

23rd January 2014

UK Athletics Rules (effective 1st April 2014) Revised implement weights

Dear Colleague

In 2012 The IAAF reviewed and subsequently amended the javelin, shot and hammer weights for under 17 women and under 15 girls. At the December 2013 Board meeting UK Athletics approved a proposal to amend implement weights in these events/ age categories to fall in line with IAAF rules. The changes to the UKA rules will apply from the 1st April 2014. (See summary Table 1.0 below):

Table 1.0 UKA Rules: Revised Implement weights as at 1st April 2014

Event	U13 Girls	U15 Girls	U17 Women
Javelin	Remains at 400g	500g (previously 600g)	500g (previously 600g)
Shot	Remains at 2.72kg	3kg (previously 3.25kg)	3kg (previously 4kg)
Hammer	Remains at 3kg	Remains at 3kg	3kg (previously 4kg)

The Tables below (Table 2.1, Table 2.2, and Table 2.3) detail the technical specifications for the NEW implement weights.

Table 2.1 Technical specification for NEW Javelin weight

Event	Weight	Diameter	Length	Length of Head	Tip of Head to CoG	Tail to CoG	Grip
Javelin	500g	20–24mm	2000–2100mm	220–270mm	780–880mm	1120–1320mm	135 – 145mm

Table 2.2 Technical specification for NEW Shot weight

Event	Weight	Diameter
Shot	3kg	85 – 110mm

Table 2.3 Technical specification for NEW Hammer weight

Event	Weight	Diameter	Length
Hammer	3kg	85 – 100mm	1195mm maximum

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The following is a list of equipment suppliers who have confirmed that they are able to supply the revised equipment weights prior to the 1st April implementation date.

Supplier Name	Tel	Email	500g Javelin	3kg Shot	3kg Hammer
Athletics Direct	0161 2148722	sales@athleticsdirect.co.uk	Yes	Yes	Yes
Eveque Leisure Equipment	01606 353550	info@eveque.co.uk	Yes	Yes	Yes
Neuff Athletic Equipment	01653 691865	sales@neuff.co.uk	Yes	Yes	Yes
Pro Athletics	0208 8853620	sales@proathletics.co.uk	Yes	Yes	Yes

NB Before placing an order/purchase you should ask for confirmation in writing /email from your intended supplier that the new equipment meets competition specification and is fully compliant with the 2014 UKA rulebook: Rule 132 “Putting the shot specifications”; Rule 134 “Throwing the hammer specifications”; Rule 139 “Throwing the javelin specifications”; and Appendix G “Details of heavy events implements”.

If you have any queries please email rules@uka.org.uk or telephone (0121) 713 8493