

APPENDIX A:

WMA Hurdle, Steeplechase, and Implement Specifications

1. HURDLES

NOTE: Specifications effective 1 January 2026

WOMEN	Age Group	Race (m)	Height (m)	No.	To First (m)	Interval (m)	To Finish (m)
INDOOR	35-39	60	0.840	5	13	8.5	13
	40-49	60	0.762	5	12	8	16
	50-59	60	0.762	5	12	7	20
	60-69	60	0.686	5	12	7	20
	70+	60	0.686	5	11	6	25
SHORT	35-39	100	0.840	10	13	8.5	10.5
	40-49	80	0.762	8	12	8	12
	50-59	80	0.762	8	12	7	19
	60-69	80	0.686	8	12	7	19
	70+	80	0.686	8	11	6	27
LONG	35-49	400	0.762	10	45	35	40
	50-59	300	0.762	7	50	35	40
	60-69	300	0.686	7	50	35	40
	70+	200	0.686	5	20	35	40
MEN	Age Group	Race (m)	Height (m)	No.	To First (m)	Interval (m)	To Finish (m)
INDOOR	35-49	60	0.991	5	13.72	9.14	9.72
	50-59	60	0.914	5	13	8.5	13
	60-69	60	0.840	5	12	8	16
	70-79	60	0.762	5	12	7	20
	80+	60	0.686	5	11	6	25
SHORT	35-49	110	0.991	10	13.72	9.14	14.02
	50-59	100	0.914	10	13	8.5	10.5
	60-69	100	0.840	10	12	8	16
	70-79	80	0.762	8	12	7	19
	80+	80	0.686	8	11	6	27

MEN	Age Group	Race (m)	Height (m)	No.	To First (m)	Interval (m)	To Finish (m)
LONG	35-49	400	0.914	10	45	35	40
	50-59	400	0.84	10	45	35	40
	60-69	300	0.762	7	50	35	40
	70-79	300	0.686	7	50	35	40
	80+	200	0.686	5	20	35	40

2. STEEPLECHASE

WOMEN

2000m .762m (30") 18 barriers and 5 water jumps

MEN

35-59 3000m .0.838m 28 barriers and 7 water jumps

60+ 2000m .762m 18 barriers and 5 water jumps

The 3000m height of 0.914 is acceptable for competition and records.

Note: To set a new record, times at the 0.838m height must be faster than the current WMA record (including the 0.914m height).

3. IMPLEMENT SPECIFICATIONS

	Hammer	Shot	Discus	Javelin	Weight (kg)
WOMEN					
35-49	4kg	4kg	1kg	600gm	9.080 (20lb)
50-59	3kg	3kg	1kg	500gm	7.260 (16lb)
60-74	3kg	3kg	1kg	500gm	5.450 (12lb)
75+	2kg	2kg	0.75kg	400gm	4.000 (8.8lb)
MEN					
35-49	7.26	7.26	2kg	800gm	15.880 (35lb)
50-59	6kg	6kg	1.5	700gm	11.340 (25lb)
60-69	5kg	5kg	1kg	600gm	9.080 (20lb)
70-79	4kg	4kg	1kg	500gm	7.260 (16lb)
80+	3kg	3kg	1kg	400gm	5.450 (12lb)

4. SHOT PUT

Minimum Weight	Diameters:	
	Min.	Max.
7.260K	110mm	130mm
6.000K	105mm	130mm
5.000K	100mm	130mm
4.000K	95mm	130mm
3.000K	85mm	130mm
2.000K	80mm	110mm

5. DISCUS

See WA Rule 34.2 for Discus Specifications 1kg, 1.5kg, 2kg

Specifications for .750kg

	Min.	Max.
Minimum Weight	.750kg	
Outside Diameter of metal rim	166mm	182mm
Diameter of metal plate or flat center area	50mm	57mm
Thickness of metal plate or flat center area	33mm	39mm
Thickness of rim (6mm from edge)	10mm	13mm

6. JAVELIN

See WA Rule 38.10 for Javelin Specifications 800g, 700g, 600g, 500g

Specifications for 400gm

	Min.	Max.
Minimum Weight	400gm	
Overall Length	1.85m	1.95m
Length of metal head	200mm	250mm
Distance from tip of metal head to center of Gravity	0.75m	0.80m
Diameter of shaft at thickest point	20mm	23mm
Width of cord grip	130mm	140mm

The grip, which shall cover the centre of gravity, shall not exceed the diameter of the shaft by more than 8mm.

NOTE: 700g javelin specifications effective 1 January 2026

7. HAMMER

See WA Rules 36.4 - 36.8 for Hammer Specifications for 3.000kg, 4.000kg, 5.000kg, 6.000kg, and 7.260kg

Specifications for 2.000kg

Minimum Weight (kg)	2.000kg
Length maximum (mm)	1195
Minimum diameter range (mm)	75
Maximum diameter range (mm)	100

8. OUTDOOR WEIGHT

Construction: The weight shall consist of three parts: a metal head, link, and handle.
Head: The head shall be spherical of solid iron or other metal not softer than brass or a shell of such metal, filled with lead or other solid material. Any filler must be inserted in such a manner that it is immovable. The centre of gravity of the head, less the link(s) and the handle, shall not be more than 9mm from the center of the sphere.
Link: The head shall be connected to the handle by means of metal link(s). The link(s) shall be of sufficient strength to ensure that they cannot stretch appreciably while the weight is being thrown.
Handle: The handle may be as in the hammer (see WA Rule 36.7) or be made of a round metal rod not exceeding 12.7mm in diameter. The rod must be bent in a triangular shape, so no side exceeds 190mm nor is smaller than 100mm, inside measurement. A handle with no permanent connection point must have three sides of equal length. The handle shall be designed in such a manner to not stretch appreciably while being thrown. It must be attached to the link(s) in such a manner that it cannot be turned within link(s) to increase the overall length.
Connections: The links shall be connected to the head by means of a swivel, either plain or ball bearing. A swivel may not be used to connect the handle to the link(s).

Minimum Weight	Diameter	
	Min.	Max.
15.88kg	145mm	165mm
11.34kg	130mm	150mm

9.08kg	120mm	140mm
7.26kg	110mm	130mm
5.45kg	100mm	120mm
4.00kg	95mm	110mm

Length: The length shall be not more than 410mm measured from the inside of the handle.

9. INDOOR WEIGHT

Note: Outdoor implements should only be used if the landing surface is appropriate.

Construction: The weight shall consist of three parts: a head, handle, and connection. The assembly which may contain a harness. The construction must be such to ensure no damage will be caused to a normal sport hall floor on landing.
Head: The head shall have a spherical soft plastic or rubber case filled with suitable material. The head shall return to its spherical shape after impact. If a filling is used, it must be inserted in such a manner that it is immovable. The center of gravity shall be not more than 9mm from the center of the head with the connection, handle, and harness removed or suspended.
Handle: The handle will be as permitted in the Outdoor Weight.
Connections: The head shall be connected to the handle by means of a harness and up to two metal links separated by an optional swivel. The harness shall have a minimum of four straps securely sewn together to form a sling. The links, swivel and harness must not stretch appreciably during a throw.

Minimum Weight	Diameter	
	Min.	Max.
15.88kg	145mm	180mm
11.34kg	130mm	165mm
9.08kg	120mm	155mm
7.26kg	110mm	145mm
5.45kg	100mm	135mm
4.00kg	95mm	110mm

Length: The length shall be not more than 410mm measured from the inside of the handle.

APPENDIX B:

The scoring of WMA Combined Events Competition, age factors and parameters are in a separate document.

APPENDIX C:
WMA ADVANCEMENT TABLES
OUTDOOR

P = Number of athletes qualified by their place;

T = Number of athletes qualified by their time

8 Lane Tracks (100m, 200m, 400m, Hurdles)

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-8	0		0		1
9-16	0		2	2 P+4 T	1
17-24	0		3	2 P+2 T	1
25-32	4	2 P+8 T	2	2 P+4 T	1
33-40	5	2 P+6 T	2	2 P+4 T	1
41-48	6	2 P+4 T	2	2 P+4 T	1
49-56	7	2 P+10 T	3	2 P+2 T	1
57-64	8	2 P+8 T	3	2 P+2 T	1
65-72	9	2 P+6 T	3	2 P+2 T	1
73-80	10	2 P+4 T	3	2 P+2 T	1
81-88	11	1 P+13 T	3	2 P+2 T	1
89-96	12	1 P+12 T	3	2 P+2 T	1

9 Lane Tracks (100m, 200m, 400m, Hurdles)

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-9	0		0		1
10-18	0		2	2 P+4T	1
19-27	0		3	2 P+2T	1
28-36	4	2 P+8T	2	2 P+4T	1
37-45	5	2 P+6T	2	2 P+4T	1
46-54	6	2 P+4T	2	2 P+4T	1
55-63	7	2 P+10T	3	2 P+2T	1
64-72	8	2 P+8T	3	2 P+2T	1
73-81	9	2 P+6T	3	2 P+2T	1
82-90	10	2 P+4T	3	2 P+2T	1
91-99	11	1 P+13T	3	2 P+2T	1
100-108	12	1 P+12T	3	2 P+2T	1

8-9 Lane Tracks (800m)

Number of Competitors	Semi Finals	Qualifying	Final
1-12	0		1
13-24	2	2 P+8T	1
25-36	3	2 P+6T	1
37-48	4	2 P+4T	1
49-60	5	1 P+2T	1
61-72	6	0 P+12T	1
73-84	7	0 P+12T	1
85-96	8	0 P+12T	1
97-108	9	0 P+12T	1

8-9 Lanes Tracks (1500m)

Number of Competitors	Heats	Qualifying	Final
1-16	0		1
17-32	2	3 P+10T	1
33-48	3	2 P+10T	1
49-64	4	2 P+8T	1
65-80	5	2 P+6T	1
81-96	6	2 P+4T	1
97-112	7	1 P+9T	1

INDOOR

P = Number of athletes qualified by their place;

T = Number of athletes qualified by their time

8 Lane Tracks (60m, 60m Hurdles)

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-8	0		0		1
9-16	0		2	2 P+4T	1
17-24	0		3	2 P+2T	1
25-32	4	2 P+8T	2	2 P+4T	1
33-40	5	2 P+6T	2	2 P+4T	1
41-48	6	2 P+4T	2	2 P+4T	1
49-56	7	2 P+10T	3	2 P+2T	1
57-64	8	2 P+8T	3	2 P+2T	1
65-72	9	2 P+6T	3	2 P+2T	1
73-80	10	2 P+4T	3	2 P+2T	1
81-88	11	1 P+13T	3	2 P+2T	1
89-96	12	1 P+12T	3	2 P+2T	1

6 Lane Tracks (60m, 200m, 400m, 60m Hurdles)

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-6	0		0		1
7-12	0		2	2 P+2T	1
13-18	0		3	1 P+3T	1
19-24	4	2 P+4T	2	2 P+2T	1
25-30	5	2 P+2T	2	2 P+2T	1
31-36	6	2 P+6T	3	1 P+3T	1
37-42	7	2 P+4T	3	1 P+3T	1
43-48	8	2 P+2T	3	1 P+3T	1
49-54	9	1 P+9T	3	1 P+3T	1
55-60	10	1 P+8T	3	1 P+3T	1

INDOOR

P = Number of athletes qualified by their place;

T = Number of athletes qualified by their time

6 Lane Tracks (800m)

Number of Competitors	Semi -finals	Qualifying	Final
1-9	0		1
10-18	2	2 P + 5 T	1
19-27	3	2 P + 3 T	1
28-36	4	1 P + 5 T	1
37-45	5	1 P + 4 T	1
46-54	6	1 P + 3 T	1
55-63	7	1 P + 2 T	1
64-72	8	0 P + 9 T	1
73-81	9	0 P + 9 T	1
82-90	10	0 P + 9 T	1

6 Lane Tracks (1500m)

Number of Competitors	Heats	Qualifying	Final
1-12	0		1
13-24	2	2 P + 8 T	1
25-36	3	2 P + 6 T	1
37-48	4	2 P + 4 T	1
49-60	5	2 P + 2 T	1
61-72	6	1 P + 6 T	1
73-84	7	1 P + 5 T	1