

Javelin

What is a Javelin?

A javelin is a metal or fibreglass implement in the shape of a spear, which the athlete has to throw as far as they can.

Who is allowed to do Javelin?

- Only U11-U17 athletes can do javelin.
- Younger age groups can do Turbojav or Vortex for training purposes (depending on individual Centres).

How heavy is the javelin?

U11, U13G, U14G	400g
U15G-U17G	500g
U13B, U14B	600g
U15B-U17B	700g

How do you hold the javelin?

There are three types of grip:

- Claw / V grip - gripped in the "v" between the index and middle finger
- 1st finger grip - gripped between the first finger and the thumb
- 2nd finger grip - gripped between the second finger and the thumb

Regardless of the type of grip used, the javelin should be held diagonally across the palm.

How do you throw the javelin?

- Stand side-on with the opposite foot to the throwing arm in front, with feet slightly wider than shoulder width apart.
- The javelin is drawn back until the arm is close to being straight (without the elbow being locked). The javelin should be parallel to the shoulders with the tip pointing forward at 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.
- The run-up for beginners should be a controlled 3-5 steps.

When is a foul recorded?

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



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How do I measure?

- Measure from where the tip of the javelin first strikes the ground to the inside edge of the runway arc.
- The zero end of the tape goes out to where the javelin lands.
- The measuring tape is pulled straight back through the 8m point on the runway.

What are some basic rules?

- The javelin must be released from over the shoulder.
- The metal head of the javelin must strike the ground first.
- The javelin does not need to stick in the ground to be a valid throw.
- It is not a foul if the javelin touches the ground during the run up.
- The athlete must leave the throwing area from behind the throwing arc.

What are the safety considerations?

- Keep participants who are waiting their turn well back from the throwing area.
- Judges should stand on the outside of the sector lines and be fully alert at all times.
- Make sure the sector lines extend well past the largest throw you are expecting and mark these with a red flag.
- Carry the javelin back vertically after each throw.
- Athletes must not throw until told to do so.
- Never run to collect a javelin.
- Stand the javelins upright with the tip in the ground - never at an angle.
- The correct procedure for removing the javelin from the ground is to place your thumb over the end tip and pull back. **Be aware of who is behind you.**

What are some “Handy Tips” for conducting javelin?

- Teach the athletes the different grips prior to commencing their throws.
- Peg an athlete’s best throw and measure it at the end of the competition.
- For large groups, allow athletes to have 2 throws rather than 3.
- Mark out sector lines before the competition for the day/night starts.
- Have the next athlete ready to throw.
- Move any javelins that are not being used, away from the immediate area.
- Allow the athletes a short approach only on the runway (3-5 steps).



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BASIC RULES

- The javelin must be held at the grip (part of hand touching grip)
- The metal head of the javelin must strike the ground before any other part of the javelin
- Athlete has to stay on runway till the javelin has hit the ground
- Athlete must leave runway behind throwing arc
- Javelin must be thrown over the shoulder or upper part of throwing arm (not slung or hurled, no round arm throws)
- The elbow must come through first when throwing the javelin (not the hand)
- Athletes get three throws in little athletic competitions
- U/12 and above can wear spikes in competition

IDEAS FOR COACHES

- Use a tennis ball to emphasise the action of the arms
- Use vortex to practice technique
- Use a broom stick instead of a javelin
- Stab throws into the ground about 5 metres in front
- Throw from standing or three stride run up

MAIN RULES FOR OFFICIALS

- The javelin must be thrown over the shoulder or the upper part of the throwing arm
- The elbow must come through first
- The metal head of the javelin must hit the ground before any other part of the javelin
- The point of impact must be inside the sector lines to be a valid throw
- Measurements are made to the nearest centimetre below with the measurement tape being pulled through the 'V' painted on the run up area