



# **SHOT PUT**

## **SHRUJAN 2.0**



**GIET UNIVERSITY, GUNUPUR**

Team Size: Individual participant.

Event Details:

- The shot shall touch or be near the chin and the hand shall not be dropped below this position during the action of putting nor should the shot be brought behind the line of the shoulders.
- Measurement is made from the point of landing closest to the circle from where the shot is 'putt'
- The shot will also not be recorded if it does not land in the designated throwing area.
- This event involves "putting" of a heavy spherical ball- the shot- as far as possible.