



## **JAVELIN RULES & GUIDELINES**

### **Equipment needed :**

- Javelins - only those provided by Athletics Wicklow to be used unless agreed in advance.
- Brush
- 50m+ Measuring Tape
- Spike to hold measuring Tape
- Start List on clipboard
- Pens/Pencil

### **Officials required : 3 - 4**

1. Chief Judge / Recorder  
Call athletes and record the throws.  
Determines Javelin is thrown correctly.  
Note and call out the distance thrown.
2. Watch the front line as athlete throws for infringements - touches line or steps over it.  
Measure throws in a straight line from the centre point of the runway.
3. Mark the spot where the front tip of the javelin hits the ground. ( Use spike with tape attached )  
Measure throws from this point.  
The javelin must land in the throwing area.
4. If a 4<sup>th</sup> official is available, this person should return the javelins to the throwing area.

### **Procedure :**

1. Check with meet director how many throws are to be given.
1. Check all athletes listed are present.
2. Measure throws. Measure throws in Metres & Centimetres.
3. Record throws.
4. Call out the distance thrown so athletes are aware of what they've thrown.
5. When all throws are completed record the best throw by each athlete in the box provided.
6. List the throws in order of length.
7. Have another official check so no mistakes were made.
8. Inform the athletes of their best throw.
9. Send the top three athletes to the awards area with the score sheet for medal presentation.

### **General Rules for Javelin**

1. The javelin shall be held at the grip with one hand only.
2. It shall be thrown over the shoulder or upper part of the throwing arm and shall not be slung or hurled. Non-orthodox styles are not permitted.
3. A throw shall be valid only if the metal head strikes the ground before any other part of the javelin.
4. Athlete must leave the runway from behind the white line.
5. An athlete may not leave the runway until the javelin has landed.
6. After each throw, implements shall be carried back to the area next to the circle or runway and never thrown back.
7. The taping of two or more fingers together is prohibited.
8. Use of gloves are prohibited.
9. If the javelin breaks during a throw or while in the air, it shall not count as a failure, provided the trial was otherwise acceptable.
10. No modification may be made to implements once competition starts.