

JAVELIN

BASICS FOR LITTLE ATHLETICS

Javelin is only for U/11 to U/17 athletes

400 grams	U/11 and U/12 boys and U/11 to U/14 girls
500 grams	U/15 to U/17 girls
600 grams	U/13 and U/14 boys
700 grams	U/15 to U/17 boys

SAFETY TIPS

- Carry javelins with the metal tip pointing down
- Do not throw the javelins back to waiting area (carry them)
- Do not throw until the coach has given the okay (or the officials in competition)
- Do not hold the javelin until your turn to throw (don't hold it while waiting)
- Stand to the sides behind throwing area when waiting to throw



BASIC RULES

- The javelin must be held at the grip (part of hand touching grip)
- The javelin tip must strike the ground before any other part of the javelin
- Athlete has to stay on runway till the javelin has hit the ground
- Athlete must leave runway behind throwing arc
- Javelin must be thrown over the shoulder or upper part of throwing arm (not slung or hurled, no round arm throws)
- The elbow must come through first when throwing the javelin (not the hand)
- Athletes get three throws in little athletic competitions
- Athletes may wear spikes in competition

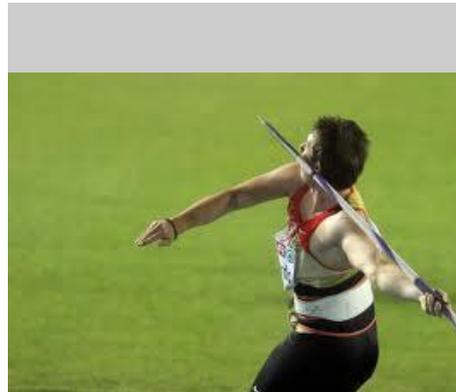
COACHING CUES

- Elbow should come through first, with hand coming through above the shoulder or head
- Point non throwing hand to where you want to throw
- Hold javelin at the grip
- Throw the javelin up rather than flat
- No need for long run up (use three or five stride)
- With a short run up start with the javelin held back, rather than by the head
- Finish with chest and head up (rather than bowing over at the end of the throw)



IDEAS FOR COACHES

- Use a tennis ball to emphasise the action of the arms
- Use vortex to practice technique
- Use a broom stick instead of a javelin
- Stab throws into the ground about 5 metres in front
- Throw from standing or three stride run up



MAIN RULES FOR OFFICIALS

- The javelin must be thrown over the shoulder or the upper part of the throwing arm
- The elbow must come through first
- The tip of the javelin must hit the ground before any other part of the javelin
- The point of impact must be inside the sector lines to be a valid throw
- Measurements are made to the nearest centimetre below with the measurement tape being pulled through the small circle painted on the run up area