



Multi-Class Shot Put Specifications 2024-2025

as at 3-9-24

	U9 / U10 / U11		U12		U13 & U14		U15		U16		U17	
Classification	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
Hearing Impairment												
F01	2	2	2	2	3	3	3	4	3	4	3	5
Visually Impairment												
F11-13	2	2	2	2	3	3	3	4	3	4	3	5
Intellectual Impairment												
F20	2	2	2	2	3	3	3	4	3	4	3	5
F21	1	2	1	2	2	3	2	3	2	3	2	3
Physical Impairment												
F32 (Seated)	1	1	1	1	1	1	1	1	1	2	1	2
F33 (Seated)	1	1	1	1	1	2	2	2	2	2	2	2
F34 (Seated)	2 (1.5)	2 (1.5)	2	2	2	2	2	3	2	3	2	3
F35	2 (1.5)	2 (1.5)	2	2	2	2	2	3	2	3	2	3
F36	2 (1.5)	2 (1.5)	2	2	2	2	2	3	2	3	2	3
F37	2 (1.5)	2 (1.5)	2	2	2	2	2	3	2	3	2	4
F38	2 (1.5)	2 (1.5)	2	2	2	2	2	3	2	3	2	4
Physical Impairment												
F40/41	1.5	1.5	1.5	1.5	2	2	2	3	2	3	2	3
Physical Impairment												
F42	2	2	2	2	3	3	3	4	3	4	3	5
F43/44	2	2	2	2	3	3	3	4	3	4	3	5
F45	2	2	2	2	3	3	3	4	3	4	3	5
F46	2	2	2	2	3	3	3	4	3	4	3	5
F52	1.5	1.5	1.5	1.5	2	2	2	2	2	2	2	2
F53	1.5	1.5	1.5	1.5	2	2	2	2	2	2	2	2
F54	2 (1.5)	2 (1.5)	2	2	2	2	2	2	2	2	2	3
F55	2 (1.5)	2 (1.5)	2	2	2	2	2	2	2	2	2	3
F56	2 (1.5)	2 (1.5)	2	2	2	2	2	2	2	2	2	3
F57	2 (1.5)	2 (1.5)	2	2	2	2	2	2	2	2	2	3
F61-64	2	2	2	2	3	3	3	4	3	4	3	5
Transplant												
F60	2	2	2	2	3	3	3	4	3	4	3	5

NOTES: *All weights are in kilograms (kg)

*Where the weight differs in the U9/10/11 age groups, the weights for U9 and U10 is listed in brackets.