

Javelin

What is a javelin?

The javelin is a form of spear and as such is a lethal weapon



How do I make the event site safe?

- Keep competitors well back from the throwing area
- Everyone should be alert and always watch where the javelin is
- The Chief Judge should stand alongside the runway in a safe position
- Officials in the landing sector should never take their eyes off the javelin
- The landing sector should be clear except for a windsock
- Make sure the sector lines extend well past the longest throw
- The javelin should be placed in the ground in an upright position if there is no rack
- The correct procedure for removing the javelin from the ground is to place your thumb over the tip and pull back in the direction in which the javelin went into the ground
- The javelin should be **CARRIED** back to the runway in a vertical position, tip down- never thrown
- The javelin can be deflected by gusts of wind
- Warm-up **must** be supervised and taken in competition order.
- Each competitor should get a minimum of one and maximum of three warm up throws if time permits

What is the minimum equipment I need?

- **Runway:** clearly marked
- **Sector:** 28.95 °
- **Handy Hint:** If the sector lines are not marked use a 50m tape (or 2 x 30m tapes) and measure, from the 8m point from the arc, 20m out, 1m across and 20m back to the 8m point. Adjust the tape so that it is taut. You now have the sector lines and the correct sector angle
- **4m Markers:** white tape on either side of the run up
- **Tape Measure:** (50-100 metres)
- **Javelin:** age, gender, disability appropriate
- **Spike:** hold zero end of tape where the tip of the metal head first struck the ground
- **Recording Sheet:** for recording all performances
- **Cloth:** to wipe and clean the javelins
- **Broom:** to sweep the javelin runway
- **Marker:** two for each competitor to mark the start point of their run-up. The other may be used to mark a point further down the runway. Markers may not be put on the white lines
- **Windsock:** indicates the wind direction to the competitors. Place it in the sector, far enough away so it cannot be hit by any implement, and so that competitors can see it clearly

What is the minimum number of Officials required to conduct the event?

Two Runway Judges:

- **Chief Judge:** Oversees the correct conduct of the competition
- **Runway Judge:**
 - Assists the Chief Judge after the throw has landed by acknowledging the athlete has left the runway in accordance with the rules
 - Pulls the measuring tape through the centre of the runway (8m from the arc) once the Spiker has marked the landing position
 - Reads the tape once it has passed over the arc to the nearest centimetre as single digits 3456

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Two Sector Judges:

• Fall Judge:

- Watches the javelin leaving the competitor's hand is the best way to pick up its flight path and know which direction to move
- Moves quickly to the first point of contact of the metal head of the javelin with the ground
- Pulls the javelin out of the ground in the same direction as it went in

• Spike Judge:

- Confirms the first point of contact in the landing sector
- The selected point (closest to the throwing arc) is marked by the spike
- The zero end of the tape is held at the spike. (Please check that zero is completely at the end of the tape and not 10cm down)
- Hold some of the tape in your hand until the Circle Judge has pulled the tape through the centre of the circle. Release your tape and pull it taught. This should give an accurate line
- Do not remove the spike until the Chief Judge signals all is clear
- The distance is measured at the point where the tape crosses the inner edge of the circle directly back through the centre of the circle (there should be a mark)
- Each measurement is to the nearest centimetre below the distance thrown unless the reading is a whole centimetre
- Leaves the spike there until given the signal by the Chief Judge that all is clear

• One Recorder:

- Calls back the measurement to the Chief Judge in the same manner, as single digits 3456 and records them against the correct athlete
- Foul throws are recorded by placing an "X" against the athlete's name
- Highlights the best performance at the end of round 3

What happens during a competitor's trial?

- The javelin must be held at the grip
- It should be thrown over the shoulder or upper part of the throwing arm
- It must never be slung or hurled
- Only the head of the javelin must touch the ground first, it does not have to stick in or make a mark
- Each competitor is entitled to 3 trials
- The top 8 competitors receive an additional trial at championship level
- Allow competitors a practice throw(s) to check their run-up if possible
- The competitor may during each trial, stop and may place the javelin down inside or outside the runway, leave the runway, then return to begin a fresh trial, providing that no other **infringement** has occurred

When is a foul recorded?

Non-orthodox styles are not permitted

- If a competitor turns completely around, so that their back is toward the throwing arc during the throw, until the javelin has been launched into the air
- If the metal head does not strike the ground before any other part of the javelin
- If the competitor leaves the runway before the javelin has impacted the ground
- If the competitor when leaving the runway leaves forward of the throwing arc or extensions
- If the competitor after starting his throw, touches with any part of their body the lines marking the runway
- If the javelin lands on or outside the sector lines
- If the competitor takes longer than **1 minute** to commence their throw

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How is a trial measured?

- The measurement of each throw shall be made from where the metal head first strikes the ground, to the inside edge of the arc along a line from the point of landing to the centre of the circle of which the arc is part.
- The selected point is marked by the spike and the zero end of the tape is held at the spike
- The tape is drawn tight through the centre of the circle of which the arc is a part (8m from the arc)
- Each measurement is to the nearest centimetre below the distance thrown unless the reading is a whole centimetre
- If the competitor does not leave the runway after throwing, Officials may start measuring once the competitor passes the 4m marks



How is a trial recorded?

- The Recorder calls back the measurement to the Chief Judge in the same manner, as single digits 3456 and records them against the competitor
- Foul throws are recorded with a "X"
- Best performances should be circled or highlighted
- Ties are broken by referring to the next best throw

Competitor	Trial 1	Trial 2	Trial 3	Best	Placing
A	34.67	X	34.65	34.67	5
B	35.54	34.98	34.65	35.54	3
C	34.55	37.98	37.54	37.98	1
D	37.98	35.54	34.67	37.98	2
E	X	33.88	34.68	34.68	4

Handy Hint: If you like to use a highlighter to select best performances, please use a **YELLOW** highlighter. If results need to be photocopied, any other colour causes the numbers to be 'blacked out'