

**USATF OFFICIALS BEST PRACTICES**

**Throws Implement Specifications**

	<b>Shot Put</b>		<b>Discus</b>		<b>Javelin</b>		<b>Hammer</b>	
	<b>Men</b>	<b>Women</b>	<b>Men</b>	<b>Women</b>	<b>Men</b>	<b>Women</b>	<b>Men</b>	<b>Women</b>
<b>NCAA</b>	7.26 kg	4 kg	2 kg	1 kg	800 g	600 g	7.26 kg	4 kg
<b>USATF</b>	7.26 kg	4 kg	2 kg	1 kg	800 g	600 g	7.26 kg	4 kg
<b>IAAF</b>	7.26 kg	4 kg	2 kg	1 kg	800 g	600 g	7.26 kg	4 kg
<b>High School</b>	12 lb	4 kg	1.6 kg	1 kg	800 g	600 g	12 lb	4 kg
<b>USATF Youth</b>								
8 & Under	2 kg	2 kg	NA	NA	300 g Mini-Jav	300 g Mini-Jav	NA	NA
9 - 10	6 lb	6 lb	NA	NA	300 g Mini-Jav	300 g Mini-Jav	NA	NA
11 - 12	6 lb	6 lb	1 kg	1 kg	300 g Mini-Jav	300 g Mini-Jav	NA	NA
13 - 14	4 kg	6 lb	1 kg	1 kg	600 g	600 g	NA	NA
15 - 16	12 lb	4 kg	1.6 kg	1 kg	800 g	600 g	12 lb	4 kg
17 - 18	12 lb	4 kg	1.6 kg	1 kg	800 g	600 g	12 lb	4 kg
<b>IAAF Youth</b>								
Youth	5 kg	3 kg	1.5 kg	1 kg	700 g	500 g	5 kg	3 kg
Junior	6 kg	4 kg	1.75 kg	1 kg	800 g	600 g	6 kg	4 kg
<b>USATF Master</b>								
30-49	7.26 kg	4 kg	2 kg	1 kg	800 g	600 g	7.26 kg	4 kg
50-59	6 kg	3 kg	1.5 kg	1 kg	700 g	500 g	6 kg	3 kg
60-69	5 kg	3 kg	1 kg	1 kg	600 g	400 g	5 kg	3 kg
70-74	4 kg	3 kg	1 kg	1 kg	500 g	400 g	4 kg	3 kg
75-79	4 kg	2 kg	1 kg	.75 kg	500 g	400 g	4 kg	2 kg
80 +	3 kg	2 kg	1 kg	.75 kg	400 g	400 g	3 kg	2 kg