

Weigh Toss New Rule as of December 7, 2003

1. In making a throw, the competitor may choose to assume any starting position and shall use both hands, holding the weight exclusively by the handle.
2. In all other respects, the rules for the Hammer Throw shall govern.
3. Construction - The weight shall consist of three parts: a head, a handle and a connection assembly which may contain a harness.
 - a) Head - the head shall be a solid sphere or a spherical bladder. The solid sphere shall be made of a metal not softer than brass, or of a shell of such metal or plastic filled with lead or other material, which will not deform on impact. If a filling is used, it must be inserted in such a manner that it is immovable and that the center of gravity shall be not more than 9mm from the center of the sphere. The maximum diameter of a sphere with a shell of plastic shall be no more than 15mm larger in diameter than the corresponding all metal implement and may only be used for indoor competitions. Where indoor facilities dictate and for weights lighter than 56 lbs., a spherical bladder head may be used. The spherical bladder shall be made of a synthetic material which will return to its shape after impact. The bladder shall be filled with lead shot or other suitable material. The bladder shall be surrounded by a harness and have no maximum diameter requirement.
 - b) Handle - The handle shall be made of round steel rod not to exceed 12.7mm in diameter, bent in a triangular shape so that no side exceeds 190mm nor is smaller than 100mm, inside measurement. A handle with no permanent connection point shall have two sides of equal length and the third side of less than or equal length. When the overall length of the implement is measured, the equal and longest sides must form the vertical sides of a triangle. The handle must be rigid and not show evidence of elasticity or malformation upon being thrown.
 - c) Connection - the handle shall be connected either directly to the head or to a harness. The direct connection shall be by means of no more than two steel links (loops), whose diameters shall not exceed 9.5mm. The handle shall be connected to the steel links by a loop; a swivel may not be used. The head may be connected to the links by means of a swivel that may be either plain or with ball bearings for the solid sphere implement. For the plastic filled implement, a swivel is allowed between the ball and the handle. The connection to a harness for the bladder type implement shall be by means of no more than two steel links (loops), whose diameter shall not exceed 9.5mm and a swivel may be placed between the two links. The harness shall have a minimum of four straps, sewn together to form a sling. Netting of any kind shall not be used to form the harness. The harness must not show evidence of elasticity or malformation upon being thrown.

4. Length - the overall length of the complete implement, from the bottom surface of the head to the inside surface of the handle (grip), shall not exceed 40.64cm at any time.

5. For record purposes, the following weights shall apply:

Senior and Junior Men: 35lbs (15.88kg)

Senior and Junior Women: 20lbs (9.08kg)

6. Weight specifications shall be as follows:

Imperial: 56lbs 35lbs 25lbs 20lbs 16lbs 12lbs

Metric: 25.400kg 15.880kg 11.340kg 9.080kg 7.260kg 5.450kg

Diameter:

Min: - 145mm 130mm 120mm 110mm 100mm

Max. - 165mm 150mm 140mm 130mm 120mm

Note: Weights for other than those specified in clause 5 above are given for guidance when Masters age classes are involved.