Throwing Events

32. General Conditions – Throwing Events

Official Implements

32.1 In all World Rankings Competitions, the implements used shall comply with current World Athletics specifications. Only World Athletics certified implements may be used. The following table shows the implement to be used by each age group:

Implement	Women U18	Women U20/Senior	Men U18	Men U20	Men Senior
Shot	3.000kg	4.000kg	5.000kg	6.000kg	7.260kg
Discus	1.000kg	1.000kg	1.500kg	1.750kg	2.000kg
Hammer	3.000kg	4.000kg	5.000kg	6.000kg	7.260kg
Javelin	500g	600g	700g	800g	800g

Note (i): The current standard forms required to be used for the certification and renewal application as well as the Certification System Procedures are available from the World Athletics Office, or may be downloaded from the World Athletics website.

Note (ii): Recommended weights and specifications for other implements commonly used in underage, para or master competition will be listed on the World Athletics website.

32.2 Except as provided below, all such implements shall be provided by the Organisers. The Technical Delegate(s) may, based on the applicable regulations of each competition, allow athletes to use their own personal implements or those provided by a supplier, provided that such implements are World Athletics certified, checked and marked as approved by the Organisers before the competition and made available to all athletes. Unless the Technical Delegate decides otherwise, not more than two implements may be submitted by any athlete for any throwing event in which they are competing.

Note: "World Athletics certified" implements may include older models that previously held a certificate but are not in production any longer.

It is becoming increasingly common for Organisers to provide a lesser range of implements than in the past (largely due to the cost of purchases). This increases the responsibility of Technical Managers and their assistants to closely check all personal implements presented for competitions - to ensure that they comply with the Rules as well as being on the World Athletics list of certified products. Implements which do not currently have but have previously had a World Athletics certificate may be accepted for competition if they comply with the Rules.

32.3 No modification shall be made to any implements during the competition. No spitting or application by other means of human body fluids on any implement, is permitted.

Assistance

32.4 The following shall be considered assistance and are therefore not allowed:

32.4.1 The taping of two or more fingers together. If taping is used on the hands and fingers, it may be continuous provided that as a result no two or more fingers are taped together in such a way that the fingers cannot move individually. The taping should be shown to the

Chief Judge before the event starts.

32.4.2 The use of any device of any kind, including weights attached to the body, which in any way provides assistance when making a trial.

32.4.3 The use of gloves except in the Hammer Throw. In this case, the gloves shall be smooth on the back and on the front and the tips of the glove fingers, other than the thumb, shall be open.

32.4.4 The spraying or spreading by an athlete of any substance in the circle or on their shoes nor the roughening of the surface of the circle.

Note: If the Judges are aware, they shall direct any athlete not complying with this Rule to correct the situation. If the athlete does not, such trial(s) shall be a failure. It shall also be judged as a failure, if a trial is completed before the non-compliance is noticed. In all cases considered serious enough, Rules 7.1 and 7.3 of the Technical Rules may also be applied.

32.5 The following shall not be considered assistance and are therefore allowed:

32.5.1 The use by an athlete, in order to obtain a better grip, of a suitable substance on their hands only or in the case of a hammer thrower on their gloves. A shot putter may use such substances on their neck.

32.5.2 The placement by an athlete, in the Shot Put and Discus Throw, on the implement, of chalk or a similar substance.

All substances used on the hands, gloves and on the implements shall be easily removable from the implement using a wet cloth and shall not leave any residue. If this is not followed, the Note to Rule 32.4 of the Technical Rules shall be applied.

32.5.3 The use of taping on the hands and fingers that is not in contravention of Rule 32.4.1 of the Technical Rules.

Throwing Circle

32.6 The rim of the circle shall be made of band iron, steel or other suitable material, the top of which shall be flush with the ground outside. It shall be at least 6mm thick. The inside and top of the rim shall be white. The ground surrounding the circle may be concrete, synthetic, asphalt, wood or any other suitable material.

The interior of the circle may be constructed of concrete, asphalt or some other firm but not slippery material. The surface of this interior generally shall be level and 20mm ± 6mm lower than the upper edge of the rim of the circle.

In the Shot Put, a portable circle meeting these specifications is permissible.

32.7 The inside diameter of the circle shall be 2.135m ± 0.005m in the Shot Put and the Hammer Throw and 2.50m ± 0.005m in the Discus Throw.

The hammer may be thrown from the discus circle provided the diameter of this circle is reduced from 2.50m to 2.135m by placing a circular ring inside.

Note: The circular ring should preferably be coloured other than white so that the white lines required by Rule 32.8 of the Technical Rules be clearly visible.

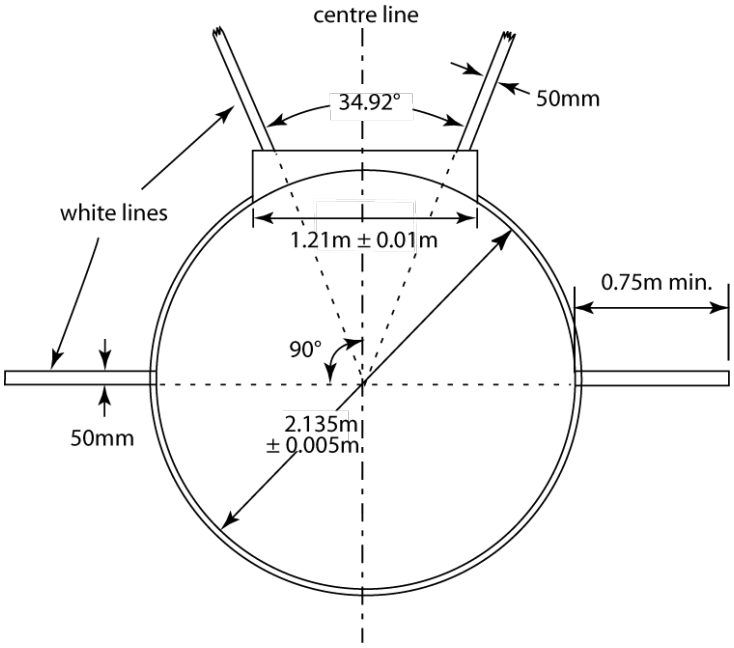

Figure (a) TR32 - Layout of Shot Put circle

32.8 A white line 50mm wide shall be drawn from the top of the rim extending for at least 0.75m on either side of the circle. The white line may be painted or made of wood or other suitable material. The rear edge of the white line shall form a prolongation of a theoretical line through the centre of the circle at right angles to the centre line of the landing sector.

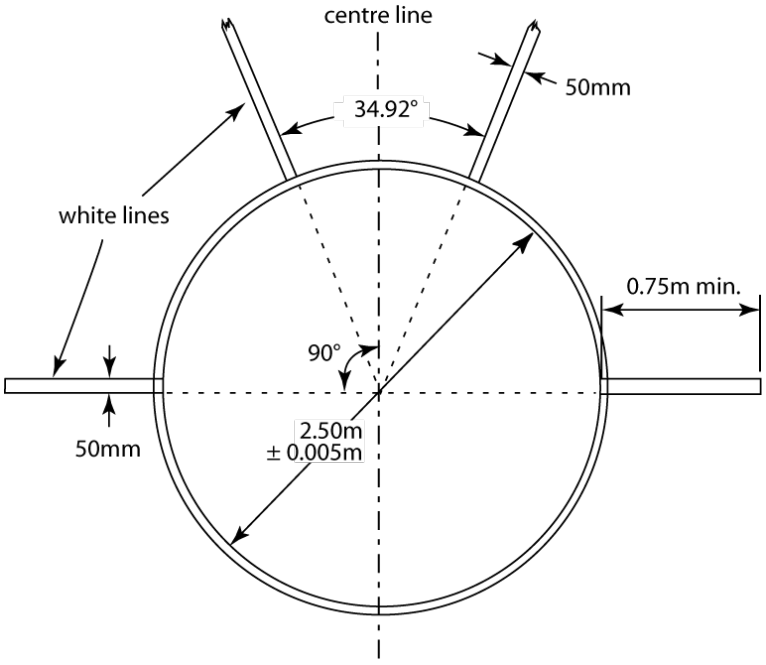

Figure (b) TR32 - Layout of Discus Throw circle

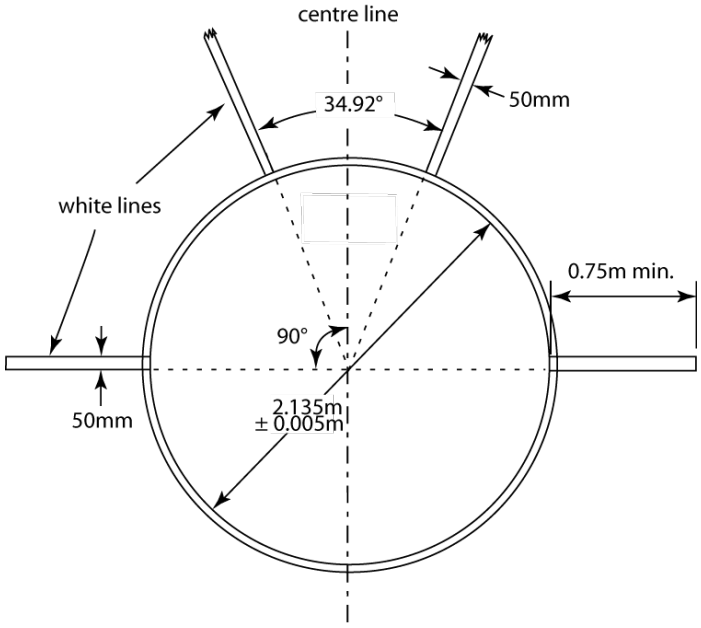

Figure (c) TR32 - Layout of Hammer Throw circle

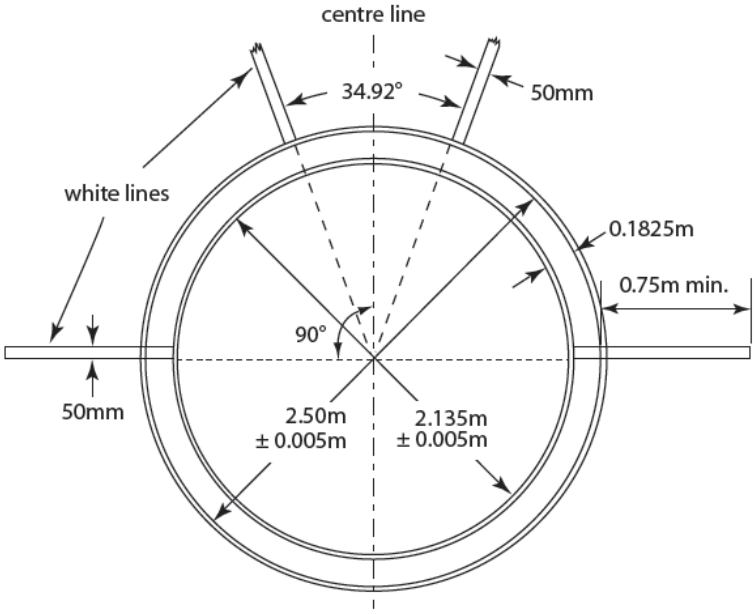

Figure (d) TR32 - Layout of concentric circles for Discus and Hammer Throw circle

Javelin Throw Runway

32.9 The minimum length of the runway shall be 30m except in competitions held under paragraphs 1. (a), (b), (c), (d) and 2. (a), (b) of the World Rankings Competition definition, where the minimum shall be 33.50m. Where conditions permit, the minimum length should be 36.50m.

It shall be marked by two parallel white lines 50mm wide and 4m apart. The throw shall be made from behind an arc of a circle drawn with a radius of 8m. The arc shall consist of an at least 70mm wide strip painted or made of wood or a suitable non-corrodible material like plastic. It shall be white and be flush with the ground. Lines shall be drawn from the extremities of the arc at right angles to the parallel lines marking the runway. These lines shall be white, at least 0.75m long and

at least 70mm wide. The maximum lateral inclination of the runway should be 1:100 (1%) unless special circumstances exist which justify World Athletics providing an exemption and, in the last 20m of the runway, the overall downward inclination in the direction of running shall not exceed 1:1000 (0.1%).

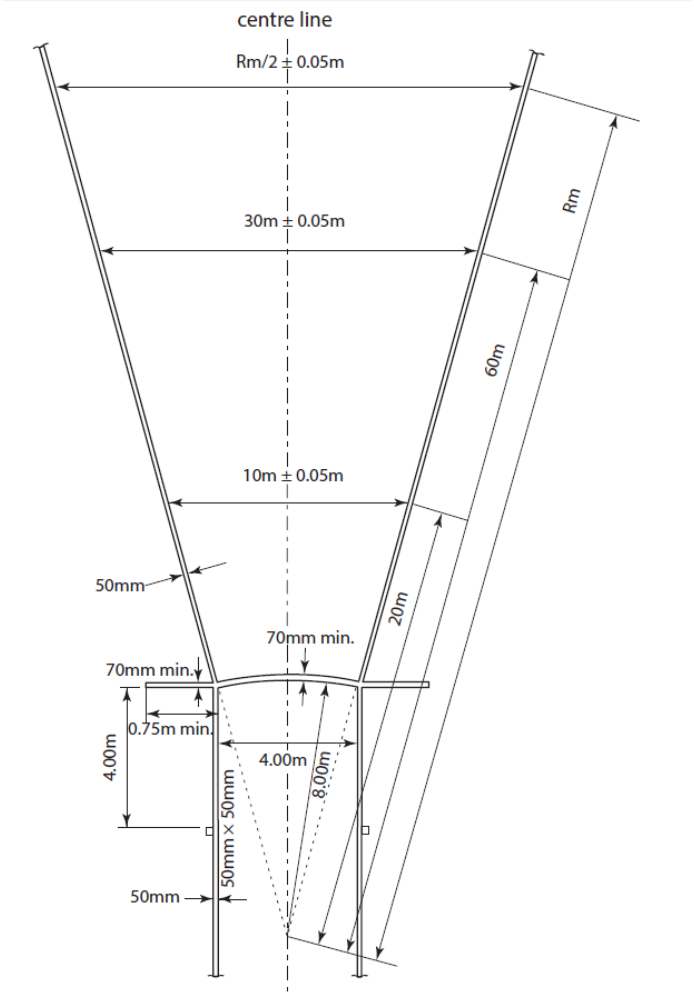

Figure (e) TR32 - Javelin Throw runway and landing sector (not to scale)

Landing Sector

32.10 The landing sector shall consist of cinders or grass or other suitable material on which the implement makes an imprint.

32.11 The maximum overall downward inclination of the landing sector, in the throwing direction, shall not exceed 1:1000 (0.1%).

32.12 Landing Sector markings:

32.12.1 Except for the Javelin Throw, the landing sector shall be marked with white lines 50mm wide at an angle of 34.92° such that the inner edge of lines, if extended, would pass through the centre of the circle.

Note: The 34.92° sector may be laid out accurately by making the distance between the two points on the sector lines 20m from the centre of the circle 12m ± 0.05m (20 × 0.60m)

apart. Thus, for every 1m from the centre of the circle, the distance across shall be increased by 0.60m.

32.12.2 In the Javelin Throw, the landing sector shall be marked with white lines 50mm wide such that the inner edge of the lines, if extended, would pass through the two intersections of the inner edges of the arc and the parallel lines marking the runway, and intersect at the centre of the circle of which the arc is part (see Figure (e) TR32). The sector angle is thus 28.96°.

The landing sector shall be of an even surface soft enough to ensure that the place of the initial fall of the implement can be clearly established by the Judges. The landing surface should not allow the implement bounce backwards thus creating a risk that the measuring point is obliterated.

Trials

32.13 In the Shot Put, Discus Throw and Hammer Throw, implements shall be thrown from a circle, and in the Javelin Throw, from a runway. In the case of trials made from a circle, an athlete shall commence their trial from a stationary position inside the circle. An athlete is allowed to touch the inside of the rim. In the Shot Put, they are also allowed to touch the inside of the stop board described in Rule 33.2 of the Technical Rules.

There is no restriction on how, or from which direction, an athlete may enter the circle nor in the case of the shot put is there any restriction on making contact with the stop board during this process. The relevant requirement is that once inside, they must adopt a stationary position before commencing their trial.

A stationary position means that an athlete having entered the circle to make their trial and before doing so adopts a stance in which both feet are simultaneously in firm contact with the ground inside the circle and with no contact with the top of the rim or the ground outside. Such contact to be sufficiently long in time to be visible to the judges. There is no requirement for the arms or hands or other parts of the athlete's body to be stationary.

32.14 It shall be a failure if an athlete in the course of a trial:

32.14.1 releases the shot or the javelin other than as permitted under Rules 33.1 and 38.1 of the Technical Rules;

32.14.2 after they have stepped into the circle and begun to make a throw, touches with any part of their body the top (or the top inside edge) of the rim or the ground outside the circle;

Note: It will not be considered a failure if the touch occurs during any first rotation at a point completely behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle.

32.14.3 in the Shot Put, touches with any part of their body any part of the stop board other than its inner side (excluding its top edge which is considered to be part of the top);

32.14.4 in the Javelin Throw, touches with any part of their body the lines which mark the runway or the ground outside.

Note (i): It will not be considered a failure at any time, if the touch, including of the top of the stop board, or, in the case of Javelin Throw, the throwing arc or lines marking the runway, is made by a loose part of the shoe (e.g. shoelace) or clothing, or if the touch is made by any other item (e.g. cap) which was attached to the body at the time of the start of throw and became detached during or after the throw.

Note (ii): It shall be considered a failure if the discus or the head of the hammer strikes the far side of the cage (left side for a right-handed thrower when facing the landing sector or the right side for a left-handed thrower when facing the landing sector) after the release of the implement.

Note (iii): It will not be considered a failure if the discus or any part of the hammer strikes the near side of the cage (right side for a right-handed thrower when facing the landing sector or the left side for a left-handed thrower when facing the landing sector) after the release of the implement, then lands within the landing sector outside the limits of the cage, provided that no other Rule is infringed, including Rule 32.10 of the Technical Rules.

It is clarified that the top inside edges of the rim of the circle and of the stop board are considered to be part of the top of the rim and stop board, respectively. This means that should an athlete make contact with the top inside edge of either the rim or the stop board then they will be considered thereby to have made a failure.

The addition of the Note to Rule 32.14.2 of the Technical Rules about the first rotation applies to rotational techniques used by athletes in Shot Put, Discus Throw or Hammer Throw. It should be interpreted that any "incidental" touch of the top of the rim or the ground outside in respect of the back half of the circle during the first rotation should not, of itself, be regarded as a failure.

The addition of Note (i) to Rule 32.14 of the Technical Rules confirms that the intent of Rules 32.14.2 to 32.14.4 is to respect the purpose of the circle's or runway's limits so that the athlete complies by remaining in the circle or runway until they exit correctly. It is, unless they overbalance, only the position of their feet / shoes which is critical. It is not relevant, if the top of the rim or, in the case of Javelin Throw, the throwing arc or lines marking the runway, the ground outside or the top of the stop board is touched by a loose shoelace or the like or for example a cap or piece of jewellery falling from the athlete's body during the trial.

The limits of the cage shall be defined as the boundary formed by the cage and the gates, when in position, completed by an imaginary straight line drawn between the ends of the cage/gates closest to the landing sector.

32.15 Provided that, in the course of a trial, the Rules relative to each throwing event have not been infringed, an athlete may interrupt a trial once started, may lay the implement down inside or outside the circle or runway and may leave the circle or runway.

Note: All the moves permitted by this Rule shall be included in the maximum time for a trial given in Rule 25.17 of the Technical Rules.

In these circumstances, there is no restriction on how, or from which direction, an athlete may leave the circle or runway if they choose to do. The relevant requirement is that no other Rule is or has already been infringed.

32.16 It shall be a failure if the shot, the discus, the hammer head or the head of the javelin in contacting the ground when it first lands touches the sector line or the ground outside the sector line. Moreover, it shall be a failure if the shot, the discus, the hammer head or the head of the javelin after the release but before contacting the ground touches any object (other than the cage as provided in Note (ii) to Rule 32.14 of the Technical Rules) outside the sector line.

It should be noted that for the purposes of this Rule, the position of the hammer wire or handle is not relevant. For example, the wire could land or be laying on or outside the sector line and it would not matter, provided that the head had landed correctly. The same applies in respective of determining the point from which the measurement is taken under Rule 32.20.1 of the Technical Rules.

32.17 It shall be a failure

32.17.1 if the athlete leaves the circle or runway before the implement has touched the ground, or

32.17.2 for throws made from a circle, if when leaving the circle, the athlete's first contact with the top of the rim or the ground outside the circle is not completely behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle;

Note: The first contact with the top of the rim or the ground outside the circle is considered leaving.

32.17.3 in the case of the Javelin Throw, if, when leaving the runway, the athlete's first contact with the parallel lines or the ground outside the runway is not completely behind the white line of the arc or the lines drawn from the extremities of the arc at right angles to the parallel lines. Once the implement has touched the ground, an athlete will also be considered to have left the runway correctly, upon making contact with or behind a line (painted, or theoretical and indicated by markers beside the runway) drawn across the runway, four metres back from the end points of the throwing arc. Should an athlete be behind that line and inside the runway at the moment the implement touches the ground, they shall be considered to have left the runway correctly.

The second and third sentences in Rule 32.17.3 of the Technical Rules are designed to speed up the judging process and not to create an additional method of calling a failure on the athlete. The purpose of the "4m marks" is solely to enable the Judges to raise the white flag and begin measuring the trial once the athlete retreats behind this point (in the same way as they would do if they had otherwise correctly left the runway). The only requirement is that there is no other reason for calling a failure and that the implement has touched the ground before the white flag is raised. Necessarily, if the athlete for whatever reason never progresses past the "4m marks" when making their throw then the flag can be raised once the implement has landed.

32.18 After each throw, implements shall be carried back to the area next to the circle or runway and never thrown back.

Distance Measurement

32.19 In all throwing events, distances shall be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimetre.

32.20 The measurement of each throw shall be made immediately after each valid trial (or after an immediate oral protest made under Rule 8.5 of the Technical Rules) from the nearest mark made in contacting the ground when it first lands by:

32.20.1 the shot, discus and hammer head, to the inside of the circumference of the circle along a line to the centre of the circle; or

32.20.2 the head of the javelin to the inside edge of the arc, along a line to the centre of the circle of which the arc is part.

As long as no irregularity has been committed, each trial must be measured whatever the distance reached, including for the reasons that other trial measurements may become critical in determining countbacks or whether an athlete will proceed to subsequent rounds.

Except where Rule 8.5 of the Technical Rules is applied, under normal practice no trial during which an irregularity has been committed should be measured. Judges should carefully use their discretion in applying any alternate practice and usually only in special cases.

Unless video measuring is being used, for every valid trial a marker (usually metal) should be placed in a vertical position at the place of the imprint left by the implement in the landing area nearest to the circle/arc. The marker is passed through the loop at the end of the graduated steel tape so that the "zero" is on the mark. The tape should be pulled out horizontally taking care not to place it on any rise in the ground.

33. Shot Put

Competition

33.1 The shot shall be put from the shoulder with one hand only. At the time an athlete takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or the chin and the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders.

Note: Cartwheeling techniques are not permitted.

Stop Board

33.2 The stop board shall be white and made of wood or other suitable material in the shape of an arc so that the inner surface aligns with the inner edge of the rim of the circle and is perpendicular to the surface of the circle. It shall be placed so that its centre coincides with the centre line of the landing sector (see Figure (a) TR32), and shall be firmly fixed to the ground or to the concrete surrounding the circle.

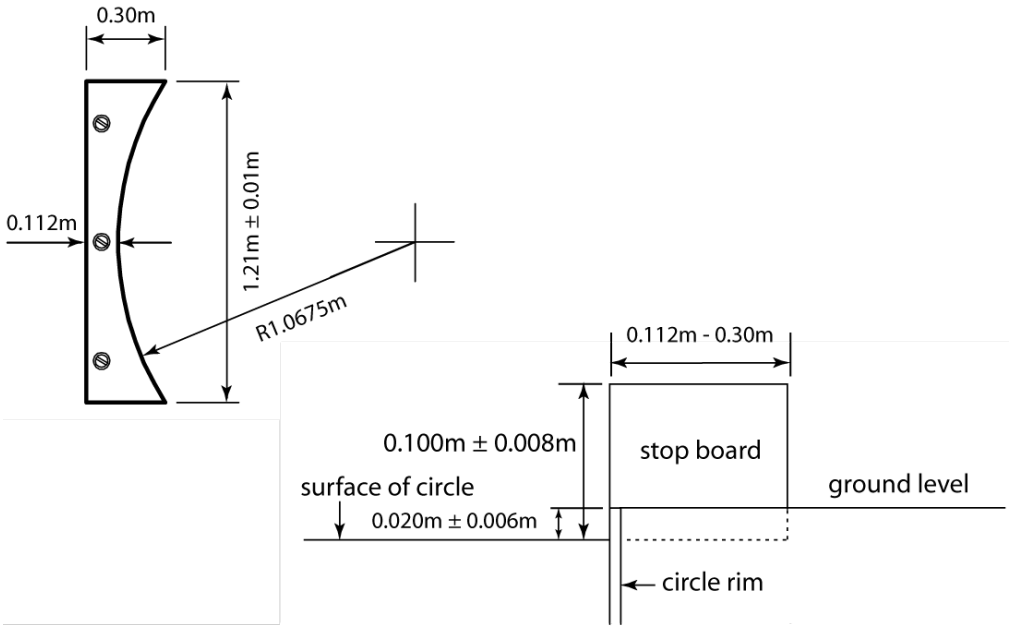

Figure TR33 - Shot Put stop board (top and side view)

Note: Stop boards to the 1983/84 specifications remain acceptable.

33.3 The stop board shall measure 0.112m to 0.30m wide, with a chord of 1.21m ± 0.01m for an arc of the same radius as the circle and 0.10m ± 0.008m high in relation to the level of the inside of the circle adjacent to the stop board.

Shot