



## 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;

[School Sport Australia Implement Weights](#)

For further information contact: Athletics Australia Competitions Department

(E) [athletics@athletics.org.au](mailto:athletics@athletics.org.au) (P) 03 8646 4550

**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 |
|-------------|------------|--------------|--------------|----------------|-------------|---------------|------------|--------------|
| <b>Open</b> | 2.0kg      | 1.0kg        | 7.26kg       | 4.0kg          | 800g        | 600g          | 7.26kg     | 4.0kg        |
| <b>U20</b>  | 1.75kg     | 1.0kg        | 6.0kg        | 4.0kg          | 800g        | 600g          | 6.0kg      | 4.0kg        |
| <b>U17</b>  | 1.5kg      | 1.0kg        | 5.0kg        | 3.0kg          | 700g        | 500g          | 5.0kg      | 3.0kg        |
| <b>U15</b>  | 1.0kg      | 1.0kg        | 4.0kg        | 3.0kg          | 700g        | 500g          | 4.0kg      | 3.0kg        |
| <b>U13</b>  | 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 (F20 - I12);**

***F20 (I12)***

| Age         | Discus Men | Discus Women | Shot Put Men | Shot Put Women | Javelin Men | Javelin Women | Hammer Men | Hammer Women |
|-------------|------------|--------------|--------------|----------------|-------------|---------------|------------|--------------|
| <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          | 500g        | 400g          | NE         | NE           |
| <b>U13</b>  | 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 |
|-------------|-------|------------|--------------|--------------|----------------|-------------|---------------|----------|------------|
| <b>Open</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>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         |
| U17  | 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   |