

DETAILED SPECIFICATIONS FOR THROWING IMPLEMENTS

Shot Put Specifications

Minimum weight for admission to competition and acceptance of a record (kg)	Weight range for supply for competition (kg)	Diameter range min-max (mm)
7.260	7.265 - 7.285	110 - 130
6.000	6.005 - 6.025	105 - 125
5.000	5.005 - 5.025	100 - 120
4.000	4.005 - 4.025	95 - 110
3.000	3.005 - 3.025	85 - 110
2.000	2.005 - 2.025	80-90

Discus Specifications

Minimum weight for admission to competition and acceptance of a record (kg)	Weight range for supply for competition (kg)	Outside diameter (mm)	Diameter of metal plate or flat centre area (mm)	Thickness over flat centre area or metal plates (mm)	Thickness of rim – 6 mm from edge (mm)
2.000	2.005 – 2.025	219 - 221	50 - 57	44 - 46	12 - 13
1.500	1.505 - 1.525	200 - 202	50 - 57	38 - 40	12 - 13
1.000	1.005 – 1.025	180 – 182	50 - 57	37 - 39	12 - 13
0.750	0.755 – 0.775	166 – 169	50 - 57	33 - 37	10 - 13

Hammer Specifications

Minimum weight for admission to competition and acceptance of a record (kg)	Weight range for supply of equipment for competition min-max (kg)	Diameter range min-max (mm)	Length* range min-max (mm)
7.260	7.265 - 7.285	110 - 130	1175 - 1215
6.000	6.005 - 6.025	105 - 125	1175 - 1215
5.000	5.005 - 5.025	100 - 120	1165 - 1200
4.000	4.005 - 4.025	95 - 110	1160 - 1195
3.000	3.005 - 3.025	85 - 100	1160 - 1195
2.000	2.005 – 2.025	80-90	1160 - 1195

*Length measured from inside the grip to the end of the hammer

DETAILED SPECIFICATIONS FOR THROWING IMPLEMENTS (cont.)

Weight Specifications

Minimum weight for admission to competition and acceptance of a record (kg)	Weight range for supply of equipment for competition min-max (kg)	Diameter range min-max (mm)	Maximum Length* (mm)
15.880	15.885 - 15.905	145 - 165	<410
11.340	11.345 - 11.365	130 - 150	<410
9.080	9.085 - 9.105	120 - 140	<410
7.260	7.265 - 7.285	110 - 130	<410
5.450	5.455 - 5.475	100 - 120	<410
4.00	4.005 - 4.025	95 - 110	<410

*Length is measured from inside of the grip to the end of the Weight

Javelin Specifications

Minimum weight for admission to competition & acceptance of a record (g)	Weight range for supply of equipment for competition min-max (g)	Overall length min-max (m)	Length of metal head min-max (mm)	Distance from tip of metal head to centre of gravity min-max (m)	Diameter of shaft at thickest point min-max (mm)	Width of cord grip* min-max (mm)
800	805 - 825	2.60 - 2.70	250 - 330	0.90 - 1.06	25 - 30	150 - 160
700	705 - 725	2.30 - 2.40	250 - 330	0.86 - 1.00	23 - 28	150 - 160
600	605 - 625	2.20 - 2.30	250 - 330	0.80 - 0.92	20 - 25	140 - 150
500	505 - 525	2.00 - 2.10	220 - 270	0.78 - 0.88	20 - 24	135 - 145
400	405 - 425	1.85 - 1.95	200 - 250	0.75 - 0.80	20 - 23	130 - 140

*The grip, which shall cover the centre of gravity, shall not exceed the diameter of the shaft by more than 8mm.

Common colour coding of throwing implements

Yellow (sometimes black)	7.26 kg shot	7.26kg hammer	15.88kg (35lb) weight
Green	6 kg shot	6kg hammer	11.34kg (25lb) weight
Red	5 kg shot	5 kg hammer	9.08kg (20lb) weight
White	4 kg shot	4 kg hammer	7.26kg (16lb) weight
Blue	3 kg shot	3 kg hammer	5.45kg (12lb) weight
Purple	2 kg shot	2 k hammer	4.00kg (8.8lb) weight