



P. P. SAVANI CAMBRIDGE INTERNATIONAL SCHOOL

Mota Varachha, Abrama Road, Surat -394150

CAIE Centre No :- IN575 Phone :- 9909991024/34

PPSCIS/26-27/CIRCULAR/P-026

Date: 28/07/2026

SHOT PUT COMPETITION (GRADES VI-X)

Dear Parents and Students,

Greetings!

We are delighted to announce the **Shot Put Competition** for students of **Grades VI-X**. This event provides an exciting opportunity for students to showcase their strength, technique, and athletic ability while promoting sportsmanship and healthy competition.

Competition Details

Semi-Finals: Tuesday, 4th August 2026

Finals: Friday, 7th August 2026

Time: 11:35 a.m. – 12:25 p.m.

Venue: Kabaddi Ground

Eligibility: Grades VI-X

Equipment

- **Boys:** 5 kg Shot Put
- **Girls:** 4 kg Shot Put

Rules & Regulations

- The shot must be held with **one hand only**.
- The shot must be placed against the **neck, close to the jaw**, and must remain in contact with the neck until it is released.
- The shot must be **pushed**, not thrown. Throwing it like a cricket ball is not permitted.
- The athlete's hand must **not pass behind the shoulder line** during the put.
- Touching or stepping outside the throwing circle before the shot lands will be considered a **foul**.
- Each participant must complete the throw within **one minute**.
- Participants must follow the instructions of the officials at all times.
- The decision of the judges and event officials will be **final and binding**.

This competition is an excellent opportunity for students to develop confidence, sportsmanship, and athletic skills while representing their respective Houses. We encourage all eligible students to participate enthusiastically.



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Students interested in participating are requested to register their names with their respective **House Masters by Friday, 31st July 2026.**

Winners will earn House Points for their respective Houses.

We look forward to your enthusiastic participation!

Best Regards,

Principal

Ms.Chetna Patel.