

Javelin

Event offered to

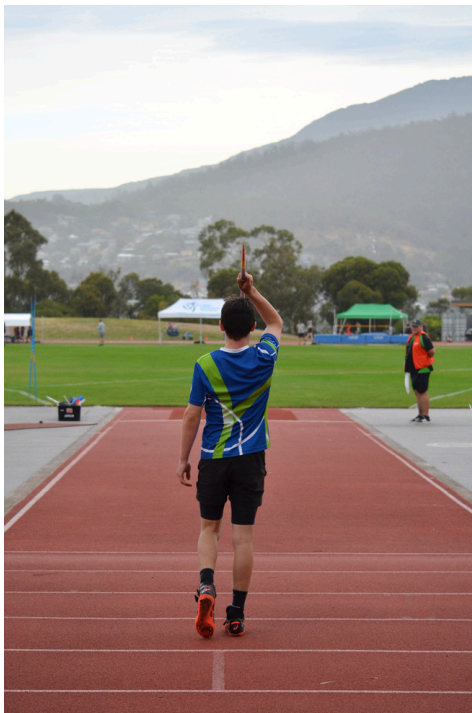
U6 to U7 age groups, Vortex

U8 to U10 age groups, Turbo Jav

U11 to U15 age groups, Javelin

Event equipment

- ✓ Javelin runway or marked runway and a marked landing sector
- ✓ 50m–100m measuring tape and measuring spike
- ✓ Age-appropriate throwing implements, at least two of each weight required
- ✓ Runway markers may be used on the side of the runway



Officials Required

- Chief Judge: to watch for hand fouls (ask the Measuring Assistant to watch for foot fouls), measure valid throws and call the distance to the Recorder.
- Sector Judge: to determine if the trial is valid and assist to locate the point of impact of the metal head of the javelin or other implement being used.
- Spiker: to locate and mark the point of impact of the metal head of the javelin or other implement being used.
- Measuring Assistant: to watch for foot fouls, to pull the measuring tape through the centre of the throwing arc to the 8m point.
- Recorder: to call the athletes for their trials, repeat the measured distance back to the Chief Judge and complete the recording form.
- Retriever: to return the javelin, turbo jav or vortex to the throwing area.

Event Safety

- Javelin event area must be clear of obstructions and hazards.
- Athletes must stand on one side of the throwing area and well clear.
- Javelins should be stored in a rack or in place with the metal tip in the ground in a upright position.
- Athlete selects the javelin only when their name is called.

- Chief Judge should stand on the right hand side of the runway for a right hand thrower and vice versa. (If the Measuring Assistant is confident to judge hand fouls the Chief and the Measuring Assistant can swap judging roles for a left handed thrower, however the Chief Judge will still measure the throw).
- The runway must be closed between trials by placing a witches hat on the runway.
- Athletes and Officials should make sure the sector is clear before proceeding.
- The javelin, turbo jav or vortex must always be carried back to the throwing area – always walk, not run when retrieving the javelin. Always carry the implement point down.
- **NEVER** turn your back on the javelin throwing area while in the field.



Basic Rules

- Practice throws are permitted, but athletes may not use implements to practice when not on the throwing runway.
- The javelin and turbo jav must be held at the grip with one hand only. Vortex can only be thrown with one hand.
- The javelin, turbo jav and vortex must be released from over the shoulder or upper part of the throwing arm. It must never be slung or hurled.
- An athlete may enter the throwing circle from any direction but must leave from the behind the throwing arc extension line.
- The first point of impact of the javelin, turbo jav or vortex must be the head and must be entirely within the sector lines. The javelin does not need to stick into the ground.
- The athlete must not leave the runway until the javelin has landed.
- The athlete may, during each trial, stop and place the javelin down inside or outside the circle and then recommence the trial again, providing that no other infringement has occurred within the time limit.
- The trial is complete when the athlete leaves the runway.
- Each athlete is given three trials, unless competition rules specify otherwise.
- It **IS** a valid throw even if:
 - the tail of the javelin touches the runway on the run up.
 - the javelin lands inside the sector lines then flops or skids out of the sector after impact.

A Failure

- An athlete breaches the basic rules above.
- An athlete touches with any part of their body, the lines marking the runway, the ground outside the runway or crosses the throwing arc marking the end of the runway during the trial.
- An athlete turns their back to the landing area at any time during the run-up and before the javelin is released.
- The javelin is released incorrectly or thrown underarm, slung, or hurled.
- The javelin lands on or outside the sector lines.
- The athlete leaves the runway before the javelin has landed.

Measuring a Throw

- The measuring spike (zero end of the measuring tape), is placed at the nearest edge of the landing mark of the javelin to the runway.
- The measuring tape is pulled back straight and tight directly through the 8m mark on the runway.
- The measurement is taken to the inside edge of the throwing arc.
- The distance is recorded to the nearest centimetre below the distance measured unless the reading is a whole centimetre.
- The measuring spike is not removed until the Chief Judge signals all clear. If a record has been broken, do not move the spike until the Referee signals the all clear.

How to Record

- The Recorder repeats the measured distance back to the Chief Judge and records the distance.
- When recording:
 - X = failure
 - = pass
 - NM = no valid trial recorded
- Ties are broken by the next best throw. A Referee should be called to check.

*Officials Information Sheet: Javelin,
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