



Safety

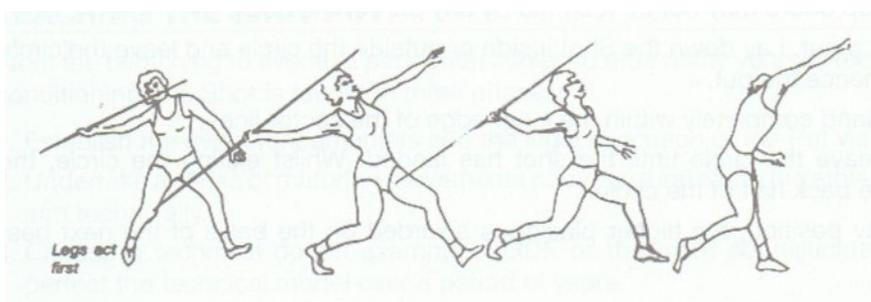
- Athletes and Helpers must wear closed in shoes.
- Athletes must stay well behind the runway until it is their turn.
- The javelin must be carried vertically by throwers and officials at all times
- Officials stand where they feel safe, but close enough to accurately judge and mark the landing of the implement. They must always look at the javelin being thrown.
- It is a strict rule that no one crosses the landing area during javelin sessions.
- When retrieving the javelin, approach it from the side and place your thumb over the exposed tip, twist the javelin and pull to remove from the ground. Carry the javelin back to the runway vertically (up/down), never throw it back.

Trials in Field Events

- Depending on the event type or club event rules, athletes may have either three trials only or have three trials each with the top eight competitors progressing to the final round where another three trials will be held. This also applies to events with eight athletes or less in these age groups.
- The order of competition is usually in name order as listed on the results recording sheet for the first three attempts. The following final three attempts are resorted with the shortest distance first to the longest distance last.
- Athletes are not allowed to take their attempts consecutively.

The 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 must be held at the grip and must be thrown over the shoulder or the upper part of the throwing arm. It must not be slung or hurled and non-orthodox styles are not permitted.
- At no time during the throw until the javelin has been discharged into the air, may the athlete turn completely around so that his back is towards the throwing arc.
- 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.
- If the javelin breaks during its flight, the athlete is entitled to a replacement throw provided the initial throw was legal.
- For a valid throw the tip of the javelin head must strike the ground first and completely within the inner edges of the sector lines. The tail of the javelin may be outside the sector lines at landing.

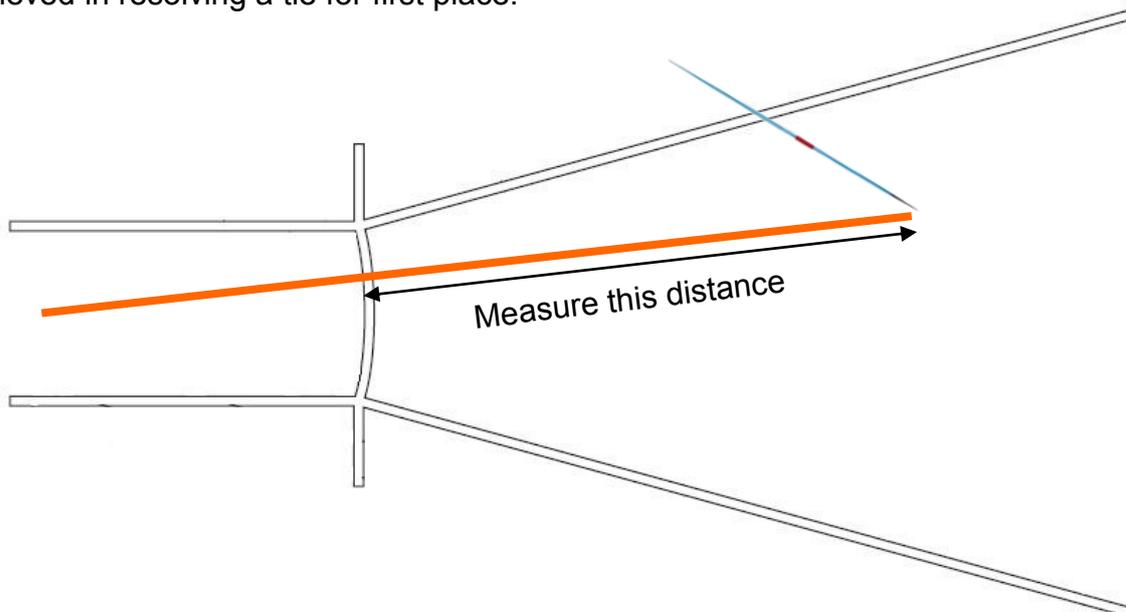


A competitor fails and a foul is recorded if he:

- Infringes any of the above rules.
- Touches with any part of his body the lines 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 attempt.
- Never measure a foul unless there is an immediate oral protest.
- Identify the nearest mark to the throwing arc made by the tip of the javelin head on landing. Select the point nearest to the throwing arc and place the zero end of the tape at this point with the spike.
- Draw the tape taut and pull it through to the centre point on the runway 8m from the throwing arc (the centre of the circle of which the arc is a part).
- 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 measured in the space provided. Show fouls as “X”; a pass as “ – “.
- At the end of the competition record each athlete’s best performance and his final place. The winner is the athlete with the best performance.
- 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 performance and so on until the tie is resolved. If after this the tie still remains – if it is a tie for first place the athletes involved in the tie have one more attempt each, in order, until the tie is resolved. If the tie concerns any other place the athletes involved share the place. In determining the final result each athlete is credited with the best of all his attempts including those achieved in resolving a tie for first place.



Age Limitations

| Age | Weight | Age | Weight | Age | Weight |
|---------------|--------|------------------|--------|-------------------|--------|
| 12-13 male... | 600g | 14-U18 male..... | 700g | U20-open male ... | 800g |
| 12-13 female | 400g | 14-U18 female.. | 500g | U20-open female | 600g |