

Javelin Throw Officiating Rules in Competitions

The javelin must be held at its grip and thrown overhand using one arm, over the athlete's shoulder or upper arm. The athlete may begin his or her run as far back as he or she reasonably chooses

Javelin throwers are provided with a runway 4m wide and at least 30m in length, ending in a curved arc, the scratch line, from which their throw will be measured.

The athlete is prohibited from turning completely around such that his back faces the direction of throw.

The competitor may not leave the throwing area (the runway) until after the javelin lands. The need to come to a stop behind the throwing arc limits both how close the athlete can come to the line before the release as well as the maximum speed achieved at the time of release.

The javelin is thrown towards a "sector" covering an angle of 28.96 degrees extending outwards from the arc at the end of the runway.

A throw is legal only if the tip of the javelin lands within the sector, and the tip strikes the ground before any other part of the javelin.

The javelin **need only make a mark on the ground and not stick in or 'break turf'**.

To be called a "mark" the front end must strike the ground before the back end.

In any case of doubt, the benefit goes to the athlete and the throw is measured.

The distance of the throw is measured from the point where the mark was made to the inner side of the scratch line (the runway side of the line), rounded down to the nearest centimeter.

Place the zero end of the tape at the mark made by the javelin closest to the scratch line.

Pull the tape back through the 'sweet-spot' (8m from scratch line) and read off the measurement from the inside edge of the scratch line.

The following rules are adhered to for a legal throw:

- Upon calling the athlete's name, they have **sixty seconds** to commence the throwing motion.
- The athlete may NOT wear gloves
- The throw is made with a pulling action of the arm.
- During the throw the athlete may not touch the scratch line or the ground outside the lines or the lines which mark the runway
- The athlete must exit behind the scratch line **ONLY AFTER** his throw has landed
- The javelin must land inside the lines which mark the legal sector (28.96°) of the throwing area.
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A Fault will be called when an athlete:

- Does not begin the throwing movement within sixty seconds of having his or her name called.
- During the throwing motion, touches, with any part of the body (including shoes):
 - the line bordering the runway
 - the scratch line
- Throws a javelin which either falls outside the throwing sector or **touches a sector line on the initial impact.**
- Leaves the runway before the javelin has landed.
- Does not exit from behind the scratch line.

Rules Of Competition

The first **three rounds of throws** is taken by each competitor in an **order determined randomly** at entry registration.

The top eight (8) throwers are determined based on the best attempts of each competitor in the three rounds

These **top 8 throwers**, will have three more attempts in order of increasing distance. The final rankings will result from all 6 attempts.

The competitor's best throw from the allocated number of throws, is recorded, and the competitor who legally throws the farthest is declared the winner.

Ties are broken by determining which thrower has the longer second-best throw. Then the third and so on...

If any issues or problems arise, consult the Field Referee

Please refer to the following pages for specific Meet Details and Instructions

JAVELIN OFFICIALS – Preliminary Meet
PLEASE READ CAREFULLY

Regulation throwing implements will be provided by the facility.
No other javelins will be allowed without consultation with the Field Referee and the Meet Convenor.

Record something for every athlete listed on the sheet and every round.

There should be **no write-in athletes or substitutions** unless the athlete appears with a **signed sheet from the Convenor**. Contact the Meet Convenor if there appears to be a problem with the entries.

If the athlete did not show or left after signing in put DNS beside their name.

Athletes involved in track events must check in at the field event and then go to the track event. They may be given a throw before they leave but they must not miss the track event or they will be considered a no show and be ineligible for competition for the rest of the day. They may return to the field event when they have completed the track event but they join in at the round that the event is at.

If the athlete shows and says they are scratching caution them that they are ineligible to compete for the rest of the day in all events if they do scratch. If they decide to scratch anyway make a note on the sheet beside their name and indicate with a SCR.

Indicate a fault with a F. Indicate a pass with a P.

Please inform the competitors of the following information:

ONLY three(3) throws are taken at the Preliminary Meet.

Sixteen(16) athletes advance from the Preliminary Meet to the Zone Championship. In the case of ties make sure that you have not qualified more than sixteen(16) athletes.

If the athletes are tied with their best throw you go to the second best throw and if necessary to the third best throw to break the tie.

The athlete must make a throw without disqualification (not three faults) to be able to advance regardless of the circumstance of less than 16 competitors in the event.

Return your official sheets for results processing as soon as possible after the completion of your event.

Thank you for your commitment and participation. AA

JAVELIN OFFICIALS – Zone Meet
PLEASE READ CAREFULLY AND INFORM THE ATHLETES

Regulation throwing implements will be provided by the NRHSAA. No other javelins will be allowed without consultation with the Field Referee and the Meet Convenor.

There should be **no write-in athletes or substitutions** unless the athlete appears with a **signed sheet from the Convenor**.

Contact the Convenor if there appears to be a problem with the entries.

Please record something for every athlete listed on the sheet and every round.

Indicate a fault with a F. Indicate a pass with a P.

If the athlete did not show or left after signing in put DNS beside their name.

Athletes involved in track events must check in at the field event and then go to the track event. They may be given a throw before they leave but they must not miss the track event or they will be considered a no show and be ineligible for competition for the rest of the day. They may return to the field event when they have completed the track event but they join in at the round that the event is at.

If the athlete shows and says they are scratching caution them that they are ineligible to compete for the rest of the day in all events if they do scratch. If they decide to scratch anyway make a note on the sheet beside their name and indicate with a SCR.

Please inform the competitors of the following information:

The first three rounds of throws is taken by each competitor in an order determined randomly at entry registration.

Determine the top eight throws for the second round and announce to athletes.

The top 8 throwers have three more attempts in order of increasing distance.

The final rankings will result from the best throw from all 6 attempts of each athlete.

Five (5) athletes advance from Zone to SOSSA. In the case of ties make sure that you have not qualified more than five athletes. If the athletes are tied with their best throw you must use the second best throw and if necessary the third best throw to break the tie.

Please award the top six places with ribbons(in officials event package)

Please return your event recording sheets for results processing as soon as possible after the completion of your event.

Thank you for your commitment and participation. AA

JAVELIN – RULES & BRIEFING TO ATHLETES

1. **Uniforms** - You must wear your team **uniform** at all times and a **bib number** (at Zone Meet)
2. **Gloves & taping** - Tape on hands only to cover an open wound – anyone with this? Only **chalk** on the implement. (Any substance on hands - OK; **support belt** – OK; no gloves.)
3. **Electronic devices / Assistance** - No electronic devices or communication of any kind (phones, radios, computers, iPods, etc.); no viewing of any video.
4. **Athletes must stay** within the roped off area of the venue; you **will be retrieving implements** but do not go into the sector – only officials within the sector – will pass javelin to you. No warm-up throws during the competition.
5. **Calls** - The calls will be “Up”, “Second”, and “Retrieving”. Let the Judge/Official know if you intend any passes before your name is being called “Up”
6. **Time Limits** - Your time limit is **one minute**; the clock starts when the official steps off the runway at the arc; we will not have a timing device to display your time; a yellow flag will be raised 15 seconds before the end of your time and lowered when it expires.
7. **Runway marks** – A max of 2 marks per athlete may be placed outside the runway lines; max 7x15 cm, **tape only**, no shoes, no chalk
8. **Warm-ups** – There will be 10 min. warm-up period. We’ll start with everyone in a line going down the field & back for “picks”, and then get on the runway.
9. **Flights Rounds**- We’ll run 1flight; everyone gets 3 throws in the first round.
10. **Finals** - We’ll take 8 to the finals with 3 throws in reverse order of best prelims performance.
11. **Fouls** - You have a foul if:
 - a. You use an illegal implement or use an illegal method to throw
 - b. You fail to initiate the attempt within one minute
 - c. First contact with the ground is other than the metal head of the javelin
 - d. The metal head lands on or outside the sector lines on the first impact with the ground
 - e. Before the javelin hits the ground you touch with any part of the body: the foul line, the run-up lines, or surfaces outside those lines
 - f. You leave the runway before the javelin hits the ground
 - g. You exit the runway ahead of the foul line arc and extended lines
12. **Protests** – Any protest of an official’s call must be made immediately in order to protect your mark.
13. **Ask if anyone is competing in another event?** If so, let me know now and then **see me** 3-4 min. before you leave & upon return. You may take throws out of order in the first round. If you don’t tell me you’re leaving, or during the finals if you’re not present for an attempt, then it’s a pass and you miss your turn.
14. **After you’re done** - you may leave the area before the end of the competition; Go directly out of the competition area to the spectator side of the track.
15. **Marks & results** – You’re welcome to look over the recorder’s shoulder to see your marks & progress of the event. Results will be posted at the blue building.
16. I will be handing out award ribbons at the end of the competition. Please stay if you earned one.
17. Please direct any **questions** only to the Flight Coordinator or to me. **Any questions** now?
Everyone - gather your gear and we’ll head out to the venue. **Good luck gentlemen//ladies!!**
18. A Sports Medical Trainer is on site. If anyone has an injury.
19. Please keep this area free of litter. Pack out or dispose of your water bottles, cans when you leave

Additional Information

- **No Other competitors’ implements** – Unless we have javelins authorized by the Convenor
- **No warm-ups** on the runway after the competition begins
- Javelin **must land head first**, head must land in sector (tail can land outside)
- **Resolving ties**: ties are resolved by the second-best performance of the tying throwers; if still tied, then by third-best performance, and so forth.
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