



MEMORANDUM

January 29, 2019

VIA EMAIL

TO: Head Men’s and Women’s Track and Field Coaches.

FROM: Dan Rose, chair
NCAA Men’s and Women’s Track and Field Rules Committee

Mark Kostek, secretary-rules editor
NCAA Men’s and Women’s Track and Field Rules Committee.

SUBJECT: Clarification of Rule 2-11.5 – Specifications for The Weight.

On behalf of the NCAA Men’s and Women’s Track and Field Rules Committee, we would like to make you aware of an omission in Rule 2-11.5 (page 40) of the 2019 and 2020 NCAA Cross Country/Track and Field Rules Book. The omission is a note that addresses the maximum diameter of an indoor throwing weight. Please note the current rule below with the added note denoted in red that was omitted from the rule book. This note is effective immediately.

Specifications

ARTICLE 5. The weight shall conform to the specifications for the implement published by USA Track and Field. The specifications in the articles of this rule and those in Figure 21 are reprinted for reference purposes only and may not be all-inclusive. The maximum overall length of the complete implement as thrown, measured from the inside surface of the middle of the handle to the bottom of the complete implement with the head in a spherical shape, shall not exceed 41.00 centimeters.

Note: Measurement must not include any deformed or flat surfaces at the bottom of the head.

	MEN’S	WOMEN’S
Minimum weight	15.880 kg	9.080 kg
Minimum head diameter	145 mm	120 mm
Maximum head diameter	165 mm	140 mm

NOTE: The maximum diameter for indoor implements is 15 mm larger than the specifications in the chart.

If you have any questions, please contact Mark Kostek at kostekmt@gmail.com or 515-208-8300.

DR/MK:rs

cc: Mr. Sam Seemes
Mr. Nathan Smurdon
NCAA Men’s and Women’s Track and Field Rules Committee
Selected NCAA Staff Members