A VOLUNTEER'S GUIDE TO THE JAVELIN

THE EVENT

Javelin is a throwing event where athletes throw a javelin from a runway into a marked sector for maximum distance. Volunteers help ensure a safe and fair competition by supervising the throwing area, judging valid throws, measuring distances accurately, and recording results.

PROCESS & KEY RULES

- Athletes must throw the javelin overarm and hold it by the grip.
- The javelin must land tip first to record a valid throw.
- Athletes must remain in the throwing sector until the javelin has landed.
- Athletes must not touch or cross the throwing arc during or immediately after the throw.
- Athletes must exit the runway behind the throwing arc after completing the throw.
- Measure from the point where the tip first lands to the inside edge of the throwing arc.
- Record results immediately after each attempt.
- Common results entry: X = Foul, NM = No Measure, - = Pass.

BEFORE

- Ensure the sector is marked correctly.
- Check the runway and throwing sector are safe and clear.
- Confirm the correct javelins are available.
- Ensure athletes are on the recording sheet.
- Allow practice throws.

DURING

- Ensure the throwing area remains clear before each throw.
- Observe each attempt for faults.
- Measure the throw.
- Record the result.
- Retrieve the javelin only when instructed and carry it back safely with the point facing down.

AFTER

- Confirm results are recorded accurately.
- Deliver results to the appropriate area.
- Collect and store all javelins safely.
- Return equipment when competition concludes.

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ADDITIONAL SUPPORT & FAQS

Personnel: Judge, measurer, and recorder are the primary roles required to conduct the event. Additional volunteers may assist with javelin retrieval where appropriate.

Equipment: Includes approved javelins, tape measure, and measuring spike.

Age Variations: Weights vary by age group. Refer to rules and regulations for current reqs.

Safety: Only one athlete should be on the runway at a time. Ensure the throwing sector remains clear before each throw, and never allow anyone to retrieve a javelin until instructed. Always carry javelins with the point facing down and never throw them back to the runway.

Common Faults: Include touching or crossing the throwing arc, the javelin failing to land tip first, the javelin landing outside the sector, or leaving the runway in front of the throwing arc.

ADDITIONAL RESOURCES

These guides serve as templates for event conduct, recognising that Centres may adapt procedures based on available resources, personnel, and equipment.

LAVic also provides additional resources for volunteers, helpers, and officials, including short multilingual videos in English, Punjabi (ਪੰਜਾਬੀ), Sinhala (සිංහල), and Mandarin (普通话).

To access these, discipline specifications, and other useful resources scan the QR code!

SCAN ME!

These guides are intended as a template for the conduct of events only, noting that individual Centres will have varying operating procedures based largely on available resources, including personnel and equipment.