

GENERAL RULES

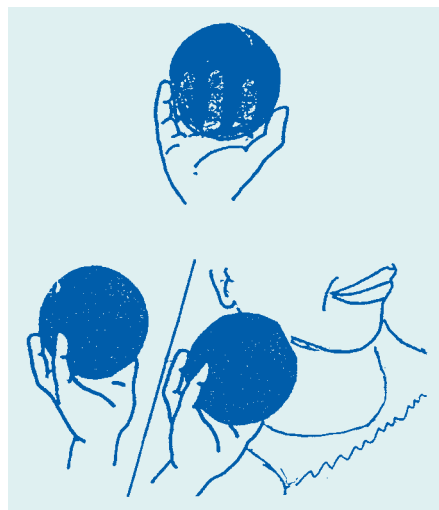
The competitor must start from a stationary and balanced position inside the circle. The throw is made from a 7ft. (2.135m) circle with a 4ft. (1.22m) wooden stopboard at the front.

The thrower must not leave the circle until the implement has touched the ground, and then his/her first contact with the ground outside the circle must be from the rear half of the circle. The shot must be put from the shoulder with one hand only. In the preliminary stance, it must be held close to the chin, and the hand must never drop below that position throughout the throw.

HOLDING THE SHOT

The shot is supported and held on the base of the fingers with the thumb and small finger supporting to prevent sideways displacement. The fingers should not be spread out too wide.

Place the shot correctly into throwing hand. Straighten arm upwards directly over the shoulder. Now pull shot down straight and place at the base of the jaw with the elbow held high.



FACE ON THROW DRILL ONE HAND (1)

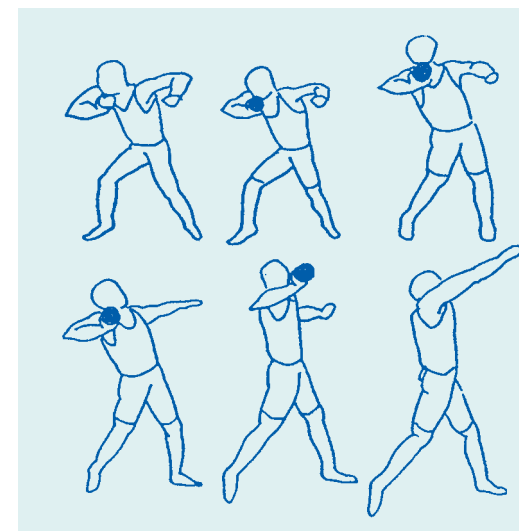
Aim: Co-ordination of legs and arms in the throwing movement

Stand with feet in line shoulder width apart, facing the direction of the throw. Using the arm only, the shot is pushed out, ensuring that the elbow is kept high and that the shot is kept close into the chin prior to the movement commencing.

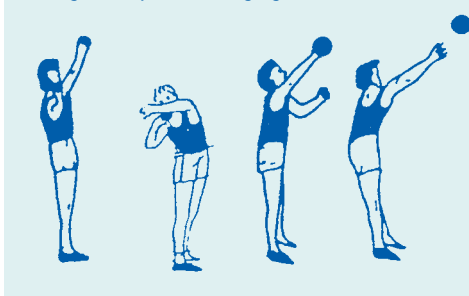
FACE ON THROW ONE HAND (2)

Stand with both feet in line facing throwing direction. Shot held correctly against neck, rotate backward without shifting feet and drive forward and throw.

SIDE-ON THROWING



Standing frontal putt, not using legs



Standing frontal putt, using legs



- For the right handed thrower the chin, knee and toes of the right leg should be in vertical alignment.
- The back should be straight and not rounded. Keep weight over the rear foot.
- The feet should be spaced shoulder width apart (depending on the height of the student) with the toes of the left foot in line with the heel of the right foot for right handed throwers.
- The student positions his weight over the right leg and is on the ball of the foot. Top half of body looks to the back. Lower body faces forward.
- Rotating on the ball of the right foot the athlete drives the right hip around - and up to the front. The left side is held firm and either acts as a brace or helps the lift.
- During this action the emphasis should be on a fast right hip, keeping the elbow up behind the shot and following the shot right out with a fast arm action.