



Javelin Procedures

1) Equipment required:

- a. 2-3 Turbo Long Tom (TurboJav) 500 Grams Javelins; 3 are recommended. Seniors use a regular 500g Javelin.
- b. One - 150' foot measuring tape to mark throw. Optional measuring stick at to end of tape to mark throw.
- c. 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.
- d. Towels to clean the javelin.

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. 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.

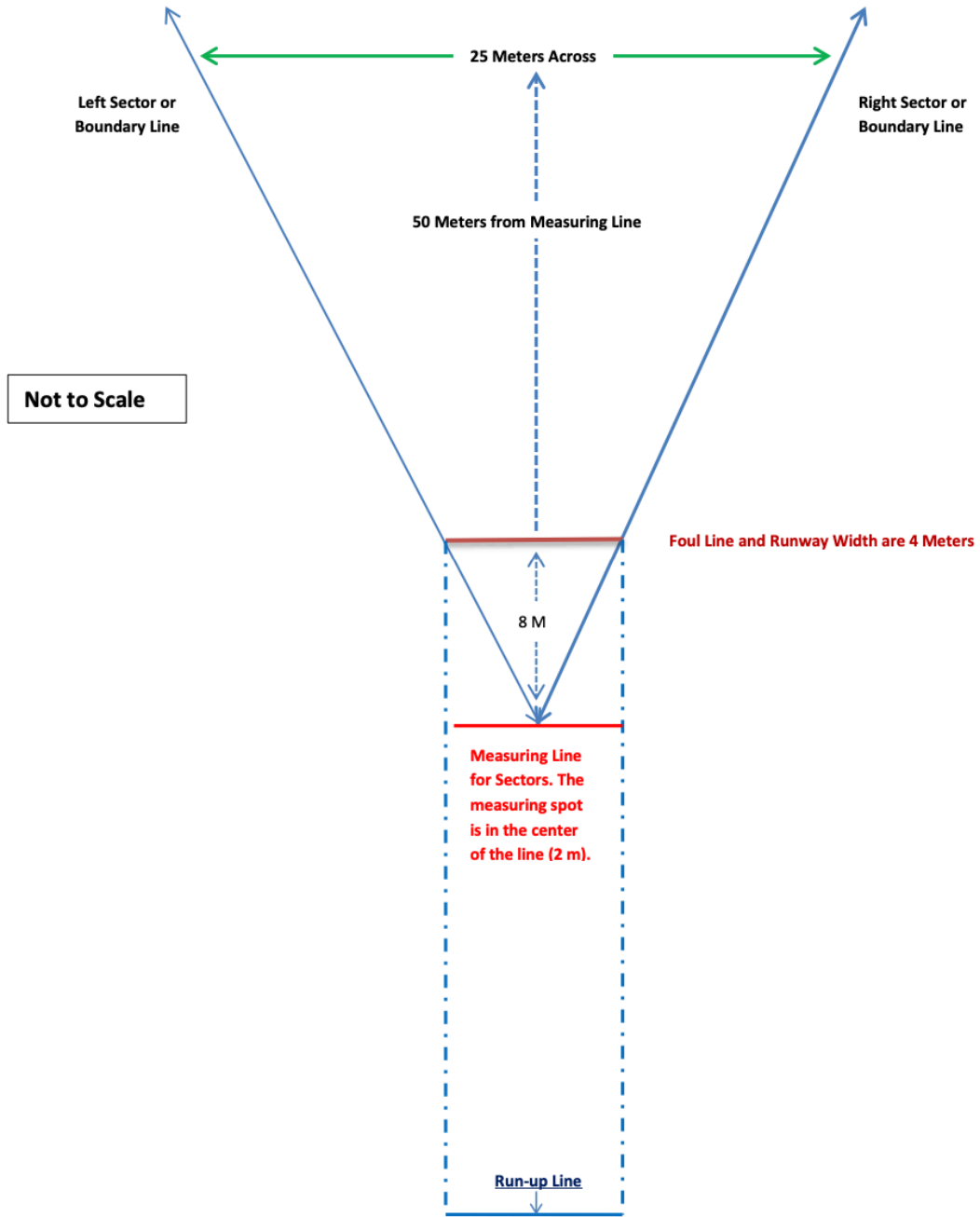
3) Measuring:

- 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 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 CM.
- 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 throwers is broken by throwers second-best (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.
- d. Competitors should be kept behind the approach (Run-up) line and spectators off to the side of the boundary lines for their protection.

5) 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.

6) To measure the sector lines:

- a. Measure the foul line, which is a width of 4 meters.
- b. 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.
- c. From the measuring spot, use the measuring tape to mark a spot 50 meters above the measuring line.
- d. 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.
- e. From the sector marks, draw or mark a line from there to the measuring spot. These are the sector or boundary lines.