JAVELIN

<u>Official in charge</u>
- Register athletes using recording sheets provided by host
- Note top ten or records for that age group(s) and gender. If a throw exceeds #10, remeasure. If record broken, mark location with spike, call for field referee to confirm.
- Before competition starts, review with competitors the rules (valid throw, number of throws, etc.)

<u>Valid throw</u>
1) Any part of foot must NOT be over BACK edge of board or white line.
2) Javelin must be thrown over the shoulder or upper arm.
3) Athlete must NOT be facing backward during flight and landing of javelin.
4) <u>Metal head </u>of Javelin must TOUCH ground FIRST. Doesn't have to stick in ground.
5) Measure from BACK edge of board to where point first touched ground. Tape must be stretched taut between the point of landing and the center mark 8m behind the board. Measure to nearest cm. SHORTER than throw.

Objects used by athlete to mark start of run must not be on runway (must be outside of designated runway)

<u>Times allowed each (from start time official indicates)</u> 1.00 min
    Competitor faults if they have not started final run up within time limit.

<u>Scoring</u>
    Best throw wins. *For a tie, second best throw wins tie.

Competitor	YoB	1st Throw	2nd Throw	3rd Throw	4th Throw	5th Throw	6th Throw	Best	Place
Abe Cannon	M94	13.71	(14.05)	13.47				14.05	1
Tom Thruster	M94	12.27	X	(13.95)				13.95	3
Mark Spearer	M94	(13.95)	*12.78	X				13.95	2*

← 2nd best throw

<u>Number of throws</u>
- As specified by the host club at the competition site or in the meet literature.
- If not given then left to the discretion of the head official.
- 3 throws at most JD meets for younger JD's. For Midgets and older, 3 throws then 3 more for top 8. For older groups, 3 throws then 3 more for top 8 of each weight group. For pentathlon meets etc. 3 throws ONLY.

<u>Athletes leaving to go to another event</u>
- Must get permission from official in charge before leaving and may be allowed to throw out of order (i.e. early or late).
- Competition may proceed without them.
- Must report when they return and may re-enter competition but at the current round, although not necessarily required to throw in the original order.
- (Athletes should try to minimize their absence by leaving only when other event is called and returning immediately after completing).