



## 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 February 2020-2021).

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 (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 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;

<http://www.schoolsportaustralia.edu.au/wpcontent/uploads/2019/05/Track-Field-10-12-Years-Championship-Rules-and-Guidelines.pdf>

For further information contact: Athletics Australia Competitions Department

(E) [competitions@athletics.org.au](mailto:competitions@athletics.org.au) (P) (03) 86464550

**Implement weights for athletes affected by a; Hearing Impairment (F01), Vision Impairment (F11-13), Intellectual Impairment (F20) or Transplant (F60);**

***F01, F11, F12, F13, F20, F60***

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

**Implement weights for athletes with a formal diagnosis of Trisomy 21 or Translocation Down Syndrome (F21 - II2);**

***F21 (II2)***

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

**Implement weights for athletes affected by; Hypertonia, Athetosis or Ataxia F31-34 (Seated), F35-38 (Standing);**

***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
<b>U20</b>	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
<b>U17</b>	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
<b>U15</b>	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
<b>U13</b>	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

**Implement weights for athletes affected by short stature (F40-41);**

***F40, F41***

<b>Age</b>	<b>Discus Men</b>	<b>Discus Women</b>	<b>Shot Put Men</b>	<b>Shot Put Women</b>	<b>Javelin Men</b>	<b>Javelin Women</b>	<b>Hammer Men</b>	<b>Hammer Women</b>
<b>Open</b>	1.0kg	750g	4.0kg	3.0kg	600g	400g	NE	NE
<b>U20</b>	1.0kg	750g	4.0kg	3.0kg	600g	400g	NE	NE
<b>U17</b>	1.0kg	750g	3.0kg	2.0kg	500g	400g	NE	NE
<b>U15</b>	1.0kg	750g	3.0kg	2.0kg	400g	400g	NE	NE
<b>U13</b>	750g	500g	2.0kg	2.0kg	400g	400g	NE	NE

**Implement weights for athletes throwing from a standing position affected by limb deficiency, impaired PROM, impaired muscle power, leg length difference (F42-F46) & athletes affected by lower limb deficiency and/or leg length difference who use unilateral Prosthesis or bilateral Prostheses (F61-F64);**

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

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

**Implement weights for athletes for athletes throwing from a seated position affected by limb deficiency, impaired PROM, impaired muscle power or leg length difference (F51-F57);**

***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

<b>U17</b>	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
<b>U15</b>	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
<b>U13</b>	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