



# CGA GLOBAL VIRTUAL SHOT PUT & DISCUS COMPETITION MANUAL

## 1. GOAL:

- To promote shot put & discus not only in South Africa, but also globally.
- To make the sport accessible to all individuals in South Africa through friendly competitions in your own back yard.
- To build friendships across the world.

## 2. NATURE OF THE EVENT:

- A free shot put and discus competition hosted by Central Gauteng Athletics and the Pierre Blignaut Shot put & Discus Academy.
- A Friendly shot put & discus competition for young athletes up to masters' level.
- Athletes to compete in the comfort & safety of their own back yards or a piece of vacant land where they can maintain their social distance due to the current Covid-19 pandemic.
- Athletes make their own video recording of their six (6) throws and measurement thereof on their smartphone and thereafter send in the video of their best attempt as well as the distances of all six (6) throws.
- Results sheet and video to be sent in by WhatsApp to +27844378541.

## 3. AGE CATEGORIES: U/12, U/14, U/16, U/18, U/20, SENIORS, MASTERS & PARA-ATHLETE

- ATHLETES compete in the following age categories:

DATE OF BIRTH	COMPETITION CATEGORY
10 & 11 (2010/2009)	U/12
12 & 13 (2008/2007)	U/14
14 & 15 (2006/2005)	U/16
16 & 17 (2004/2003)	U/18
18 & 19 (2002/2001)	U/20
SENIOR	SENIOR
MASTER	MASTER
PARA-ATHLETE	PARA-ATHLETE

## 4. COMPETITION EVENTS:

- Shot put
- Discus (Only enter if you have adequate competition area available)

## 5. DATE OF COMPETITION:

- The Virtual Meeting will take start on:  
Friday, 31 July 2020 – Sunday, 2 August

## 6. COMPETITION STARTING TIME:

- Due to different time zones, the competition will not have an official starting time. Athletes can complete their competition throws at any time between Friday and Sunday.

## 7. COMPETITION AREA:

- Any suitable area in an athlete's garden or vacant portion of land where it is safe for an athlete to compete without hindrance and safety concerns.
- The diameter of 2.135m of the shot put circle and a diameter of 2.5m for the discus circle should be measured out as accurately as possible. Although athletes are welcome to compete with a block, a block is not a requirement for this competition.
- The marking of the sector is not a requirement for this competition.



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## 8. COMPETITION OFFICIALS:

- No spectators are allowed in the competition area except for a maximum of two officials (family members) for the purpose of assisting with the measurement and also recording of the throws)

## 9. COMPETITION RULES:

- IMPLEMENT
- Implements should be cleaned and disinfected before and after each attempt of the athlete.

### • In South Africa we use the following weights for shot put competitions:

WEIGHT	MALE	FEMALE
U/12	3Kg	2Kg
U/14	4Kg	3Kg
U/16	4Kg	3Kg
U/18	5Kg	3Kg
U/20	6Kg	4Kg
SENIOR	7.2Kg	4Kg
MASTER	AS REQUIRED BY AGE CATEGORY	
PARA-ATHLETE	AS REQUIRED BY CLASSIFICATION CATEGORY	

### • In South Africa we use the following weights for discus competitions:

WEIGHT	MALE	FEMALE
U/12	750g	750g
U/14	1Kg	750g
U/16	1Kg	1Kg
U/18	1.5Kg	1Kg
U/20	1.75Kg	1Kg
SENIOR	2Kg	1Kg
MASTER	AS REQUIRED BY AGE CATEGORY	
PARA-ATHLETE	AS REQUIRED BY CLASSIFICATION CATEGORY	

- Where athletes from other countries use different weight of implements, athletes can just indicate the weight used when they submit their results.

## 9.1 WARM-UP:

- Athletes can go through their own warm-up routines and take as much warm-up throws as they want.

## 9.2 COMPETITION THROWS:

- All athletes have a maximum of six (6) competition throws for shot put and discus respectively.



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## 9.3 MEASURING OF THROWS:

- Due to the friendly nature of the competition, we rely on each athlete's ability to compete as ethically and morally sound as possible, providing us with accurate measurements.
- Distances to be recorded in meter(m) and centimeter (cm).
- Athletes can use their own smartphones/cameras to record their throws.
- In the absence of a measuring tape, an App ("Measure") can be downloaded to measure the throws. In the event where the App was used as a measuring tool, a screenshot of the App's reading should accompany the results.
- Measuring of the throws should be done from the inside of the circle to the mark where the implement landed closest to the circle.

## 9.4 ADDITIONAL RULES:

- Athletes are not permitted to step over the circle during their attempt. Please indicate no throws with an "X" on your results.
- A video recording of the entire attempt with measurement thereof should be sent in via Whats-App.

## 10. RESULTS:

- Results will be administered by Versus Atletiek after verification by the organizers.
- Final results will be available on: CGA Media Platforms and <https://athletics-info.co.za/> on or before 4 August 2020.
- A complete set of results (Using the results form) and the video of the best attempt should be sent in via WhatsApp to +27844378541.
- Virtual competition participation certificate will be sent to all participants as soon as the final results are out.

## 11. COMPETITION ENTRY:

ENTRIES OPEN	ENTRIES CLOSE
9 July 2020	30 July 2020

- The entry to the competition is Free
- All entries must be done through the entry link: <http://tinyurl.com/CGA-Virtual-throw>
- The results sheet provided must be complete in full and signed by the athlete and at least one official (family member assisting with measuring).

## 12. ENQUIRIES AND CGA SOCIAL MEDIA PLATFORMS:

- For more information please contact Competition Organizers at:  
+27832765813 / +27844378541 / [mdicks28@gmail.com](mailto:mdicks28@gmail.com) / [pierreblignautakademie@hotmail.com](mailto:pierreblignautakademie@hotmail.com)

- **CGA Social Media Platforms:**

Twitter: @CG\_Athletics  
Facebook: Central Gauteng Athletics  
Website: [www.centralgautengathletics.co.za](http://www.centralgautengathletics.co.za)