



Implement Weights for Para Athletics “Open & Underage” Athletes with a Disability

PARA ATHLETICS – Implement Weights for Competition under Athletics Australia Rules (Effective 1 January 2019)

This document outlines the Implement Weights for Para athletics competition under Athletics Australia Rules. All Athletics Australia (AA) events, records and underage eligibility is determined by the athlete's age at the completion of the calendar year (31 December) in which the event is occurring.

For Example: For an athlete to compete or claim an U/18 record in 2018 they must not turn 18 during the 2018 calendar year! This is in accord with IAAF guidelines regarding underage groupings that have now been universally accepted within the “able-bodied” athletics fraternity.

** Implement weights for 10, 11 and 12 year are in accordance with School Sport Australia (reviewed 2018). To view the full guidelines and rules for School Sport Australia please go to <http://www.schoolsportaustralia.edu.au/wp-content/uploads/2019/05/Track-Field-10-12-Years-Championship-Rules-and-Guidelines.pdf>*

Open, Under 20 and Under 17 implement weights are in accordance with the World Para Athletics Rules and Regulations 2018-2019.

Athletics Australia only maintain Para athletic records from Under 16 and older.

Events in **yellow** are currently under review and are recommendations from Australia to the IPC Athletics Committee

For further information contact: Neil Fuller, AA Athletes with a Disability (PARA ATHLETICS) Statistician
E-Mail: neil.fuller@bigpond.com Mobile: 0433 518 461

Implement Weights for Para Athletics “Open & Underage” Athletes with a Disability

| Open | Discus Male | Discus Female | Shot Put Male | Shot Put Female | Javelin Male | Javelin Female | Hammer/club Male | Hammer / club Female |
|---|-------------|---------------|---------------|-----------------|--------------|----------------|------------------|----------------------|
| F01 | 2.0kg | 1.0kg | 7.26kg | 4.0kg | 800g | 600g | 7.26kg | 4.0kg |
| F11, F12, F13 | 2.0kg | 1.0kg | 7.26kg | 4.0kg | 800g | 600g | 7.26kg | 4.0kg |
| F20 | 2.0kg | 1.0kg | 7.26kg | 4.0kg | 800g | 600g | 7.26kg | 4.0kg |
| F31 | NE | NE | NE | NE | NE | NE | 397g club | 397g club |
| F32 | 1.0kg | 1.0kg | 2.0kg | 2.0kg | 600g | 600g | 397g club | 397g club |
| F33 | 1.0kg | 1.0kg | 3.0kg | 3.0kg | 600g | 600g | NE | NE |
| F34 | 1.0kg | 1.0kg | 4.0kg | 3.0kg | 600g | 600g | NE | NE |
| F35 | 1.0kg | 1.0kg | 4.0kg | 3.0kg | 600g | 600g | NE | NE |
| F36 | 1.0kg | 1.0kg | 4.0kg | 3.0kg | 600g | 600g | NE | NE |
| F37 | 1.0kg | 1.0kg | 5.0kg | 3.0kg | 600g | 600g | NE | NE |
| F38 | 1.5kg | 1.0kg | 5.0kg | 3.0kg | 800g | 600g | NE | NE |
| F40 – F41 | 1.0kg | 750g | 4.0kg | 3.0kg | 600g | 400g | NE | NE |
| F42, F43, F44 F45, F46, F57 F61-F64 | 1.5kg | 1.0kg | 6.0kg | 4.0kg | 800g | 600g | 6.0kg | 4.0kg |
| F51 | 1.0kg | 1.0kg | NE | NE | NE | NE | 397g club | 397g club |
| F52 | 1.0kg | 1.0kg | 2.0kg | 2.0kg | 600g | 600g | NE | NE |
| F53 | 1.0kg | 1.0kg | 3.0kg | 3.0kg | 600g | 600g | NE | NE |
| F54 | 1.0kg | 1.0kg | 4.0kg | 3.0kg | 600g | 600g | NE | NE |
| F55 | 1.0kg | 1.0kg | 4.0kg | 3.0kg | 600g | 600g | NE | NE |
| F56 | 1.0kg | 1.0kg | 4.0kg | 3.0kg | 600g | 600g | NE | NE |
| F57 | 1.0kg | 1.0kg | 4.0kg | 3.0kg | 600g | 600g | NE | NE |
| F60 | 2.0kg | 1.0kg | 7.26kg | 4.0kg | 800g | 600g | 7.26kg | 4.0kg |

| Under 20 | Discus Male | Discus Female | Shot Put Male | Shot Put Female | Javelin Male | Javelin Female | Hammer/club Male | Hammer / club Female |
|---|-------------|---------------|---------------|-----------------|--------------|----------------|------------------|----------------------|
| F01 | 1.75kg | 1.0kg | 6.0kg | 4.0kg | 800g | 600g | 6.0kg | 4.0kg |
| F11, F12, F13 | 1.75kg | 1.0kg | 6.0kg | 4.0kg | 800g | 600g | 6.0kg | 4.0kg |
| F20 | 1.75kg | 1.0kg | 6.0kg | 4.0kg | 800g | 600g | 6.0kg | 4.0kg |
| F31 | NE | NE | NE | NE | NE | NE | 397g club | 397g club |
| F32 | 1.0kg | 1.0kg | 2.0kg | 2.0kg | 600g | 600g | 397g club | 397g club |
| F33 | 1.0kg | 1.0kg | 3.0kg | 3.0kg | 600g | 600g | NE | NE |
| F34 | 1.0kg | 1.0kg | 4.0kg | 3.0kg | 600g | 600g | NE | NE |
| F35, F36 | 1.0kg | 1.0kg | 4.0kg | 3.0kg | 600g | 600g | NE | NE |
| F37 | 1.0kg | 1.0kg | 5.0kg | 3.0kg | 600g | 600g | NE | NE |
| F38 | 1.5kg | 1.0kg | 5.0kg | 3.0kg | 800g | 600g | NE | NE |
| F40, F41 | 1.0kg | 750g | 4.0kg | 3.0kg | 600g | 400g | NE | NE |
| F42, F43, F44 F45, F46, F47 F61, F62, F63, F64 | 1.5kg | 1.0kg | 6.0kg | 4.0kg | 800g | 600g | 6.0kg | 4.0kg |
| F51 | 1.0kg | 1.0kg | NE | NE | NE | NE | 397g club | 397g club |
| F52 | 1.0kg | 1.0kg | 2.0kg | 2.0kg | 600g | 600g | NE | NE |
| F53 | 1.0kg | 1.0kg | 3.0kg | 3.0kg | 600g | 600g | NE | NE |
| F54, F55 | 1.0kg | 1.0kg | 4.0kg | 3.0kg | 600g | 600g | NE | NE |
| F56, F57 | 1.0kg | 1.0kg | 4.0kg | 3.0kg | 600g | 600g | NE | NE |
| F60 | 1.75kg | 1.0kg | 6.0kg | 4.0kg | 800g | 600g | 6.0kg | 4.0kg |

Implement Weights for Para Athletics “Open & Underage” Athletes with a Disability

| Under 18 SSA 17yrs | Discus Male | Discus Female | Shot Put Male | Shot Put Female | Javelin Male | Javelin Female | Hammer/ club Male | Hammer / club Female |
|---|----------------|------------------|------------------|--------------------|-----------------|-------------------|-------------------------|----------------------------|
| F01 | 1.5kg | 1.0kg | 5.0kg | 3.0kg | 700g | 500g | 5.0kg | 3.0kg |
| F11, F12, F13 | 1.5kg | 1.0kg | 5.0kg | 3.0kg | 700g | 500g | 5.0kg | 3.0kg |
| F20 | 1.5kg | 1.0kg | 5.0kg | 3.0kg | 700g | 500g | 5.0kg | 3.0kg |
| F31 | NE | NE | NE | NE | NE | NE | 397g club | 397g club |
| F32 | 1.0kg | 1.0kg | 2.0kg | 2.0kg | NE | NE | 397g club | 397g club |
| F33 | 1.0kg | 1.0kg | 3.0kg | 3.0kg | 600g | 500g | NE | NE |
| F34 | 1.0kg | 1.0kg | 4.0kg | 3.0kg | 600g | 500g | NE | NE |
| F35, F36 | 1.0kg | 1.0kg | 4.0kg | 3.0kg | 600g | 500g | NE | NE |
| F37, F38 | 1.0kg | 1.0kg | 4.0kg | 3.0kg | 600g | 500g | NE | NE |
| F40, F41 | 1.0kg | 750g | 4.0kg | 3.0kg | 600g | 400g | NE | NE |
| F42, F43, F44 F45, F46, F47 F61, F62, F63, F64 | 1.0kg | 1.0kg | 5.0kg | 3.0kg | 700g | 500g | 5.0kg | 3.0kg |
| F51 | 1.0kg | 1.0kg | NE | NE | NE | NE | 397g club | 397g club |
| F52 | 1.0kg | 1.0kg | 2.0kg | 2.0kg | 600g | 500g | NE | NE |
| F53 | 1.0kg | 1.0kg | 3.0kg | 3.0kg | 600g | 500g | NE | NE |
| F54, F55 | 1.0kg | 1.0kg | 4.0kg | 3.0kg | 600g | 500g | NE | NE |
| F56, F57 | 1.0kg | 1.0kg | 4.0kg | 3.0kg | 600g | 500g | NE | NE |
| F60 | 1.5kg | 1.0kg | 5.0kg | 3.0kg | 700g | 500g | 5.0kg | 3.0kg |

| Under 17 SSA 16yrs | Discus Male | Discus Female | Shot Put Male | Shot Put Female | Javelin Male | Javelin Female | Hammer/ club Male | Hammer / club Female |
|---|----------------|------------------|------------------|--------------------|-----------------|-------------------|-------------------------|----------------------------|
| F01 | 1.5kg | 1.0kg | 5.0kg | 3.0kg | 700g | 500g | 5.0kg | 3.0kg |
| F11, F12, F13 | 1.5kg | 1.0kg | 5.0kg | 3.0kg | 700g | 500g | 5.0kg | 3.0kg |
| F20 | 1.5kg | 1.0kg | 5.0kg | 3.0kg | 700g | 500g | 5.0kg | 3.0kg |
| F31 | NE | NE | NE | NE | NE | NE | 397g club | 397g club |
| F32 | 750g | 750g | 1.0kg | 1.0kg | NE | NE | 397g club | 397g club |
| F33, F34 | 750g | 750g | 2.0kg | 2.0kg | 500g | 500g | NE | NE |
| F35, F36 | 750g | 750g | 3.0kg | 2.0kg | 500g | 500g | NE | NE |
| F37 | 750g | 750g | 3.0kg | 2.0kg | 500g | 500g | NE | NE |
| F38 | 1.0kg | 750g | 4.0kg | 2.0kg | 600g | 500g | NE | NE |
| F40, F41 | 1.0kg | 750g | 3.0kg | 2.0kg | 500g | 400g | NE | NE |
| F42, F43, F44 F45, F46, F47 F61, F62, F63, F64 | 1.0kg | 1.0kg | 5.0kg | 3.0kg | 700g | 500g | 5.0kg | 3.0kg |
| F51 | 750g | 750g | NE | NE | NE | NE | 397g club | 397g club |
| F52, F53 | 750g | 750g | 2.0kg | 2.0kg | 600g | 500g | NE | NE |
| F54, F55 | 750g | 750g | 3.0kg | 2.0kg | 600g | 500g | NE | NE |
| F56 | 750g | 750g | 3.0kg | 2.0kg | 600g | 500g | NE | NE |
| F57 | 1.0kg | 750g | 3.0kg | 2.0kg | 600g | 500g | NE | NE |
| F60 | 1.5kg | 1.0kg | 5.0kg | 3.0kg | 700g | 500g | 5.0kg | 3.0kg |

**Javelin and Hammer are not held at School Sport Australia events

Implement Weights for Para Athletics “Open & Underage” Athletes with a Disability

| Under 16 SSA 15yrs | Discus Male | Discus Female | Shot Put Male | Shot Put Female | Javelin Male | Javelin Female | Hammer/ club Male | Hammer / club Female |
|---|----------------|------------------|------------------|--------------------|-----------------|-------------------|-------------------------|----------------------------|
| F01 | 1.0kg | 1.0kg | 4.0kg | 3.0kg | 700g | 500g | 4.0kg | 3.0kg |
| F11, F12, F13 | 1.0kg | 1.0kg | 4.0kg | 3.0kg | 700g | 500g | 4.0kg | 3.0kg |
| F20 | 1.0kg | 1.0kg | 4.0kg | 3.0kg | 700g | 500g | 4.0kg | 3.0kg |
| F31 | NE | NE | NE | NE | NE | NE | 397g club | 397g club |
| F32 | 750g | 750g | 1.0kg | 1.0kg | NE | NE | 397g club | 397g club |
| F33 | 750g | 750g | 2.0kg | 2.0kg | 400g | 400g | NE | NE |
| F34 | 750g | 750g | 3.0kg | 2.0kg | 400g | 400g | NE | NE |
| F35, F36 | 750g | 750g | 3.0kg | 2.0kg | 400g | 400g | NE | NE |
| F37 | 750g | 750g | 3.0kg | 2.0kg | 400g | 400g | NE | NE |
| F38 | 1.0kg | 750g | 3.0kg | 2.0kg | 500g | 400g | NE | NE |
| F40, F41 | 1.0kg | 750g | 3.0kg | 2.0kg | 500g | 400g | NE | NE |
| F42, F43, F44 F45, F46, F47 F61, F62, F63, F64 | 1.0kg | 1.0kg | 4.0kg | 3.0kg | 600g | 500g | 4.0kg | 3.0kg |
| F51 | 750g | 750g | NE | NE | NE | NE | 397g club | 397g club |
| F52, F53 | 750g | 750g | 2.0kg | 2.0kg | 400g | 400g | NE | NE |
| F54, F55 | 750g | 750g | 2.0kg | 2.0kg | 400g | 400g | NE | NE |
| F56 | 750g | 750g | 2.0kg | 2.0kg | 400g | 400g | NE | NE |
| F57 | 1.0kg | 750g | 2.0kg | 2.0kg | 500g | 400g | NE | NE |
| F60 | 1.0kg | 1.0kg | 4.0kg | 3.0kg | 700g | 500g | 4.0kg | 3.0kg |

**Javelin and Hammer are not held at School Sport Australia events

| Under 15 SSA – 14 yrs | Discus Male | Discus Female | Shot Put Male | Shot Put Female | Javelin Male | Javelin Female | Hammer/ club Male | Hammer / club Female |
|---|----------------|------------------|------------------|--------------------|-----------------|-------------------|-------------------------|----------------------------|
| F01 | 1.0kg | 1.0kg | 3.0kg | 3.0kg | NE | NE | NE | NE |
| F11, F12, F13 | 1.0kg | 1.0kg | 3.0kg | 3.0kg | NE | NE | NE | NE |
| F20 | 1.0kg | 1.0kg | 3.0kg | 3.0kg | NE | NE | NE | NE |
| F31 | NE | NE | NE | NE | NE | NE | 397g club | 397g club |
| F32, F33 | 500g | 500g | 2.0kg | 1.0kg | NE | NE | NE | NE |
| F34 | 500g | 500g | 2.0kg | 2.0kg | NE | NE | NE | NE |
| F35, F36 | 500g | 500g | 2.0kg | 2.0kg | NE | NE | NE | NE |
| F37, F38 | 500g | 500g | 2.0kg | 2.0kg | NE | NE | NE | NE |
| F40, F41 | 750g | 500g | 2.0kg | 2.0kg | NE | NE | NE | NE |
| F42, F43, F44 F45, F46, F47 F61, F62, F63, F64 | 1.0kg | 1.0kg | 3.0kg | 3.0kg | NE | NE | NE | NE |
| F51 | 500g | 500g | NE | NE | NE | NE | 397g club | 397g club |
| F52, F53 | 500g | 500g | 2.0kg | 2.0kg | NE | NE | NE | NE |
| F54, F55 | 500g | 500g | 2.0kg | 2.0kg | NE | NE | NE | NE |
| F56, F57 | 500g | 500g | 2.0kg | 2.0kg | NE | NE | NE | NE |
| F60 | 1.0kg | 1.0kg | 3.0kg | 3.0kg | NE | NE | NE | NE |

**Javelin is not held at School Sport Australia events

Implement Weights for Para Athletics “Open & Underage” Athletes with a Disability

| Under 14 SSA – 13 yrs | Discus Male | Discus Female | Shot Put Male | Shot Put Female | Javelin** Male | Javelin** Female | Hammer/ club Male | Hammer / club Female |
|---|----------------|------------------|------------------|--------------------|-------------------|---------------------|-------------------------|----------------------------|
| F01 | 1.0kg | 1.0kg | 3.0kg | 3.0kg | 600g | 400g | NE | NE |
| F11, F12, F13 | 1.0kg | 1.0kg | 3.0kg | 3.0kg | 600g | 400g | NE | NE |
| F20 | 1.0kg | 1.0kg | 3.0kg | 3.0kg | 600g | 400g | NE | NE |
| F31 | NE | NE | NE | NE | NE | NE | 397g club | 397g club |
| F32 | 500g | 500g | 2.0kg | 1.0kg | NE | NE | 397g club | 397g club |
| F33 | 500g | 500g | 2.0kg | 1.0kg | 400g | 400g | NE | NE |
| F34 | 500g | 500g | 2.0kg | 2.0kg | 400g | 400g | NE | NE |
| F35, F36 | 500g | 500g | 2.0kg | 2.0kg | 400g | 400g | NE | NE |
| F37 | 500g | 500g | 2.0kg | 2.0kg | 400g | 400g | NE | NE |
| F38 | 500g | 500g | 2.0kg | 2.0kg | 500g | 400g | NE | NE |
| F40, F41 | 750g | 500g | 2.0kg | 2.0kg | 400g | 400g | NE | NE |
| F42, F43, F44 F45, F46, F47 F61, F62, F63, F64 | 1.0kg | 1.0kg | 3.0kg | 3.0kg | 500g | 400g | NE | NE |
| F51 | 500g | 500g | NE | NE | NE | NE | 397g club | 397g club |
| F52, F53 | 500g | 500g | 2.0kg | 2.0kg | 400g | 400g | NE | NE |
| F54, F55 | 500g | 500g | 2.0kg | 2.0kg | 400g | 400g | NE | NE |
| F56, F57 | 500g | 500g | 2.0kg | 2.0kg | 400g | 400g | NE | NE |
| F60 | 1.0kg | 1.0kg | 3.0kg | 3.0kg | 600g | 400g | NE | NE |

**Javelin is not held at School Sport Australia events

| Under 13 SSA – 12 yrs | Discus Male | Discus Female | Shot Put Male | Shot Put Female | Javelin Male | Javelin Female | Hammer/ club Male | Hammer / club Female |
|---|----------------|------------------|------------------|--------------------|-----------------|-------------------|-------------------------|----------------------------|
| F01 | 750g | 750g | 3.0kg | 3.0kg | NE | NE | NE | NE |
| F11, F12, F13 | 750g | 750g | 3.0kg | 3.0kg | NE | NE | NE | NE |
| F20 | 750g | 750g | 3.0kg | 3.0kg | NE | NE | NE | NE |
| F31 | NE | NE | NE | NE | NE | NE | 397g club | 397g club |
| F32, F33 | 500g | 500g | 2.0kg | 1.0kg | NE | NE | 397g club | 397g club |
| F34 | 500g | 500g | 2.0kg | 2.0kg | NE | NE | NE | NE |
| F35, F36 | 500g | 500g | 2.0kg | 2.0kg | NE | NE | NE | NE |
| F37, F38 | 500g | 500g | 2.0kg | 2.0kg | NE | NE | NE | NE |
| F40, F41 | 750g | 500g | 2.0kg | 2.0kg | NE | NE | NE | NE |
| F42, F43, F44 F45, F46, F47 F61, F62, F63, F64 | 750g | 750g | 3.0kg | 3.0kg | NE | NE | NE | NE |
| F51 | 500g | 500g | NE | NE | NE | NE | 397g club | 397g club |
| F52, F53 | 500g | 500g | 2.0kg | 2.0kg | NE | NE | NE | NE |
| F54, F55 | 500g | 500g | 2.0kg | 2.0kg | NE | NE | NE | NE |
| F56, F57 | 500g | 500g | 2.0kg | 2.0kg | NE | NE | NE | NE |
| F60 | 750g | 750g | 3.0kg | 3.0kg | NE | NE | NE | NE |

Implement Weights for Para Athletics “Open & Underage” Athletes with a Disability

| Under 12 SSA – 11 yrs | Discus Male | Discus Female | Shot Put Male | Shot Put Female | Javelin Male | Javelin Female | Hammer/ club Male | Hammer / club Female |
|---|----------------|------------------|------------------|--------------------|-----------------|-------------------|-------------------------|----------------------------|
| F01 | 750g | 750g | 2.0kg | 2.0kg | NE | NE | NE | NE |
| F11, F12, F13 | 750g | 750g | 2.0kg | 2.0kg | NE | NE | NE | NE |
| F20 | 750g | 750g | 2.0kg | 2.0kg | NE | NE | NE | NE |
| F31 | NE | NE | NE | NE | NE | NE | NE | NE |
| F32, F33 | 500g | 500g | 1.0kg | 1.0kg | NE | NE | NE | NE |
| F34 | 500g | 500g | 2.0kg | 2.0kg | NE | NE | NE | NE |
| F35, F36 | 500g | 500g | 2.0kg | 2.0kg | NE | NE | NE | NE |
| F37, F38 | 500g | 500g | 2.0kg | 2.0kg | NE | NE | NE | NE |
| F40, F41 | 500g | 500g | 1.5kg | 1.5kg | NE | NE | NE | NE |
| F42, F43, F44 F45, F46, F47 F61, F62, F63, F64 | 750g | 750g | 2.0kg | 2.0kg | NE | NE | NE | NE |
| F51 | 500g | 500g | NE | NE | NE | NE | NE | NE |
| F52, F53 | 500g | 500g | 1.5kg | 1.5kg | NE | NE | NE | NE |
| F54, F55 | 500g | 500g | 2.0kg | 1.5kg | NE | NE | NE | NE |
| F56, F57 | 500g | 500g | 2.0kg | 1.5kg | NE | NE | NE | NE |
| F60 | 750g | 750g | 2.0kg | 2.0kg | NE | NE | NE | NE |

| Under 11 SSA – 10 yrs | Discus Male | Discus Female | Shot Put Male | Shot Put Female | Javelin Male | Javelin Female | Hammer/ club Male | Hammer / club Female |
|---|----------------|------------------|------------------|--------------------|-----------------|-------------------|-------------------------|----------------------------|
| F01 | 500g | 500g | 2.0kg | 2.0kg | NE | NE | NE | NE |
| F11, F12, F13 | 500g | 500g | 2.0kg | 2.0kg | NE | NE | NE | NE |
| F20 | 500g | 500g | 2.0kg | 2.0kg | NE | NE | NE | NE |
| F31 | NE | NE | NE | NE | NE | NE | NE | NE |
| F32 | 500g | 500g | 1.0kg | 1.0kg | NE | NE | NE | NE |
| F33, F34 | 500g | 500g | 1.0kg | 1.0kg | NE | NE | NE | NE |
| F35, F36 | 500g | 500g | 2.0kg | 2.0kg | NE | NE | NE | NE |
| F37, F38 | 500g | 500g | 2.0kg | 2.0kg | NE | NE | NE | NE |
| F40, F41 | 500g | 500g | 1.5kg | 1.5kg | NE | NE | NE | NE |
| F42, F43, F44 F45, F46, F47 F61, F62, F63, F64 | 500g | 500g | 2.0kg | 2.0kg | NE | NE | NE | NE |
| F51 | 350g | 350g | NE | NE | NE | NE | NE | NE |
| F52, F53 | 350g | 350g | 1.5kg | 1.5kg | NE | NE | NE | NE |
| F54, F55 | 350g | 350g | 1.5kg | 1.5kg | NE | NE | NE | NE |
| F56, F57 | 350g | 350g | 1.5kg | 1.5kg | NE | NE | NE | NE |
| F60 | 500g | 500g | 2.0kg | 2.0kg | NE | NE | NE | NE |