

HURDLES and THROWS SPECIFICATIONS SUMMARY
Summary Extracted from UKA Rules 2018 – 2020 (updated July 2018)

HURDLES

OUTDOOR IAAF 168.1 & 168.3

Men, U20 Men and U18 Boys

Distance of race	Distance from start line to first hurdle	Distance between hurdles	Distance from last hurdle to finish line
110m	13.72m	9.14m	14.02m
400m	45.00m	35.00m	40.00m

Women, U20 Women and U18 Girls

Distance of race	Distance from start line to first hurdle	Distance between hurdles	Distance from last hurdle to finish line
100m	13.00m	8.50m	10.50m
400m	45.00m	35.00m	40.00m

Dimensions: The standard heights of the hurdles shall be:

Distance	Men	U20 Men	U18 Boys	Women/U20	U18 Girls
110m/100m	1.067m	0.991m	0.914m	0.838m	0.762m
400m	0.914m	0.914m	0.838m	0.762m	0.762m

Note: Due to manufacturing varieties, hurdles up to 1.000m are also acceptable in the U20 110m Hurdles.

INDOOR IAAF 217.2

Men, U20 Men and U18 Boys

Distance of race	Distance from start line to first hurdle	Distance between hurdles	Distance from last hurdle to finish line	Number of Hurdles
50m / 60m	13.72m	9.14m	8.86m / 9.72m	4 or 5

Women, U20 Women and U18 Girls

Distance of race	Distance from start line to first hurdle	Distance between hurdles	Distance from last hurdle to finish line	Number of Hurdles
50m / 60m	13.00m	8.50m	11.50m / 13.00m	4 or 5

**RULE 168 S 1 UKA SUPPLEMENT
HURDLES SPECIFICATIONS**

Distance of race	Height of hurdle	Distance to 1st flight	Distance between flights	Distance to finish	No of hurdles	Track Marking Colour
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MEN'S EVENTS

Under 17 (100m 2.7kg Toppling Weight; 400m: 3.6kg Toppling Weight)

100m	.914m	13.0m	8.5m	10.5m	10	Yellow
400m	.840m	45.0m	35.0m	40.0m	10	Green

Under 15 (2.7kg Toppling Weight)

80m	.840m	12.0m	8.0m	12.0m	8	Black
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Under 13 (2.7kg Toppling Weight)

75m	.762m	11.5m	7.5m	11.0m	8	Orange
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WOMEN'S EVENTS

Under 17 (2.7kg Toppling Weight)

80m	.762m	12.0m	8.0m	12.0m	8	Black
300m	.762m	50.0m	35.0m	40.0m	7	Green

Under 15 (2.7kg Toppling Weight)

75m	.762m	11.5m	7.5m	11.0m	8	Orange
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Under 13 (2.7kg Toppling Weight)

70m	.685m	11.0m	7.0m	10.0m	8	Pink
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MASTER'S EVENTS

Men 35 - 49 (3.6kg Toppling Weight)

110m	.991m	13.72m	9.14m	14.02m	10	Blue
400m	.914m	45.0m	35.0m	40.0m	10	Green

Men 50 - 59 (100m: 3.6kg Toppling Weight; 400m: 2.7kg Toppling Weight)

100m	.914m	13.0m	8.5m	10.5m	10	Yellow
400m	.840m	45.0m	35.0m	40.0m	10	Green

Men 60 – 69 (2.7kg Toppling Weight)

100m	100m	100m	100m	100m	100m	100m
300m	300m	300m	300m	300m	300m	300m

Men 70 – 79 2.7kg Toppling Weight)

80m	80m	80m	80m	80m	80m	80m
300m	300m	300m	300m	300m	300m	300m

Men 80 and Over 2.7kg Toppling Weight)

.686m	12.0m	7.0m	19.0m	8	-	Yellow
.686m	20.0m	35.0m	40.0m	5	-	Green

Women 40 – 49 (2.7kg Toppling Weight)

80m	.762m	12.0m	8.0m	12.0m	8	Black
400m	.762m	45.0m	35.0m	40.0m	10	Green

Women 50 – 59 (2.7kg Toppling Weight)

80m	.762m	12.0m	7.0m	19.0m	8	-
300m	.762m	50.0m	35.0m	40.0m	7	Green

Women 60 and over (2.7kg Toppling Weight)

80m	.685m	12.0m	7.0m	19.0m	8	-
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Women 60 – 69 (2.7kg Toppling Weight)

300m	.685m	50.0m	35.0m	40.0m	7	Green
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Women 70 and over (2.7kg Toppling Weight)

200m	.685m	20.0m	35.0m	40.0m	5	-
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MEN'S EVENTS

Distance of race	Height of hurdle	Distance to 1st flight	Distance between flights	Distance to finish	No of hurdles	Track Marking Colour
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Under 17 (2.7kg Toppling Weight)

60m	.914m	13.0m	8.5m	10.5m	5	
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Under 15 (2.7kg Toppling Weight)

60m	.840m	12.0m	8.0m	16.0m	8	
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Under 13 (2.7kg Toppling Weight)

60m	.762m	11.5m	7.5m	18.5m	5	
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WOMEN'S EVENTS

Under 17 (2.7kg Toppling Weight)

60m	.762m	12.0m	8.0m	16.0m	5	
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Under 15 (2.7kg Toppling Weight)

60m	.762m	11.5m	7.5m	18.5m	5	
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Under 13 (2.7kg Toppling Weight)

60m	.685m	11.0m	7.0m	21.0m	5	
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MASTERS' EVENTS

Men 35 - 49 (3.6kg Toppling Weight)

60m	.991m	13.72m	9.14m	9.72m	5	
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Men 50 - 59 (3.6kg Toppling Weight)

60m	.914m	13.0m	8.5m	13.0m	5	
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Men 60 - 69 (2.7kg Toppling Weight)

60m	.840m	12.0m	8.0m	16.0m	5	
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Men 70 - 79 (2.7kg Toppling Weight)

60m	.762m	12.0m	7.0m	20.0m	5	
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Men 80 and over (2.7kg Toppling Weight)

60m	.685m	12.0m	7.0m	20.0m	5	
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Women 35 - 39 (2.7kg Toppling Weight)

60m	.840m	13.0m	8.5m	13.0m	5	
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Women 40 - 49 (2.7kg Toppling Weight)

60m	.762m	12.0m	8.0m	16.0m	5	
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Women 50 - 59 (2.7kg Toppling Weight)

60m	.762m	12.0m	7.0m	20.0m	5	
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Women 60 and over (2.7kg Toppling Weight)

60m	.685m	12.0m	7.0m	20.0m	5	
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NOTE 1: In each case there shall be a tolerance of .003m above and below the standard height to allow for variation in manufacture. NOTE 2: Due to manufacturing varieties, hurdles up to 1.000m are also acceptable in the U20 110m Hurdles. NOTE 3: Under 17 Men seeking qualification standards for IAAF U18 Competition are advised to request the appropriate toppling weight to be applied.

SHOT PUT

IAAF 187.1, 188.5 & 188 S1

Implement	Girls U18	Women U20/Senior	Boys U18	Men U20	Men Senior
Shot	3.000kg	4.000kg	5.000kg	6.000kg	7.260kg

The shot shall conform to the following specifications:

Minimum weight for admission to competition and acceptance of a Record:

3.000kg 4.000kg 5.000kg 6.000kg 7.260kg

Diameter:

Minimum 85mm 95mm 100mm 105mm 110mm

Maximum 110mm 110mm 120mm 125mm 130mm

RULE 188 S 1 UKA SUPPLEMENT SHOT SPECIFICATIONS FOR NON-IAAF AGE GROUPS

MEN	UNDER 17		UNDER 15	
	Minimum	Maximum	Minimum	Maximum
Weight	5kg	-	4kg	-
Diameter	100mm	120mm	95mm	110mm
	UNDER 13			
Weight	3kg	-		
Diameter	85mm	110mm		
WOMEN	UNDER 17		UNDER 15	
Weight	3kg	-	3kg	-
Diameter	85mm	110mm	85mm	110mm
	UNDER 13			
Weight	2.72kg	-		
Diameter	85mm	95mm		
MASTERS	MEN 35-49		MEN 50-59	
Weight	7.26kg	-	6kg	-
Diameter	110mm	130mm	105mm	125mm
	MEN 60-69		MEN 70-79	
Weight	5kg	-	4kg	-
Diameter	100mm	120mm	95mm	110mm
	MEN 80+			
Weight	3kg	-		
Diameter	85mm	130mm		
	WOMEN 35-49		WOMEN 50-74	
Weight	4kg	-	3kg	-
Diameter	95mm	110mm	85mm	110mm
	WOMEN 75+			
Weight	2kg	-		
Diameter	80mm	110mm		

DISCUS

IAAF 187.1, 189.2 & 189 S1

Implement	Girls U18	Women U20/Senior	Boys U18	Men U20	Men Senior
Discus	1.000kg	1.000kg	1.500kg	1.750kg	2.000kg

Minimum weight for admission to competition and acceptance of a Record:

	1.000kg	1.500kg	1.750kg	2.000kg
Outside diameter of metal rim:				
Minimum	180mm	200mm	210mm	219mm
Maximum	182mm	202mm	212mm	221mm
Diameter of metal plate or flat centre area:				
Minimum	50mm	50mm	50mm	50mm
Maximum	57mm	57mm	57mm	57mm
Thickness of metal plate or flat centre area:				
Minimum	37mm	38mm	41mm	44mm
Maximum	39mm	40mm	43mm	46mm
Thickness of metal rim (6mm from edge):				
Minimum	12mm	12mm	12mm	12mm
Maximum	13mm	13mm	13mm	13mm

RULE 189 S 1 UKA SUPPLEMENT DISCUS SPECIFICATIONS FOR NON-IAAF AGE GROUPS

	Weight kg	Outer Dia of Metal Rim		Dia of Metal Plates		Thickness at Centre		Thickness of Rim at 6mm from the Edge		
		Min mm	Max mm	Min mm	Max mm	Min mm	Max mm	Min mm	Max mm	
Men										
Under 17	1.5	200	205	50	57	37	42	12	13	
Under 15	1.25	180	182	50	57	37	39	12	13	
Under 13	1.0	180	182	50	57	37	39	12	13	
Women										
Under 17 and Under 15	1.0	180	182	50	57	37	39	12	13	
Under 13 Masters	0.75	145	170	50	57	25	35	10	11	
Men 35 - 49	2.0	219	221	50	57	44	46	12	13	
Men 50 - 59	1.5	200	205	50	57	37	42	12	13	
Men 60+	1.0	180	182	50	57	37	39	12	13	
Women 35 - 74	1.0	180	182	50	57	37	39	12	13	
Women 75+	0.75	145	170	50	57	25	35	10	11	

HAMMER

IAAF 187.1, 191.8 & 191 S1

Implement	Girls U18	Women U20/Senior	Boys U18	Men U20	Men Senior
Hammer	3.000kg	4.000kg	5.000kg	6.000kg	7.260kg

Minimum weight for admission to competition and acceptance of a Record:

3.000kg 4.000kg 5.000kg 6.000kg 7.260kg

Length of hammer measured from inside centre of handle:

Maximum 1195mm 1195mm 1200mm 1215mm 1215mm

Diameter of head:

Minimum 85mm 95mm 100mm 105mm 110mm

Maximum 100mm 110mm 120mm 125mm 130mm

Note: The weight of the implement includes the totality of the hammer head, wire and handle

**RULE 191 S 1 UKA SUPPLEMENT
HAMMER SPECIFICATIONS FOR NON-IAAF AGE GROUPS**

	MEN		UNDER 17		UNDER 15	
	Minimum	Maximum	Minimum	Maximum	Minimum	Maximum
Weight Complete	5kg	–	–	–	4kg	–
Length of Hammer	–	1200mm	–	–	–	1195mm
Diameter of Head	100mm	120mm	–	–	95mm	110mm
	UNDER 13					
Weight Complete	3kg	–	–	–	–	–
Length of Hammer	–	1195mm	–	–	–	–
Diameter of Head	85mm	100mm	–	–	–	–
	WOMEN					
	UNDER 17, UNDER 15, UNDER 13					
Weight Complete	3kg	–	–	–	–	–
Length of Hammer	–	1195mm	–	–	–	–
Diameter of Head	85mm	100mm	–	–	–	–
	MASTERS					
	MEN 35–49		MEN 50–59			
Weight Complete	7.26kg	–	–	–	6kg	–
Length of Hammer	–	1215mm	–	–	–	1215mm
Diameter of Head	110mm	130mm	–	–	105mm	125mm
	MEN 60–69		MEN 70–79			
Weight Complete	5kg	–	–	–	4kg	–
Length of Hammer	–	1200mm	–	–	–	1195mm
Diameter of Head	100mm	120mm	–	–	95mm	110mm
	MEN 80 and OVER					
Weight Complete	3kg	–	–	–	–	–
Length of Hammer	–	1195mm	–	–	–	–
Diameter of Head	85mm	100mm	–	–	–	–
	WOMEN 35–49		WOMEN 50–74			
Weight Complete	4kg	–	–	–	3kg	–
Length of Hammer	–	1195mm	–	–	–	1195mm
Diameter of Head	95mm	110mm	–	–	85mm	100mm
	WOMEN 75 and OVER					
Weight Complete	2kg	–	–	–	–	–
Length of Hammer	–	1195mm	–	–	–	–
Diameter of Head	80mm	90mm	–	–	–	–

JAVELIN

IAAF 187.1, 193.8 & 193 S1

Implement	Girls U18	Women U20/Senior	Boys U18	Men U20	Men Senior
Javelin	500g	600g	700g	800g	800g

Minimum weight for admission to competition and acceptance of a Record (inclusive of the cord grip):

	500g	600g	700g	800g
Overall length (L0):				
Minimum	2000mm	2200mm	2300mm	2600mm
Maximum	2100mm	2300mm	2400mm	2700mm
Distance from tip of metal head to centre of gravity (L1):				
Minimum	780mm	800mm	860mm	900mm
Maximum	880mm	920mm	1000mm	1060mm
Distance from tail to centre of gravity (L2):				
Minimum	1120mm	1280mm	1300mm	1540mm
Maximum	1320mm	1500mm	1540mm	1800mm
Length of metal head (L3):				
Minimum	220mm	250mm	250mm	250mm
Maximum	270mm	330mm	330mm	330mm
Width of cord grip (L4):				
Minimum	135mm	140mm.	150mm	150mm
Maximum	145mm	150mm	160mm.	160mm.
Diameter of shaft at thickest point (in front of grip - D0):				
Minimum	20mm	20mm	23mm	25mm
Maximum	24mm	25mm	28mm	30mm

RULE 193 S 1 UKA SUPPLEMENT JAVELIN SPECIFICATIONS FOR NON-IAAF AGE GROUPS

	MEN		UNDER 17		UNDER 15		UNDER 13	
	Min	Max	Min	Max	Min	Max	Min	Max
Weight (incl of cord grip)	700g		600g		400g			
Length	2300mm	2400mm	2200mm	2300mm	1700mm	1950mm		
Length of metal head	250mm	330mm	250mm	330mm	200mm	300mm		
Distance from tip of metal head to centre of gravity	830mm	1010mm	800mm	920mm	700mm	850mm		
Diameter at thickest point	22mm	28mm	20mm	25mm	19mm	24mm		
Whipcord Width	150mm	160mm	140mm	150mm	130mm	140mm		

WOMEN

UNDER 17 and
UNDER 15

UNDER 13

	Min	Max	Min	Max
Weight (incl of cord grip)	500g		400g	
Length	2000mm	2100mm	1700mm	1950mm
Length of metal head	220mm	270mm	200mm	300mm
Distance from tip of metal head to centre of gravity	720mm	880mm	700mm	850mm
Diameter at thickest point	20mm	24mm	19mm	24mm
Whipcord Width	135mm	145mm	130mm	140mm

MASTERS

	MEN 35 - 49	MEN 50 - 59	MEN 60 - 69	MEN 70 - 79	MEN 80+
Weight (incl of cord grip)	800g	700g	600g	500g	400g

	WOMEN 35 - 49	WOMEN 50 - 74	WOMEN 75+
Weight (incl of cord grip)	600g	500g	400g