

Shot						
Minimum weight for admission to competition and acceptance of a						
Record	2.000kg	3.000kg	4.000kg	5.000kg	6.000kg	7.260kg
Information for manufacturers						
Range for supply of implement for competition	2.005kg	3.005kg	4.005kg	5.005kg	6.005kg	7.265kg
	2.025kg	3.025kg	4.025kg	5.025kg	6.025kg	7.285kg
Minimum Diameter	85mm	85mm	95mm	100mm	105mm	110mm
Maximum Diameter	100mm	110mm	110mm	120mm	125mm	130mm

Discus					
Minimum weight for admission to competition and acceptance of a					
Record	0.750kg	1.000kg	1.500kg	1.750kg	2.000kg
Information for manufacturers					
Range for supply of implement for competition	0.755kg	1.005kg	1.505kg	1.755kg	2.005kg
	0.775kg	1.025kg	1.525kg	1.775kg	2.025kg
Outside diameter of metal rim					
Min.	166mm	180mm	200mm	210mm	219mm
Max.	172mm	182mm	202mm	212mm	221mm
Diameter of metal plate or flat centre are					
Min.	50mm	50mm	50mm	50mm	50mm
Max.	57mm	57mm	57mm	57mm	57mm
Thickness of metal plate or flat centre area					
Min.	33mm	37mm	38mm	41mm	44mm
Max.	38mm	39mm	40mm	43mm	46mm
Thickness of metal rim (6mm from edge)					
Min.	10mm	12mm	12mm	12mm	12mm
Max.	13mm	13mm	13mm	13mm	13mm

Javelin				
Minimum weight for admission to competition and acceptance of a Record (inclusive of the cord grip):				
	500gr	600gr	700gr	800gr
Information for manufacturers: Range for supply of implement for competition				
	505gr	605gr	705gr	805gr
	525 gr	625gr	725gr	825gr
Overall length (L0)				
Min.	2.000m	2.200m	2.300m	2.600m
Max.	2.100m	2.300m	2.400m	2.700m
Distance from tip of metal head to centre of gravity (L1)				
Min.	0.780m	0.800m	0.860m	0.900m
Max.	0.880m	0.920m	1.000m	1.060m
Distance from tail to centre of gravity (L2)				
Min.	1.120m	1.280m	1.300m	1.540m
Max.	1.320m	1.500m	1.540m	1.800m
Length of metal head(L3)				
Min.	0.220	0.250m	0.250m	0.250m
Max.	0.270	0.330m	0.330m	0.330m
Width of cord grip (L4)				
Min.	0.135m	0.140m	0.150m	0.150m
Max.	0.145m	0.150m	0.160m	0.160m
Diameter of shaft at thickest point (in front of grip – D0)				
Min.	20mm	20mm	23mm	25mm
Max.	24mm	25mm	28mm	30mm

Club	
Minimum weight for admission to competition and acceptance of a Record	
	397g
Information for manufacturers	
Range for supply of implement for competition	
	402g 422g
Overall length (including metal end)	
Min.	350mm
Max.	390mm
Diameter of neck	
Min.	18mm
Max.	20mm
Diameter of widest part of the body	
Min.	50mm
Max.	60mm
Diameter of metal end	
Min.	38mm
Max.	39mm
Thickness of metal end	
Min.	12.5mm
Max.	13mm