



August 5, 2013

Little Athletics Chelsea Javelin Rules

Extract from LA Vic Regulation 8, Section 10.7 Javelin, December 2011

Spirit of Competition

LAC encourages athletes to:

Participate- be involved no matter what their level of performance is;

Try their best- athletes are competing against their own previous performances;

Have fun- if athletics is fun it is rewarding and they will continue to participate.

LAC encourages parents and Officials to:

Be fair- little athletics is children's sport and is about having fun not winning;

Acknowledge effort- athletics is very complicated and most athletes try their very best despite their performance;

Think of safety- athletics can be dangerous and children may not always be aware of the dangers around them;

Seek assistance- speak to a Committee member or Official for guidance or assistance.

Competition Rules for Javelin

10.7 JAVELIN

WARNING: A Javelin is a form of spear and as such is a lethal weapon, which can be deflected by gusts of wind. Officials in the field should be alert at all times because as the javelin comes toward them it may appear to be a smaller object than it is, and is not easily seen.

10.7.1 Weights and Age Groups

AGE GROUP (Under)	NOMINAL WEIGHT
8, 9, 10	Turbo (see below)
B 11, 12 & G 11, 12, 13, 14	400g
G 15, 16	500g
B 13, 14, 15	600g
B 16	700g

10.7.2 General

(a) Athletes shall use the implements provided by the Organising Body.

(b) Except as detailed in CR: 10.2, the order in which the athletes take their trials shall be as listed in the program (draw order).

(c) The number of trials shall be as follows:

Each athlete shall be allowed three (3) trials and each athlete shall be credited with the best performance of all their trials with places determined on this basis (see below).

(d) Once a competition has begun, athletes shall not be permitted to use the runway or ground within the sector for practice trials, with or without implements.

10.7.3 Assistance to Athletes

(a) It is illegal to tape two or more fingers together unless to cover an open cut or wound. The use of gloves i.e. encapsulating the finger and / or thumb, shall not be permitted.

(b) In order to protect the spine from injury, an athlete may wear a belt of leather or other suitable material.

10.7.4 Competition

- (a) The javelin shall be held at the grip. It shall be thrown over the shoulder or upper part of the throwing arm, and shall never be slung or hurled. Non-orthodox styles shall not be permitted.
- (b) At no time during the throw, until the javelin has been discharged into the air, shall the athlete turn completely around, so that their back is toward the throwing arc.
- (c) For a valid throw the tip of the javelin shall fall within the inner edges of the landing sector.
- (d) A throw shall be valid only if the tip of the metal head strikes the ground before any other part of the javelin. The javelin does not have to stick in, but marking is easier if it does. When a javelin descends at a very low angle with the ground it may bounce shortly before producing what looked likely to be a fair landing. This shall be carefully watched to see if the point impacts first.
- (e) The athlete shall not leave the runway until the implement has touched the ground. When leaving the runway the first contact with the parallel lines or the ground outside the runway shall be completely behind the white lines of the arc at right angles to the parallel lines.
- (f) Provided that, in the course of a trial, the foregoing rules have not been infringed, an athlete may interrupt a trial once started; lay down the implement inside or outside the runway, leave the runway, then return to begin a fresh trial.
- (g) The javelin shall be carried back to the starting line, not thrown back.

10.7.5 Failures

- (a) It shall be a foul throw if the athlete after they have started their throw: touches (with any part of their body or limbs) the runway lines or the ground outside the runway; or improperly releases the javelin whilst making any attempt (see CR: 10.7.4).

10.7.7 Landing

- (a) The landing sector shall be marked with white lines 50mm wide, such that the inner edge of the lines, if extended, would pass through the two intersections of the inner edges of the arc, and the parallel lines marking the runway and intersect at the centre of the circle at which the arc is part (see Diagram 6). The landing sector is thus 28.95°. The ends of the lines marking the landing sector should be marked with suitable flags.

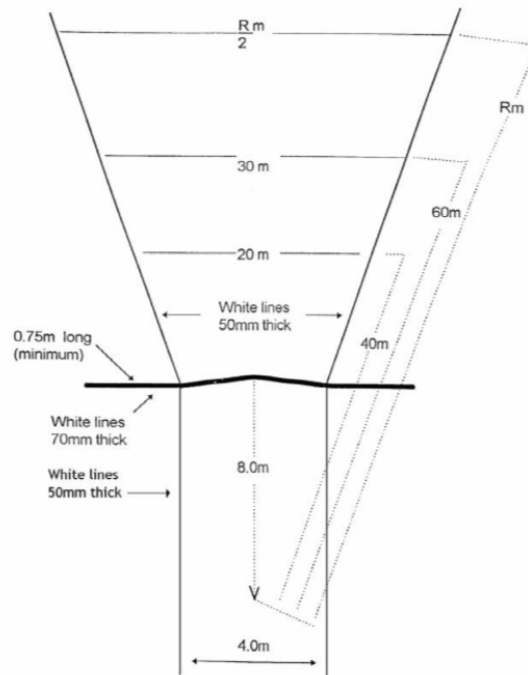


Diagram 6: Javelin Runway & Landing Sector

10.7.8 Measurement of Each Trial

(a) The measurement of each throw shall be made from where the tip of the metal head first strikes the ground to the edge of the thrower's side of throw line. The tape shall first be drawn in a straight line from the point of landing to the 8m cross marking on the runway.

(b) The tape shall be straightened and pulled tight and the distance measured to the nearest whole centimetre below the distance thrown unless the reading is a whole centimetre.

Local rules and variations for Javelin at Little Athletics Chelsea

10.7.1 Weights and Age Groups

Under 8, 9 and 10 athletes at LAC shall use Turbo-Javelins.

10.7.2 General

(c) The number of trials shall be as follows:

Each athlete shall be allowed three (3) trials and each athlete shall be credited with the best performance of all their trials with places determined on this basis.

10.7.8 Measurement of Each Trial

(a) The measurement of each throw shall be made from where the tip of the metal head first strikes the ground to the edge of the thrower's side of throw line. The tape shall first be drawn in a straight line from the point of landing to the 8m cross marking on the runway.

Use of spikes in Javelin at Little Athletics Chelsea

Athletes must wear footwear in accordance with LA Vic, regulation 8.

Spikes shall not be worn in any age group in Javelin.

August 5, 2013

Amendments

July 2012	Add U16B&G weights; change U15G weight to 500g & U14G weight to 400g
May 2013	Change U16B weight to 700g

If you have any questions in relation to applying the competition rules please ask a Committee Member. We are only too happy to help. Thank you.