

Javelin Procedures - Suburban Parochial League

Last amended 2026-02-11

EQUIPMENT TO BE PROVIDED BY THE TEAM RUNNING THIS EVENT:

1. Two to Three Long Tom 500 Grams Javelins; three are recommended.
2. One - 150' foot measuring tape. Optional measuring stick at end of tape to mark throw.
3. Two - 200' measuring tapes to mark outside line sectors, if not marked. One tape measure should measure both feet and meter
4. Cones to mark out of bound sectors. Optional for marking sector distance or for keeping contestants waiting to throw and spectators in a safe and secure area.
5. Towels to clean javelin, as needed.

SUPPLIES PROVIDED BY HOST TEAM: Clipboard, scoring forms, pen, award ribbons.

JAVELIN PROCEDURES

1. Athlete Check-In by Group (Grade and Gender)

- a. Check in athletes using the provided field event sheet. Confirm athlete name, grade, and school.
- b. Inform competitors that they will compete in the SAME SEQUENCE as they are listed on the scoring sheet for both practice and official attempts. Line up athletes to reduce confusion and improve efficiency.
- c. During check-in, begin running the two (2) allowable practice attempts.
- d. Clarifications & Exceptions:
 - i. A coach or teammate may check-in on behalf of an athlete.
 - ii. Field event participants may not be added or changed after the first competitor begins "official" attempts.
 - iii. To assist in running each event more timely, a volunteer working at each event should begin the check-in process for the next scheduled group of competitors once the current competitors have begun their 2nd or final round of throws.

2. Javelin Rules

- a. Taping of any part of the hand or fingers shall not be permitted unless there is an open wound and must be protected by tape. Taping of the wrist is permissible. Gloves are not permitted.
- b. The lines that mark the sector are out of bounds.
- c. The javelin must be thrown using an overhand motion, with a release point at shoulder length or higher. Any other throwing motion used, regardless of the release point, shall be considered a foul by the event Head Judge.
- d. Either a toe board or a throwing line may be set up for all participants.
- e. Run up length shall be 30 feet where possible, with 45 feet recommended. Officials may restrict the run up area to throwing line for safety reasons or because of rules by the host track facility, but all competitors in a single competition must have the same run up.
- f. Participant must remain within the circle to or behind the throwing line for safety reasons or because of the rules of the host facility. All competitors in a single competition must have the same run up.
- g. Participant must remain within the throwing circle or behind the throwing line until the throw is marked.
- h. It is a "FOUL" or "SCRATCH" if the competitor:
 - i. fails to initiate a trial after one minute after the competitor's name is called,
 - ii. touches the toe board or throwing line or the ground in front of the throwing line with any part of the body or clothes,

Javelin Procedures - Suburban Parochial League

Last amended 2026-02-11

- iii. the javelin does not fall within sector lines. If the javelin lands on the sector line, it is a foul,
- iv. does not exit from behind the throw line extended,
- v. exits the runway/throw line before the implement (javelin) has landed,
- vi. makes a 360 degree turn before the javelin is released,
- vii. Makes a delivery other than an over-arm, above the shoulder motion of the throwing arm.

PENALTY: The throw is not measured, but counts as a trial.

- viii. Head Judge (who also records measured throws) observes the throw, to ensure compliance with rules, and loudly announces "Scratch" for an illegal throw; scratches are NOT measured.
- ix. **NOTE: Field event competitors (long and triple jump, javelin) are required to warm up in accordance with NFHS Rule 6-2-6, which states all athletes MUST warm-up in the direction of competition.** The first instance of non-compliance during warm ups will result in a warning to the coach and athlete, the second instance will be disqualification from the event.

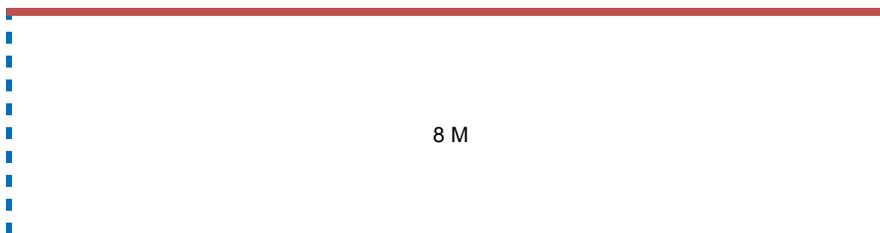
3. Measuring

- a. Zero end of the tape is placed at the first point of impact, regardless of what end of the implement strikes the ground first.
- b. Reading of tape is made at the inside edge of either the toeboard or the throwing line (at the foul line).
- c. The foul line is the hairline which is used to mark the limit of the competitor's run during a trial.
- d. Measure to NEAREST LESSER one inch.
- e. During the process of measuring, judges shall keep all persons other than officials away from the measuring area.
- f. Announce each measured throw result. Scratched-attempt counts as one of the two (2) allowed throws.
- g. TIE for longest throw is broken by the second-best legal attempt.

4. General Safety Tips

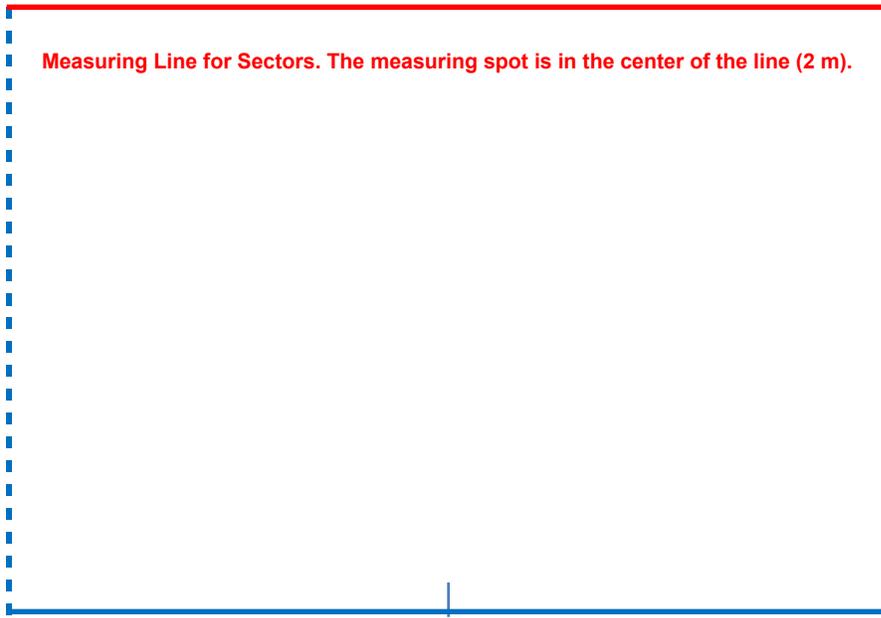
- a. Do NOT allow competitors to practice throws in an unsafe manner, or away from the throwing area.
- b. Javelin should be handed - not thrown - to the next competitor.
- c. CAUTION must be taken to locate a safe throwing area that will not allow errant throws to injure any athlete, spectator or field volunteer.
- d. Competitors should be kept behind the approach (run-up) line and spectators off to the side of the boundary lines for their protection.

APPENDIX 1: JAVELIN SECTOR DIMENSIONS



Javelin Procedures - Suburban Parochial League

Last amended 2026-02-11



Run-up line should be minimum 30 Feet (9.14 m) from foul line if possible. 45 feet (13.72 m) is recommended.

To measure the sector lines:

1. Measure the foul line, which is a width of 4 meters.
2. From the center of the foul line (2 meter), measure a straight line 8 meters below (the measuring line) and mark the spot in the center of the line.
3. From the measuring spot, use the measuring tape to mark a spot 50 meters above the measuring line.
4. From the spot just marked, mark a spot 12.5 meters to the right and left in a straight line. These are the sector marks.
5. From the sector marks, draw or mark a line from there to the measuring spot. These are the sector or boundary lines.

Change Brief

2026-02-11	Updated check-in procedures to account for pre-registration. Removed conflict rules to account for new field event sequence. Reduced official attempts from three (3) to two (2). Edited for clarity, fixed misnumbering, and updated document format.
2022-04-25	Removed the exception that allowed warm-ups to be run in the opposite direction of the event.
2022-04-15	Included high jump priority language for conflicting field events.
2015-04-22	Updated Section 3 - Javelin Rules to provide clarification and up-to-date rules.
2014-01-26	Added Appendix 1: Javelin Sector Dimensions.
2013-04-11	Added cover sheet with recommended equipment. Changed 3.5 - minimum run-up to 30 feet from 45. Added 5.d.