Quick Guide Weight Throw

The purpose of officiating is to create a fair and welcoming environment for the competition. An official is impartial, non-intrusive, and aware at all times of events in the competition area. Officials contribute to the athletes’ positive experience of the event.

**Site Preparation:** (at least 1 hour prior to start of Competition)
- Layout out sectors if not done. If done check to make sure correct.
- (Rule 187.12-a) The landing sector shall be marked with white lines 50mm wide at an angle of 34.92° such that the inner edge of lines, if extended, would pass through the centre of the circle. The 34.92° sector may be laid out accurately by making the distance between the two points on the sector lines 20m from the centre of the circle 12m ± 0.05m (20m × 0.60m) apart. Thus, for every 1m from the centre of the circle, the distance across shall be increased by 0.60m. (Rule 187.12-a)
- For weight cage layout and specification see Rule 192.
- **Make sure that that the throwing area is safe for athletes, coaches, parents and officials.**

- Assign duties and positions to Judges (2 minimum) and Volunteers (2 minimum) as per diagram attached.
- Make sure that you have at least the following: 100m tape, marker, broom and towels for cleaning the circle, IAAF Rule Book, WMA Rule Book

**Implements:** (minimum of 2 for the age group competing)
- (Rule 187.1) In all competitions, the implements used shall comply with IAAF specifications. Only implements which hold a current valid IAAF Product Certificate may be used.
- (Rule 187.2) Except as provided below, all such implements shall be provided by the Organising Committee. The technical Delegate(s) may, based on the relevant technical Regulations of each competition, allow athletes to use their own implements or those provided by a supplier, provided that such implements are IAAF certified, checked and marked as approved by the Organising Committee before the competition and **made available to all athletes.**
- (Rule 187.3) No modification shall be made to any implements during the competition.

<table>
<thead>
<tr>
<th>BOYS</th>
<th>GIRLS</th>
</tr>
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<tbody>
<tr>
<td>9 years</td>
<td>9 years</td>
</tr>
<tr>
<td>10-11 years</td>
<td>10-11 years</td>
</tr>
<tr>
<td>12-13 years</td>
<td>12-13 years</td>
</tr>
<tr>
<td>U16 (14-15 years)</td>
<td>U16 (14-15 years)</td>
</tr>
<tr>
<td>7.26 kg (16 lbs)</td>
<td>7.26 kg (16 lbs)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MEN</th>
<th>WOMEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>U18 (16-17 years)</td>
<td>U18 (16-17 years)</td>
</tr>
<tr>
<td>9.08 kg (20 lbs)</td>
<td>7.26 kg (16 lbs)</td>
</tr>
<tr>
<td>U20 (18-19 years)</td>
<td>U20 (18-19 years)</td>
</tr>
<tr>
<td>11.34 kg (25 lbs)</td>
<td>9.08 kg (20 lbs)</td>
</tr>
<tr>
<td>Open (20+ years)</td>
<td>Open (20+ years)</td>
</tr>
<tr>
<td>15.88 kg (35 lbs)</td>
<td>9.08 kg (20 lbs)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MEN (MASTER)</th>
<th>WOMEN (MASTER)</th>
</tr>
</thead>
<tbody>
<tr>
<td>35-49 years</td>
<td>35-49 years</td>
</tr>
<tr>
<td>15.88 kg (35 lbs)</td>
<td>9.08 kg (20 lbs)</td>
</tr>
<tr>
<td>50-59 years</td>
<td>50-59 years</td>
</tr>
<tr>
<td>11.34 kg (25 lbs)</td>
<td>7.26 kg (16 lbs)</td>
</tr>
<tr>
<td>60-69 years</td>
<td>60-74 years</td>
</tr>
<tr>
<td>9.08 kg (20 lbs)</td>
<td>5.45 kg (12 lbs)</td>
</tr>
<tr>
<td>70-79 years</td>
<td>75+ years</td>
</tr>
<tr>
<td>7.26 kg (16 lbs)</td>
<td>4.00 kg (8.9 lbs)</td>
</tr>
<tr>
<td>80+ years</td>
<td></td>
</tr>
<tr>
<td>5.45 kg (12 lbs)</td>
<td></td>
</tr>
</tbody>
</table>

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GENERAL Instruction for Official's in running the event

Address the Athletes prior to Warm-Up:
- Define the Competition Area.
- Establish the number of practice throws (1 – 4) as time allows.
- Advise Athletes of Competition Start time.
- (Rule 143.7) Athletes have the option of wearing only one Competition Number on front or back as preferred.
- (Rule 143.10) No athlete shall be allowed to take part in any competition without displaying the appropriate bib(s) and/or identification.
- (Rule 143.2) Athletes may wear one shoe, two shoes or no shoes.
- (Rule 180.5) Competitors compete in the order indicated on the start list, except as altered by the Chief Judge for an excused absence.
- (Rule 187.18) After each throw, implements shall be carried back to the area next to the circle and never thrown back.

Address the Athletes prior to Competition:
- Define the 'Coaching Area'.
- Athletes may pass at any attempt.
- For athletics 13 are not allow to compete.
- For athletics 14 and older shall receive 3 attempts with the top 8 getting three additional attempts.
- In Combined Events only 3 attempts.
- Go over the rules of the event.

Recording, Scoring and Ties:
- (Rule 180.7) Recording:
  Valid trial shall be indicated by a measurement taken
  A failure shall be indicated by the symbol “X”
  If the athlete forgoes a trail (a pass) it shall be indicated by the symbol “-”
- Athletes may pass any round
- (Rule 180.22) If there is a tie for 1st place use next best attempt.

Measurements:
- (Rule 187.19) In all throwing events, distances shall be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimetre.
- (Rule 187.20) The measurement of each throw shall be made immediately after each valid trail.
- (Rule 187.20-a) From the nearest mark made by the fall of the weight head, to the inside of the circumference of the circle along a line to the centre of the circle.

Markers:
- (Rule 180.3-b) For weight an athlete may use one marker only placed on the ground in the area immediately behind or adjacent to the circle. It must be temporary, in position only for the duration of each athlete’s own trial, and shall not impair the view of the judges. No personal markers may be placed in or beside the landing area. Note each marker shall be composed of a single piece only.

Timing:
- (Rule 180.18) Time commences when an indication is made to the Athlete that all is ready for his trial (usually the removal of a cone or name called).
- The Timing Judge will indicate 15 sec. is remaining with the raising of a yellow flag.

<table>
<thead>
<tr>
<th>Number of Competitors</th>
<th>Individual and Combined Throwing Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>More than 3</td>
<td>0.5 minute</td>
</tr>
<tr>
<td>2 or 3</td>
<td>1 minute</td>
</tr>
<tr>
<td>1 or Consecutive Trails</td>
<td>2 minutes</td>
</tr>
</tbody>
</table>

Assistance:
The following shall be considered assistance and are therefore not allowed: (Rule 187.4)
- (Rule 187.4-a) The taping of two or more fingers together. If taping is used on the hands and fingers, it may be continuous provided that as a result no two or more fingers are taped together in such a way that the fingers cannot move individually. The taping should be shown to the Chief Judge before the event starts.
- (Rule 187.4-b) The use of any device of any kind, including weights attached to the body, which in any way provides assistance when making a trial.
- (Rule 187.4-c) The use of gloves except in the weight throw. In this case, the gloves shall be smooth on the back and on the front and the tips of the glove fingers, other than the thumb, shall be open.
- (Rule 187.4-d) The spraying or spreading by an athlete of any substance in the circle or on his shoes nor the roughening of the surface of the circle.
The following shall not be considered assistance and are therefore allowed: (Rule 187.5)

- (Rule 187.5-a) The use by an athlete, in order to obtain a better grip, of a suitable substance on his hands only or in the case of a weight thrower on his gloves.
- (Rule 187.5-b) The placement by an athlete on the implement, chalk or a similar substance. All substances used on the hands and on the implements shall be easily removable from the implement using a wet cloth and shall not leave any residue.
- (Rule 187.5-c) The use of taping on the hands and fingers that is not in contravention of Rule 187.4(a).

The Competition:

- (Rule 221.2 WMA) The rules of competition for weight throw shall be the same as for the hammer throw.
- (Rule 191.1) An athlete, in his starting position prior to the preliminary swings or turns, is allowed to put the head of the weight on the ground inside or outside the circle.
- (Rule 191.2) It shall not be considered a failure if the head of the weight touches the ground inside or outside the circle, or the top of the rim. The athlete may stop and begin the throw again, provided no other Rule has been breached.
- (Rule 191.3) If the weight breaks during a throw or while in the air, it shall not count as a failure, provided the trial was otherwise made in accordance with this Rule. Nor shall it count as a failure if an athlete thereby loses his balance and as a result contravenes any part of this Rule. In both cases the athlete shall be awarded a new trial.

Trials:

- (Rule 187.13) In the weight implements shall be thrown from a circle. An athlete shall commence his trial from a stationary position inside the circle. An athlete is allowed to touch the inside of the rim.
- (Rule 187.15) In the course of a trial and the rules relative to weight have not been infringed, an athlete may interrupt a trial once started, may lay the implement down inside or outside the circle and may leave the circle. When leaving the circle he shall step out as required in (Rule 187.17) before returning to the circle or runway to begin a fresh trial. All the moves permitted by this paragraph shall be included in the maximum time for a trial given in Rule 180.18
- (Rule 221.3 WMA) It is required that 2 hands be used at all times when throwing the weight.

It shall be a failure if an athlete in the course of a trial:

- (Rule 187.14-b) After he has stepped into the circle and begun to make a throw touches with any part of his body the top (or the top inside edge) of the rim or the ground outside the circle.
  Note: However, it will not be considered a failure if the touch is made without providing any propulsion and occurs during any first rotation at a point completely behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle.
- (Rule 187.16) If the weight head in contacting the ground when it first lands touches the sector line or the ground or any object (other than the cage as provided in the Note to Rule 187.14) outside the sector line.
- (Rule 187.14) It will not be considered a failure if any part of the weight strikes the cage after release provided that no other Rule is infringed.
- (Rule 187.17) if the athlete leaves the circle before the implement has touched the ground.
- (Rule 187.17-a) If when leaving the circle, the athlete’s first contact with the top of the rim or the ground outside the circle is not completely behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle. Note: The first contact with the top of the rim or the ground outside the circle is considered leaving.
Roles of the Judges and Volunteers

Judge #1
- Chief
- Assigns roles
- Addresses Athletes
- Oversees competition
- May use ‘Fair’ (white) and ‘Foul’ (red) flags
- Call up
- Times the trail
- Watches for foot fouls
- Reads the tape
- Records Results

Judge #2
- Field Judge in the Sector
- Marks where the implement first lands
- Makes sure that Volunteer #1 has the tape in the right location while the distance is being measured
- Makes sure that the tape is straight between marker and the centre of the circle while the distance is being measured

Volunteer #1
- In the Field
- Holds the zero end of the tape outside of the sector
- Brings the tape into the sector and places the tape by the marker as indicated by Judge #2

Volunteer #2
- Beside the Cage
- Holds the reel end of the tape
- Pulls the tape through the center of the circle

Note: For additional information on running an event go to the BC Athletics website under Officials Technical Info