

**European Throwing Cup 2026**  
**Nicosia/CYP, 14-15 March 2026**  
**Entry Standards for Senior Men & Senior Women**

<b>Men</b>	<b>Event</b>	<b>Women</b>
20,00	<b>Shot Put</b>	17,50
63,00	<b>Discus</b>	58,00
75,00	<b>Hammer</b>	69,00
80,00	<b>Javelin</b>	58,00

**Entry Rules**

1002.2. The programme shall comprise the following events:

- **Senior Men and Women: Shot Put; Discus Throw; Hammer Throw; Javelin Throw.**
- Under 23 Men and Women: Shot Put; Discus Throw; Hammer Throw; Javelin Throw.

1002.3. **The European Throwing Cup comprises separate events for men's and women's teams representing European Athletics Member Federations.** Each event may, according to the numbers entered, be divided into 2 (two) or more groups considering as much information as possible about the performances of all athletes so that, normally, the best performers compete in the same group. In principle the distribution will be based on the World Ranking positions. Personal best performance and medals achieved at major events can be also considered by the Technical Delegate for the purpose of the distribution per groups. The final distribution is under the discretion of the Technical Delegate. In any case all participating athletes have the right to 6 (six) attempts, and the participation order for each event shall follow the same criteria of the grouping's composition in a way that the best ranked athlete throws in the last position.

1002.4. European Athletics Member Federations not entering teams may enter athletes to compete as individuals, each event being considered separately.

1002.5. All European Athletics Members Federations in good standing shall be entitled to participate in the European Throwing Cup.

1002.6. No athlete may take part in the European Throwing Cup unless entered by the European Athletics Member Federation which he/she is eligible to represent in accordance with the World Athletics Rules.

1002.6.1 Except in the Shot Put (men) and Hammer Throw (men), only athletes aged at least 16 (sixteen) years on 31 December of the year of the competition may participate in the European Throwing Cup. Each athlete may only be entered in one age group of an event at the European Throwing Cup, and he/she can only compete in the age group for which he/she was entered. For the avoidance of doubt an athlete can be entered in different age group in different events but cannot compete in the same event in two age groups.

1002.6.2 Only athletes aged at least 18 (eighteen) years on 31 December of the year of the competition may participate in the Shot Put and Hammer Throw (men).

1002.6.3 Only athletes aged at least 16 (sixteen) and not more than 22 (twenty-two) years on 31 December of the year of the competition may participate in the Under 23 events.

**1002.7. Each team shall consist of up to 3 (three) athletes entered in each event for Senior Men and Senior Women of which a maximum of 2 (two) may participate. Among these two athletes, 1 (one) may participate without any performance requirement, the second athlete may participate only if having reached an entry standard, between 1st January of previous year and final entry date.** For Under 23 Men and Women, 2 (two) athletes can be entered in each event for of which a maximum of 1 (one) may participate.

**Conditions for validity of performances:**

- For the Entry Standards , performances must be achieved **between the 1 January 2025 and 4 March 2026**;
- Performances must be achieved in a competition conducted according to World Athletics Competition And Technical Rules, or authorized by World Athletics, its Area Association or its National Member Federations, and published on the World Athletics Global Calendar: <https://worldathletics.org/competition/calendar-results?>

**Non-sporting eligibility criteria “I Run Clean”**

Each European Athletics Member Federation may enter only those athletes who have received and hold a valid certification for having completed European Athletics Anti-Doping Education Programme – I Run Clean. The certification is to be achieved by all athletes in addition to fulfilling any requirements for the qualification for the event they are entered in.