



Throw Specifications



Age Groups	Discus		Shot Put		Javelin	
	Boys	Girls	Boys	Girls	Boys	Girls
U6 & U7	350g	350g	1kg	1kg	Vortex	Vortex
U8	500g	500g	1.5 kg	1.5 kg	300g (Turbo)	300g (Turbo)
U9	500g	500g	2 kg	2kg	300g (Turbo)	300g (Turbo)
U10	500g	500g	2 kg	2kg	300g (Turbo)	300g (Turbo)
U11	750g	750g	2kg	2kg	400g	400g
U12	750g	750g	3kg	2kg	400g	400g
U13	1 kg	750g	3 kg	3kg	600g	400g
U14	1kg	1kg	3kg	3kg	600g	400g
U15	1kg	1kg	4kg	3kg	700g	500g
U16 & U17	1kg	1kg	4kg	3kg	700g	500g

SHOT PUT

Colour match weight:

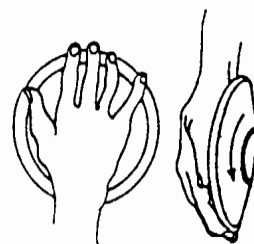
BLUE = 1kg YELLOW = 1.5 kg ORANGE = 2kg WHITE = 3kg RED = 4kg

When is a foul recorded?

- If the shot lands on or outside the sector lines.
- If the hand drops away from the neck during the putting action
- If the shot is put from behind the line of the shoulder.
- If the shot is thrown like a ball.
- If the athlete leaves the circle in an uncontrolled manner.
- If any part of the athletes body touches the top (not the inside edge) of the stop board.
- If any part of the athlete's body touches the outside of the circle during the putting action.
- If the athlete walks out the front half of the circle.



DISCUS



When is a foul recorded?

- If the discus lands on or outside the sector lines.
- If the athlete leaves the circle in an uncontrolled manner.
- If any part of the athlete touches the ground outside the circle during the throw.
- If the athlete walks out the front half of the circle.

Can the discus be thrown underarm?

Yes, and it is a perfectly valid throw. For the younger athletes it may take a while to be able to make a discus fly flat. In fact the discus can come out of the hand in any way, even out the back. If thrown correctly however, athletes will get a bigger throw.

JAVELIN

Vortex U6 – U7

Turbo Javelin U8 – U10

Javelin U11 – U17

When is a foul recorded?

- If the javelin is thrown underarm, slung or hurled.
- If the javelin lands on or outside the sector lines.
- If the athlete touches the lines marking the runway during their throw.
- If the athlete crosses the throwing arc, marking the end of the runway, during their throw.
- If the athlete leaves the runway before the javelin has landed.
- If the athlete turns their back to the landing area during the throw.
- If the javelin does not land with the tip of metal head first.
- If the athlete leaves the runway on or in front of the extension lines from the arc.

