

JAVELIN THROW

Legal Throw

1. A javelin shall be held by the whipcord grip at the time the throw is executed.
2. The throw must be made from behind the foul-line arc.
3. The javelin must fall within the sector made by extending the radii of the foul-line arc through the intersection of the arc with the runway lines.
4. The thrower shall not permit his/her body to rotate through a full turn, 360 degrees, or more at any time during the approach or delivery.
5. The delivery of the javelin shall be made with a distinctly above-the-shoulder motion of the throwing arm, and the thrower's last contact with the javelin during its release shall be the cord grip.
6. A competitor shall not compete while using an illegal implement.

NOTE: If a javelin breaks during a trial in accordance with the rules, no penalty shall be counted against the competitor and a replacement trial shall be awarded. If the implement breaks upon completion of the trial, a replacement trial shall not be awarded and the results of the trial shall be recorded, provided it was made in accordance with the rules.

Foul Throw

It is a foul if the competitor:

1. Makes a 360-degree turn before the javelin is released.
2. Uses a delivery other than an over-arm, above-the-shoulder motion of the throwing arm.
3. Throws the javelin so it does not fall within the sector line.
4. Touches on or over either the runway lines or on or over the foul-line arc before the throw has landed.
5. Fails to hold the javelin by the whipcord grip.
6. Exits the runway before the implement has landed.
7. Fails to exist the runway behind the foul-line arc and the perpendicular side extensions after the javelin has landed.
8. Does not initiate purposeful action of completing the requirements of the athletic challenge (throw) of the event (trial) within one minute (or other prescribed time limit) after the competitor's name has been called for trial.

# of athletes competing at the start of the round	Individual Events			Combined Events		
	HJ	PV	Other FE	HJ	PV	Other PE
More than 3	1	1	1	1	1	1
2 or 3 remaining	3	3	1	3	3	1
1 remaining	5	5	1	5	5	1
Consecutive Trials	2	3	2	2	3	2

PENALTY: The throw is not measured, but counts as a trial.

Throwing Aids

1. Taping may be used on the hand and fingers provided that no two fingers are taped together. The tape may be continuous and connect to the wrist, but all fingers must be able to move independently.
2. Taping of the wrist is permissible. A wrist wrap used in lieu of tape is acceptable and is not considered an artificial aid provided there are no hard pieces in the wrap to keep the wrist stiff.
3. Gloves are not permitted; however, a support belt may be worn.
4. To obtain a better grip, competitors are permitted to use chalk or an adhesive (or similar substance such as rosin) on their hands during competition.

Preliminaries

The Games Committee may elect to open the competitive area and specify the time by which all preliminary trials shall be completed. Any competitor who does not complete all preliminary attempts within the time specified shall forfeit any remaining trials (open pit).

Measuring Legal Throw

1. Measurement shall be recorded to the nearest lesser inch or centimeter.
2. Measurement shall be from the nearest edge of the first point of contact made by the javelin to the point on the inside edge of the circumference of the arc nearest such contact and in line with the center of the circle 26 feet, 3 inches behind the arc.

3. Measurement shall be made with non-stretchable tape such as fiberglass, nylon, steel or certified scientific measurement device (laser).
4. The judges shall hold the tape in such a way that the readings will be at the foul line.

Warm-Ups

It is illegal to run backwards or in the opposite direction (non-legal direction) on a horizontal jump, pole vault or javelin runway.

PENALTY: First offense shall result in a warning and, if repeated, disqualification from that event. If the incident recurs, the athlete will be disqualified from further competition in the meet.

Breaking Ties

When there is a tie at any distance of a throwing event, places and points scored shall be awarded as follows:

1. If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the tying competitor whose second-best performance is better from either the preliminary trials or finals.
2. If after (1) the tie remains, the higher place is awarded to the tied competitor whose third best performance is better than the third best performance of any tied competitor, etc.