

APPEAL

TO HAMMER THROWERS AND THEIR COACHES,
TRACK AND FIELD SPECIALISTS AND LEADERS,
LOVERS AND FRIENDS OF TRACK AND FIELD ALL OVER THE WORLD

The history of hammer throw dates back to several-thousand years. It appeared at the track and field competitions for the first time in 1866. It has been part of the Olympic Games since 1900. It is a valuable activity and it raises the interest of many, because it is spectacular, enjoyable, and it develops a variety of abilities, as well as the athlete's personality through trainings, while presses the athletes to reach better results.

Due to the special characteristics of the execution – compared to other throwing events – it is more difficult to throw the implement into the desired direction, and it requires a large area because of the distance the hammer can be thrown nowadays. Since it is more difficult to direct the implement, hammer throw has become a risky event, sometimes causing accidents. The demand for a larger area has made it more expensive, or sometimes even impossible to bring up a new generation of throwers, and its danger excludes it from the regular track and field competitions (as the huge and expensive cage is not a perfect and appropriate solution). This relegation of the event to the periphery decreases its popularity. The idea of a separate hammer throw competition (a travelling circus) is an unjust one, lacking seriousness.

In the present situation the only sensible and adequate solution could be to decrease the length of the hammer and to increase the weight of the iron ball, and thus to decrease the distance covered. This idea was already tried 11 years ago in Hungary, and it has been published in several essays and professional studies. The conditions could be changed in such a way that those hammer throwers who have been the best up to now with the regular hammer, would retain their world ranking list position with this new implement. A study sponsored by the

IAAF has been prepared which took into consideration this research. The study was sent to the IAAF in 2001. From Table 1 (part of the study) it can be clearly seen what results can be reached with the different size (length and weight) hammer, which equal the present world record (86.74m).

In our opinion, the world record would be in the 50-55 m zone using an 8 kg and 60 cm long implement.

The different size hammers (length, weight) have been used for several decades in the preparation of the competitors. So switching to a heavier and shorter implement would not cause a „decline” in the quality level of hammer throwing technique.

The tests as well as the practical experience have proven that the teaching of hammer throw has become more effective with the shorter implement (Table 2.).

We ask all those for whom track and field and the hammer throw event is important to do everything they can for the „survival” of this event and to support the concept of ‘the decreasing of a reachable throwing distance’ with the rational modifying of the hammer parameters. Please, do not allow the hammer throw event to be eliminated from the throwing events of Track and Field.

Best regards,

Department of Track and Field

Faculty of Physical Education and Sport Sciences /TF/

Semmelweis University Budapest

e-mail: szalma@mail.hupe.hu

List of related articles/essays

Eckschmiedt, S. – Mecseki, A. (1999): Elérkezett az idő a kalapácsvetés

versenyszabályainak a módosítására (Time has come to change the rules of hammer throw – in Hungarian) (oroszul). Atlétika, Budapest. 1999/3. pp. 26-28

Eckschmiedt, S. – Mecseki, A. (2000): Elérkezett az idő a kalapácsvetés

versenyszabályainak a módosítására (Time has come to change the rules of hammer throw – in Hungarian) (oroszul). Kalokagathia, TF, Budapest. XXXVIII/1-2. (oldalszám!)

Eckschmiedt, S. – Mecseki, A. – Szilágyi, T. – Zsivótzky, Gy. (2001): Vizsgálatok és

vizsgálati módszerek a kalapácsvetés versenyszabályainak a módosításához. (Investigation and their results with the aim of changing the rules of hammer throw – in Hungarian)

(oroszul). Manuscript for the IAAF (Table 1 forms part of this manuscript)

Eckschmiedt, S. – Mecseki, A. (2001): Change the rules of hammer throw, please!(oroszul).

New Studies in Athletics. IAAF 2. pp. 33-36

Eckschmiedt, S. – Mecseki, A. (2008): Vizsgálatok és megfigyelések a kalapács racionális

méretváltoztatása érdekében (Investigations and observations in favour of changing the parameters of the hammer rationally – in Hungarian) (oroszul) Sport és Életmódmagazin –

Atlétika, Budapest, 2. (Table 2 containing the changes in the parameter is part of this study).

Table 1. Suggested new hammer parameters for adult males

New world record zone /m/	Mass of the hammer	Length
40-45	13	90
	12	70
45-50	10	70
	12	90
50-55	8	60
	11	80
55-60	7.26	70
	9	80
	10	100
60-65	7.26	80
	9	100
65-70	7.26	90
	9	110

Table 2. Suggested hammer parameters for adult males and females based on its dimensions

Group	Males		Females	
	Length (cm)	Weight (kg)	Length (cm)	Weight (kg)
Adult	60	8	60	4.4
Reserves	60	8	60	4.4
Junior	60	6.6	60	4.4
	60	5.5	60	4.4
Adolescent	60	4.4	60	3.3
TF students	60	5	60	3