

USATF Masters Implements

Men														
Event/Age	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99+
Shot	7.260 kg				6 kg		5 kg		4 kg		3 kg			
Discus	2 kg				1.5 kg		1 kg							
Javelin	800 g				700 g		600 g		500 g		400 g			
Hammer	7.260 kg				6 kg		5 kg		4 kg		3 kg			
Weight	35 lb				25 lb		20 lb		16 lb		12 lb			
Superweight	56 lb						20 kg		35 lb		25 lb			
Ultraweight	98 lb, 200 lb, 300 lb						56, 98, 200 lb		20 kg; 56, 98 lb		35 lb, 20 kg, 56 lb			

Women															
Event/Age	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99+	
Shot	4 kg				3 kg					2 kg					
Discus	1 kg									750 g					
Javelin	600 g				500 g					400 g					
Hammer	4 kg				3 kg					2 kg					
Weight	20 lb				16 lb		12 lb			4 kg					
Superweight	35 lb				25 lb		20 lb			16 lb					
Ultraweight	20 kg, 56 lb, 98 lb				35 lb, 20 kg, 56 lb		25 lb, 35 lb, 20 kg			20 lb, 25 lb, 35 lb					

Effective 1/1/2017

USATF Youth Athletics Implements

		Boys					
Event/Age Division ↓ →		8 & Under	9-10	11-12	13-14	15-16	17-18
Shot		2 kg	6 lb		4 kg	12 lb	
Discus				1 kg		1.6 kg	
Javelin		300 g Mini		Aero	600 g	800 g	
Hammer						12 lb	

		Girls					
Event/Age Division ↓ →		8 & Under	9-10	11-12	13-14	15-16	17-18
Shot		2 kg	6 lb			4 kg	
Discus				1 kg			
Javelin		300 g Mini		Aero	600 g		
Hammer						4 kg	

effective 1/1/12

IAAF Athletics Implements

Men			
Event/Division	Boys (Youth)	Men (Junior)	Men (Senior)
Shot	5 kg	6 kg	7.260 kg
Discus	1.5 kg	1.75 kg	2 kg
Javelin	700 g	800 g	800 g
Hammer	5 kg	6 kg	7.260 kg

Women			
Event/Division	Girls (Youth)	Women (Junior)	Women (Senior)
Shot	3 kg	4 kg	
Discus	1 kg		
Javelin	500 g	600 g	
Hammer	3 kg	4 kg	

age	16-17	18-19	20-34
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Per 2012 IAAF Rules 141, 187.1

Rev. G

World Masters Athletics Implements

Effective 1/1/2014

Men													
Event/Age	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99+
Shot	7.260 kg			6 kg		5 kg		4 kg		3 kg			
Discus	2 kg			1.5 kg		1 kg							
Javelin	800 g			700 g		600 g		500 g		400 g			
Hammer	7.260 kg			6 kg		5 kg		4 kg		3 kg			
Weight	35 lb			25 lb		20 lb		16 lb		12 lb			

Women													
Event/Age	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99+
Shot	4 kg			3 kg					2 kg				
Discus	1 kg								750 g				
Javelin	600 g			500 g					400 g				
Hammer	4 kg			3 kg					2 kg				
Weight	20 lb			16 lb		12 lb			4 kg				

Athletics Implements

Men					
Event/Age	Junior High & Middle School	High School	USATF Juniors	NCAA / NAIA	USATF Open
Shot	4 kg, 8 lb ¹	12 lb	6 kg	7.260 kg	7.260 kg
Discus	1 kg ²	1.6 kg	1.75 kg	2 kg	2 kg
Javelin	-	800 g	800 g	800 g	800 g
Hammer	-	12 lb ³	6 kg	7.260 kg	7.260 kg
Weight	-	25 lb ⁴	35 lb	35 lb	35 lb, 56 lb

Women					
Event/Age	Junior High & Middle School	High School	USATF Juniors	NCAA / NAIA	USATF Open
Shot	6 lb	4 kg	4 kg	4 kg	4 kg
Discus	1 kg ²	1 kg	1 kg	1 kg	1 kg
Javelin	-	600 g	600 g	600 g	600 g
Hammer	-	4 kg ³	4 kg	4 kg	4 kg
Weight	-	20 lb ⁴	20 lb	20 lb	20 lb

[1] 4 kg recommended per NFHS rule book; 8 lb is used commonly in many jurisdictions

[2] 1 kg recommended per NFHS rule book for those jurisdictions where the discus is thrown

[3] Hammer throw allowed per NFHS 8-2-1; the stated weights are per USATF Youth rules (as allowed by NFHS 8-2-1) or as determined by state association policy

[4] Indoor weight throw allowed per NFHS 8-2-1; the stated weights are per common practice