

## Javelin – Rules & Guidelines

### Implement Size:

Bantam & Midget Boys / All Girls – 600 g

Junior & Senior Boys – 800 g

### General Rules:

1. Athletes are expected to use appropriate language at all times.
2. Time limit for attempt is 1 minute.
3. **No competitor may compete twice in the same round.** If the competitor is also in a track event, (s)he is allowed to throw at the beginning of a round - go to the track – and return for the following round – where they may compete last in that round. However if the athlete returns to find that (s)he has missed that round, the athlete is not allowed to throw in that round. If they return to find that the competition has concluded, they are not allowed any additional throws.
4. Once competition has begun, no practices / warm-ups are allowed in the competition area.
5. No assistance shall be given to any athletes in the competition area. Coaches and spectators should remain out of the competition area.
6. Implements must be carried back to the runway – never thrown, rolled, or dragged.

### Measurements:

7. Measure each legal throw immediately after it is made.
8. The implement must land completely in the sector. “On the line” is out of bounds = fault.
9. The official in the field should approach the mark from a position farther away from the circle than the mark so as not to interfere with the mark.
10. Measurements are taken by holding the “zero” end of the tape at the mark in the field (ground break nearest the throwing arc) and pulling the tape through the intersection of the boundary lines. The measurement is read at the inside edge of the arc (toe line). The tape should be level and taught with no twists in it.
11. Measured in 1 cm units. If the measurement is between units, **round down** to the nearest completed unit, do **not** round up. The measurement is what they have achieved not what they are closest to.

### Determining Places / Breaking Ties

12. If you have more than 1 flight in the competition – allow all athletes in flight 1 to each have 3 attempts, then allow all athletes in flight 2 to each have 3 attempts, etc. After each athlete has made their 3<sup>rd</sup> attempt, circle their best performance of the 3 attempts made.
13. Rank the athletes from all flights combined from first to last. The **top 8 athletes** each get another 3 attempts in the final round. They will proceed in **REVERSE** order – 8<sup>th</sup> place throws first, 1<sup>st</sup> place throws last.
14. At the end of their 6<sup>th</sup> attempt – circle their **BEST PERFORMANCE OF ALL 6 ATTEMPTS**. Use this to determine their final placements.
15. If two or more of the top 8 athletes are tied, use their second best performance to break the tie. If they are still tied, use their third best performance, etc. until the tie is broken.

### Javelin Rules

16. All athletes have the right to use any implement in the competition.
17. Athlete must start from a stationary position on the runway / defined throwing area.
18. Foot may not touch nor cross over the throwing arc (toe line) or the lines of the runway.
19. Bandages are not allowed on the hand except to cover and open wound.
20. Gloves are not allowed to be worn, however, the wrist and / or elbow may be wrapped / taped.
21. Athletes are allowed to wear back belts.
22. Chalk may be used on the hand & neck but not on the implement itself.
23. Javelin must be held at the grip & thrown over the upper arm / shoulder.
24. The athlete may not leave the runway nor completely turn their back on the landing sector until the implement lands.
25. Athlete must exit so that the first foot touches the ground behind the back half of the arc.
26. Athlete may interrupt an attempt by setting the implement down on the runway and exiting legally. (S)he may then re-enter for another start provided it is within the 1 minute time limit.
27. The metal tip of the javelin must strike the ground first (not necessarily stick) to be a valid throw.