

Shot Put Activity Rules

1. OBJECT OF THE ACTIVITY

The object of the activity is to score the highest combined distance for all shots put by a team of four.

2. EQUIPMENT (Canberra Airport to provide)

- Rubber ducky – “shot”
- Measuring tape or distance markers.
- Suitable throwing area with a marked throwing sector.

3. TEAMS

There will be 4 members per team.

Gameplay:

1. **THROWING ORDER** Each member of the team will put the shot. Teams may determine the putting order of their members.
2. **PUTTING ROUNDS** The competition consists of 4 puts per team. Each team member in the team will have one put.
3. **THROWING PROCEDURE** The shot is put from behind a designated putting line. Team member must put using a proper shot put technique. A team member must not cross the putting line with any part of the body in the action of putting. If any part of the body crosses the designated putting line in the action of putting, that put will be designated a foul and the team member will be given another attempt to put. A team member will not be entitled to a third attempt if their second attempt is designated a foul.
4. **MEASUREMENT** After each put, the distance of that put is measured by the Event Organiser from the putting line to where the shot landed and the distance recorded in metres (m).
5. **TEAM SCORE** The team score is the total distance of all four throws combined. For example, if Team A's team members put distances of 10.3m, 9.1m, 8.6m and 11.2m, the total distance for that team would be 39.2 metres.
6. **WINNING TEAM** Points are awarded to the teams that have the greatest combined distance, second greatest combined distance and third greatest combined distance. If there is a tie, the teams with the same combined distance will participate in a supplementary putting round and those additional rounds of tie breaker puts may be used to determine placings.
7. **SCORING** 15 points will be awarded to the team with the greatest combined distance, 10 points will be awarded to the team with the second greatest combined distance and 5 points

awarded to the team with the third greatest combined distance. These points will count toward the team's overall points tally for the Event.

8. **SPORTSMANSHIP** All teams have read and agreed to the Terms and Conditions. Any team or team member who does not appear to participating within the spirit or rules of the Event will be asked by the Event Organiser's representative to exit the Event.