

**APPENDIX A / ANEXO A / ANNEXE A / ANHANG A**  
**WMA Hurdles and Implement Specifications**  
**WMA Valles y Implementos**  
**WMA Specifications pour les Haies et les Engins**  
**WMA Hürden und Geräte**

**1. Hurdles / Haies / Hürden / Vallas**

| <b>WOMEN</b>  | Age Groups | Race Distance | Hurdle Height | Number of Hurdles | Distance To First | Distance Between | To Finish |
|---------------|------------|---------------|---------------|-------------------|-------------------|------------------|-----------|
| <b>Indoor</b> | W35-39     | 60m           | .840m(33")    | 5                 | 13m               | 8.5m             | 13m       |
|               | W40-49     | 60m           | .762m(30")    | 5                 | 12m               | 8m               | 16m       |
|               | W50-59     | 60m           | .762m(30")    | 5                 | 12m               | 7m               | 20m       |
|               | W60+       | 60m           | .686m(27")    | 5                 | 12m               | 7m               | 20m       |
| <b>Short</b>  | W35-39     | 100m          | .840m(33")    | 10                | 13m               | 8.5m             | 10.5m     |
|               | W40-49     | 80m           | .762m(30")    | 8                 | 12m               | 8m               | 12m       |
|               | W50-59     | 80m           | .762m(30")    | 8                 | 12m               | 7m               | 19m       |
|               | W60+       | 80m           | .686m(27")    | 8                 | 12m               | 7m               | 19m       |
| <b>Long</b>   | W35-49     | 400m          | .762m(30")    | 10                | 45m               | 35m              | 40m       |
|               | W50-59     | 300m          | .762m(30")    | 7                 | 50m               | 35m              | 40m       |
|               | W60-69     | 300m          | .686m(27")    | 7                 | 50m               | 35m              | 40m       |
|               | W70+       | 200m          | .686m(27")    | 5                 | 20m               | 35m              | 40m       |

**Steeplechase**

W35+ 2000m .762m(30") 18 barriers & 5 water jumps

| <b>MEN</b>    | Age Groups | Race Distance | Hurdle Height | Number of Hurdles | Distance To First | Distance Between | To Finish |
|---------------|------------|---------------|---------------|-------------------|-------------------|------------------|-----------|
| <b>Indoor</b> | 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                 | 12m               | 8m               | 16m       |
|               | M70-79     | 60m           | .762m(30")    | 5                 | 12m               | 7m               | 20m       |
|               | M80+       | 60m           | .686m(27")    | 5                 | 12m               | 7m               | 20m       |
| <b>Short</b>  | 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                | 12m               | 8m               | 16m       |
|               | M70-79     | 80m           | .686m(30")    | 8                 | 12m               | 7m               | 19m       |
|               | M80+       | 80m           | .686m(27")    | 8                 | 12m               | 7m               | 19m       |
| <b>Long</b>   | M35-49     | 400m          | .914m(36")    | 10                | 45m               | 35m              | 40m       |
|               | M50-59     | 400m          | .840m(33")    | 10                | 45m               | 35m              | 40m       |
|               | M60-69     | 300m          | .762m(30")    | 7                 | 50m               | 35m              | 40m       |
|               | M70-79     | 300m          | .686m(27")    | 7                 | 50m               | 35m              | 40m       |
|               | M80 +      | 200m          | .686m(27")    | 5                 | 20m               | 35m              | 40m       |

**Steeplechase**

M35-59 3000m .914m(36") 28 barriers & 7 water jumps

M60+ 2000m .762m(30") 18 barriers & 5 water jumps

## APPENDIX A continued

### 2. Implements / Implementos / Engins / Gerate

|              | Age    | Hammer     | Shot Put   | Discus | Javelin | Weight       |
|--------------|--------|------------|------------|--------|---------|--------------|
| <b>WOMEN</b> | W35-49 | 4K         | 4K         | 1.0K   | 600G    | 9.08K (20#)  |
|              | W50-59 | 3K         | 3K         | 1.0K   | 500G    | 7.26K (16#)  |
|              | W60-74 | 3K         | 3K         | 1.0K   | 400G    | 5.45K (12#)  |
|              | W75+   | 2K         | 2K         | .75K   | 400G    | 4.00K (8.9#) |
| <b>MEN</b>   | 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         | 1K     | 400G    | 5.45K (12#)  |

### 3. Shot Put / Poids / Kugel / Peso

Weight minimum  
for admission to  
Competition and for  
acceptance of a record

Information for Manufacturers :  
Usual range for supply  
of implements for  
competition

#### Diameters :

|        |                | Min.<br>Men | Max.<br>Men | Max.<br>Women |
|--------|----------------|-------------|-------------|---------------|
| 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        | 120mm       | 110mm         |
| 2.000K | 2.005K- 2.025K | 80mm        | 90mm        |               |

### 4. Discus / Disco / Disque / Diskus

Weight Minimum for admission to competition  
and for acceptance of 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

## APPENDIX A continued

### 5. Javelin/ Jabalina / Javelot / Speer

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 center 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  | min | 150mm | 150mm | 140mm | 135mm | 130mm |
| Grip   | 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 / Martillo / Marteau / Hammer

Weight minimum for

Admission to competition

and for acceptance

of a record

Information for Manufacturers :

Usual range for supply

of implements for

competition

Diameter

of

Head

|        | 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        |
| 2.000K | 2.005K- 2.025K    | 80mm 90mm         |

#### Length measured from inside the handle

| Weight        | Minimum | / | Maximum |
|---------------|---------|---|---------|
| 7.26 & 6.0 K  | 1175mm  |   | 1215mm  |
| 5.0 K         | 1165mm  |   | 1200mm  |
| 4.0 -3.0-2.0K | 1160mm  |   | 1195mm  |

# APPENDIX A continued

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

### Outdoor Implement:

**Construction:** The weight shall consist of three parts: a metal head, the link, and a Handle (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 handle, shall not be more than 9MM from the center of the sphere.

**Link:** The head shall be connected to the handle 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.

**Handle (Grip):** The handle (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 handle to the link(s).

| Weight minimum for admission to competition and for acceptance of records | Information for Manufacturers : Usual range for supply of implements for competition | Diameter of Head |         |
|---|--|------------------|---------|
|   | 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   |
| 4.00K   | 4.005K- 4.025K   | 95mm             | 110mm   |

**Length:** The length shall be not more than 410mm measured from inside of the handle (grip).

# APPENDIX A continued

## Weight / Pesa / Grand Poids / Gewicht

### Indoor Implement:

**Construction:** The weight shall consist of three parts: a head, a handle (grip), 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.

| Weight minimum for admission to competition and for acceptance of records | Information for Manufacturers :                      |  | Diameter of Head  |       |
|---|--|--|-------------------|-------|
|   | Usual range for supply of implements for competition |  |                   |       |
|   | 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 |
| 4.00K   | 4.005K- 4.025K                                       |  | 95mm              | 110mm |

**Length:** The length shall be not more than 410mm measured from inside of the handle.