELAND  
CYO TRACK & FIELD**

(Circle those that apply)

	BOYS				GIRLS			
GRADE:	3	4	5	6	7	8		

EVENT: RLJ      SLJ      HJ

SHOT    DISCUS    SOFTBALL THROW

DISTANCE # 1: \_\_\_\_\_

DISTANCE # 2: \_\_\_\_\_

DISTANCE # 3: \_\_\_\_\_

BEST DISTANCE: \_\_\_\_\_

NAME: \_\_\_\_\_

TEAM: \_\_\_\_\_



Endeavoring to help young people be more Christ-like in the way they live.



Sample of a form - completed at check-in of the field event ↓

Sample of a completed field event form that is given to the athlete ↓

**DIOCESE OF CLEVELAND  
CYO TRACK & FIELD**

(Circle those that apply)

	<u>BOYS</u>				GIRLS			
GRADE:	3	4	5	6	<u>7</u>	8		

EVENT: RLJ      SLJ      HJ

SHOT    DISCUS    SOFTBALL THROW

DISTANCE # 1: \_\_\_\_\_

DISTANCE # 2: \_\_\_\_\_

DISTANCE # 3: \_\_\_\_\_

BEST DISTANCE: \_\_\_\_\_

NAME: 164

TEAM: \_\_\_\_\_



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**DIOCESE OF CLEVELAND  
CYO TRACK & FIELD**

(Circle those that apply)

	<u>BOYS</u>				GIRLS			
GRADE:	3	4	5	6	<u>7</u>	8		

EVENT: RLJ      SLJ      HJ

SHOT    DISCUS    SOFTBALL THROW

DISTANCE # 1: 21-3 1/2

DISTANCE # 2: 24-7

DISTANCE # 3: 26-2 1/2

BEST DISTANCE: 26-2 1/2

NAME: 164

TEAM: \_\_\_\_\_



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