

HAMMER – Weights and age groups

Weight – kg (minimum)	Age group
7.26	Senior men 35-49 yrs men
6.0	Junior men 50-59 yrs men
5.0	Under 17 men 60-69 yrs men
4.0	Under 15 men Senior women Junior women 70-79 yrs men 35-49 yrs women
3.0	Under 13 boys 80 + yrs men Under 17 women Under 15 women Under 13 girls 50-74 yrs women
2	75 + yrs women