

# JAVELIN

**Warning:** Javelins are dangerous implements.

The javelin is a form of spear and as such is a lethal weapon; it can be deflected by gusts of wind.

## Event Safety

- The Chief Official should stand alongside the runway in a safe position on the right-hand side of a right-handed thrower and vice-versa.
- Apart from the Official on the Sector Line, everyone should stand behind the athlete and the landing Sector should be clear.
- The Javelin should be CARRIED back to the runway in a vertical position, tip down, never thrown. Never run back with the Javelin, always walk as the grass can be slippery.

## Equipment

- **Runway:** Clearly marked (as below)
- **Tape Measure:** (50-100 metres)
- **Javelins:** (As specified below and provided by Organising Body)
- **Spike:** To hold zero end of tape where the metal head of the Javelin, first struck the ground
- **Recording Sheet:** For recording all performance
- **Cloth:** To wipe and clean the Javelins
- **Broom:** To sweep the Javelin runway
- **Marker:** For athletes to mark the start point of their run-up

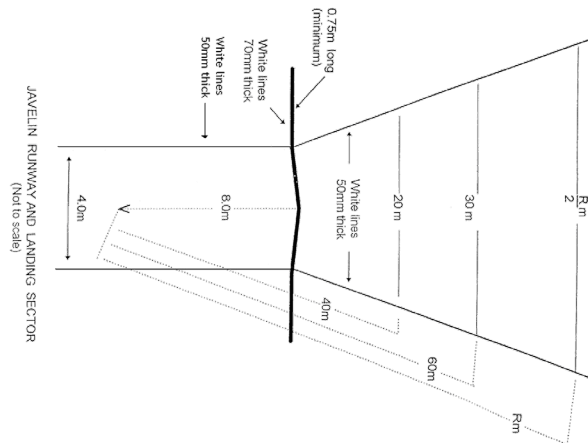
## Officials Required

- **Two officials at throwing arc.** Tasks include watching for invalid throws, measuring, and pulling the end of the tape back through the centre of the circle of which the arc is a part (8mts from the arc).
- **Two officials at side of the Sector.** Tasks include finding and marking the point of impact of the metal head of the Javelin and returning them.
- **One official for recording, calling next athlete and timing.**

## Venue Dimensions

- The length of the runway may include the length of the track (8 lanes) and the width is 4mts with the lines 50mm wide. The "arc" line should be 70mm in width. Markers can only be used at the side of runway.
- The Landing Sector lines are 50mm wide, such that the inner edge of the lines, if extended, would pass roughly through the two Intersections of the inner edges of the

arc, and the parallel lines marking the runway and intersect at the centre of the circle of which the arc is a part, 8mts from the arc line. The Sector is thus 28.95 °.



### Implement Weights - Javelin

<b>U6 - U7 - Vortex</b>	300g
<b>U8 - U10 – Vortex or Turbo Jav</b>	300g
<b>U11B - U12B &amp; U11G - U14G</b>	400g
<b>U15G - U17G</b>	500g
<b>U13B - U14B</b>	600g
<b>U15B- U17B</b>	700g

### Number of Trials

- Each athlete is entitled to a maximum of 3 trials, differences may apply at Centres and Region / State events and some athletes may have 4 trials if a top 8 is conducted.
- Centres can schedule less trials, if programming restrictions such as twilights, or other constraints limit the available time to conduct the full program.
- Allow athletes a practice throw(s) to check their run-up if possible.

### Valid Trial

- The Javelin must be held at the grip with one hand only. It shall be thrown over the shoulder or upper part of the throwing arm and must never be slung or hurled. Non-orthodox styles are not permitted.
- Until the Javelin has been thrown, an athlete shall not at any time turn completely around, so that their back is towards the throwing arc.
- A trial will be valid only if the metal head strikes the ground before any other part of the Javelin. The Javelin does not have to stick in, but marking is easier if it does. When a Javelin descends at a low angle to the ground it may bounce shortly before producing what looks like a valid landing. This must be carefully watched to see that the metal head impacts first.
- The athlete must not leave the runway until the Javelin has impacted the ground.
- When leaving the runway, the athlete must not leave forward of the throwing arc.
- 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 within the time allowed.
- If an athlete fails to commence an attempt within 60 seconds of their name being called by the Official in charge, a failure will be recorded.

## Method of Measurement

- The measurement of each throw will 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 (8mts from the arc).
- The distance is measured at the point where the tape crosses the inner edge of the arc.
- The distance is recorded to the nearest centimetre below the distance measured unless the reading is a whole centimetre.

## Recording

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

Athlete	1st Trial	2nd Trial	3rd Trial	Best	Place
A	24.75	X	24.62	24.75	4
B	25.35	24.92	25.87	25.87	2
C	24.65	24.35	24.75	24.75	3
D	25.87	25.35	25.03	25.87	1
E	X	X	X	NM	NM

- D beats B on count back to **3rd** Best Throw – 25.03mt vs 24.92mt
- C beats A on count back to **2nd** Best Throw – 24.65mt vs 24.62mt
- X should be used to indicate an Invalid Trial
- Results will always show "NM" when an athlete fails to record a measurable trial.

