A VOLUNTEERS GUIDE TO THE

JAVELIN

A throwing event in which athletes throw a metal-tipped javelin as far as possible. The athlete must hold the javelin by its corded grip with his or her little finger closest to the tip of the implement. For the throw to be measured, competitors must not cross the foul line, at any time. The javelin must also land tip first and within the marked sector.

ORGANISING THE EVENT

1 Check surroundings and equipment are safe for all children and officials.

2 Write children's names on the recording sheet to record the results.

3 Arrange the children in the order they are to throw. Tell the children the number of trials they are to have.

4 Give each child practice throws before the event begins.

5 The javelin must be held at the grip. The tip of the javelin must strike the ground first for it to be a valid trial.

6 Watch the flight of the implement and measure from the first point it strikes the ground, noting there may be a visible imprint. The selected point is marked with the spike. The zero end of the tape is held at the spike.

7 Pull the tape tightly through the middle of the circle and measure for distance to the nearest centimetre below the distance measured (Unless the measurement is a whole centimetre). Measurement is taken from where the tape crosses the inner edge of the circle

8 When recording, please use:
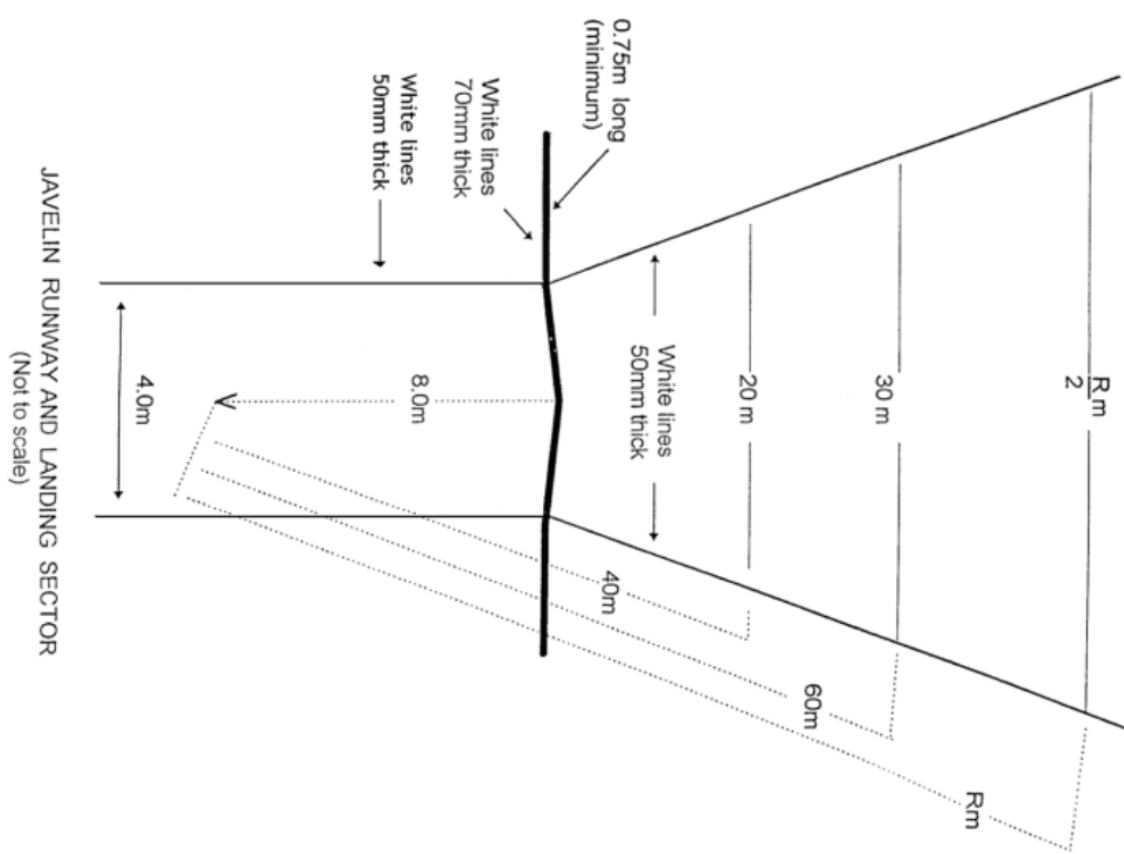X = Foul, - = Pass, NM = No measure.

EQUIPMENT

- Sector tape.
- Tape measure (50-100m).
- Runway markers.
- Javelins (Refer to Implement Weights).
- Spike to assist with measuring.
- cloth to wipe/clean the shots.
- Broom to sweep the runway.
- Recording sheet.

IMPLEMENT WEIGHTS

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

SITE REFERENCE

JAVELIN RUNWAY AND LANDING SECTOR (Not to scale)

0.75m long (minimum)
White lines 70mm thick
White lines 50mm thick
White lines 50mm thick
4.0m
8.0m
20m
30m
40m
60m
Rm
Rm

FOULS

- The javelin thrown in a non-orthodox manner.
- Before release, the competitor turns completely around, so that their back is towards the throwing arc.
- The metal head does not strike the ground first (The javelin does not have to stick in)
- The competitor leaves the runway before the javelin has landed.
- The competitor, when leaving the runway, leaves forward of the throwing arc.
- The competitor does not commence an attempt within 60 seconds of their name being called.

RECORDING

When recording, please use:
X = Foul, - = Pass, NM = No measure

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

SAFETY

1. **Warning:** Javelins are dangerous implements.

2. Javelin is an event for the U11 children and older. Alternatives for younger children include the vortex and turbo javelin.

3. Correct weights must be used for each age group (Refer to table on previous page)

4. Javelins can be deflected by gusts of wind. Officials must be vigilant because the javelin path can be hard to track as it comes toward them.

5. During the javelin event, the area around the throwing sector must be kept clear.

6. Four officials run this event: chief, spiker, spotter, and recorder/marshall.

7. The chief measures the throw and the spotter retrieves the javelin.

8. Javelins are always carried in an upright position with the tip pointing toward the ground.

9. The javelin is never thrown back to the throwing line.

10. Children waiting for their turn must be well behind and out to the side of the throwing line.

11. ***Never turn your back on the throwing runway while in the field.***