



What Is A Javelin?

The javelin is a form of spear and as such is a lethal weapon.

How Do I Make The Event Site Safe?

- Keep athletes well back from the throwing area
- Everyone should be alert and always watch where the javelin is
- The Chief Official should stand alongside the runway in a safe position
- Officials in the sector should never take their eyes off the javelin
- The landing Sector should be clear.
- Make sure the sector lines extend well past the largest throw and mark the end with a red throw
- The javelin should be placed in the ground in an upright position if there is no rack
- The correct procedure for removing the javelin from the ground is to place your thumb over the tip and pull back.
- The javelin should be **CARRIED** back to the runway in a vertical position, tip down-never thrown.
- The javelin can be deflected by gusts of wind.

What Is The Minimum Equipment I Need?

- **Runway:** Clearly marked
- **Sector:** 28.95 °.
- **Tape Measure:** (50-100 metres)
- **Javelin:** age, gender, disability appropriate
- **Spike:** To hold zero end of tape where the tip of the metal head first struck the ground.
- **Place Tickets:** Record performance for each athlete.
- **Recording Sheet:** For recording all performances at venue.
- **Cloth:** To wipe and clean the javelins.
- **Broom:** To sweep the javelin runway.
- **Marker:** Two for each athlete to mark the start point of their run-up.

What Is The Minimum Number Of Officials Required To Conduct The Event?

- **Two officials at throwing arc.** Tasks include watching for foul throws, measuring and pulling the end of the tape back through the centre of the circle of which the arc is a part (8 metres from the arc).
- **Two officials at side of the Sector.** Tasks include finding and marking the point of impact of the javelin tip and returning the javelin.
- **One official for recording.**

What Happens During an Athlete's Trial?

- The javelin must be held at the grip.
- It should be thrown over the shoulder or upper part of the throwing arm
- It must never be slung or hurled
- Each athlete is entitled to 3 trials
- Some athletes may have 6 trials – the best 8 at championship level
- Allow athletes a practice throw(s) to check their run-up if possible
- The athlete may during the course of each trial, stop and place the javelin down inside or outside the runway, leave the runway, then return to begin a fresh trial, providing that no other **infringement** has occurred.

Javelin

When Is A Foul Recorded?

- Non-orthodox styles are not permitted.
- If an athlete turns completely around, so that their back is toward the throwing arc during the throw, until the javelin has been launched into the air
- If the tip of the metal head does not strike the ground before any other part of the javelin.
- If the athlete leaves the runway before the javelin has impacted the ground.
- If the athlete when leaving the runway leaves forward of the throwing arc or extensions
- If the athlete after starting his throw, touches with any part of his body the lines marking the runway
- If the javelin lands on or outside the sector lines
- If the athlete takes longer than 30 seconds to commence his throw



How is a Trial Measured?

- The measurement of each throw shall be made from where the metal head first strikes the ground to the inside edge of the arc along a line from the point of landing to the centre of the circle of which the arc is part.
- The selected point is marked by the spike and the zero end of the tape is held at the spike.
- The tape is drawn tight through the centre of the circle of which the arc is a part (8 metres from the arc).
- Each measurement is to the nearest centimetre below the distance thrown unless the reading is a whole centimetre.

How is a Throw Recorded?

- Best performances should be circled or highlighted
- Ties are broken by referring to the next best throw

Competitor	Trial 1	Trial 2	Trial 3	Best	Placing
A	34.67	X	34.65	34.67	5
B	35.54	34.98	34.65	35.54	3
C	34.55	37.98	37.54	37.98	1
D	37.98	35.54	34.67	37.98	2
E	X	33.88	34.68	34.68	4