

APPENDIX A / ANNEXE A / ANHANG A

**WMA Hurdles and Implement Specifications**  
**Specifications pour les Haies et les Engins**  
**Hürden und Geräte**

**1. Hurdles / Haies / Hürden**

<b>WOMEN</b>	<b>Age</b>	<b>Race Distance</b>	<b>Hurdle Height</b>	<b>Number of Hurdles</b>	<b>To 1st Hurdle</b>	<b>Between Hurdles</b>	<b>To Finish</b>	
<b>Indoor</b>	<b>W35-39</b>	60M	.840M(33")	5	13M	8.5M	13M	
	<b>W40-49</b>	60M	.762M(30")	5	12M	8M	16M	
	<b>W50-59</b>	60M	.762M(30")	5	12M	7M	20M	
	<b>W60+</b>	<b>60M</b>	<b>.686M(27")</b>	<b>5</b>	<b>12M</b>	<b>7M</b>	<b>20M</b>	
	<b>Short</b>	<b>W35-39</b>	100M	.840M(33")	10	13M	8.5M	10.5M
		<b>W40-49</b>	80M	.762M(30")	8	12M	8M	12M
		<b>W50-59</b>	80M	.762M(30")	8	12M	7M	19M
		<b>W60+</b>	80M	.686M(27")	8	12M	7M	19M
	<b>Long</b>	<b>W35-49</b>	400M	.762M(30")	10	45M	35M	40M
		<b>W50-59</b>	300M	.762M(30")	7	50M	35M	40M
		<b>W60+</b>	300M	.686M(27")	7	50M	35M	40M
	<b>Steeplechase</b>	<b>W35+</b>	2000M	Per IAAF Specifications (new rules 2001)				
<b>MEN</b>								
<b>Indoor</b>	<b>M40-49</b>	60M	.991M(39")	5	13.72M	9.14M	9.72M	
	<b>M50-59</b>	60M	.914M(36")	5	13M	8.5M	13M	
	<b>M60-69</b>	60M	.840M(33")	5	16M	8.0M	12M	
	<b>M70-79</b>	60M	.762M(30")	5	12M	7M	20M	
	<b>M80+</b>	60M	.686M(27")	5	12m	7M	20M	
	<b>Short</b>	<b>M40-49</b>	110M	.991M(39")	10	13.72M	9.14M	14.02M
		<b>M50-59</b>	100M	.914M(36")	10	13M	8.5M	10.5M
		<b>M60-69</b>	100M	.840M(33")	10	16M	8.0M	12M
		<b>70-79</b>	80M	.762M(30")	8	12M	7M	19M
		<b>80+</b>	80M	.686M(27")	8	12M	7M	19M
	<b>Long</b>	<b>M40-49</b>	400M	.914M(36")	10	45M	35M	40M
		<b>M50-59</b>	400M	.840M(33")	10	45M	35M	40M
<b>60-69</b>		300M	.762M(30")	7	50M	35M	40M	
<b>70+</b>		300M	.686M(27")	7	50M	35M	40M	
<b>Steeplechase</b>	<b>M40-59</b>	3000M	Per IAAF Specifications					
	<b>M60+</b>	2000M	Per IAAF Specifications (same rules as for women)					

**2. Implements / Engins / Geräte**

	<b>Age</b>	<b>Hammer</b>	<b>Shot Put</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>
<b>Women</b>	<b>35-49</b>	4K	4K	1.0K	600G	9.08K(20#)
	<b>50-59</b>	3K	3K	1.0K	500G	7.26K(16#)
	<b>60+</b>	3K	3K	1.0K	400G	5.45K(12#)
<b>Men</b>	<b>40-49</b>	7.26K(16#)	7.26K(16#)	2.0K	800G	15.88K(35#)
	<b>50-59</b>	6K	6K	1.5K	700G	11.34K(25#)
	<b>60-69</b>	5K	5K	1.0K	600G	9.08K(20#)
	<b>70-79</b>	4K	4K	1.0K	500G	7.26K(16#)
	<b>80+</b>	4K	4K	1.0K	400G	5.45K(12#)

**3. Shot Put / Poids / Kugel**

<b>Minimum Weight</b>	<b>Competition Weight</b>		<b>Minimum</b>	<b>Diameter</b>	
	<b>Minimum</b>	<b>Maximum</b>		<b>Maximum Men</b>	<b>Maximum Women</b>
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

All as per IAAF regulations

#### 5. Javelin/Javelot/Speer

##### Weight

Minimum for admission to competition and for acceptance of a record		<b>800g</b>	<b>700g</b>	<b>600g</b>	<b>500g</b>	<b>400g</b>
Range for supply of equipment 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

<u>Weight</u>	<u>Competition Weight</u>		<u>Diameter</u>	
	<u>Minimum</u>	<u>Maximum</u>	<u>Minimum</u>	<u>Maximum</u>
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

<u>Weight</u>	<u>Minimum</u>	<u>Maximum</u>
<b>7.26 &amp; 6.0 K</b>	1175MM	1215MM
<b>5.0 K</b>	1165MM	1200MM
<b>4.0 &amp; 3.0 K</b>	1160MM	1195MM

#### 7. Weight / Grand Poids / Gewicht

**Construction.** The weight shall consist of three parts: a metal head, the link, and a grip.

**Head** The head shall be 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

<u>Minimum Weight</u>	<u>Competition Weight</u>		<u>Diameter</u>	
	<u>Minimum</u>	<u>Maximum</u>	<u>Minimum</u>	<u>Maximum</u>
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.