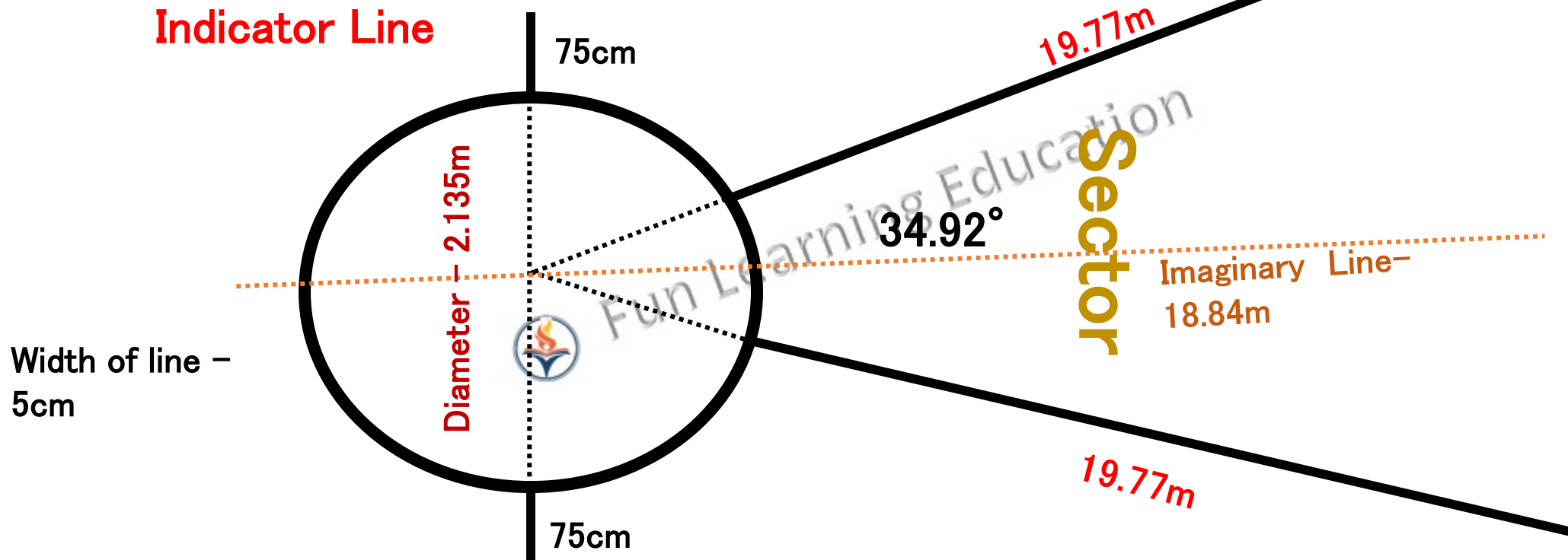




Hammer Throw

Measurement





Hammer Cage

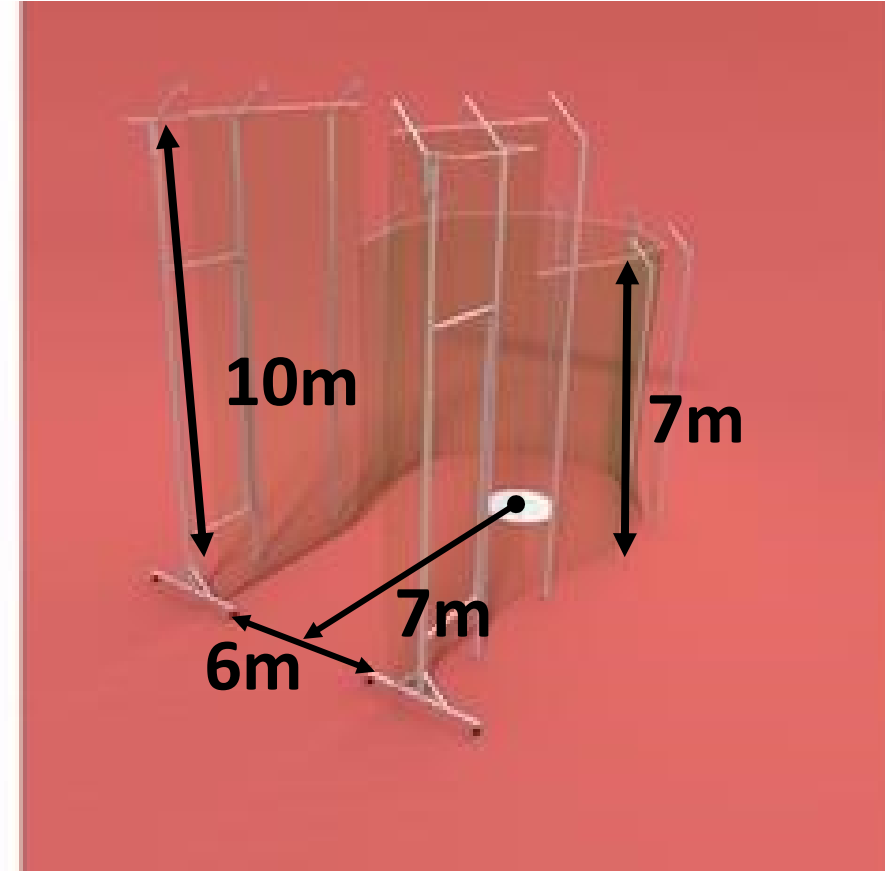
- The cage should be designed, manufactured and maintained so as to be capable of stopping a **7.260kg hammer head** moving at a speed of up to **32 metres per second**.





Hammer Cage

- The cage should be **u-shaped**.
- The **netting for the cage** can be made from suitable natural or **synthetic fibre cords** or, alternatively, from mild or high tensile **steel wire**. The maximum **mesh size** shall be **45mm** for cord netting and **50mm** for steel wire.





Hammer

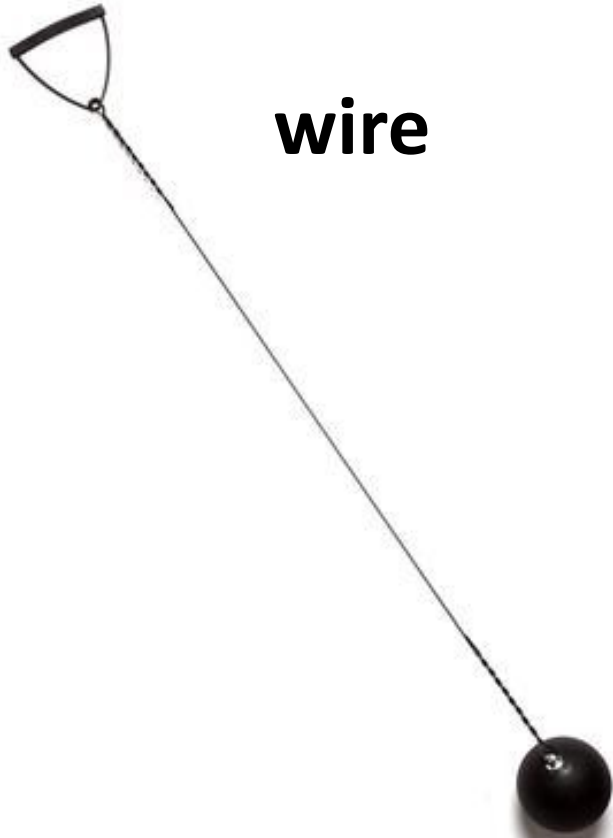
Metal Head



Handle



wire





Hammer



□ Mans-

- Weight- **7.26kg**
- Diameter- **110-130mm**
- length of hammer- **1175-1215mm**
(measured from inside of handle)

□ woman's-

- Weight- **4kg**
- Diameter- **95-110mm**
- length of hammer- **1160-1195mm**
(measured from inside of handle)





Techniques of Hammer Throw

6 Phase-

1. Grip

2. Stance



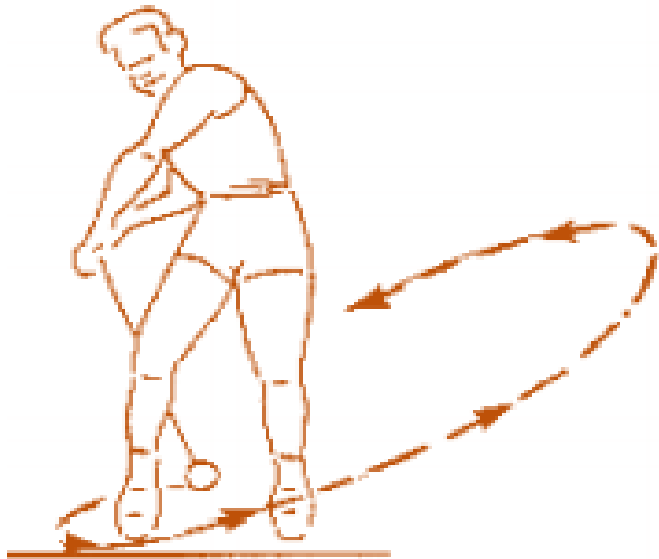
 Fun Learning Education



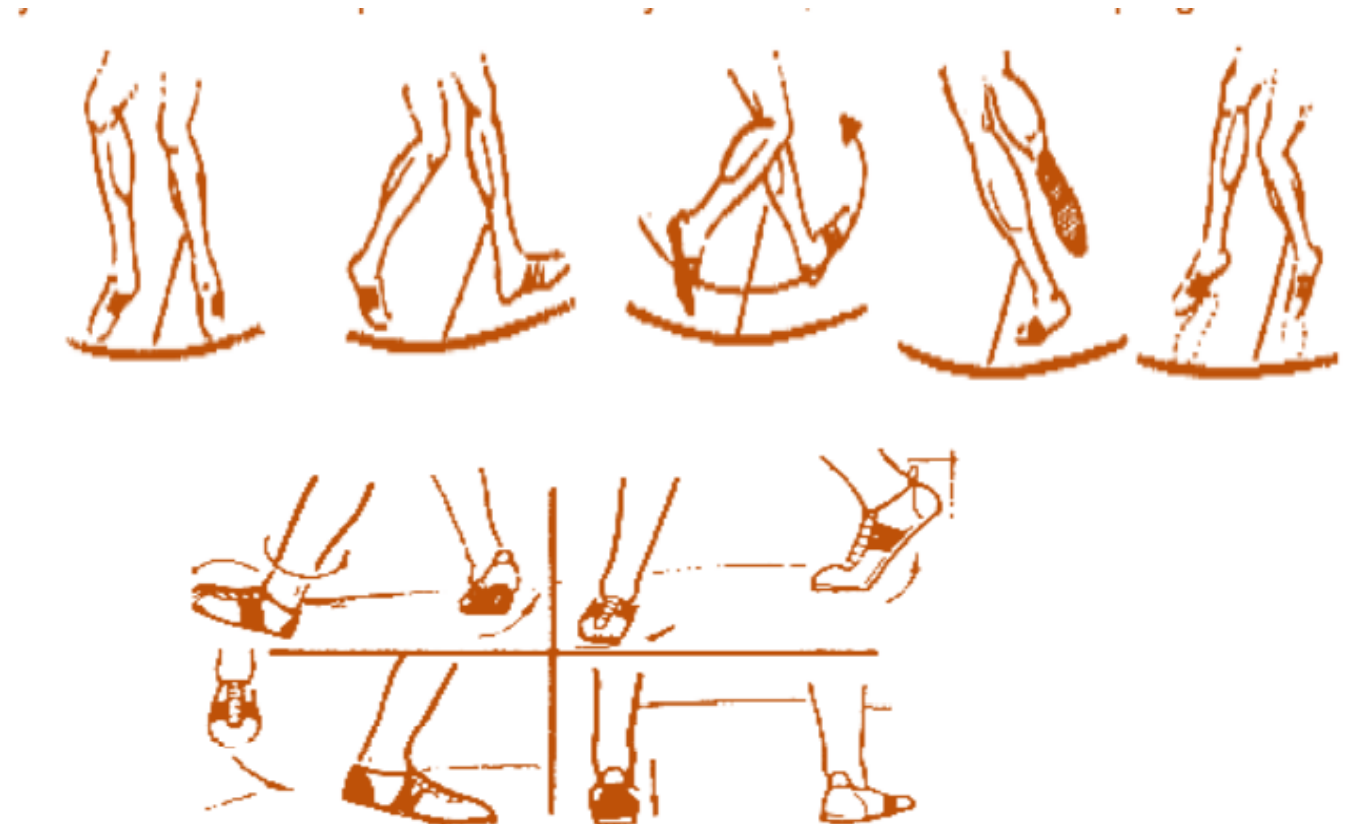


Techniques of Hammer Throw

3. Swing



4. Pivot and Turn





Techniques of Hammer Throw

5. Release

6. Recovery





Rules of Hammer Throw



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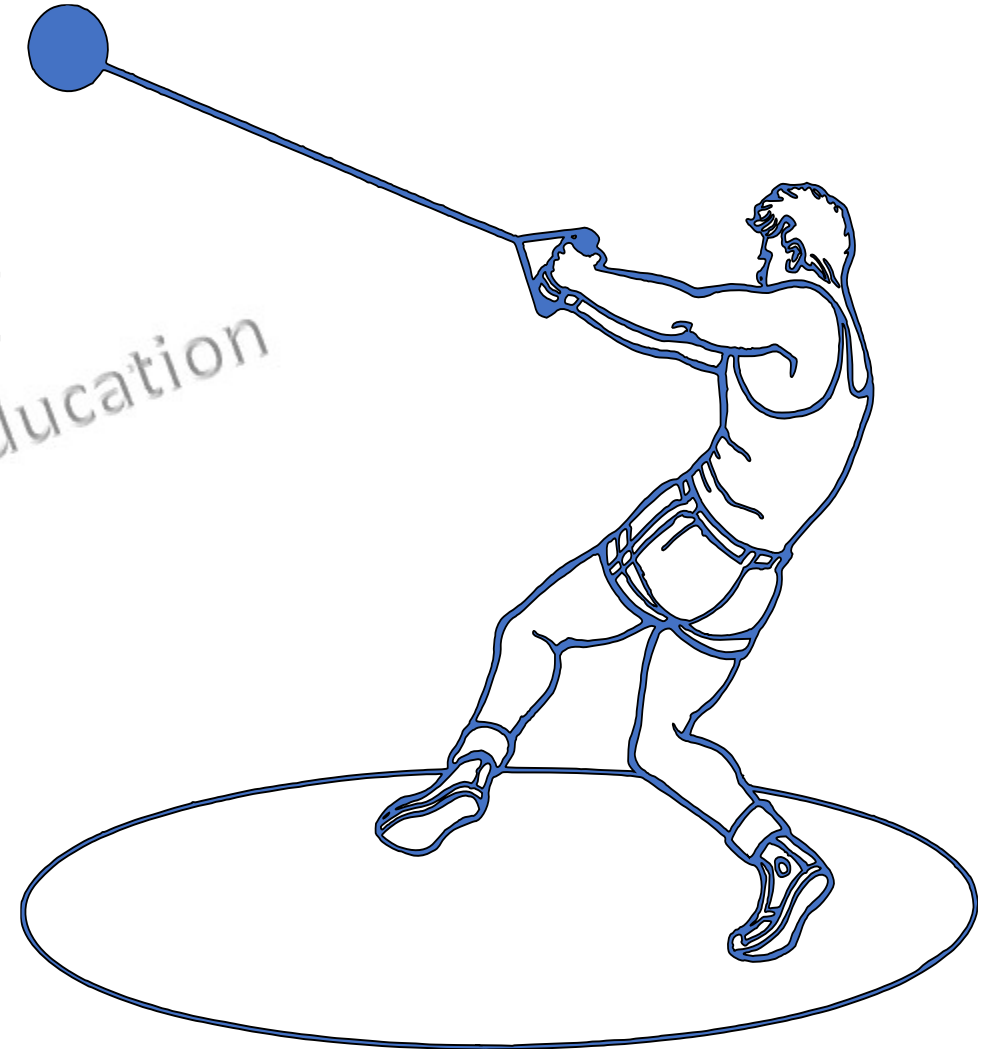
34.92°

Sector



Rules of Hammer Throw

- Before the starting of preliminary swinging, an athlete is allowed to put the head of hammer either inside or outside the circle.
- It shall not be considered as failure if the head of the hammer touches the ground inside or outside the circle, or the top of the rim.





Rules of Hammer Throw



If the hammer breaks during a throw or while in the air, it shall not count as a failure.

Gloves are allowed in hammer throw.



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Rules of Hammer Throw

- When the number of athlete **more than eight athletes**, each athlete shall be allowed **three trials** and the **eight athletes with the best valid performances** shall be allowed **three additional trials**.
- When the number of **athlete are eight or less than eight** chance will be **six** time each to them.





Rules of Hammer Throw

□ Timing –

- Once the athlete's name is called, they have **one minutes** to complete their trial.





Officials-

- 1- Chief Judge
- 2- Measurement Judges
- 1- Scorer
- 1- Time Judge
- 1- Announcer