

JAVELIN IMPLEMENT GUIDELINES

| AGE | GENDER | EQUIPMENT | SHOES |
|-------------|------------|---------------|---------------------|
| Under 6-7 | Boys/Girls | Vortex | No spike shoes |
| Under 8-10 | Boys/Girls | Turbo Javelin | No spike shoes |
| Under 11-12 | Boys/Girls | 400g Javelin | Spike shoes allowed |
| Under 13-14 | Girls only | 400g Javelin | Spike shoes allowed |
| Under 13-14 | Boys only | 600g Javelin | Spike shoes allowed |
| Under 15-17 | Girls only | 500g Javelin | Spike shoes allowed |
| Under 15-17 | Boys only | 700g Javelin | Spike shoes allowed |

JAVELIN EVENT GUIDELINES

- Each athlete is entitled to 3 throws
- Athletes must throw 2 consecutive throws and a 3rd and final throw. This guideline has been introduced for the 20/21 JLAC season to ensure smooth and quick movement of the program
- The javelin must be held at the grip with 1 arm only
- The javelin must be thrown over the shoulder or upper part of the throwing arm
- The javelin must land within the sector lines, **on the lines is out**
- The javelin must land tip first. **It does not have to stick in the ground**
- **Turbo javelin & vortex, the tip must land before the tail/fins**
- The athlete must not leave the area nor turn their back before the javelin has landed
- Athletes must leave the runway behind the lines of the arc marked on the runway
- Athletes must not touch any part of the lines (including the throwing arc) or the ground outside the runway once run up has commenced (it is valid if the end of the javelin does)
- Athletes have 30 seconds to commence their throw
- An athlete may during each throw, stop and place the javelin down in the runway and then re-commence their throw, provided no other infringement has occurred

MEASUREMENTS

- All measurements shall be made immediately after each valid throw
- Place the spike with the zero end of the tape in the ground where the tip makes contact with the ground, draw the tape back straight through the point where the sector lines meet (8m back), and measurement is taken from the runway side of the throwing arc
- Measurement is rounded down to the nearest whole centimetre

SAFETY

- Always carry the javelin back with the tip down **.Do not throw it back**
- Athletes are not to throw the javelin until they are called
- Athletes and spectators are to stay well behind the throwing area