

## Event offered to

	U11	U12	U13	U14	U15	U16	U17
400g	B/G	B/G	G	G			
500g				G	G	G	
600g		B	B				
700g				B	B	B	

Only the U11 to U17 age groups can do Javelin.  
Younger age groups can do Vortex or Turbo Jav for training purposes (depending on the Centre).



## Event equipment

- ✓ Marked javelin runway
- ✓ Marked landing sector
- ✓ 50m–100m measuring tape
- ✓ Measuring spike
- ✓ Javelin, at least two of each weight
- ✓ Runway markers
- ✓ 30m measuring tape to measure run-up
- ✓ Recording form, pen and clipboard
- ✓ Cloth to wipe and clean the javelin

- Athletes must stand well clear of the thrower and runway while the event is in progress.
- The Chief Judge should stand near the throwing arc on the right hand side for right handed athletes and vice versa.
- The runway must be closed between trials, e.g. Chief Judge stands or places a witches hat in the throwing area near the throwing arc until the sector is clear.
- Stand the javelins in a rack or place, with the metal tip in the ground, in an upright position — **never** on an angle.
- Trials are only allowed under supervision.
- Athletes and Officials should make sure the sector is clear before proceeding.
- Officials should be vigilant at all times, e.g. a gust of wind can alter the direction of the Javelin in flight.
- Officials must not turn their backs on the throwing area once an athlete has entered the runway.
- The correct procedure for removing the javelin from the ground is to approach from the side, place the thumb over the exposed tip, twist and pull back with the other hand at the same angle as entry. Be aware if anyone is behind.

## Event safety

- Javelin event area must be clear of obstructions and hazards.
- Ideally, the landing area should face away from the normal competition area.
- It is recommended, the athletes keep to one side of the throwing area and the javelins are placed on the other side.
- An athlete selects their javelin only when the athlete's name is called for the trial to begin.

## Where to assist

One person can do more than one role.

**Chief Judge:** to watch for hand fouls, ask the Measuring Assistant to watch for foot fouls, measure valid throws and call the distance to the Recorder/Age Marshal.

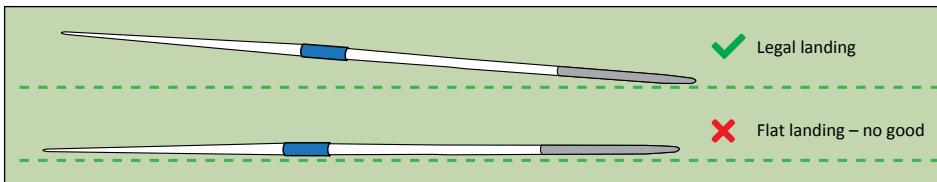
**Sector Judges:** to determine if the trial is valid and assist to locate the first point of impact of the metal head of the javelin.

**Spiker:** to locate and mark the first point of impact of the metal head of the javelin.

**Measuring Assistant:** to watch for foot fouls, pull the measuring tape through the throwing arc to the 8m point for the distance to be read.

**Recorder/Age Marshal:** to call the athletes for their trials, repeat the measured distance back to the Chief Judge and complete the recording form.

**Retriever:** to return the javelin to the throwing area.



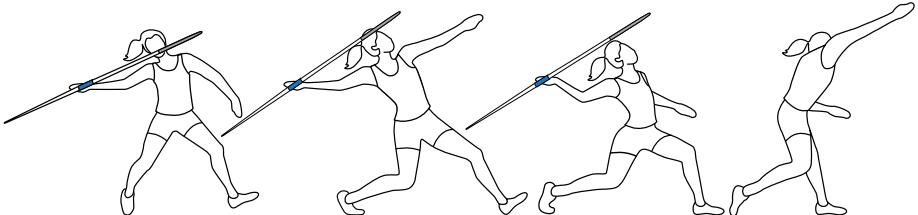
## Basic rules

- The javelin must be held at the grip with one hand only.
- The javelin must be released from over the shoulder or upper part of the throwing arm.
- The metal head of the javelin must strike the ground before any other part of the javelin. The javelin does not need to stick into the ground.
- An athlete may enter the runway from any direction but must leave from behind the throwing arc extension line.
- It shall be a valid throw if:
  - the tail of the javelin touches the ground during the run-up.
  - the javelin lands inside the sector lines then skids or flips out of the sector after impact.
- The first point of impact of the metal head of the javelin must be entirely within the sector lines.
- The athlete must not leave the runway until the javelin has landed.
- The trial is complete when the athlete leaves the runway.
- Breaching the basic rules constitutes a failure.

## When is the trial (throw) a failure?

It shall be a failure if:

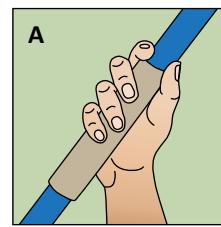
- an athlete touches with any part of their body, the lines marking the runway, the ground outside the runway or crosses the throwing arc marking the end of the runway during the trial.
- an athlete turns their back to the landing area at any time during the run-up and before the javelin is released.



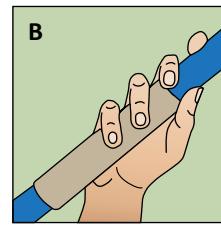
Family fun and fitness

## Handy hints to run Javelin

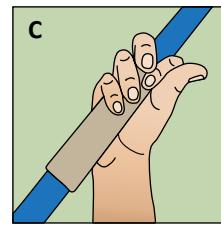
- There are three types of grips, illustrated in the diagram below.



**1st finger grip:** gripped between the index finger and the thumb.



**2nd finger grip:** gripped between the middle finger and the thumb.



**Claw / V grip:** gripped in the "V" between the index and middle fingers.

## How to measure

- The measuring spike (zero end of the measuring tape) is placed where the metal head of the javelin first strikes the ground to the runway.
- The measuring tape is pulled back straight and tight directly to the 8m point marked on the runway. The measurement is taken to the inside edge of the throwing arc.
- The measuring spike is not removed until the Chief Judge signals all is clear.

## How to record

- The Recorder/Age Marshal repeats the measured distance back to the Chief Judge and records the distance on the recording form.
- Measurements are recorded to the nearest whole centimetre **below** the actual distance thrown, e.g. 34.555 is recorded as 34.55.
- When recording:
  - X = failure
  - = pass
  - NM = no valid trial recorded
- Best performances should be circled or highlighted.
- Placings are not required at Centre level.

- Regardless of the type of grip used, the javelin should be held diagonally across the palm.
- Teach the athletes the different grips prior to their trial.
- Have the next athlete ready to throw.
- Allow beginners to do a short approach of 3-5 steps on the runway.
- Move any javelins not being used away from the immediate area.

## Handy hints for the athletes

The basic technique for a standing throw:

- Starting position:** stand side on to the landing area, feet slightly wider than shoulder width apart.
- Grip:** see diagrams above.
- Wind up:** the javelin is drawn back until the throwing arm is close to being straight (without the elbow being locked) as body weight shifts onto the back foot. The javelin should be parallel to the shoulders with the tip pointing forwards at eye level. To unwind, the weight shifts to the front foot, pull the shoulder forwards with the elbow leading the hand.
- Release:** the javelin high over the shoulder. At all times the javelin is above elbow height, with the tip pointing forwards.

HANDY HINTS