

Hammer Rules & Safety

Note: Post the following listing in a conspicuous location within the throwing area, and educate all throwers, coaches, and helpers to these rules.

Meets

1. Only adults (18 and over) allowed in throwing sector during meets and pre-meet warm-ups.
2. Never more than two (2) individuals between the sector lines when throwing is taking place.
3. Individuals standing inside the sector lines when throwing is in progress should be reasonably separated from one another. (suggested distance, 20 feet)
4. No warm-up movements (turns, winds, throws, etc.) with the implement outside of cage during meets or pre-meet warm-ups. Unless a warm-up cage is provided.
5. Spectators, officials, members of the media, and coaches not allowed within five (5) feet of the cage while throwing is in progress. Flagging placed four (4) back from the hammer cage is suggested).
6. Instruct throwers that they may not proceed until officials give them verbal notice to throw.
7. Retrievers and markers must never turn their back to the throwing ring. If a marker is not out of range of a throw, he/she should move sideways, rather than towards or away from the throw, as it approaches them.
8. Never allow fans, parents, athletes, or members of the media to congregate along the left or right sector lines while the competition or practice therefore is in progress.

Practice and Training

1. All hammer throwing should take place at the beginning or end of "regular" track practice, when the field is clear of all non-hammer throwing individuals.
2. All throwing should be under the strict supervision of a coach or competent adult (similar to the Washington State high school rule governing the pole vault).
3. Use of alternative implements (soft-landing hammers, chain hammers, towels, cones, etc.) should be considered when damage to the landing area is an issue. Coaches discretion should be exercised with respect to use of alternative implements in the training of inexperienced throwers.

4. Instruct throwers to bring out-of-control throws back under control inside the ring or cage, rather than just releasing the implement, unless so doing would, in the judgment of the thrower, cause injury to him/herself or others.

5. Instruct throwers to make certain that all potential landing areas are clear prior to throwing the implement. The last thing the thrower should do is to check the sector before starting the throw.

6. Always have a spotter watching the throwing sector. Block off areas of entry whenever possible.

6. Implement as many of the meet safety rules during practice sessions as is possible.