



IS 4385:2022 Throwing Hammers

Hammer throw is one of the four throwing events in regular track and field competitions, along with the discus throw, shot put and javelin. The hammer throw is a thrilling track and field event that requires exceptional strength, power, and precision. Unlike traditional hammer, the hammer used in this sport consists of a metal ball attached by a wire to grip.

Indian Standard IS 4385 : 2022, prescribes requirements for dimensions, material and construction for throwing hammer for competition. Based on the requirements of different age group, throwing hammers are classified into five types for women under 18 years of age, senior women, boys under 18 years of age, boys under 20 years of age and senior men. The types usually vary on size of the Head(sphere) and length of wire.

This Indian Standard specifies requirements with respect to material, construction, characteristics for Head, Handle and Wire in addition to performance and safety requirements in the form of Test for Centre of Gravity of Head, Handle Deformation Test and Breaking Strength of Handle for ensuring suitable Grip, Spin and Release to meet the goals during the competition.