

High School Chain Hammer Rules

Specifications Weight Length

Girls - 4 Kilo min 1160mm, max 1195 mm

Boy's - 12 Lbs min 1175 mm, max 1215 mm

Event rules

1. Hammer chain can be placed out side of the ring to start the throw.
2. Once athlete has entered the ring, nothing can leave the ring area (towel, hat, etc.) except as stated in rule 1.1. Touching the outside of the ring area with anything except the hammer is ruled a foul. Stepping or falling past the ring area while contacting the surface is a foul.
3. Following a successful throw the athlete shall exit the ring past the half way markers out the back of the ring.
4. Typically a throw is considered (2) winds and (3-5) spins however, any combination of this is considered legal.
5. The thrower may start and stop his/her throw as long as nothing touches outside the ring including the hammer.
6. The thrower must leave the ring under control.
7. A legal hammer may strike the surface or cage during the throw as long as it comes back into the sector.
8. All parts of the chain must land inside the sector lines to be a legal throw. However, the handle and wire maybe out the sector and still count as a legal throw.
9. Discus ring will be used for this event measuring 8 feet in diameter and the sector will be the same as the discus.
10. The hammer is marked at the first point of impact.

Safety Suggestions

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.

9. Electronic devices shall not be used in throwing sector. (ipods, phones, etc.)