

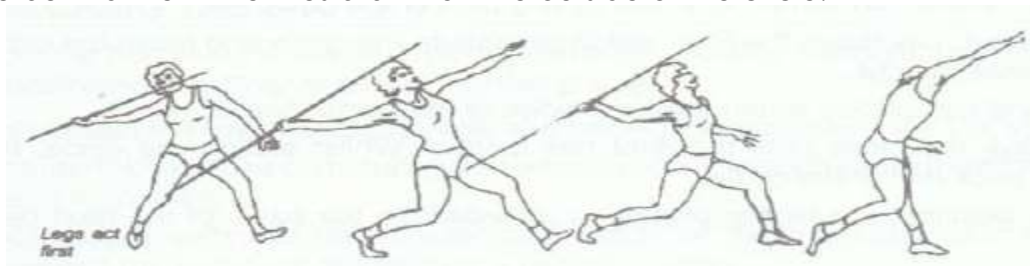
JAVELIN



An event where a javelin/spear is thrown as far as possible

Competition

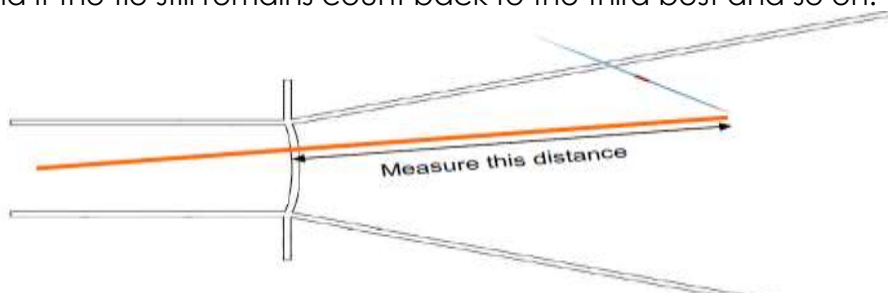
- Trials in Field Events
 - Depending on the event type or club rules, athletes may either have three trials or have three trials each with the top eight competitors progressing to the final round where another three trials will be held.
 - The order of competition is usually in name order as listed on the results recording sheet for the first three throws. The following three attempts are resorted with the shortest distance going first to the longest distance going last.
 - Athletes are not allowed to take their attempts consecutively
- During Competition
 - Practice attempts are allowed before the competition begins but not once it has started.
 - The athlete may enter the runway to start his attempt from any direction
 - The javelin shall be held at the grip with one hand. It shall be thrown over the shoulder or upper part of the throwing arm and shall not be slung or hurded
 - A throw shall be valid if the metal head strikes the ground before any other part of the javelin
 - 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 (only exception is if the athlete stops without throwing, and does their run up again)
 - If the javelin breaks during a throw or while in the air, it shall not count as a failure, as long as all the rules were followed. This person will be awarded a new trial.
 - The athlete shall not leave the runway until the implement has landed. The athlete must exit via the parallel lines of the runway and not by the foul line.
 - When leaving the circle, the first contact with the top of the circle or outside the circle must be behind the white lines drawn on the outside of the circle.



JAVELIN



- A competitor fails and a foul is recorded if:
 - He infringes any of the above rules
 - Touches with their body the line marking the throwing area or the ground outside
- Measuring and Recording a Throw
 - Measure all valid (fair) attempts regardless of whether they were better or worse than the previous
 - Also place the spike where the shot put lands until the official gives the all clear (Fouls are not measured unless there is a protest)
 - Measure from the nearest mark made by the metal point to the throwing arc. The zero measurement goes at the end where the javelin lands
 - Draw the tape taut and pull it through to the centre point on the runway 8m from the throwing arc
 - The distance is measured at the point where the tape crosses the inner edge of the throwing arc. If the measurement is not a whole centimetre, take the nearest centimetre below the measurement
 - Record the distance in the space provided. Fouls = X Pass = -
 - At the end of the competition record each athletes best performance and his final place. The person that comes first is the athlete with the longest distance.
 - Where there is a tie for any place, count back to the second best performance of the tied athletes and if the tie still remains count back to the third best and so on.



Safety

- Never throw the Javelin back when retrieving
- Officials/volunteers/athletes stand in an area safe, away from the throwing area
- Retrievers also have eyes on the circle

Coaching Tips

- Coaching should only be done at club days or training days – not competitions
- Start low and finish high
- Tall delivery when throwing
- Look toward the direction of the throw
- Extend arm fully through the throw and finish with a long arm