

# JAVELIN PROCEDURES

**EQUIPMENT:** 150 foot measuring tape, Javelin: Turbo Jav Long Tom 500 Grams.

**SUPPLIES** (provided by Meet Host-school): Clipboard, Scoring Forms, Pen, Award Ribbons, cones to mark out of bounds, belt.

## 1. **Sign Up Competitors:**

- a. Record first & last name, and school,...clearly!
- b. Inform competitors that they will compete in the SAME SEQUENCE in which they are signed-up,... for practice AND official attempts. Line up athletes, as that will reduce confusion (& quicken the day)
- c. As competitors are signed up, start running the two (2) allowable practice attempts.
- d. Clarifications & exceptions:
  - i. Competitor does NOT have to personally sign-in for event; coach or teammate may arrange it.
  - ii. Field event participants may NOT be added or changed after FIRST competitor begins event "official" tries.
  - iii. Ask whether anyone has a conflicting event: are they competing in another field event that is being run at this same time? If so, explain procedure that allows the athlete to perform any or all official attempts out-of-sequence.
    1. Exception: (High Jump crossbar will NOT be lowered for a late-arriving competitor).
  - iv. No athlete is allowed to compete in an event AFTER all other competitors have finished, unless he or she is physically present as the last other competitor finishes.
- e. To assist in running each event more timely, a volunteer working at each event should begin the sign-up process for the next scheduled group of competitors once the group currently competing has begun their 3<sup>rd</sup> or final round of jumps/throws.

## 2. **JAVELIN RULES:**

- a. 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.
- b. Either a toe board or a throwing line may be set up for all participants.
- c. Run up length shall be 45 feet where possible. Officials may restrict run up area to discuss ring 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.

- d. Participant must remain within the circle or behind the throwing line until the throw is marked.
- e. Participant commits a foul or scratch if they touch the toe board or throwing line or the ground in front of the throwing line with any part of his/her body or clothing.
- f. Thrower must exit from rear and not cross over the front of the throwing line at any time.
- g. Head Judge (who also records measured throws) observes the throw to ensure compliance with rules, and loudly announces any "scratched" attempt. These are not measured.

3. **MEASURING:**

- a. "Zero" end of the tape is placed at the first point of impact, regardless of which end of the implement strikes the ground first.
- b. Reading of the tape is made at the outer edge of the horizontal midpoint of either the toeboard or the throwing line.
- c. Measure to the NEAREST LESSER one inch.
- d. Throws landing outside clearly-marked throwing sector are fouls.
- e. During process of measuring, judges shall keep all persons other than official away from the measuring area.
- f. Announce each measured throw. Scratched attempts count as one of the three (3) allowed throws.
- g. Tie for longest throw is broken by competitor's second best throw (or third best, if necessary).

4. **SAFETY:**

- a. Do NOT allow competitors to practice throws in an unsafe manner, or away from the throwing area.
- b. Javelin should be handed to the next thrower, not tossed.
- c. CAUTION must be taken to locate a safe throwing area that will not allow errant throws to injure anyone.