

GWINNETT SENIOR GOLDEN GAMES

SHOTPUT



RULES

- Athletes will compete in 5 (five) year age increments and gender.
- Athletes must register at registration table upon arriving at competition.
- Weight of the shotput is based on the age of the athlete
 1. Men-50-69 years-11lb
 2. Men-70-79 years and women 50-59 years-8.8lb
 3. Men-80 and up and women 60-74-6.6lb.
 4. Women-75-up-4.4lb.
- Athletes must start from behind starting line and may not touch or cross the line for the throw to be valid.
- Athletes have the option of taking one (1) practice throw that will not count for scoring.
- After the practice throw, athletes are given three (3) official throws that will be measured for distance.
- Athletes will not receive another throw to replace an invalid attempt.

- The longest of the three (3) official throws will be recorded.
- In the event of a tie dual medals will be awarded.
- Medals will be awarded at the end of the competition.
- Decision of games manager is final.