

Event Description

The javelin is a spear-shaped implement, typically made of metal or fibreglass, which athletes throw for distance.

Event Equipment

- Javelins
- Tape measure
- Numbered marker pegs
- Event sheet and pen

Event Location

Javelin events at Hudson Park are conducted on the javelin run-ups located midway across the field at either end.

Safety Considerations

- Keep all participants waiting their turn well back from the throwing area.
- Officials should stand outside the sector lines and remain fully alert at all times.
- Clearly mark the javelin area with cones and post 'Throws in Progress' signs.
- Athletes must not throw until instructed.
- Carry javelins vertically after each throw.
- Never run to collect a javelin.
- Stand javelins upright with the tip in the ground — never at an angle.
- To remove a javelin from the ground, approach from the side, place your thumb over the tip, twist, and pull back at the same angle as entry. Be aware of others behind you.

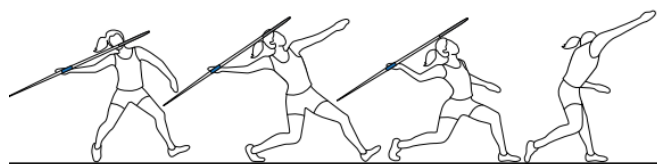
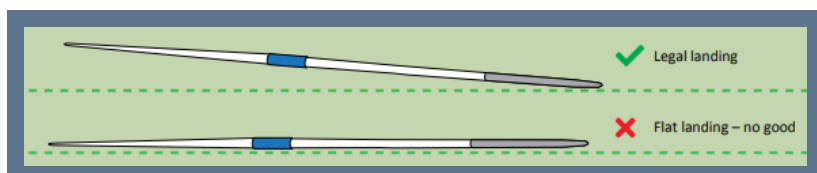


Event Rules

- The javelin must be held at the grip with one hand only.
- The javelin must be released over the shoulder or upper part of the throwing arm.
- The metal tip of the javelin must strike the ground first. The javelin does not need to stick in the ground for the throw to be valid.
- The athlete may enter the runway from any direction but must leave from behind the throwing arc extension line.
- It is not a foul if the tail of the javelin touches the ground during the run-up.
- A throw is valid if:
 - The javelin lands within the sector lines, even if it skids or flips out after impact.
 - The first point of impact (metal tip) is entirely within the sector lines.
- The throw is complete when the athlete exits the runway after the javelin has landed.

It is a foul if:

- the javelin is thrown underarm, slung or hurled.
- the javelin lands outside the sector lines, or if the first point of impact (metal tip) is not entirely within the sector lines.
- the athlete touches the lines marking the runway during their throw.
- the athlete crosses the throwing arc at the end of the runway during the throw.
- the athlete leaves the runway before the javelin has landed.
- the athlete turns their back to the landing area while throwing.

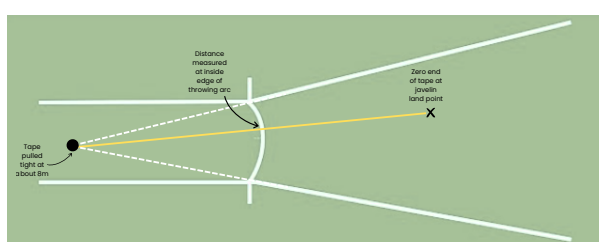


How to run the Event

- Measure and mark out existing event records before the competition begins.
- When a javelin is thrown, place a numbered marker peg at the nearest edge of the landing mark where the tip of the javelin initially lands.
- Each athlete has three attempts, and all athletes complete their first throw before moving on to the second and third rounds in the same order. Athletes should not take all three throws consecutively before the next athlete has thrown.
- Updating markers: If a subsequent throw is shorter than the athlete's previous best, the marker remains at the previous distance. If a throw is further, the marker is moved to the new distance. If unsure whether a later throw is further, a second marker can be placed so both throws can be measured.
- Markers are never moved backward to represent a lesser throw.
- *If it appears that a record has been broken, the marking peg should not be removed when measuring. A committee member must verify the peg is in place to confirm the record.*

How to Measure

- Place the zero end of the tape at the first point where the javelin tip lands, up to the foul line – the javelin does not need to stick in the ground.
- Pull the tape through to the mark where the sector lines intersect, approximately 8m behind the foul line.
- Measure the distance to the inside edge of the throwing arc.



Learn More

For more information and guidance, scan the QR code below to view the *Little Athletics Australia Officiating Video* for this event.

