



Para Athletics Implement Weights

U13, U15, U17, U20 & Open Age Groups

This document outlines the Implement Weights for Para athletics competition under Athletics Australia Rules.

Athletics Australia adopts the World Para Athletics U17, U20 and Open Implement weight lists (WPA Rules and Regulations March 2024).

To ensure progression through the age groups and to align with WPA U17, U20 and Open Implement weight lists, the implement weights for age groups U12, U14, U16 and U18 have now been removed and the U13 and U15 implement weights have been amended accordingly as at 01/08/2020.

Competition at National Championships; For clarity, para athletes must throw their age appropriate weight when they compete at National Championships;

U15 Age Group – U13 and U15 Athletes Implement weights.

U17 Age Group – U17 Implement weights.

U20 Age Group – U20 Implement weights.

Open Age Group – Open Implement weights.

If an athlete qualifies for and chooses to compete in an older age group - the athlete must throw the minimum weight of that age group e.g. An U17 athlete competing in the U20 shotput must throw the U20 shotput weight. An exception is made for the U13 athletes whose age group is not offered at the Australian National Championships and therefore can throw the U13 Implement Weight in the U15 age group.

All Athletics Australia events, records and underage eligibility is determined by the athlete's age as at the 31st of December in the year of competition e.g. an athlete cannot claim a U17 record if the performance is achieved in the year they turn 17.

School Sports Australia implement weights for ages 10, 11 and 12 can be found at;

[School Sport Australia Track and Field](#)

For further information contact: Athletics Australia Sport Delivery Department

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F01, F11, F12, F13, F20, F60

Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women
Open	2.0kg	1.0kg	7.26kg	4.0kg	800g	600g
U20	1.75kg	1.0kg	6.0kg	4.0kg	800g	600g
U17	1.5kg	1.0kg	5.0kg	3.0kg	700g	500g
U15	1.0kg	1.0kg	4.0kg	3.0kg	700g	500g
U13	750g	750g	3.0kg	3.0kg	600g	400g

F21 (II2)

Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women
Open	1.0kg	750g	4.0kg	3.0kg	600g	400g
U20	1.0kg	750g	4.0kg	3.0kg	600g	400g
U17	1.0kg	750g	3.0kg	2.0kg	500g	400g
U15	1.0kg	750g	3.0kg	2.0kg	500g	400g
U13	750g	500g	3.0kg	2.0kg	400g	400g

F31, F32, F33, F34, F35, F36, F37, F38

Age	Class	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Club Men	Club Women
Open	F31	NE	NE	NE	NE	NE	NE	397g	397g
	F32	1.0kg	1.0kg	2.0kg	2.0kg	NE	NE	397g	397g
	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
U20	F31	NE	NE	NE	NE	NE	NE	397g	397g
	F32	1.0kg	1.0kg	2.0kg	2.0kg	NE	NE	397g	397g
	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
U17	F31	NE	NE	NE	NE	NE	NE	397g	397g
	F32	750g	750g	1.0kg	1.0kg	NE	NE	397g	397g
	F33	750g	750g	2.0kg	2.0kg	500g	500g	NE	NE
	F34	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F35	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F36	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F37	750g	750g	4.0kg	2.0kg	500g	500g	NE	NE
	F38	1.0kg	750g	4.0kg	2.0kg	600g	500g	NE	NE
U15	F31	NE	NE	NE	NE	NE	NE	397g	397g
	F32	750g	750g	1.0kg	1.0kg	NE	NE	397g	397g
	F33	750g	750g	2.0kg	2.0kg	500g	400g	NE	NE
	F34	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE
	F35	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE
	F36	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE
	F37	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE
	F38	750g	750g	3.0kg	2.0kg	500g	400g	NE	NE
U13	F31	NE	NE	NE	NE	NE	NE	397g	397g
	F32	500g	500g	1.0kg	1.0kg	NE	NE	397g	397g
	F33	500g	500g	2.0kg	1.0kg	400g	400g	NE	NE
	F34	500g	500g	2.0kg	2.0kg	400g	400g	NE	NE
	F35	500g	500g	2.0kg	2.0kg	400g	400g	NE	NE
	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

Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women
Open	1.0kg	750g	4.0kg	3.0kg	600g	400g
U20	1.0kg	750g	4.0kg	3.0kg	600g	400g
U17	1.0kg	750g	3.0kg	2.0kg	500g	400g
U15	1.0kg	750g	3.0kg	2.0kg	400g	400g
U13	750g	500g	2.0kg	2.0kg	400g	400g

F42, F43, F44, F45, F46, F61, F62, F63, F64

Age	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women
Open	1.5kg	1.0kg	6.0kg	4.0kg	800g	600g
U20	1.5kg	1.0kg	6.0kg	4.0kg	800g	600g
U17	1.0kg	1.0kg	5.0kg	3.0kg	700g	500g
U15	1.0kg	1.0kg	4.0kg	3.0kg	600g	400g
U13	750g	750g	3.0kg	3.0kg	500g	400g

F51, F52, F53, F54, F55, F56, F57

Age	Class	Discus Men	Discus Women	Shot Put Men	Shot Put Women	Javelin Men	Javelin Women	Club Men	Club Women
Open	F51	1.0kg	1.0kg	NE	NE	NE	NE	397g	397g
	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
U20	F51	1.0kg	1.0kg	NE	NE	NE	NE	397g	397g
	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
U17	F51	750g	750g	NE	NE	NE	NE	397g	397g
	F52	750g	750g	2.0kg	2.0kg	500g	500g	NE	NE
	F53	750g	750g	2.0kg	2.0kg	500g	500g	NE	NE
	F54	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F55	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F56	750g	750g	3.0kg	2.0kg	500g	500g	NE	NE
	F57	1.0kg	750g	3.0kg	2.0kg	500g	500g	NE	NE
U15	F51	750g	750g	NE	NE	NE	NE	397g	397g
	F52	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE
	F53	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE
	F54	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE
	F55	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE
	F56	750g	750g	2.0kg	2.0kg	400g	400g	NE	NE
	F57	750g	750g	2.0kg	2.0kg	500g	400g	NE	NE
U13	F51	500g	500g	NE	NE	NE	NE	397g	397g
	F52	500g	500g	2.0kg	2.0kg	400g	400g	NE	NE
	F53	500g	500g	2.0kg	2.0kg	400g	400g	NE	NE
	F54	500g	500g	2.0kg	2.0kg	400g	400g	NE	NE
	F55	500g	500g	2.0kg	2.0kg	400g	400g	NE	NE
	F56	500g	500g	2.0kg	2.0kg	400g	400g	NE	NE
	F57	500g	500g	2.0kg	2.0kg	400g	400g	NE	NE

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	80mm	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 area						
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):					
	400g	500g	600g	700g	800g
Information for manufacturers: Range for supply of implement for competition					
	405g	505g	605g	705g	805g
	425g	525g	625g	725g	825g
Overall length (L0)					
Min.	1850mm	2000mm	2200mm	2400mm	2600mm
Max.	1950mm	2100mm	2300mm	2500mm	2700mm
Distance from tip of metal head to centre of gravity (L1)					
Min.	750mm	780mm	800mm	850mm	900mm
Max.	800mm	880mm	920mm	990mm	1060mm
Distance from tail to centre of gravity (L2)					
Min.	1050mm	1120mm	1280mm	1410mm	1540mm
Max.	1200mm	1320mm	1500mm	1650mm	1800mm
Length of metal head (L3)					
Min.	200mm	220mm	250mm	250mm	250mm
Max.	250mm	270mm	330mm	330mm	330mm
Width of cord grip (L4)					
Min.	130mm	135mm	140mm	150mm	150mm
Max.	140mm	145mm	150mm	160mm	160mm
Diameter of shaft at thickest point (in front of grip – D0)					
Min.	20mm	20mm	20mm	23mm	25mm
Max.	23mm	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