

RULES FOR THE HEAVY WEIGHTS – 45LB, 56LB, 100LB

1. The implement shall be spherical, made of solid metal, such as steel, iron, brass or similar
2. It shall be thrown by means of an attached chain or wire with a suitable handle attached
3. The length of the implement shall be in accordance with the specifications for the smaller weights (35lb, 25lb, 20lb etc), measured from the bottom of the sphere to the inside of the handle grip when the chain /wire and handle are fully extended
4. The implement shall be thrown with two hands unless a disabled athlete is unable to use one hand to grip the handle due to an impairment such as loss of an arm/hand, paralysis and like disablements
5. Throwing of these super heavy weights will be subject to the same rules pertaining to the standard heavy weights and hammers (except as in 4 above) including the throwing circle size
6. 45lb = 20.412kg
7. 56lb = 25.401kg
8. 100lb = 45.359kg