

## AWD Implement Weights for Competition under Athletics Australia Rules

From January 1, 2010 all Implement weights for classes in Open to Under 16 will be held directly in line with those distributed by the IPC. Variations will occur at underage events for U/10, U/12 and U/14 after a review from Athletics Australia - Athletes with a Disability Commission.

**Note:** For all Athletics Australia (AA) events and records underage eligibility is determined by the athlete's age at the completion of the calendar year in which the event is occurring.

**For Example:** For an athlete to compete or claim an Under 18 record in 2013 they must not turn 18 during the 2013 calendar year! This is in accord with IAAF guidelines regarding underage groupings that have now been universally accepted within the "able-bodied" athletics fraternity.

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<i>DISCUS THROW / CLUB THROW</i>	<b>Time Limits for Field Events – Minutes</b>						
<ul style="list-style-type: none"> <li><b>Failures</b></li> <li>after stepping/being placed into the circle and commences to throw any part of the body touches the line or iron band or the ground outside (includes chains)</li> <li>not leaving the circle from the back half</li> <li>leaves the circle before the discus lands</li> <li><b>NOTE:</b> No rules on how the discus must be held or thrown</li> <li>Substitute Club for Discus – Weight 397gr</li> </ul>	Number Athletes Still Competing		Individual Event			Combined Event	
		HJ	PV	Other	HJ	PV	Other
	More than 3	1	1	1	1	1	1
	2 or 3	1½	2	1	1½	2	1
	1 Only	3	5	—	2*	3*	—
	Consecutive Trials	2	3	2	2	3	2
	<b>Secured Throws – Minutes</b>						
Tie Down time before first trial F32-34, F54-58					2		
Tie Down time before first trial F31, F51-53					3		
Warm up throws					2		
<i>SECURED THROWING REQUIREMENTS</i>	<ul style="list-style-type: none"> <li>Maximum Height of Throwing Frame – 75cm – includes cushion – when athlete is not seated</li> <li>Footplates used for stability only.</li> <li>Ground footplate ≥ 1cm height for securing contact foot</li> <li>Side and Back Rests for stability only. Must be non flexible</li> <li>No part must be moveable during the throw</li> <li>Throwing Frames will be measured in the Call Room or at the competition area prior to the start of the event</li> <li>Frames can be inspected immediately prior to, during and after the event.</li> </ul>						
<i>SECURED THROWS</i>	<i>SECURED THROWS</i>						
<ul style="list-style-type: none"> <li><b>Finishing Throw in Upright Position</b></li> <li>Maintain SEATED POSITION until first forward movement which results in the release of the implement (includes any swings)</li> <li>Maintain FOOT CONTACT with ground or footplate on ground (1cm high) until after release of the implement</li> <li>Non contact foot is free to move within throwing area</li> <li>Athlete may step into the throw with the non- contact foot</li> <li>Contact foot may be strapped to the ground or footplate at ground level flat to the ground.</li> </ul>	<ul style="list-style-type: none"> <li><b>Finishing Throw Seated</b></li> <li>Athlete can use leg or legs during the throwing action</li> <li>provided they remain seated</li> <li><b>SEATED POSITION</b> is for at least one buttock to be in contact with the seat of the frame whereby the athlete would be able to balance if they were asked to lift their feet off the ground.</li> </ul>						

SECURED THROWS – HOLDING BAR	SECURED THROWS – HOLDING BAR
<ul style="list-style-type: none"> <li>Holding bar must be a single straight piece material without curves or bends and without springs, joints or articulations.</li> <li>Cross section of the holding bar must be circular or square (not oval or rectangular)</li> <li>Point of attachment to the frame must contain no levers or hinges</li> <li>Holding Bar can be made of metal, rigid fiberglass or a similar material</li> </ul>	<p><b>Failure of Device During Throw</b></p> <ul style="list-style-type: none"> <li>If the athlete does not fail offer the athlete the option of retaking or accepting the distance achieved</li> <li>If the athlete has failed the throw then the athlete should be allowed a replacement throw</li> </ul>

## Implement Weights for Deaf Athletes (F01); Athletes with a Vision Impairment (F11, F12, 13); Athletes with an Intellectual Disability (F20); and Transplantee Athletes (F60)

Events listed in yellow are currently under review

Age Group	Age Group	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot Put Male	Shot Put Female	Hammer Male	Hammer Female
<b>Open</b>	F01	2.0kg	1.0kg	800g	600g	7.26kg	4.0kg	7.26kg	4.0kg
	F11	2.0kg	1.0kg	800g	600g	7.26kg	4.0kg	7.26kg	4.0kg
	F12	2.0kg	1.0kg	800g	600g	7.26kg	4.0kg	7.26kg	4.0kg
	F13	2.0kg	1.0kg	800g	600g	7.26kg	4.0kg	7.26kg	4.0kg
	F20	2.0kg	1.0kg	800g	600g	7.26kg	4.0kg	7.26kg	4.0kg
	F60	2.0kg	1.0kg	800g	600g	7.26kg	4.0kg	7.26kg	4.0kg
<b>Under 20</b>	F01	1.75kg	1.0kg	800g	600g	6.0kg	4.0kg	6.0kg	4.0kg
	F11	1.75kg	1.0kg	800g	600g	6.0kg	4.0kg	6.0kg	4.0kg
	F12	1.75kg	1.0kg	800g	600g	6.0kg	4.0kg	6.0kg	4.0kg
	F13	1.75kg	1.0kg	800g	600g	6.0kg	4.0kg	6.0kg	4.0kg
	F20	1.75kg	1.0kg	800g	600g	6.0kg	4.0kg	6.0kg	4.0kg
	F60	1.75kg	1.0kg	800g	600g	6.0kg	4.0kg	6.0kg	4.0kg
<b>Under 18</b>	F01	1.5kg	1.0kg	700g	500g	5.0kg	3.0kg	5.0kg	3.0kg
	F11	1.5kg	1.0kg	700g	500g	5.0kg	3.0kg	5.0kg	3.0kg
	F12	1.5kg	1.0kg	700g	500g	5.0kg	3.0kg	5.0kg	3.0kg
	F13	1.5kg	1.0kg	700g	500g	5.0kg	3.0kg	5.0kg	3.0kg
	F20	1.5kg	1.0kg	700g	500g	5.0kg	3.0kg	5.0kg	3.0kg
	F60	1.5kg	1.0kg	700g	500g	5.0kg	3.0kg	5.0kg	3.0kg
<b>Under 16</b>	F01	1.0kg	1.0kg	700g	500g	4.0kg	3.0kg	4.0kg	3.0kg
	F11	1.0kg	1.0kg	700g	500g	4.0kg	3.0kg	4.0kg	3.0kg
	F12	1.0kg	1.0kg	700g	500g	4.0kg	3.0kg	4.0kg	3.0kg
	F13	1.0kg	1.0kg	700g	500g	4.0kg	3.0kg	4.0kg	3.0kg
	F20	1.0kg	1.0kg	700g	500g	4.0kg	3.0kg	4.0kg	3.0kg
	F60	1.0kg	1.0kg	700g	500g	4.0kg	3.0kg	4.0kg	3.0kg
<b>Under 14</b>	F01	1.0kg	1.0kg	600g	400g	3.0kg	3.0kg	3.0kg	3.0kg
	F11	1.0kg	1.0kg	600g	400g	3.0kg	3.0kg	3.0kg	3.0kg
	F12	1.0kg	1.0kg	600g	400g	3.0kg	3.0kg	3.0kg	3.0kg
	F13	1.0kg	1.0kg	600g	400g	3.0kg	3.0kg	3.0kg	3.0kg
	F20	1.0kg	1.0kg	600g	400g	3.0kg	3.0kg	3.0kg	3.0kg
	F60	1.0kg	1.0kg	600g	400g	3.0kg	3.0kg	3.0kg	3.0kg
<b>Under 12</b>	F01	750g	750g	400g	400g	3.0kg	2.0kg	NE	NE
	F11	750g	750g	400g	400g	3.0kg	2.0kg	NE	NE
	F12	750g	750g	400g	400g	3.0kg	2.0kg	NE	NE
	F13	750g	750g	400g	400g	3.0kg	2.0kg	NE	NE
	F20	750g	750g	400g	400g	3.0kg	2.0kg	NE	NE
	F60	750g	750g	400g	400g	3.0kg	2.0kg	NE	NE
<b>Under 10</b>	F01	500g	500g	NE	NE	2.0kg	2.0kg	NE	NE
	F11	500g	500g	NE	NE	2.0kg	2.0kg	NE	NE
	F12	500g	500g	NE	NE	2.0kg	2.0kg	NE	NE
	F13	500g	500g	NE	NE	2.0kg	2.0kg	NE	NE
	F20	500g	500g	NE	NE	2.0kg	2.0kg	NE	NE
	F60	500g	500g	NE	NE	2.0kg	2.0kg	NE	NE

## Implement Weights for Cerebral Palsy Athletes (F32-38)

Events listed in **yellow** are currently under review

Age Group	Age Group	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot Put Male	Shot Put Female	Club Male/Female
Open & U/20	F31	NE	NE	NE	NE	NE	NE	397g
	F32	1.0kg	1.0kg	NE	NE	2.0kg	2.0kg	NE
	F33	1.0kg	1.0kg	600g	600g	3.0kg	3.0kg	NE
	F34	1.0kg	1.0kg	600g	600g	4.0kg	3.0kg	NE
	F35	1.0kg	1.0kg	600g	600g	4.0kg	3.0kg	NE
	F36	1.0kg	1.0kg	600g	600g	4.0kg	3.0kg	NE
	F37	1.0kg	1.0kg	600g	600g	5.0kg	3.0kg	NE
	F38	1.5kg	1.0kg	800g	600g	5.0kg	3.0kg	NE
Under 18	F31	NE	NE	NE	NE	NE	NE	397g
	F32	1.0kg	1.0kg	NE	NE	2.0kg	2.0kg	NE
	F33	1.0kg	1.0kg	600g	600g	3.0kg	3.0kg	NE
	F34	1.0kg	1.0kg	600g	600g	4.0kg	3.0kg	NE
	F35	1.0kg	1.0kg	600g	600g	4.0kg	3.0kg	NE
	F36	1.0kg	1.0kg	600g	600g	4.0kg	3.0kg	NE
	F37	1.0kg	1.0kg	600g	600g	4.0kg	3.0kg	NE
	F38	1.0kg	1.0kg	700g	600g	4.0kg	3.0kg	NE
Under 16	F31	750g	750g	NE	NE	NE	NE	397g
	F32	750g	750g	NE	NE	1.0kg	1.0kg	NE
	F33	750g	750g	500g	500g	2.0kg	2.0kg	NE
	F34	750g	750g	500g	500g	3.0kg	2.0kg	NE
	F35	750g	750g	500g	500g	3.0kg	2.0kg	NE
	F36	750g	750g	500g	500g	3.0kg	2.0kg	NE
	F37	750g	750g	500g	500g	3.0kg	2.0kg	NE
	F38	750g	750g	600g	500g	3.0kg	2.0kg	NE
Under 14	F31	750g	750g	NE	NE	NE	NE	397g
	F32	750g	750g	NE	NE	1.0kg	1.0kg	NE
	F33	750g	750g	400g	400g	2.0kg	1.0kg	NE
	F34	750g	750g	400g	400g	2.0kg	2.0kg	NE
	F35	750g	750g	400g	400g	2.0kg	2.0kg	NE
	F36	750g	750g	400g	400g	2.0kg	2.0kg	NE
	F37	750g	750g	400g	400g	2.0kg	2.0kg	NE
	F38	750g	750g	400g	400g	2.0kg	2.0kg	NE
Under 12	F31	500g	500g	NE	NE	NE	NE	397g
	F32	500g	500g	NE	NE	1.0kg	1.0kg	NE
	F33	500g	500g	400g	400g	1.0kg	1.0kg	NE
	F34	500g	500g	400g	400g	2.0kg	2.0kg	NE
	F35	500g	500g	400g	400g	2.0kg	2.0kg	NE
	F36	500g	500g	400g	400g	2.0kg	2.0kg	NE
	F37	500g	500g	400g	400g	2.0kg	2.0kg	NE
	F38	500g	500g	400g	400g	2.0kg	2.0kg	NE
Under 10	F31	350g	350g	NE	NE	1.5kg	1.5kg	397g
	F32	350g	350g	NE	NE	1.5kg	1.5kg	NE
	F33	500g	500g	NE	NE	1.5kg	1.5kg	NE
	F34	500g	500g	NE	NE	1.5kg	1.5kg	NE
	F35	500g	500g	NE	NE	1.5kg	1.5kg	NE
	F36	500g	500g	NE	NE	1.5kg	1.5kg	NE
	F37	500g	500g	NE	NE	1.5kg	1.5kg	NE
	F38	500g	500g	NE	NE	1.5kg	1.5kg	NE

## Implement Weights for Amputee and Les Autres athletes (F40-46)

Note: Implements for Under 16 to Open are accordance with the IPC Implement guidelines.  
 Events listed in **green** are not listed by IPC and are at the discretion on Athletics Australia  
 Events listed in **yellow** are currently under review

Age Group	Age Group	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot Put Male	Shot Put Female	Hammer Male	Hammer Female
<b>Open &amp; U/20</b>	F40 – F41	1.0kg	750g	600g	400g	4.0kg	3.0kg	NE	NE
	F42	1.5kg	1.0kg	800g	600g	6.0kg	4.0kg	6.0kg	4.0kg
	F43 – F44	1.5kg	1.0kg	800g	600g	6.0kg	4.0kg	6.0kg	4.0kg
	F45	1.0kg	1.0kg	600g	600g	4.0kg	3.0kg	NE	NE
	F46	1.5kg	1.0kg	800g	600g	6.0kg	4.0kg	6.0kg	4.0kg
<b>Under 18</b>	F40 – F41	1.0kg	750g	600g	400g	4.0kg	3.0kg	NE	NE
	F42	1.0kg	1.0kg	700g	500g	5.0kg	3.0kg	NE	NE
	F43 – F44	1.0kg	1.0kg	700g	500g	5.0kg	3.0kg	5.0kg	3.0kg
	F45	1.0kg	1.0kg	600g	500g	4.0kg	3.0kg	NE	NE
	F46	1.5kg	1.0kg	700g	500g	5.0kg	3.0kg	5.0kg	3.0kg
<b>Under 16</b>	F40 – F41	1.0kg	750g	500g	400g	3.0kg	2.0kg	NE	NE
	F42	1.0kg	1.0kg	600g	400g	4.0kg	3.0kg	NE	NE
	F43 – F44	1.0kg	1.0kg	600g	400g	4.0kg	3.0kg	4.0kg	NE
	F45	750g	750g	500g	400g	3.0kg	2.0kg	NE	3.0kg
	F46	1.0kg	1.0kg	600g	400g	4.0kg	3.0kg	4.0kg	3.0kg
<b>Under 14</b>	F40 – F41	750g	500g	400g	400g	2.0kg	2.0kg	NE	NE
	F42	1.0kg	1.0kg	600g	400g	3.0kg	3.0kg	NE	NE
	F43 – F44	1.0kg	1.0kg	600g	400g	3.0kg	3.0kg	NE	NE
	F45	1.0kg	1.0kg	500g	400g	3.0kg	3.0kg	NE	NE
	F46	1.0kg	1.0kg	600g	400g	3.0kg	3.0kg	NE	NE
<b>Under 12</b>	F40 – F41	500g	500g	400g	400g	1.5kg	1.5kg	NE	NE
	F42	750g	750g	400g	400g	3.0kg	2.0kg	NE	NE
	F43 – F44	750g	750g	400g	400g	3.0kg	2.0kg	NE	NE
	F45	750g	750g	400g	400g	2.0kg	2.0kg	NE	NE
	F46	750g	750g	400g	400g	3.0kg	2.0kg	NE	NE
<b>Under 10</b>	F40 – F41	500g	500g	NE	NE	1.5kg	1.5kg	NE	NE
	F42	500g	500g	NE	NE	2.0kg	2.0kg	NE	NE
	F43 – F44	500g	500g	NE	NE	2.0kg	2.0kg	NE	NE
	F45	500g	500g	NE	NE	2.0kg	2.0kg	NE	NE
	F46	500g	500g	NE	NE	2.0kg	2.0kg	NE	NE

**Implement Weights for Wheelchair Athletes (F51-58)**

Note: Implements for Under 16 to Open are accordance with the IPC Implement guidelines.

Age Group	Class	Discus Male	Discus Female	Javelin Male	Javelin Female	Shot Put Male	Shot Put Female	Club Male/Female
<b>Open &amp; U/20</b>	F51	1.0kg	1.0kg	NE	NE	NE	NE	397g
	F52	1.0kg	1.0kg	600g	600g	2.0kg	2.0kg	397g
	F53	1.0kg	1.0kg	600g	600g	3.0kg	3.0kg	397g
	F54	1.0kg	1.0kg	600g	600g	4.0kg	3.0kg	397g
	F55	1.0kg	1.0kg	600g	600g	4.0kg	3.0kg	397g
	F56	1.0kg	1.0kg	600g	600g	4.0kg	3.0kg	397g
	F57	1.0kg	1.0kg	600g	600g	4.0kg	3.0kg	397g
	F58	1.0kg	1.0kg	600g	600g	5.0kg	4.0kg	397g
<b>Under 18</b>	F51	750g	750g	NE	NE	NE	NE	397g
	F52	750g	750g	500g	500g	2.0kg	2.0kg	397g
	F53	750g	750g	500g	500g	3.0kg	2.0kg	397g
	F54	1.0kg	1.0kg	500g	500g	3.0kg	2.0kg	397g
	F55	1.0kg	1.0kg	500g	500g	3.0kg	2.0kg	397g
	F56	1.0kg	1.0kg	500g	500g	3.0kg	2.0kg	397g
	F57	1.0kg	1.0kg	600g	500g	3.0kg	2.0kg	397g
	F58	1.0kg	1.0kg	600g	500g	4.0kg	3.0kg	397g
<b>Under 16</b>	F51	750g	750g	400g	400g	NE	NE	397g
	F52	750g	750g	400g	400g	2.0kg	2.0kg	397g
	F53	750g	750g	400g	400g	2.0kg	2.0kg	397g
	F54	750g	750g	400g	400g	2.0kg	2.0kg	397g
	F55	750g	750g	400g	400g	2.0kg	2.0kg	397g
	F56	750g	750g	400g	400g	2.0kg	2.0kg	397g
	F57	1.0kg	1.0kg	500g	400g	2.0kg	2.0kg	397g
	F58	1.0kg	1.0kg	500g	400g	3.0kg	3.0kg	397g
<b>Under 14</b>	F51	500g	500g	400g	400g	NE	NE	397g
	F52	500g	500g	400g	400g	1.5kg	1.5kg	397g
	F53	500g	500g	400g	400g	2.0kg	1.5kg	397g
	F54	750g	750g	400g	400g	2.0kg	2.0kg	397g
	F55	750g	750g	400g	400g	2.0kg	2.0kg	397g
	F56	750g	750g	400g	400g	2.0kg	2.0kg	397g
	F57	750g	750g	400g	400g	2.0kg	2.0kg	397g
	F58	750g	750g	400g	400g	2.0kg	2.0kg	397g
<b>Under 12</b>	F51	500g	500g	400g	400g	NE	NE	NE
	F52	500g	500g	400g	400g	1.5kg	1.5kg	NE
	F53	500g	500g	400g	400g	1.5kg	1.5kg	NE
	F54	500g	500g	400g	400g	2.0kg	1.5kg	NE
	F55	500g	500g	400g	400g	2.0kg	1.5kg	NE
	F56	500g	500g	400g	400g	2.0kg	1.5kg	NE
	F57	500g	500g	400g	400g	2.0kg	1.5kg	NE
	F58	500g	500g	400g	400g	2.0kg	1.5kg	NE
<b>Under 10</b>	F51	350g	350g	NE	NE	NE	NE	NE
	F52	350g	350g	NE	NE	1.5kg	1.5kg	NE
	F53	350g	350g	NE	NE	1.5kg	1.5kg	NE
	F54	350g	350g	NE	NE	1.5kg	1.5kg	NE
	F55	350g	350g	NE	NE	1.5kg	1.5kg	NE
	F56	350g	350g	NE	NE	1.5kg	1.5kg	NE
	F57	350g	350g	NE	NE	1.5kg	1.5kg	NE
	F58	350g	350g	NE	NE	1.5kg	1.5kg	NE