

PARA ATHLETICS – Implement Weights for Competition under Athletics Australia Rules

Implement weights for classes in Open to U/16 will be held directly in line with those distributed by the IPC rules and Regulations 2014-2015.

Variations occur at underage events for U/10, U/12 and U/14 after a review from Athletics Australia - Athletes with a Disability Commission in January 2010.

Note: For all Athletics Australia (AA) events and records underage eligibility is determined by the athlete's age at the completion of the calendar year (31 December) in which the event is occurring.

For Example: For an athlete to compete or claim an U/18 record in 2013 they must not turn 18 during the 2013 calendar year! This is in accord with IAAF guidelines regarding underage groupings that have now been universally accepted within the “able-bodied” athletics fraternity.

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Events listed in **yellow** are currently under review as recommendations from Australia to the IPC Athletics Committee

Implement Weights for Deaf Athletes (F01)

| Age Group | Class | Discus Male | Discus Female | Javelin Male | Javelin Female | Shot Put Male | Shot Put Female | Hammer Male | Hammer Female |
|-----------|-------|-------------|---------------|--------------|----------------|---------------|-----------------|-------------|---------------|
| Open | F01 | 2.00kg | 1.00kg | 800g | 600g | 7.26kg | 4.00kg | 7.26kg | 4.00kg |
| U/20 | F01 | 1.75kg | 1.00kg | 800g | 600g | 6.00kg | 4.00kg | 6.00kg | 4.00kg |
| U/18 | F01 | 1.50kg | 1.00kg | 700g | 500g | 5.00kg | 3.00kg | 5.00kg | 3.00kg |
| U/16 | F01 | 1.00kg | 1.00kg | 700g | 500g | 4.00kg | 3.00kg | 4.00kg | 3.00kg |
| U/14 | F01 | 1.00kg | 1.00kg | 600g | 400g | 3.00kg | 3.00kg | 3.00kg | 3.00kg |
| U/12 | F01 | 750g | 750g | 400g | 400g | 3.00kg | 2.00kg | NE | NE |
| U/10 | F01 | 500g | 500g | NE | NE | 2.00kg | 2.00kg | NE | NE |

Implement Weights for Athletes with a Vision Impairment (F11, F12, F13)

| Age Group | Class | Discus Male | Discus Female | Javelin Male | Javelin Female | Shot Put Male | Shot Put Female | Hammer Male | Hammer Female |
|-----------|--------|-------------|---------------|--------------|----------------|---------------|-----------------|-------------|---------------|
| Open | F11-13 | 2.00kg | 1.00kg | 800g | 600g | 7.26kg | 4.00kg | 7.26kg | 4.00kg |
| U/20 | F11-13 | 1.75kg | 1.00kg | 800g | 600g | 6.00kg | 4.00kg | 6.00kg | 4.00kg |
| U/18 | F11-13 | 1.50kg | 1.00kg | 700g | 500g | 5.00kg | 3.00kg | 5.00kg | 3.00kg |
| U/16 | F11-13 | 1.00kg | 1.00kg | 700g | 500g | 4.00kg | 3.00kg | 4.00kg | 3.00kg |
| U/14 | F11-13 | 1.00kg | 1.00kg | 600g | 400g | 3.00kg | 3.00kg | 3.00kg | 3.00kg |
| U/12 | F11-13 | 750g | 750g | 400g | 400g | 3.00kg | 2.00kg | NE | NE |
| U/10 | F11-13 | 500g | 500g | NE | NE | 2.00kg | 2.00kg | NE | NE |

Implement Weights for Athletes with an Intellectual Disability (F20)

| Age Group | Class | Discus Male | Discus Female | Javelin Male | Javelin Female | Shot Put Male | Shot Put Female | Hammer Male | Hammer Female |
|-----------|-------|-------------|---------------|--------------|----------------|---------------|-----------------|-------------|---------------|
| Open | F20 | 2.00kg | 1.00kg | 800g | 600g | 7.26kg | 4.00kg | 7.26kg | 4.00kg |
| U/20 | F20 | 1.75kg | 1.00kg | 800g | 600g | 6.00kg | 4.00kg | 6.00kg | 4.00kg |
| U/18 | F20 | 1.50kg | 1.00kg | 700g | 500g | 5.00kg | 3.00kg | 5.00kg | 3.00kg |
| U/16 | F20 | 1.00kg | 1.00kg | 700g | 500g | 4.00kg | 3.00kg | 4.00kg | 3.00kg |
| U/14 | F20 | 1.00kg | 1.00kg | 600g | 400g | 3.00kg | 3.00kg | 3.00kg | 3.00kg |
| U/12 | F20 | 750g | 750g | 400g | 400g | 3.00kg | 2.00kg | NE | NE |
| U/10 | F20 | 500g | 500g | NE | NE | 2.00kg | 2.00kg | NE | NE |

Information supplied by Athletics Australia in consultation with the respective National Sports Organisations for the Disabled (NSODs) and Little Athletics Australia as at 23/Jul/2018)

Implement Weights for Para Athletics “Open & Underage” Athletes with a Disability

Events listed in **yellow** are currently under review from recommendations from Athletics Australia to IPC athletics
If a **1.50kg** is not available – athletes should use a 2kg

Implement Weights for Cerebral Palsy Athletes (F32-38)

| Age Group | Age Group | Discus Male | Discus Female | Javelin Male | Javelin Female | Shot Put Male | Shot Put Female | Club Male/Female |
|------------------------|-----------|-------------|---------------|--------------|----------------|---------------|-----------------|------------------|
| Open & U/20 | F31 | NE | NE | NE | NE | NE | NE | 397g |
| | F32 | 1.00kg | 1.00kg | NE | NE | 2.00kg | 2.00kg | 397g |
| | F33 | 1.00kg | 1.00kg | 600g | 600g | 3.00kg | 3.00kg | NE |
| | F34 | 1.00kg | 1.00kg | 600g | 600g | 4.00kg | 3.00kg | NE |
| | F35 | 1.00kg | 1.00kg | 600g | 600g | 4.00kg | 3.00kg | NE |
| | F36 | 1.00kg | 1.00kg | 600g | 600g | 4.00kg | 3.00kg | NE |
| | F37 | 1.00kg | 1.00kg | 600g | 600g | 5.00kg | 3.00kg | NE |
| | F38 | 1.50kg | 1.00kg | 800g | 600g | 5.00kg | 3.00kg | NE |
| U/18 | F31 | NE | NE | NE | NE | NE | NE | 397g |
| | F32 | 1.00kg | 1.00kg | NE | NE | 2.00kg | 2.00kg | 397g |
| | F33 | 1.00kg | 1.00kg | 600g | 500g | 3.00kg | 3.00kg | NE |
| | F34 | 1.00kg | 1.00kg | 600g | 500g | 4.00kg | 3.00kg | NE |
| | F35 | 1.00kg | 1.00kg | 600g | 500g | 4.00kg | 3.00kg | NE |
| | F36 | 1.00kg | 1.00kg | 600g | 500g | 4.00kg | 3.00kg | NE |
| | F37 | 1.00kg | 1.00kg | 600g | 500g | 4.00kg | 3.00kg | NE |
| | F38 | 1.00kg | 1.00kg | 700g | 500g | 4.00kg | 3.00kg | NE |
| U/16 | F31 | 750g | 750g | NE | NE | NE | NE | 397g |
| | F32 | 750g | 750g | NE | NE | 1.00kg | 1.00kg | 397g |
| | F33 | 750g | 750g | 500g | 500g | 2.00kg | 2.00kg | NE |
| | F34 | 750g | 750g | 500g | 500g | 3.00kg | 2.00kg | NE |
| | F35 | 750g | 750g | 500g | 500g | 3.00kg | 2.00kg | NE |
| | F36 | 750g | 750g | 500g | 500g | 3.00kg | 2.00kg | NE |
| | F37 | 750g | 750g | 500g | 500g | 3.00kg | 2.00kg | NE |
| | F38 | 750g | 750g | 600g | 500g | 3.00kg | 2.00kg | NE |
| U/14 | F31 | 750g | 750g | NE | NE | NE | NE | 397g |
| | F32 | 750g | 750g | NE | NE | 1.00kg | 1.00kg | 397g |
| | F33 | 750g | 750g | 400g | 400g | 2.00kg | 1.00kg | NE |
| | F34 | 750g | 750g | 400g | 400g | 2.00kg | 2.00kg | NE |
| | F35 | 750g | 750g | 400g | 400g | 2.00kg | 2.00kg | NE |
| | F36 | 750g | 750g | 400g | 400g | 2.00kg | 2.00kg | NE |
| | F37 | 750g | 750g | 400g | 400g | 2.00kg | 2.00kg | NE |
| | F38 | 750g | 750g | 400g | 400g | 2.00kg | 2.00kg | NE |
| U/12 | F31 | 500g | 500g | NE | NE | NE | NE | 397g |
| | F32 | 500g | 500g | NE | NE | 1.00kg | 1.00kg | 397g |
| | F33 | 500g | 500g | 400g | 400g | 1.00kg | 1.00kg | NE |
| | F34 | 500g | 500g | 400g | 400g | 2.00kg | 2.00kg | NE |
| | F35 | 500g | 500g | 400g | 400g | 2.00kg | 2.00kg | NE |
| | F36 | 500g | 500g | 400g | 400g | 2.00kg | 2.00kg | NE |
| | F37 | 500g | 500g | 400g | 400g | 2.00kg | 2.00kg | NE |
| | F38 | 500g | 500g | 400g | 400g | 2.00kg | 2.00kg | NE |
| U/10 | F31 | 350g | 350g | NE | NE | NE | NE | 397g |
| | F32 | 350g | 350g | NE | NE | 1.00kg | 1.00kg | 397g |
| | F33 | 500g | 500g | NE | NE | 1.00kg | 1.00kg | NE |
| | F34 | 500g | 500g | NE | NE | 1.50kg | 1.50kg | NE |
| | F35 | 500g | 500g | NE | NE | 1.50kg | 1.50kg | NE |
| | F36 | 500g | 500g | NE | NE | 1.50kg | 1.50kg | NE |
| | F37 | 500g | 500g | NE | NE | 1.50kg | 1.50kg | NE |
| | F38 | 500g | 500g | NE | NE | 1.50kg | 1.50kg | NE |

Implement Weights for Para Athletics “Open & Underage” Athletes with a Disability

Events listed in **yellow** are currently under review from recommendations from Athletics Australia to IPC athletics

Events listed in **green** are at the discretion of Athletics Rules and not listed by the IPC

Implement Weights for Amputee and Les Autres athletes (F40-46)

| Age Group | Age Group | Discus Male | Discus Female | Javelin Male | Javelin Female | Shot Put Male | Shot Put Female | Hammer Male | Hammer Female |
|------------------------|-----------|-------------|---------------|--------------|----------------|---------------|-----------------|-------------|---------------|
| Open & U/20 | F40-F41 | 1.00kg | 750g | 600g | 400g | 4.00kg | 3.00kg | NE | NE |
| | F42 | 1.50kg | 1.00kg | 800g | 600g | 6.00kg | 4.00kg | 6.00kg | 4.00kg |
| | F43-F44 | 1.50kg | 1.00kg | 800g | 600g | 6.00kg | 4.00kg | 6.00kg | 4.00kg |
| | F45 | 1.00kg | 1.00kg | 600g | 600g | 4.00kg | 3.00kg | NE | NE |
| | F46 | 1.50kg | 1.00kg | 800g | 600g | 6.00kg | 4.00kg | 6.00kg | 4.00kg |
| U/18 | F40-F41 | 1.00kg | 750g | 600g | 400g | 4.00kg | 3.00kg | NE | NE |
| | F42 | 1.00kg | 1.00kg | 700g | 500g | 5.00kg | 3.00kg | NE | NE |
| | F43-F44 | 1.00kg | 1.00kg | 700g | 500g | 5.00kg | 3.00kg | 5.00kg | 3.00kg |
| | F45 | 1.00kg | 1.00kg | 600g | 500g | 4.00kg | 3.00kg | NE | NE |
| | F46 | 1.50kg | 1.00kg | 700g | 500g | 5.00kg | 3.00kg | 5.00kg | 3.00kg |
| U/16 | F40-F41 | 1.00kg | 750g | 500g | 400g | 3.00kg | 2.00kg | NE | NE |
| | F42 | 1.00kg | 1.00kg | 600g | 400g | 4.00kg | 3.00kg | NE | NE |
| | F43-F44 | 1.00kg | 1.00kg | 600g | 400g | 4.00kg | 3.00kg | 4.00kg | 3.00kg |
| | F45 | 750g | 750g | 500g | 400g | 3.00kg | 2.00kg | NE | NE |
| | F46 | 1.00kg | 1.00kg | 600g | 400g | 4.00kg | 3.00kg | 4.00kg | 3.00kg |
| U/14 | F40-F41 | 750g | 500g | 400g | 400g | 2.00kg | 2.00kg | NE | NE |
| | F42 | 1.00kg | 1.00kg | 600g | 400g | 3.00kg | 3.00kg | NE | NE |
| | F43-F44 | 1.00kg | 1.00kg | 600g | 400g | 3.00kg | 3.00kg | NE | NE |
| | F45 | 1.00kg | 1.00kg | 500g | 400g | 3.00kg | 3.00kg | NE | NE |
| | F46 | 1.00kg | 1.00kg | 600g | 400g | 3.00kg | 3.00kg | NE | NE |
| U/12 | F40-F41 | 500g | 500g | 400g | 400g | 1.50kg | 1.50kg | NE | NE |
| | F42 | 750g | 750g | 400g | 400g | 3.00kg | 2.00kg | NE | NE |
| | F43-F44 | 750g | 750g | 400g | 400g | 3.00kg | 2.00kg | NE | NE |
| | F45 | 750g | 750g | 400g | 400g | 2.00kg | 2.00kg | NE | NE |
| | F46 | 750g | 750g | 400g | 400g | 3.00kg | 2.00kg | NE | NE |
| U/10 | F40-F41 | 500g | 500g | NE | NE | 1.50kg | 1.50kg | NE | NE |
| | F42 | 500g | 500g | NE | NE | 2.00kg | 2.00kg | NE | NE |
| | F43-F44 | 500g | 500g | NE | NE | 2.00kg | 2.00kg | NE | NE |
| | F45 | 500g | 500g | NE | NE | 2.00kg | 2.00kg | NE | NE |
| | F46 | 500g | 500g | NE | NE | 2.00kg | 2.00kg | NE | NE |

Implement Weights for Para Athletics “Open & Underage” Athletes with a Disability

Implement Weights for Wheelchair Athletes (F51-58)

| Age Group | Class | Discus Male | Discus Female | Javelin Male | Javelin Female | Shot Put Male | Shot Put Female | Club Male/Female |
|------------------------|-------|-------------|---------------|--------------|----------------|---------------|-----------------|------------------|
| Open & U/20 | F51 | 1.00kg | 1.00kg | NE | NE | NE | NE | 397g |
| | F52 | 1.00kg | 1.00kg | 600g | 600g | 2.00kg | 2.00kg | 397g |
| | F53 | 1.00kg | 1.00kg | 600g | 600g | 3.00kg | 3.00kg | 397g |
| | F54 | 1.00kg | 1.00kg | 600g | 600g | 4.00kg | 3.00kg | 397g |
| | F55 | 1.00kg | 1.00kg | 600g | 600g | 4.00kg | 3.00kg | 397g |
| | F56 | 1.00kg | 1.00kg | 600g | 600g | 4.00kg | 3.00kg | 397g |
| | F57 | 1.00kg | 1.00kg | 600g | 600g | 4.00kg | 3.00kg | 397g |
| U/18 | F51 | 750g | 750g | NE | NE | NE | NE | 397g |
| | F52 | 750g | 750g | 500g | 500g | 2.00kg | 2.00kg | 397g |
| | F53 | 750g | 750g | 500g | 500g | 3.00kg | 2.00kg | 397g |
| | F54 | 1.00kg | 1.00kg | 500g | 500g | 3.00kg | 2.00kg | 397g |
| | F55 | 1.00kg | 1.00kg | 500g | 500g | 3.00kg | 2.00kg | 397g |
| | F56 | 1.00kg | 1.00kg | 500g | 500g | 3.00kg | 2.00kg | 397g |
| | F57 | 1.00kg | 1.00kg | 600g | 500g | 3.00kg | 2.00kg | 397g |
| U/16 | F51 | 750g | 750g | 400g | 400g | NE | NE | 397g |
| | F52 | 750g | 750g | 400g | 400g | 2.00kg | 2.00kg | 397g |
| | F53 | 750g | 750g | 400g | 400g | 2.00kg | 2.00kg | 397g |
| | F54 | 750g | 750g | 400g | 400g | 2.00kg | 2.00kg | 397g |
| | F55 | 750g | 750g | 400g | 400g | 2.00kg | 2.00kg | 397g |
| | F56 | 750g | 750g | 400g | 400g | 2.00kg | 2.00kg | 397g |
| | F57 | 1.00kg | 750g | 500g | 400g | 2.00kg | 2.00kg | 397g |
| U/14 | F51 | 500g | 500g | 400g | 400g | NE | NE | 397g |
| | F52 | 500g | 500g | 400g | 400g | 1.50kg | 1.50kg | 397g |
| | F53 | 500g | 500g | 400g | 400g | 2.00kg | 1.50kg | 397g |
| | F54 | 750g | 750g | 400g | 400g | 2.00kg | 2.00kg | 397g |
| | F55 | 750g | 750g | 400g | 400g | 2.00kg | 2.00kg | 397g |
| | F56 | 750g | 750g | 400g | 400g | 2.00kg | 2.00kg | 397g |
| | F57 | 750g | 750g | 400g | 400g | 2.00kg | 2.00kg | 397g |
| U/12 | F51 | 500g | 500g | 400g | 400g | NE | NE | NE |
| | F52 | 500g | 500g | 400g | 400g | 1.50kg | 1.50kg | NE |
| | F53 | 500g | 500g | 400g | 400g | 1.50kg | 1.50kg | NE |
| | F54 | 500g | 500g | 400g | 400g | 2.00kg | 1.50kg | NE |
| | F55 | 500g | 500g | 400g | 400g | 2.00kg | 1.50kg | NE |
| | F56 | 500g | 500g | 400g | 400g | 2.00kg | 1.50kg | NE |
| | F57 | 500g | 500g | 400g | 400g | 2.00kg | 1.50kg | NE |
| U/10 | F51 | 350g | 350g | NE | NE | NE | NE | NE |
| | F52 | 350g | 350g | NE | NE | 1.50kg | 1.50kg | NE |
| | F53 | 350g | 350g | NE | NE | 1.50kg | 1.50kg | NE |
| | F54 | 350g | 350g | NE | NE | 1.50kg | 1.50kg | NE |
| | F55 | 350g | 350g | NE | NE | 1.50kg | 1.50kg | NE |
| | F56 | 350g | 350g | NE | NE | 1.50kg | 1.50kg | NE |
| | F57 | 350g | 350g | NE | NE | 1.50kg | 1.50kg | NE |

Implement Weights for Para Athletics “Open & Underage” Athletes with a Disability

Implement Weights for Transplantee Athletes (F60)

| Age Group | Class | Discus Male | Discus Female | Javelin Male | Javelin Female | Shot Put Male | Shot Put Female | Hammer Male | Hammer Female |
|-----------|-------|-------------|---------------|--------------|----------------|---------------|-----------------|-------------|---------------|
| Open | F60 | 2.00kg | 1.00kg | 800g | 600g | 7.26kg | 4.00kg | 7.26kg | 4.00kg |
| U/20 | F60 | 1.75kg | 1.00kg | 800g | 600g | 6.00kg | 4.00kg | 6.00kg | 4.00kg |
| U/18 | F60 | 1.50kg | 1.00kg | 700g | 500g | 5.00kg | 3.00kg | 5.00kg | 3.00kg |
| U/16 | F60 | 1.00kg | 1.00kg | 700g | 500g | 4.00kg | 3.00kg | 4.00kg | 3.00kg |
| U/14 | F60 | 1.00kg | 1.00kg | 600g | 400g | 3.00kg | 3.00kg | 3.00kg | 3.00kg |
| U/12 | F60 | 750g | 750g | 400g | 400g | 3.00kg | 2.00kg | NE | NE |
| U/10 | F60 | 500g | 500g | NE | NE | 2.00kg | 2.00kg | NE | NE |