

JAVELIN

Who Can Do Javelin

- Only U11 - U17 can do Javelin.

Weight for Each Age Group

- | | |
|----------------------|------|
| U11, U12, U13G, U14G | 400g |
| U15G, u17G | 500g |
| U13B, U14B | 600g |
| U15B, U17B | 700g |



How to hold & throw the Javelin

- There are 3 types of *grip* (1) V-grip: in the “v” between index and middle finger; (2) 1st finger grip: between the first finger & thumb; (3) 2nd finger grip: between the 2nd finger & thumb. Regardless of grip, the javelin should be held diagonally across the palm.
- Stand side-on, feet slightly wider than shoulder width and with the throwing arm to the rear;
- The javelin is *drawn back* until the arm is close to being straight (but don’t lock the elbow). The javelin should be parallel to the shoulders with the tip forward and at about eye-level.
- To begin the *throw*, turn the chest to the front and bring the throwing arm through, leading with the elbow (as if throwing a ball over the shoulder, not sidearm). At all times, the javelin is above shoulder height, with the tip pointing forward.
- Run-up* - for beginners, keep the run-up to 3 - 5 steps.

Basic Rules

- The javelin must be released from over the shoulder.
- The tip of the javelin must strike the ground first, but need not stick in the ground.
- Athletes must exit from behind the throwing arc.

When is a Foul Recorded

- If the throw is underarm, or the javelin is slung or hurled.
- If the javelin lands on or outside the sector lines, or does not land head first.
- If the athlete touches the lines marking the runway during their throw, or turns their back to the landing area during the throw, or leaves the runway before the javelin has landed.
- If the athlete leaves the runway on or in front of the extension lines from the arc.

Measuring

- Place* the zero end of the tape where the head of the javelin first strikes the ground and extend the tape to the 8m point (located centre of runway, 8m back from the throwing arc).
- Measure* the distance *from* the initial strike point *to* the inside edge of the runway arc.

Tips

- Participants waiting their turn should stand well back from the throwing area.
- Judges to stand outside the sector lines and to remain alert.