

APPENDIX A / ANNEXE A / ANHANG A

WMA Hurdles and Implement Specifications
WMA Specifications pour les Haies et les Engins
WMA Hürden und Geräte
WMA Valles y Implementos

1. Hurdles / Haies / Hürden / Vallas

FEMALE		Age	Race Distance	Hurdle Height	Number of Hurdles	To 1st Hurdle	Between Hurdles	To Finish
Indoor	F35-39	60M	.840M(33")	5	13M	8.5M	13M	
	F40-49	60M	.762M(30")	5	12M	8M	16M	
	F50-59	60M	.762M(30")	5	12M	7M	20M	
	F60+	60M	.686M(27")	5	12M	7M	20M	
Short	F35-39	100M	.840M(33")	10	13M	8.5M	10.5M	
	F40-49	80M	.762M(30")	8	12M	8M	12M	
	F50-59	80M	.762M(30")	8	12M	7M	19M	
	F60+	80M	.686M(27")	8	12M	7M	19M	
Long	F35-49	400M	.762M(30")	10	45M	35M	40M	
	F50-59	300M	.762M(30")	7	50M	35M	40M	
	F60+	300M	.686M(27")	7	50M	35M	40M	
Steeplechase	F35+	2000M	.762M(30")	(18 barriers & 5 water jumps)(per IAAF specifications)				
MALE		Age						
Indoor	M35-49	60M	.991M(39")	5	13.72M	9.14M	9.72M	
	M50-59	60M	.914M(36")	5	13M	8.5M	13M	
	M60-69	60M	.840M(33")	5	16M	8.0M	12M	
	M70-79	60M	.762M(30")	5	12M	7M	20M	
	M80+	60M	.686M(27")	5	12m	7M	20M	
Short	M35-49	110M	.991M(39")	10	13.72M	9.14M	14.02M	
	M50-59	100M	.914M(36")	10	13M	8.5M	10.5M	
	M60-69	100M	.840M(33")	10	16M	8.0M	12M	
	70-79	80M	.762M(30")	8	12M	7M	19M	
	80+	80M	.686M(27")	8	12M	7M	19M	
Long	M35-49	400M	.914M(36")	10	45M	35M	40M	
	M50-59	400M	.840M(33")	10	45M	35M	40M	
	60-69	300M	.762M(30")	7	50M	35M	40M	
	70+	300M	.686M(27")	7	50M	35M	40M	
Steeplechase	M35-59	3000M	.914M(36")	(28 barriers & 7 water jumps)(per IAAF specifications)				
	M60+	2000M	.762M(30")	(18 barriers & 5 water jumps)(per IAAF specifications)				

2. Implements / Engins / Gerate / Implementos

FEMALE		Age	Hammer	Shot Put	Discus	Javelin	Weight
	F35-49		4K	4K	1.0K	600G	9.08K (20#)
	F50-59		3K	3K	1.0K	500G	7.26K (16#)
	F60+		3K	3K	1.0K	400G	5.45K (12#)
	F80+		3K	3K	.75K	400G	5.45K (12#)
MALE	M35-49		7.26K(16#)	7.26K(16#)	2.0K	800G	15.88K (35#)
	M50-59		6K	6K	1.5K	700G	11.34K (25#)
	M60-69		5K	5K	1.0K	600G	9.08K (20#)
	M70-79		4K	4K	1.0K	500G	7.26K (16#)
	M80+		3K	3K	1.0K	400G	5.45K (12#)

3. Shot Put / Poids / Kugel / Peso

per IAAF rules plus:

Weight Minimum for admission to competition and for acceptance of a record	Range for supply of implement for competition		Diameter		
	Minimum	Maximum	Minimum	Maximum	Maximum
7.260K	7.265K	7.285K	110MM	130MM	
6.000K	6.005K	6.025K	105MM	125MM	
5.000K	5.005K	5.025K	100MM	120MM	
4.000K	4.005K	4.025K	95MM	120MM	110MM
3.000K	3.005K	3.025K	85MM		110MM

4. Discus / Disque / Diskus / Disco

per IAAF rules plus:

Weight Minimum for admission to competition and for acceptance of a record	.750 K
Range for supply of implement for competition	.755-.775K
Outside Diameter of metal rim	166-169mm
Dia. Of metal plate or flat center area	50-57mm
Thickness of metal plate or flat center area	33-37mm
Thickness of rim (6mm from edge)	10-13mm

5. Javelin / Javelot / Speer / Jabalina

per IAAF rules plus:

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

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

6. Hammer / Marteau / Hammer / Martillo

per IAAF rules plus:

Weight Minimum for admission to competition and for acceptance of a record	Competition Weight		Diameter	
	Minimum	Maximum	Minimum	Maximum
7.260K	7.265K	7.285K	110MM	130MM
6.000K	6.005K	6.025K	105MM	125MM
5.000K	5.005K	5.025K	100MM	120MM
4.000K	4.005K	4.025K	95MM	110MM
3.000K	3.005K	3.025K	85MM	100MM

Length measured from inside the grip as per IAAF Specification

Weight	Minimum	Maximum
7.26 & 6.0 K	1175MM	1215MM
5.0 K	1165MM	1200MM
4.0 & 3.0 K	1160MM	1195MM

7. Weight / Grand Poids / Gewicht / Pesa

OUTDOOR IMPLEMENT

- Construction:** The weight shall consist of three parts: a metal head, the link, and a grip.
- Head:** The head shall be spherical and of solid iron or other metal not softer than brass or a shell of such metal, filled with lead or other solid material. If a filling is used, this must be inserted in such manner that it is immovable. The centre of gravity of the head, less the link(s) and the grip, shall not be more than 9MM from the center of the sphere.
- Link:** The head shall be connected to the grip by means of metal link(s). The link(s) shall be of sufficient strength to insure that the link(s) cannot stretch appreciably while the weight is being thrown.
- Grip:** The grip may be either of single or double loop construction but must be rigid and without hinging joints of any kind. It must not stretch appreciably while being thrown. It must be attached to the link(s) in such a manner that it cannot be turned within the link(s) to increase the overall length of the weight.
- Connections:** The links shall be connected to the head by means of a swivel, which may be either plain or ball bearing. A swivel may not be used to connect the grip to the link(s)
- Specifications:**
- | Minimum Weight | Competition Weight | | Diameter | |
|----------------|--------------------|---------|----------|---------|
| | Minimum | Maximum | Minimum | Maximum |
| 15.88K | 15.885K | 15.905K | 145MM | 165MM |
| 11.34K | 11.345K | 11.365K | 130MM | 150MM |
| 9.08K | 9.085K | 9.105K | 120MM | 140MM |
| 7.26K | 7.265K | 7.285K | 110MM | 130MM |
| 5.45K | 5.455K | 5.475K | 100MM | 120MM |
- Length:** The length shall be not more than 410 MM measured from inside of the grip.

INDOOR IMPLEMENT

- Construction:** The weight shall consist of three parts: a head, a handle, and a connection assembly which may contain a harness. The construction shall be such that no damage will be caused when landing on a normal sport hall floor.
- Head:** The head shall have a spherical soft plastic or rubber case filled with suitable material. The head shall return to its spherical shape after impact. If a filling is used, it must be inserted in such a manner that it is immovable. The center of gravity shall be not more than 9mm from the center of the head with the connection, handle, and harness removed or suspended.
- Handle:** The handle may be as permitted in the hammer or may be made of round metal rod not to exceed 12.7mm in diameter. This rod is to be bent in a triangular shape so that no side exceeds 190mm nor is smaller than 100mm, inside measurement. A handle with no permanent connection point must have three sides of equal length. The handle shall be designed in such a manner so as to not stretch appreciably during a throw.
- Connection:** The head shall be connected to the handle by means of a harness and up to two metal links separated by an optional swivel. The harness shall have a minimum of four straps securely sewn together to form a sling. The links, swivel, and harness must not stretch appreciably during a throw.
- Specifications:**
- | Minimum Weight | Competition Weight | | Diameter | |
|----------------|--------------------|---------|----------|---------|
| | Minimum | Maximum | Minimum | Maximum |
| 15.88K | 15.885K | 15.905K | 145MM | 180MM |
| 11.34K | 11.345K | 11.365K | 130MM | 165MM |
| 9.08K | 9.085K | 9.105K | 120MM | 155MM |
| 7.26K | 7.265K | 7.285K | 110MM | 145MM |
| 5.45K | 5.455K | 5.475K | 100MM | 135MM |
- Length:** The length shall be not more than 410 MM measured from inside of the grip.