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| To       | ASA Members                                 |
| From     | ASA Office                                  |
| Date     | 11 February 2020                            |
| Subject  | “Cartwheel” technique in shot put not legal |
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**ELECTRONIC TRANSMISSION**

**CIRCULAR 11 OF ASA 2020  
“CARTWHEEL” TECHNIQUE IN SHOT PUT NOT LEGAL**

Dear ASA Members

It came to ASA’s attention that some individual athletes use the “cartwheel” technique (see image) during Shot Put Competitions in South Africa.



ASA Members must please note that the “cartwheel” technique, are not legal as it places both the participating athlete, other athletes, Officials, and spectators at risk.

The “cartwheel” technique, is not a new technique, and resurface at least once every decade. The “cartwheel” technique has been declared unsafe in the past repeatedly by World Athletics (IAAF) and its members countries which include ASA.

Please note that where an athlete use the “cartwheel” technique during competitions, the Technical Official must not interact with the relevant athlete, or any other athlete during competition. **The Technical Official must penalize the relevant athlete by “not measuring the trial, but count as a trial”.**

If the relevant athlete uses a safer technique in the next trial, it must be measured, and counted as a trial.

Athletics greetings

Richard Stander  
ASA ACEO  
Not signed due to electronic sending

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**From the ASA Office e-mail: [ceo@athleticssa.net](mailto:ceo@athleticssa.net). For more information: ASA website [www.athletics.org.za](http://www.athletics.org.za)**  
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