



FHSAA JAVELIN THROW GUIDANCE

GUIDANCE FOR IMPLEMENTING THE JAVELIN THROW
PROVISIONALLY INTO FLORIDA HIGH SCHOOL
TRACK & FIELD PROGRAMS



NFHS RULES AS MODIFIED FOR FHSAA COMPETITION



Member schools wishing to contest the javelin throw must adhere to these rules of competition as modified by FHSAA. The javelin throw may be contested in regular season meets on a provisional basis only.

NFHS Rule 6

Javelin Specifications

1. Constructed of metal or other suitable material.
2. **MUST HAVE A RUBBER TIP.**
 - a. Overall length of the rubber tip shall be 35-77 mm.
 - b. Diameter of front of rubber tip shall be 14-35 mm.
 - c. Thickness at front of rubber tip shall be a minimum 5 mm.
 - d. The tip shall be made of rubber or an equivalent soft plastic.
3. The javelin shall meet all IAAF specifications.

	Boys Competition	Girls Competition
Weight (minimum)	800 g	600 g
Overall Length		
(minimum)	260 cm	220 cm
(maximum)	270 cm	230 cm
Length of metal head		
(minimum)	25 cm	25 cm
(maximum)	33 cm	33 cm
Distance from tip of metal head to center of gravity		
(minimum)	90 cm	80 cm
(maximum)	106 cm	92 cm
Diameter of shaft at thickest point, front of grip		
(minimum)	25 mm	20mm
(maximum)	30 mm	25mm
Diameter of tail midpoint		
(minimum)	No less than 90% of diameter of front of grip	No less than 90% of diameter of front of grip
Diameter of front midpoint		
(maximum)	No greater than 90% of diameter of front of grip	No greater than 90% of diameter of front of grip
Width of cord grip		
(minimum)	15 cm	14 cm
(maximum)	16 cm	15 cm

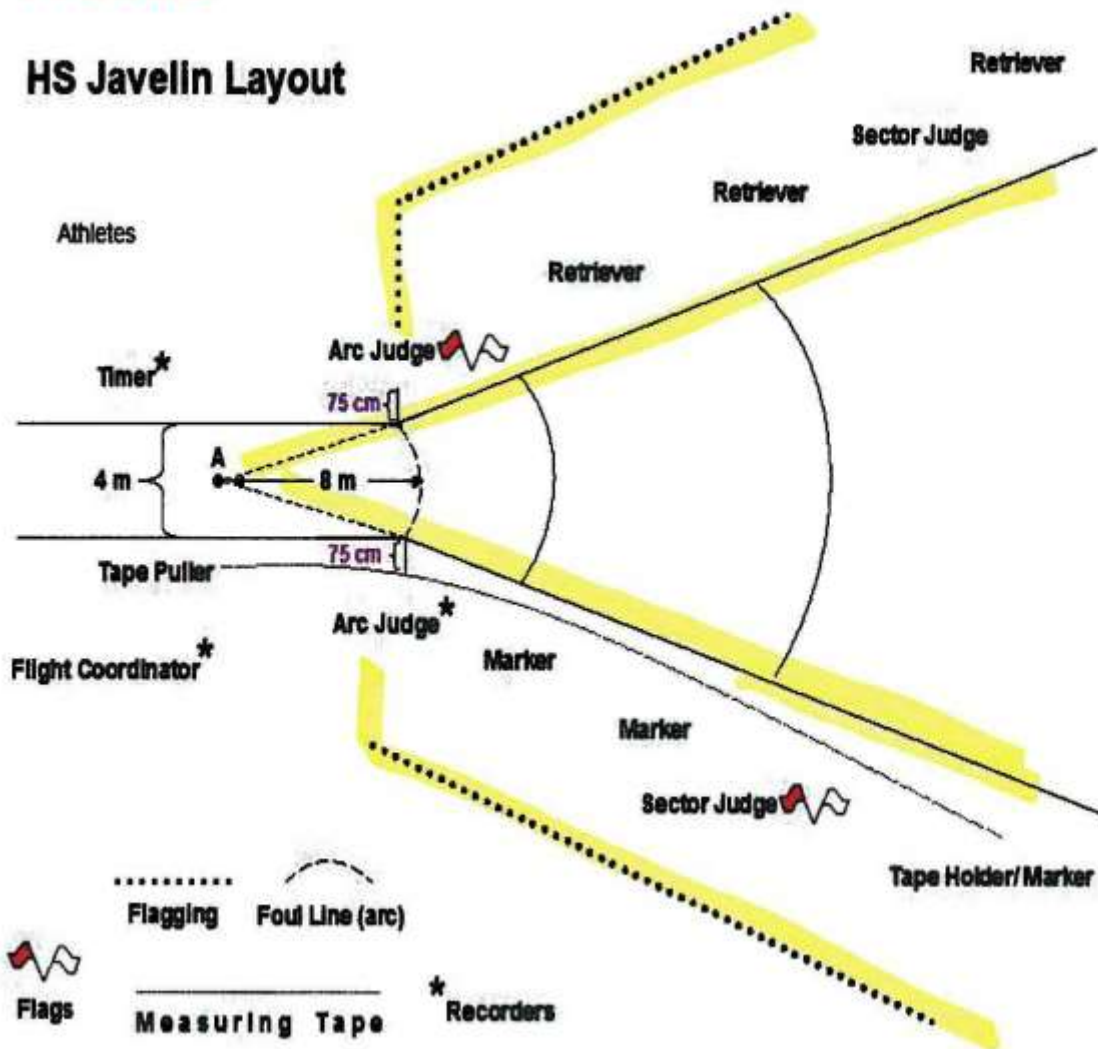
ART. 3 . . . The runway for the throw should have a minimum length of 120 feet (36.5 meters) and shall be marked by two parallel lines, 13 feet, 1½ inches (4 meters) apart and terminated by a foul-line arc with a radius of 26 feet, 3 inches (8 meters) as shown on figure 5. The foul-line arc shall be marked with white marking material or a white metal, plastic or wood band 2¾ inches (7 cm) in width. If using a band, the top surface shall be level with the throwing surface. The line or band shall be in the throwing sector with the edge toward the runway coinciding with the foul-line arc. A line 2¾ inches (7 cm) in width and 2 feet, 5½ inches (75 cm) in length shall be placed or painted on each side of the runway perpendicular to the side boundaries at the intersection of the foul-line arc and the inside of the side boundary lines. The athlete must exit behind the intersection of the arc and the foul line.

ART. 4 . . . The throwing sector into which the javelin must fall is that area defined by extending radii through the two intersections of the arc with the runway lines and a point midway between the runway lines and 26 feet, 3 inches (8 meters) from the foul line.

ART. 5 . . . The foul line is the hairline which is used to mark the limit of a competitor’s run during a trial.

FIGURE

HS Javelin Layout



ART. 6 . . . Taping of any part of the throwing hand or fingers shall not be permitted unless there is an open wound that must be protected by tape. Taping of the wrist is permissible. Gloves are not permitted; however, a support belt may be worn.

ART. 7 . . . Meet management may permit the use of approved footwear other than track shoes.

ART. 8 . . . A competitor may hold the javelin at the end of the cord grip even though one or more fingers and thumb touch the javelin shaft. In gripping the javelin, the thumb and forefinger, or the thumb, forefinger and middle finger or the forefinger and middle finger of the throwing hand may touch the shaft behind the whipcord grip.

ART. 9 . . . If the javelin breaks during the throw or in the air, it shall not count as a trial provided the throw is in accordance with the rules. A replacement throw shall be awarded.

ART. 10 . . . The point of contact shall be within the sector made by extending radii of the foul-line arc through the intersection of the arc with the runway lines. The lines which mark the throwing sector are outside the limits of the sector.

ART. 11 . . . It is a foul if the competitor:

- a. Makes a 360-degree turn before the javelin is released.
- b. Uses a delivery other than an over-arm, above-the-shoulder motion of the throwing arm.
- c. Throws the javelin so it does not fall within the sector line.
- d. Touches on or over either the runway lines or on or over the foul-line arc before the throw is marked.
- e. Fails to hold the javelin by the whipcord grip.
- f. Exits the runway before the implement has landed and the judge calls "Mark."
- g. Fails to exit the runway under control behind the foul-line arc and the perpendicular side extensions after the javelin has landed.
- h. Fails to initiate a trial that is carried to completion within 1 minute after being called.

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

ART. 12 . . . The measurements 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.

ART. 13 . . . Measurements shall be recorded to the nearest lesser inch or even number centimeter (e.g., 0-2-4-6-8). Measurements shall be made with non-stretchable tape such as fiberglass, nylon, steel or certified scientific measurement device (laser). The judges shall hold the tape in such a way that the readings will be at the foul line.

SAFETY CONSIDERATIONS FOR PRACTICE AND COMPETITION

Event site:

- Ensure that all javelin activities are set up a safe distance away from other activities.
- Considering the age and ability level of the group, the javelin landing area must be of adequate length to contain the implements thrown.
- A grass field (football or soccer practice field) is a preferred venue for practice and/or competition.
- All javelin throwing should be conducted within a clearly defined throwing area. It is recommended that the throwing sector area and runway be marked with highly visible markers (rope and/or flags) to prevent access by non-participants.
- The runway and launch area must be dry and free from any loose materials.
- Throwers waiting for their turn should be kept away from the runway and back behind the delivery line. Spectators and throwers waiting their turn should not be permitted to stand along the sector lines.

Equipment:

- Ensure that the correct weight javelins are used. Boys – 800g and Girls – 600g
- Javelins should be in good repair. For example, withdraw from use those with damaged grips.
- FinnFliers®, Turbo Javelins®, Turbo Spears®, and other rocket-type training implements are recommended as practice implements.
- Javelins should NOT be used without supervision.
- Javelins that are not being used should be kept under supervision and in a spot where they are not accessible for athletes to play with.
- NEVER leave javelins stuck in the ground at an angle. They should always be stood vertically.

Instructions to athletes:

- Explain the potential dangers of the javelin event.
- Javelins should always be carried in a vertical position with the point down.
- The tail of the javelin can be just as dangerous as the point, so instruct the athletes to always be aware of who is in your immediate vicinity when you are holding a javelin.
- Javelins may not be used unless athletes are specifically instructed to do so. (i.e. No one picks up a javelin unless told to do so.)
- No participant is to commence their throw until they are instructed to do so.
- When spikes are not being worn, athletes should be advised to show particular caution in the delivery stride before throwing and also as decelerating.

Officials:

- Officials should carry, not throw a javelin back.
- Officials should stand on the outside of the sector lines and always be alert.

CLARIFICATIONS AND QUESTIONS MAY BE DIRECTED TO:

track@fhsaa.org