



NFHS TRACK AND FIELD SHOT PUT AND DISCUS IMPLEMENT SPECIFICATIONS (6-10-2, 6-10-4)

SHOT PUT

The shot shall meet the following specifications:

	Boys Competition	Girls Competition
Weight (minimum)	5.443 kg (12 lb.)	4.0 kg (8.818 lb.)
Diameter (minimum)	98.4 mm (3.875 in.)	95 mm (3.740 in.)
(maximum)	117.5 mm (4.625 in.)	110 mm (4.331 in.)
Circumference (minimum)	12 ¹ / ₈ in. (30.91 cm)	11 ³ / ₄ in. (29.84 cm)
(maximum)	14 ¹ / ₂ in. (36.91 cm)	13 ³ / ₈ in. (34.56 cm)

DISCUS

The discus shall meet the following specifications:

	Boys Competition	Girls Competition
Weight (minimum)	1.6 kg. (3.527 lb.)	1.0 kg. (2.205 lb.)
Diameter (minimum)	209 mm (8.228 in.)	180 mm (7.087 in.)
(maximum)	211 mm (8.307 in.)	182 mm (7.165 in.)
Diameter of Core (minimum)	50 mm (1.968 in.)	50 mm (1.968 in.)
(maximum)	57 mm (2.244 in.)	57 mm (2.244 in.)
Thickness of Center (minimum)	40 mm (1.575 in.)	37 mm (1.457 in.)
(maximum)	42 mm (1.654 in.)	39 mm (1.535 in.)
Rim thickness ¹ / ₄ inch From Edge:		
(minimum)	12 mm (0.472 in.)	12 mm (0.472 in.)
(maximum)	13 mm (0.512 in.)	13 mm (0.512 in.)
Radius of Edge	6 mm (0.236 in.)	6 mm (0.236 in.)