

# Javelin Procedures

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## Equipment Needed by Volunteer School

- 1) 2-3 Turbo Long Tom 500 Grams Javelins; 3 are recommended.
- 2) One - 150' foot measuring tape to mark throw. Optional measuring stick at to end of tape to mark throw.
- 3) For marking sector lines if not present :
  - a) Two - 200' foot measuring tapes to mark outside line sectors if not marked.  
One tape measure should measure both feet and meters.
  - b) Cones to mark out of bounds sectors. Optional for marking sector distances or to keep contestants waiting to throw and spectators in a safe and secure area.
- 4) Towels to clean the javelin.

# 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.

## PROCEDURES:

**1) Measure the throwing area if not marked.** See Appendix I.

**2) Sign Up Competitors By Group (Grade and Gender) :**

- 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 3rd or final round of throws.

### 3) 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 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 or behind the throwing line until the throw is marked.
- g. It is a "foul or "Scratch" if the competitor:
  1. fails to initiate a trial after one minute after the competitor's name is called.
  2. touches on the toe board or throwing line or the ground in front of the throwing line with any part of his/her body or clothing.
  3. the javelin does not fall within sector lines. If the javelin lands on the sector line, it is a foul.
  4. does not exit from behind the throw line extended.
  5. exits the runway/throw line area before the javelin has landed.
  6. makes a 360 degree turn before the javelin is released.
  7. 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.**
- h. Head Judge (who also records measured throws) observes the throw to ensure compliance with rules, and loudly "Scratch" for an illegal throw; scratches are NOT measured.

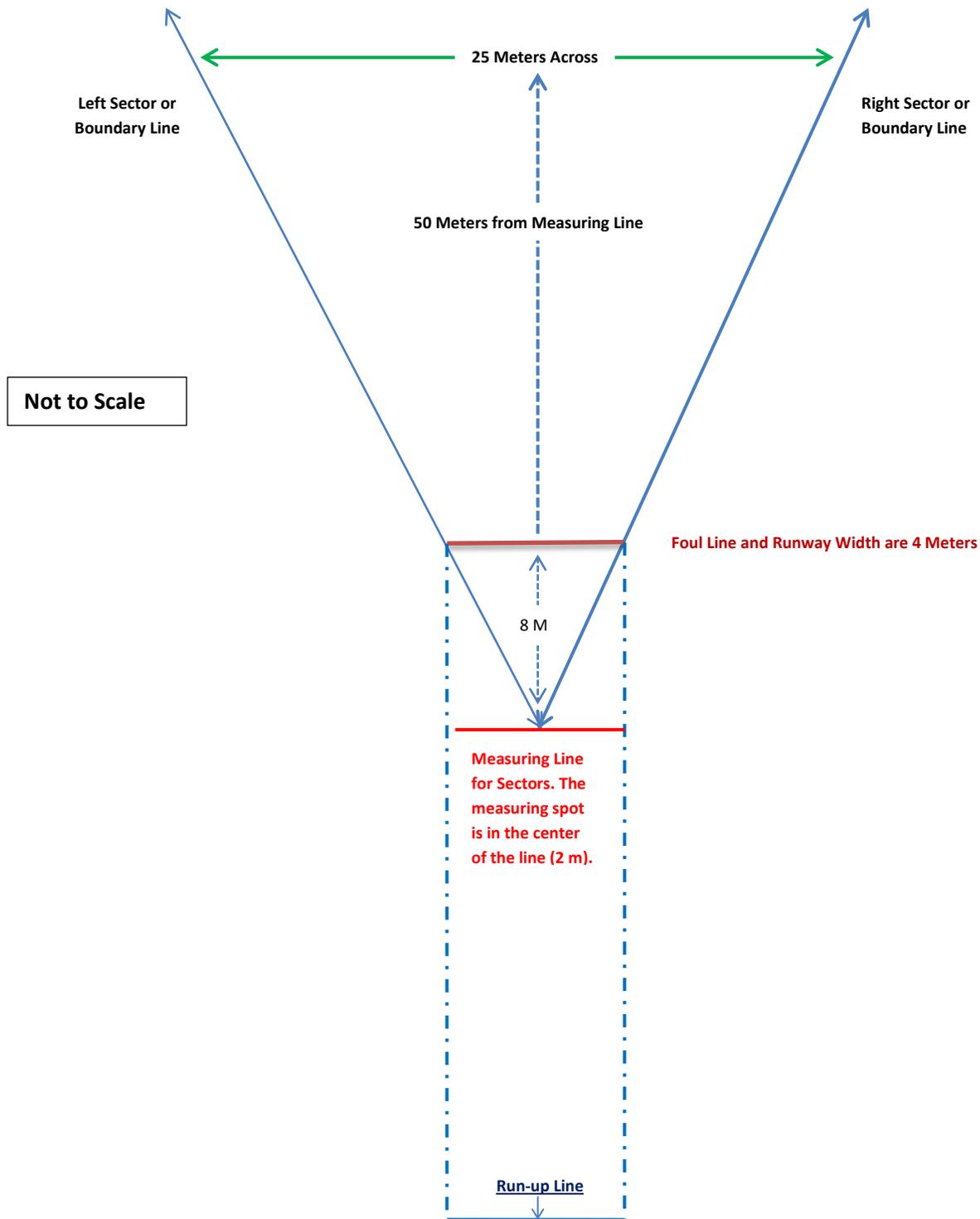
### 4) Measuring:

- 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 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. Throws landing outside clearly-marked throwing sector are fouls.
- f. During process of measuring, judges shall keep all persons other than official away from the measuring area.
- g. Announce each measured throw. Scratched attempts count as one of the three (3) allowed throws.
- h. TIE for longest jump is broken by jumper's second-best (or third best, if necessary).

### 5) 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.
- 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 I – Javelin Sector Dimensions



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 m), 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**

- 2015-04-22 Updated Section 3 – Javelin Rules to provide clarification and up-to-date rules.
- 2014-01-26 Added Appendix I – 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