The facilities specifications listed in this rule represent the minimums necessary to host intercollegiate track and field. Technical information on construction, layout and marking is contained in the American Sports Builders Association Construction and Maintenance Manual and the International Association of Athletics Federations’ (IAAF) Track and Field Facilities Manual. The tolerances listed in those manuals are acceptable.

Track calculations and measurements, to verify compliance with NCAA rules, must be metric. Imperial distances, used within these rules for convenience, are conversions from, approximations of and less accurate than the stated metric values.

Note: Figures are not drawn to scale.

SECTION 1. The Track

The Area

ARTICLE 1. With respect to grade or slope:

a. The maximum lateral inclination permitted for the track across the full width of the track, preferably toward the inside lane, and across all runways, shall not exceed 1:100, one percent (1%).

b. The maximum overall downward inclination permitted in the running direction for the track, the running direction for all runways and the throwing direction for all landing sectors shall not exceed 1:1,000, one-tenth of one percent (0.1%). Inclination shall be measured by comparing the start and end points of the races that use the straightaway portion of the oval, the last 20 meters of the javelin runway, the start and end points of other runways, not to exceed 40 meters, and the full graded length of each landing sector.

c. In the high jump approach and takeoff area, the maximum overall downward inclination of the last 15 meters shall not exceed 1:250, four-tenths of one percent (0.4%), in the running direction toward the center of the crossbar.

d. The surface of a throwing circle shall be level.

ARTICLE 2. The standard outdoor running track shall be 400 meters in length and not less than six lanes in width. The width of each lane shall be constant and not less than 1.067 meters. It shall normally consist of two parallel straights and two semicircular curves of equal design. Lanes shall be marked on both sides by white lines 5 centimeters wide. The lanes shall be numbered with lane one on the left when facing the finish line. No lane around a full curve with a constant radius in excess of 50 meters shall be eligible for a record or championship qualifying.

Whenever possible, it is recommended that there be an obstacle-free zone on the inside and on the outside of the track at least 1 meter in width.
Note: For larger meets, nine lanes of at least 1.067 meters each are desirable.

**Track Surveying**

ARTICLE 3. Tracks shall be surveyed and all measurements certified after initial construction and after resurfacing. This certification shall be maintained and made available upon request.

A surveyor’s written certification shall list the exact measurements for the following:

a. Levels of the track, runways, approaches and landing surfaces;
b. Permanent track, runway, approach and landing surface measurements;
c. Start and finish lines;
d. Track lanes;
e. Baton-passing zones;
f. Steeplechase water-jump pit;
g. Hurdle placements; and
h. Throwing surfaces — the shot put, hammer and discus circles.

**Track Markings**

ARTICLE 4. It is recommended that the following international color code be used when marking an indoor or outdoor track:

a. Starting line (white) — 55/60 Meters, 55/60 Meter Hurdles, 100 Meters, 100/110 Meter Hurdles, 200 Meters, 300 Meters, 400 Meters, 1500 Meters, Mile, 3000 Meters, Steeplechase, 5000 Meters, 10,000 Meters;
b. Starting line (white with green insert) — 800 Meters, one-turn stagger;
c. Starting line (white with red insert) — 4x200 Meter Relay, four-turn stagger;
d. Starting line (white with blue insert) — 4x400 Meter Relay, three-turn stagger;
e. Multiple waterfall starting lines (white);
f. Finish line (white) — all;
g. Relay exchange zones — 4x100 Meter Relay (yellow), 4x200 Meter Relay (red), 4x400 Meter Relay (blue);
h. Hurdle locations — 100 Meter Hurdles (yellow), 110 Meter Hurdles (blue), 400 Meter Hurdles (green), Steeplechase (black); and
i. Break line (green).

**Measuring Distances**

ARTICLE 5. The distance to be run in any race shall be measured from start to finish between two theoretical hairlines. In races run on straightaway courses, the distance shall be measured in a straight line from the starting line to the finish line. In races around a curve, lane one, and all distances not run in lanes, shall be measured 30 centimeters outward from the inner edge of the track if designed for and surveyed based on the existence of a regulation curb. If not so designed, lane one shall be measured 20 centimeters from the left-hand lane line.

For all races in lanes around one or more curves, the distance to be run in each lane, except lane one, shall be measured 20 centimeters from the outer edge of the lane line that is on the runner’s left. See Figure 1.

Note: The measurement of lane staggers should be determined by a competent surveyor since they are not the same for races run entirely in lanes and races that use a break line. Additional variation occurs as the actual length of the straightaway varies. Tables for in-lane race staggers and break line race staggers with varying straightaways are available on the NCAA playing rules website at www.ncaa.org/playingrules.
Cones and Curbing

ARTICLE 6. A track surveyed based on the existence of a curb shall, at a minimum, have the full curves bordered by a curb of suitable material approximately 5 centimeters in height and a minimum of 5 centimeters in width. The edges of the curb shall be rounded. See Figure 1.

Cones may be used to replace a curb temporarily when the curb interferes with other events, but not as a substitute for a curb. If a section of the curb must be temporarily removed for any reason, its place shall be marked by a white line 5 centimeters in width and by cones at least 15 centimeters in height. The cones shall be placed on the track on top of the line so that the outward face of the cone coincides with the edge of the white line closest to the track. The cones shall be placed at distances not exceeding 4 meters outdoors and 1.5 meters indoors.

For world, American and NCAA outdoor championship records, a regulation curb must be in place. For championship qualifying on a track surveyed for a curb, a regulation curb must be in place. For indoor records and all championship qualifying on a track surveyed for no curb, the inside white line must be marked additionally with cones.

Visible Starting Line

ARTICLE 7. A visible starting line, 5 centimeters wide, shall be marked on the track just within the measured distance so that its near edge is identical with the exactly measured and true starting line. See Figure 1.

The visible starting line for all races not run in lanes (including the 800 Meters, when alleys are used) shall be curved so that all competitors run the same distance going into the curve. See Figure 2.

Visible Finish Line

ARTICLE 8. A visible finish line, 5 centimeters wide, shall be marked on the track just outside the measured distance so that its edge nearer the start is identical with the exactly measured and true finish line. See Figure 1.

Lane numbers of reasonable size shall be placed at least 15 centimeters from the common finish line.
A section of the intersection of each lane line and the finish line shall be painted black in a pattern to assist photo-finish lane identification and camera alignment. Figure 3 is an example.

Note: A common finish line is recommended for all races. Lines in the finish area should be kept to a minimum. If additional lines are necessary, they should be of a less conspicuous color than the finish line, so as not to cause confusion.

The curved starting line may be established by driving a row of pins 3.05 meters apart, 0.3 meters from the curb—the first pin to be 0.3 meters from the curb at the start. For a 9.75-meter track, 10 pins are sufficient.

Using a steel tape 30.48 meters or longer, and with the pin furthest from the start as a center, scribe an arc from pole to outer curb of track.

This will not be an arc of a circle as the radius will change as the tape loses contact with each successive pin.

The distance for spacing of the pins—3.05 meters—is an arbitrary and sufficiently accurate interval.

AB—Curved starting line
AC—Finish line
A—Juncture of straightaway and curve

Figure 2—Curved Starting Line

Direction of Running

Figure 3 — Finish-Line Intersections Example

Except where their use may interfere with fully automatic timing devices, two white posts may denote the finish line and be placed at least 30 centimeters from the edge of the track. The finish posts shall be of rigid construction, approximately 1.4 meters high and 5 to 8 centimeters in diameter.

Running Lanes

ARTICLE 9. a. In all race distances up to and including 400 meters, each contestant shall have a separate lane to be marked by white lines of paint or suitable substance 5 centimeters in width. Lanes shall have the same width, with a recommended minimum of 1.067 (±0.01) meters (42 inches) and a maximum of 1.22 (±0.01) meters (48 inches), including the white line to the right. See Figure 1.
b. Hurdle lanes shall be at least 1.067 meters in width. If hurdle lanes are not marked on the track, they shall be judged as equivalent to 2 centimeters wider than the total width of each hurdle.

**Break Line**

ARTICLE 10. A visible break line 5 centimeters wide shall be an arc across the track showing the position at which competitors are permitted to leave their respective lanes or staggered alleys. This applies to outdoor events of at least 800 meters and indoor events authorized to use a break line and shall be positioned accordingly for specific events. The marking of an outdoor one-turn break line on the home straight may be limited to the outside lanes.

The arc of the break line should reflect an adjustment in each lane so that competitors in outside lanes travel the same distance to reach an inside position as competitors in the inside lanes.

Small cones shall be placed on the lane lines immediately before the intersection of the lane lines and the break line. Cones, as described in Rule 1-1.6, shall be used to mark the inside of any single outer alley used for a race between the start of the alley and the break line.

**Relay Zones**

ARTICLE 11. In all relays around the track, the baton exchange must be made within a 20-meter zone, formed by lines drawn 10 meters on each side of the measured centerline. If designated by lines, the zone is between the edges of the lines closest to the start. All boxes or triangles denoting the limits of the zone shall be within the zone.

**International Zones**

ARTICLE 12. A distinctive short mark 10 meters before the relay zone shall be placed within, and indicate the beginning of, the international zone. In races that allow an international zone, outgoing runners, while waiting to receive the baton, may take a position and begin running anywhere within this zone. See Rule 5-8.4.

**SECTION 2. The Hurdles**

The placement of hurdles shall be in accordance with the following table:

<table>
<thead>
<tr>
<th>PLACEMENT OF HURDLES</th>
<th>No. of Hurdles</th>
<th>Distance Start to 1st Hurdle</th>
<th>Distance Between Hurdles</th>
<th>Distance Last Hurdle to Finish</th>
</tr>
</thead>
<tbody>
<tr>
<td>55 Meter Hurdles (men)</td>
<td>5</td>
<td>13.72 m</td>
<td>9.14 m</td>
<td>4.72 m</td>
</tr>
<tr>
<td>55 Meter Hurdles (women)</td>
<td>5</td>
<td>13 m</td>
<td>8.5 m</td>
<td>8 m</td>
</tr>
<tr>
<td>60 Meter Hurdles (men)</td>
<td>5</td>
<td>13.72 m</td>
<td>9.14 m</td>
<td>9.72 m</td>
</tr>
<tr>
<td>60 Meter Hurdles (women)</td>
<td>5</td>
<td>13 m</td>
<td>8.5 m</td>
<td>13 m</td>
</tr>
<tr>
<td>100 Meter Hurdles</td>
<td>10</td>
<td>13 m</td>
<td>8.5 m</td>
<td>10.5 m</td>
</tr>
<tr>
<td>110 Meter Hurdles</td>
<td>10</td>
<td>13.72 m</td>
<td>9.14 m</td>
<td>14.02 m</td>
</tr>
<tr>
<td>400 Meter Hurdles</td>
<td>10</td>
<td>45 m</td>
<td>35 m</td>
<td>40 m</td>
</tr>
</tbody>
</table>

**SECTION 3. The Steeplechase**

**Distance**

ARTICLE 1. The standard distance for the Steeplechase shall be 3000 meters.

**Jumps**

ARTICLE 2. There shall be 28 hurdle jumps and seven water jumps included in the 3000 Meter Steeplechase. The distance from the starting point to the
finish line on the first lap shall not include any jumps. The water jump shall be the fourth jump in each lap. If necessary, the finish line shall be moved to accommodate this rule.

**Measuring Course**

ARTICLE 3. The following measurements are given as a guide, and any adjustments necessary shall be made by lengthening or shortening the distance at the starting point of the race. In this chart, it is assumed that a lap of 400 meters has been shortened 10 meters by constructing the water jump inside the track. It is recommended that the approach to and exit from the water-jump hurdle be straight for approximately 7 meters.

**POSSIBLE STEEPLECHASE MEASUREMENTS**

<table>
<thead>
<tr>
<th>Course</th>
<th>Distance from starting point to commencement of 1st lap, to be run without jumps</th>
<th>270 m</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Distance from start of 1st full lap to 1st hurdle</td>
<td>10 m</td>
</tr>
<tr>
<td></td>
<td>From 1st to 2nd hurdle</td>
<td>78 m</td>
</tr>
<tr>
<td></td>
<td>From 2nd to 3rd hurdle</td>
<td>78 m</td>
</tr>
<tr>
<td></td>
<td>From 3rd hurdle to water jump</td>
<td>78 m</td>
</tr>
<tr>
<td></td>
<td>From water jump to 4th hurdle</td>
<td>78 m</td>
</tr>
<tr>
<td></td>
<td>From 4th hurdle to finish line</td>
<td>68 m</td>
</tr>
</tbody>
</table>

390 m x 7 laps = \( \frac{2730 \text{ m}}{3000 \text{ m}} \)

Note: Since the water jump may be constructed in the area inside or outside the track, thereby lessening or lengthening the normal distance of the laps, it is not possible to prescribe any rule specifying the exact length of the laps or to state precisely the position of the water jump. It should be kept in mind that there must be enough distance from the starting line to the first hurdle to prevent the competitors from overcrowding, and there should be approximately 68 meters from the last hurdle to the finish line.

**Placement of Hurdles on Track**

ARTICLE 4. The hurdles shall be placed on the track so that 30 centimeters of the top bar, measured from the inside edge of the track, will extend inside the inner edge of the track. See Figure 4.

*Note: For hurdle specifications, see Rule 2-3.*

**Water-Jump Construction**

ARTICLE 5. It is recommended that the water jump be placed on the inside of the track. The water jump, including the hurdle, shall be 3.66 (±0.02) meters in length and 3.66 (±0.02) meters in width. The water shall be a minimum of 70 centimeters in depth immediately after the hurdle, and the pit shall have a constant upward slope from a point 30 centimeters past the water-jump hurdle to the level of the track at the far end. The landing surface inside the water jump should be composed of a nonskid, shock-absorbent material. A suitable material between the vertical uprights of the water-jump hurdle is recommended to aid the competitor with depth perception. See Figure 4.

The hurdle at the water jump shall be firmly fixed in front of the water and be of the same height as the other hurdles in the competition.

For construction or resurfacing after January 1, 2008, the approach to and run-out from the water jump shall be of the same material as the track surface.
SECTION 4. The High Jump

Approach
ARTICLE 1. It is recommended that the approach be an octagon or square with a surface of at least 21 meters. The minimum length provided shall be 15 meters. The length of the approach run is unlimited.

Takeoff Area
ARTICLE 2. The takeoff area is the semicircle enclosed by a 3-meter radius whose center point is directly under the center of the crossbar. For a record to be approved, the tolerances specified in Rule 1-1.1 may not be exceeded.

SECTION 5. The Pole Vault

Vaulting Box
ARTICLE 1. The vaulting box in which the vaulting pole is planted shall be constructed of suitable rigid materials. Its dimensions and shape shall be those shown in the accompanying diagram.

The box shall be of a contrasting color from the runway and shall be immovably fixed in the ground so that all of its upper edges are flush with the takeoff area. The angle between the bottom of the box and the back of the box shall be 105 degrees. See Figure 5.

Runway
ARTICLE 2. For new construction after January 2006, the vaulting runway shall have a minimum length of 40 meters. It is recommended that the width of the runway be 1.22 (±0.01) meters. See Rule 1-1.1.
Runway Markings
ARTICLE 3. The center of the runway, when marked after January 1, 2011, shall be marked with seven permanent lines in the pattern shown in Figure 6. Each line is 5 centimeters (2 inches) in width and 30 centimeters (12 inches) from the same respective point of an adjacent line. Each short line is 30 centimeters in length. The long line is 90 centimeters (36 inches) in length. The distance from the edge of the long line closest to the landing pit to the point where the back of the vaulting box meets the runway is 3.65 meters (12 feet).

Runway Markers
ARTICLE 4. The full length of the runway may be permanently marked with lines on or touching the edge that are not more than 2 centimeters wide by 5 centimeters long to indicate the distance from the back of the vaulting box.

SECTION 6. The Long Jump and Triple Jump Runway
ARTICLE 1. For new construction after January 2006, the minimum length of the runway for the Long Jump and Triple Jump shall be 40 meters from the edge nearest the pit of each event’s takeoff board. It is recommended that the width of
the runway be 1.22 (±0.01) meters. The construction and material of the runway shall be extended beyond the takeoff board to the nearer edge of the landing pit. See Rule 1-1.1.

When the runway is not distinguishable from the adjacent surface, it is recommended that it be bordered by lines 5 centimeters in width from the start of the nearer edge of the landing pit.

The full length of the runway may be permanently marked with lines on or touching the edge that are not more than 2 centimeters wide and 5 centimeters long to indicate the distance from the foul line.

**Landing Area**

**ARTICLE 2.** The landing area in new construction after January 2006 shall be not less than 2.75 or more than 3 meters in width, and shall be filled with damp sand to an elevation identical with that of the takeoff board. Figure 7 shows an appropriate device for ensuring proper sand level.

a. In the Long Jump, the distance between the takeoff board and the nearer edge of the landing area shall be not less than 1 meter or greater than 3 meters. The distance between the foul line and the farther edge of the landing area shall be at least 10 meters.

b. In the Triple Jump, the nearer edge of the landing area shall be at least 11 meters from the foul line for men and 8.5 meters for women. Distances of 12.5 meters and 11 meters, respectively, are recommended.

![Figure 7—Control of Sand Level in Long Jump and Triple Jump](image)

**Takeoff**

**ARTICLE 3.** The takeoff shall be a board made of wood or other suitable rigid material approximately 20 centimeters wide, at least 1.22 meters long and not more than 10 centimeters thick. The upper surface of the board must be level
with the runway surface. This board shall be painted white and be firmly fixed in the runway.

In the absence of a takeoff board, the triple-jump takeoff area shall be approximately 20 centimeters wide and at least 1.22 meters long, and shall be painted white or firmly affixed (that is, tape) on the all-weather runway.

**Foul Line**

ARTICLE 4. The edge of the takeoff board nearest the landing pit shall be the foul line.

**Foul-Indicator Aid**

ARTICLE 5. For the purpose of aiding the calling of fouls:

a. The area immediately beyond the foul line may be prepared as shown in Figure 8.

b. The foul may be detected by an electronic foul-line indicator with validation by an image capturing system.

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**SECTION 7. The Throwing Area**

**Materials**

ARTICLE 1. The circles in throwing events shall be made of a band of metal 6 millimeters in thickness or suitable rigid material firmly secured flush with the throwing surface, the top of which shall be flush with the surface outside the circle. See Figures 10, 11 and 14. The interior surface should be of concrete or material providing a similar surface and shall be 19 (±6) millimeters lower than the surface outside the circle.

*Note: The IAAF stipulates a flanged circle 76 millimeters in height, embedded below the throwing surface, to provide rigidity.*

**Diameters**

ARTICLE 2. The inside diameters of the Shot Put, Weight Throw and Hammer Throw circles shall be 2.135 (±0.005) meters, and the diameter of the Discus Throw circle shall be 2.500 (±0.005) meters.

**Insert**

ARTICLE 3. An insert may be used to convert a throwing circle from a 2.5-meter diameter to a 2.135-meter diameter. The insert shall be made of metal or suitable extremely rigid material (malleable rubber is not suitable) and be flush with the throwing surface. The height of the insert shall be 19 (±6) millimeters.

**Dividing Line**

ARTICLE 4. All circles shall be divided in half by a 5-centimeter line extending not less than 75 centimeters from the outer edge of the circle to the end of the throwing pad and measured at right angles to the imaginary center of the throwing sector. Lines shall not be painted within any throwing circle.

**Sector**

ARTICLE 5. Radial lines 5 centimeters wide shall form a 34.92-degree angle extended from the center of the circle. See Figure 9. The inside edges of these lines shall mark the sector. For the Discus Throw and the Hammer Throw, sector flags should mark the ends of the lines and the sector shall be centered within the enclosure.
The level of the surface within the landing area shall be the same as the level of the surface of the throwing circle. See Rule 1-1.1.

![Diagram of a triangle with angles and sides labeled]

<table>
<thead>
<tr>
<th>a (meters)</th>
<th>b (meters)</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>3</td>
</tr>
<tr>
<td>10</td>
<td>6</td>
</tr>
<tr>
<td>15</td>
<td>9</td>
</tr>
<tr>
<td>20</td>
<td>12</td>
</tr>
<tr>
<td>25</td>
<td>15</td>
</tr>
<tr>
<td>50</td>
<td>30</td>
</tr>
<tr>
<td>75</td>
<td>45</td>
</tr>
</tbody>
</table>

**Figure 9—Establishing the Sector**

### SECTION 8. The Shot Put Area

**Circle**

ARTICLE 1. The circle shall be constructed in accordance with Figure 10. See Rule 1-7.

**Stopboard**

ARTICLE 2. The stopboard shall be an arc of wood, or other suitable materials, painted white and firmly fixed so that its inner edge coincides with the inner edge of the shot-put circle. It shall measure 1.21 (±0.01) meters in length along the chord between its endpoints, 112 millimeters and increasing to 300 millimeters in width, and 100 (±2) millimeters in height. See Figure 10.

**Sector**

ARTICLE 3. See Rule 1-7.5.

### SECTION 9. The Discus Throw/Hammer Throw Area

**Circle**

ARTICLE 1. The circle for the Hammer Throw shall be constructed in accordance with Figure 11. The circle for the Discus Throw shall be constructed in accordance with Figure 14. See Rule 1-7.
Enclosure

ARTICLE 2. All hammer and discus throws shall be made from an enclosure or cage that shall be centered on the circle and with the sector centered on the nonmovable cage opening, designed in such a way to provide adequate control of the implement landing and a fair venue for the throwers. Cage design is acknowledged to provide limited protection for spectators, officials and competitors. It does not ensure their safety. Exact measurements and pole placements may vary based on local conditions and cage design, but should provide for the minimum distances specified.

The following specifications are for the hammer or discus cage when thrown outside the stadium while spectators are present, or inside the stadium while other events are in progress, and should be considered a minimum configuration. The dimensions listed, while not absolute, are considered acceptable for achieving the overall purpose of a cage. All possible efforts shall be made to achieve the minimum configuration in the construction of new facilities after January 2006. Figures 12 and 13 provide illustrations of possible cage designs.

a. The throwing circle shall be surrounded by a cage made with suitable material, hung from and between rigid posts, sufficient to withstand and absorb an impact from the implement so that the implement will not escape over or through, and to reduce the possibility of the implement ricocheting or rebounding back toward the competitor. The purpose of the cage is to contain, but not interfere with, the flight path of the implement.

b. Rigid posts, approximately six in number, positioned in line with and to the rear of the front edge of the throwing circle, shall be approximately 4 meters from the center of the circle and allow for panels of suitable material between 2.74 and 2.90 meters in width that are at least 3.50 meters from the center of the circle. The height of these panels for the discus shall be at least 4 meters. The height of these panels for the hammer cage shall be at least 5 meters.

c. Panels of suitable material between 2.74 and 2.90 meters in width and at least 6.15 meters in height, shall be hung between each of the two rigid posts in line with the front edge of the throwing circle and each of two additional rigid
posts toward the throwing sector that are not less than 2.85 meters away from
the sector line. The location of these posts will be approximately 6 meters
from the center of the throwing circle and provide a total fixed cage opening
of between 8 and 9 meters.

d. When used for throwing the hammer, movable panels of suitable material not
less than 4.20 meters in length and not less than 6.15 meters in height, shall be
affixed to the rigid posts furthest from the circle toward the landing area. For a
right-handed thrower (counter-clockwise rotation), the right movable panel is
to be open so that it is parallel to the sector line on the right side and maintains
the minimum 2.85-meter distance from the sector line. For a right-handed
thrower, the left movable panel is placed in a position so that its nonpivot
end is as perpendicular to the sector line as possible and is not greater than
1.5 meters into the sector and not less than 6 meters away from the center of
the circle. For a left-handed thrower (clockwise rotation), the movable panel
configuration is reversed.

e. Any area of flagging shall identify an implement landing danger zone of at
least 55 degrees from the center of the throwing circle.

f. Cage configurations that are more restrictive than the minimums set forth in
this rule may only be used with the consent of each participating institution.

Note 1: Whenever possible, the height of the panels of suitable material described
in paragraphs c and d shall be increased. The recommended minimum height is
8 meters. Cages may have additional panels or designs to increase control of the
implement landing area.

Note 2: The movable panel that is normally parallel to the sector line should be
positioned closer to the sector line in cases in which the facility has the throwing
area in close proximity to other event venues, so that greater control of the
implement landing is achieved.

Note 3: Cage design to allow for throwing both hammer and discus from the
same cage is permitted. Circle placement, suitable material height and movable
panel size and location must achieve the overall goals indicated above, but these
panels or designs may not create a restricted area for the thrower that is less than
specified in this rule.

Note 4: The height of the discus cage shall be at least 4 meters.

**Sector**

ARTICLE 3. See Rule 1-7.5.
2.135 m (±5 mm)

34.92˚
5 cm

SURFACE OF CIRCLE
RING
GROUND LEVEL
6 mm
76 mm

PAINT OR CHALK

2.135 m (±5 mm)

3.05 m square

Figure 11—Hammer Throw/Weight Throw Circle
Note: Lines shall not be inside the circle.

3.05 m square

4.2 m (MIN)
8.0 m (MIN)
34.92 (MIN)

3.5 m (MIN) RAD
6.0 m (MIN)
2.5 m DIA

Figure 12
Figures 12 and 13 — Possible Discus/Hammer Cage Designs

Hammer Throw requires an insert in the circle (see Figure 11 and Rule 1-7.4).
Note: Lines shall not be inside the circle.
SECTION 10. The Weight Throw Area

The Weight Throw is an indoor event. It may be contested outdoors. For construction of facilities, see Figure 11 and Rule 10-8.

SECTION 11. The Javelin Throw Area

Foul Line
ARTICLE 1. The foul line shall be 7 centimeters wide, painted white, and shall be made in the shape of an arc with a radius of 8 meters. The distance between its extremities shall be 4 meters, measured straight across from end to end. Lines shall be drawn from the extremities of the arc at right angles to the parallel lines marking the runway. These lines should be 75 centimeters in length and 7 centimeters wide.

Runway
ARTICLE 2. The runway shall be marked by two parallel lines 5 centimeters in width. The minimum length shall be 33.5 meters and the width shall be 4 meters between the inside edges of the marked parallel lines. It is recommended that the runway be constructed of an artificial surface for its entire length. If an artificial surface is used, it is recommended that the runway be extended 1 meter beyond the foul line for safety reasons.

The full length of the runway may be permanently marked with lines on or touching the edge that are not more than 2 centimeters wide and 5 centimeters long to indicate the distance from the foul line.

Sector
ARTICLE 3. Radial lines 5 centimeters wide shall be extended from the center of the circle of which the arc of the foul line is a part through the extremities of the arc. The inside edges of these lines shall mark the sector. The surface within the landing area shall be on the same level as the throwing surface. See Rule 1-1.1. Sector flags should mark the ends of the lines. See Figure 15.