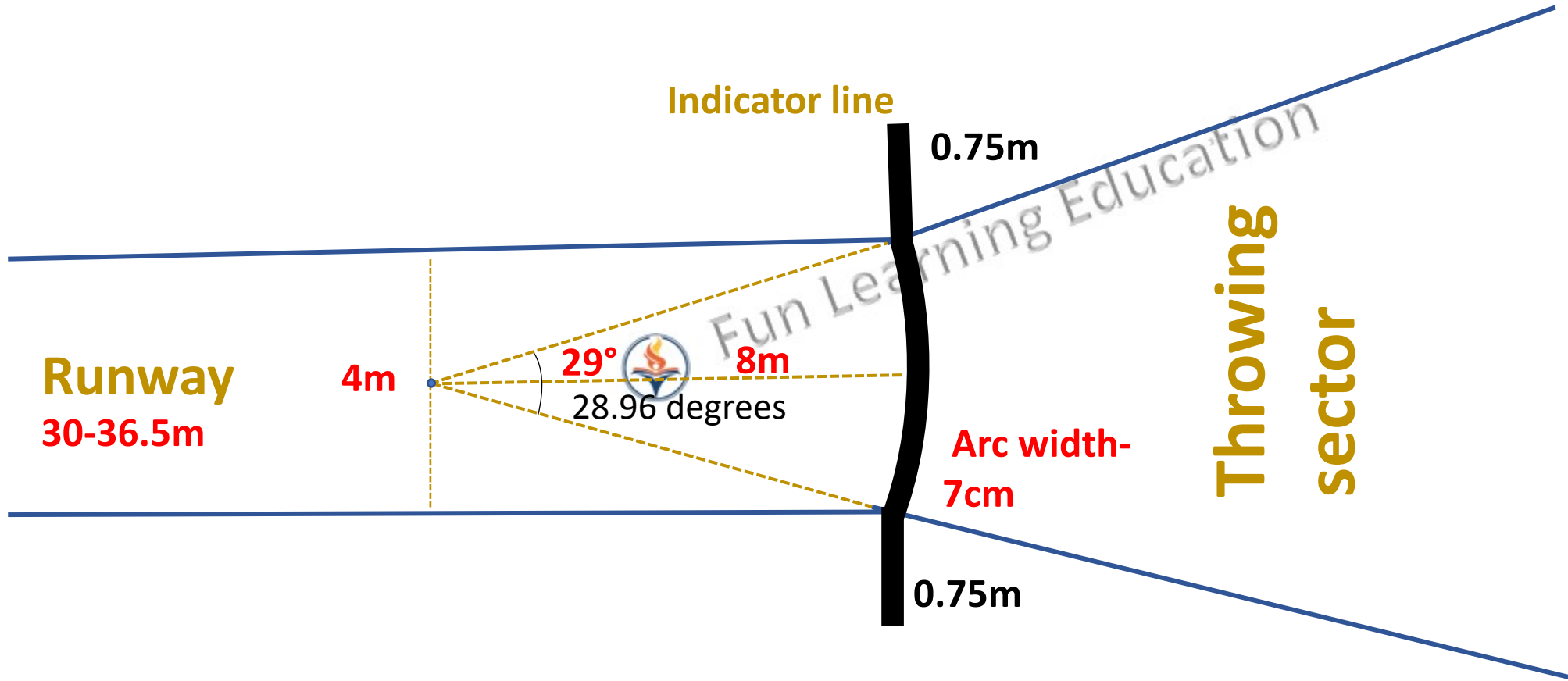




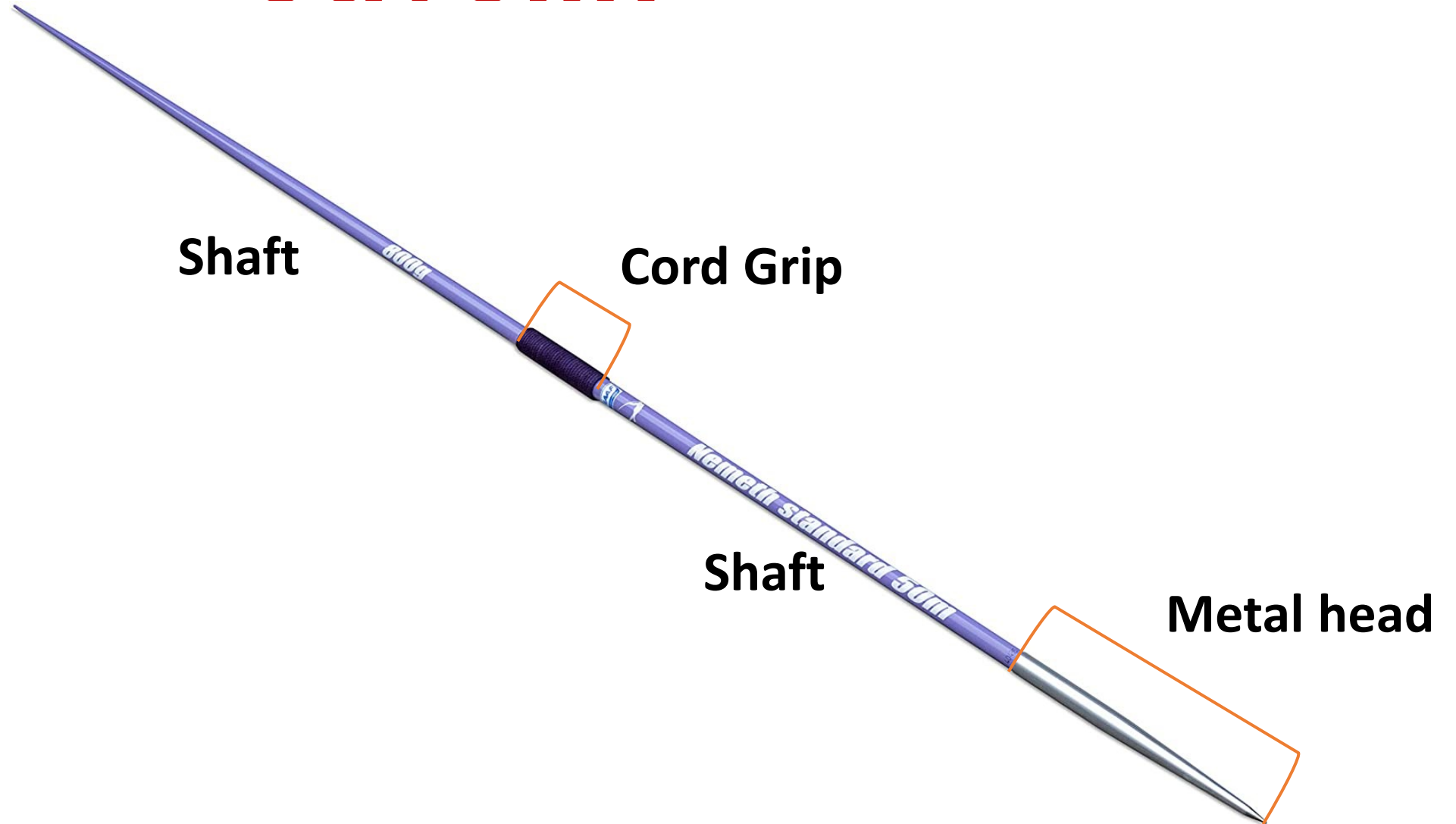
# Javelin Throw

## Sector Measurement





# Javelin





# Javelin

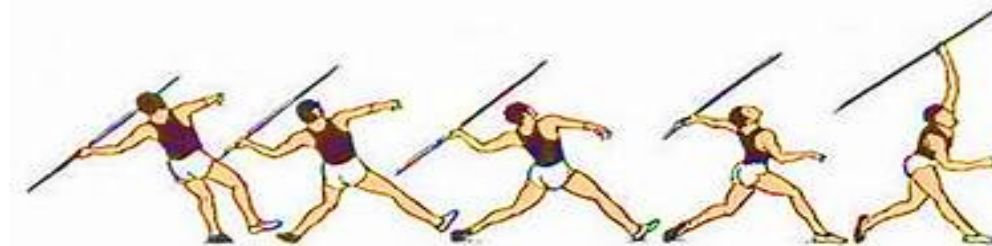
	Men-	Women-
<b>Weight-</b>	800g	600g
<b>Length-</b>	2.6 -2.7m	2.2- 2.3m
<b>Cord Grip-</b>	150-160mm	140-150mm
<b>Diameter of cord grip-</b>	25-30mm	20-25mm
<b>Length Of Metal Head-</b>	250-330mm	250-300mm



# Javelin Throw

## Fundamental Skill

- Grip
  - 1. Finish grip
  - 2. American grip
  - 3. Polish grip
- Carry of Javelin
  - 1. Below Shoulder
  - 2. Over Head
- Cross Step
- Arc of body
- Release & Recovery





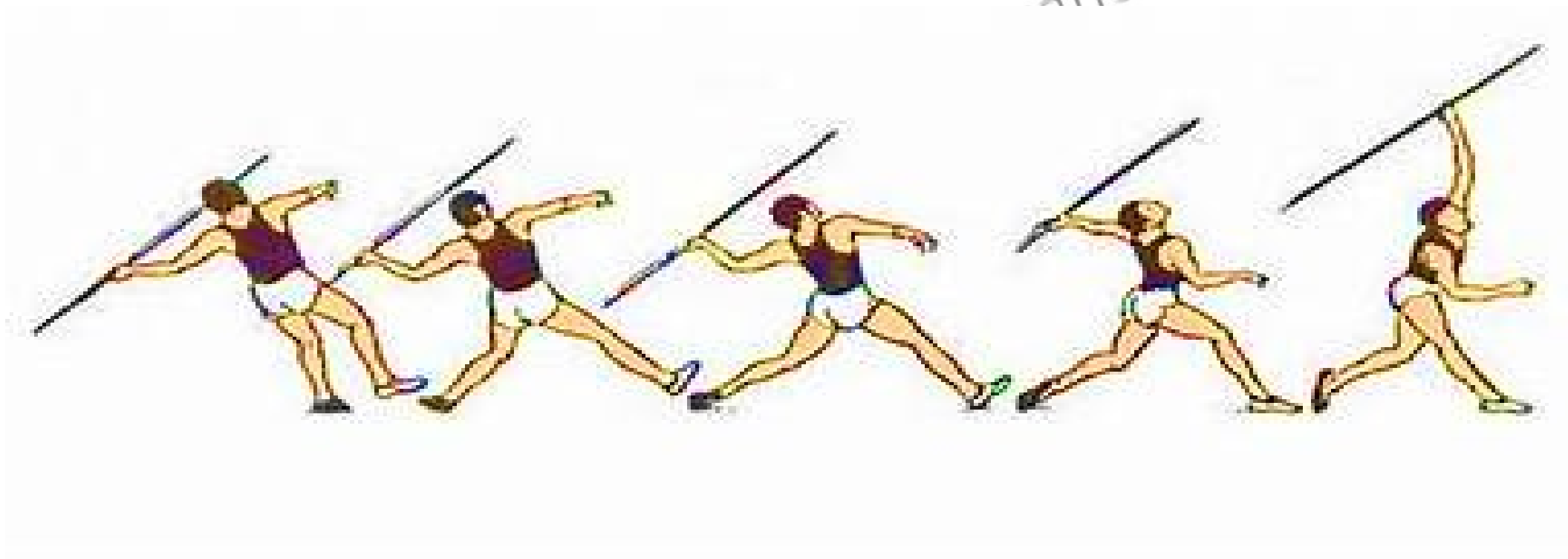
# Javelin Throw

## Fundamental Skill

3. Cross Step

4. Arc of body

5. Release & Recovery





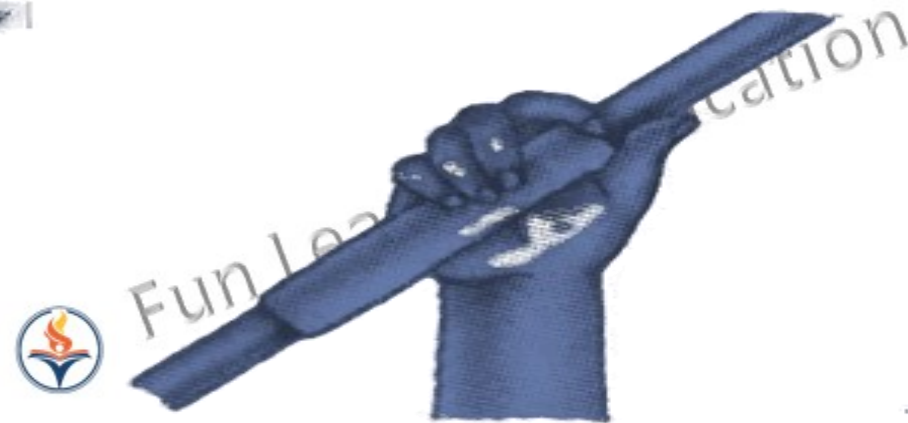
# Javelin Throw

## Fundamental Skill

### Grip-



1.Finish grip



2.American grip

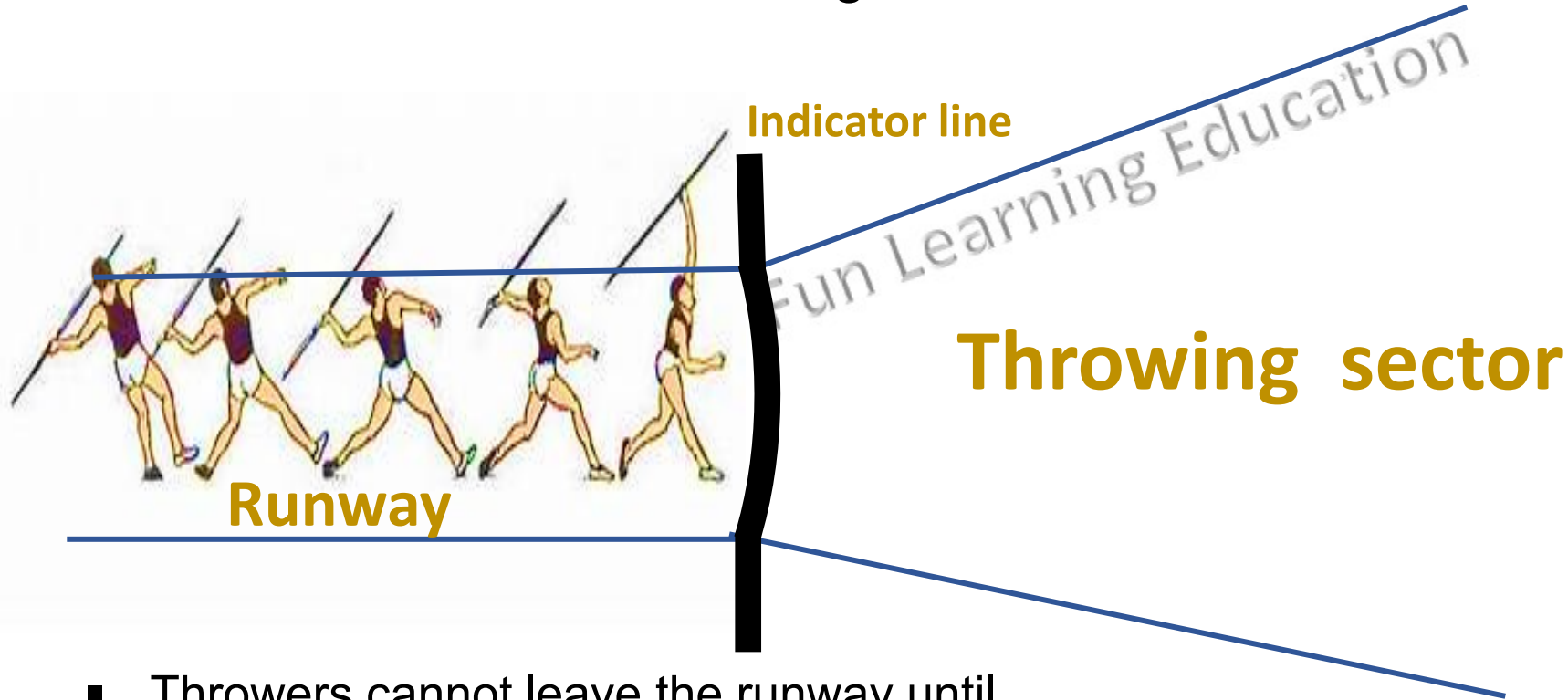


3.Polish grip



# Rules of Javelin Throw

- If a thrower's foot touches or crosses the throw line, he receives a foul.
- The thrower's foot cannot go outside the lines of the runway.

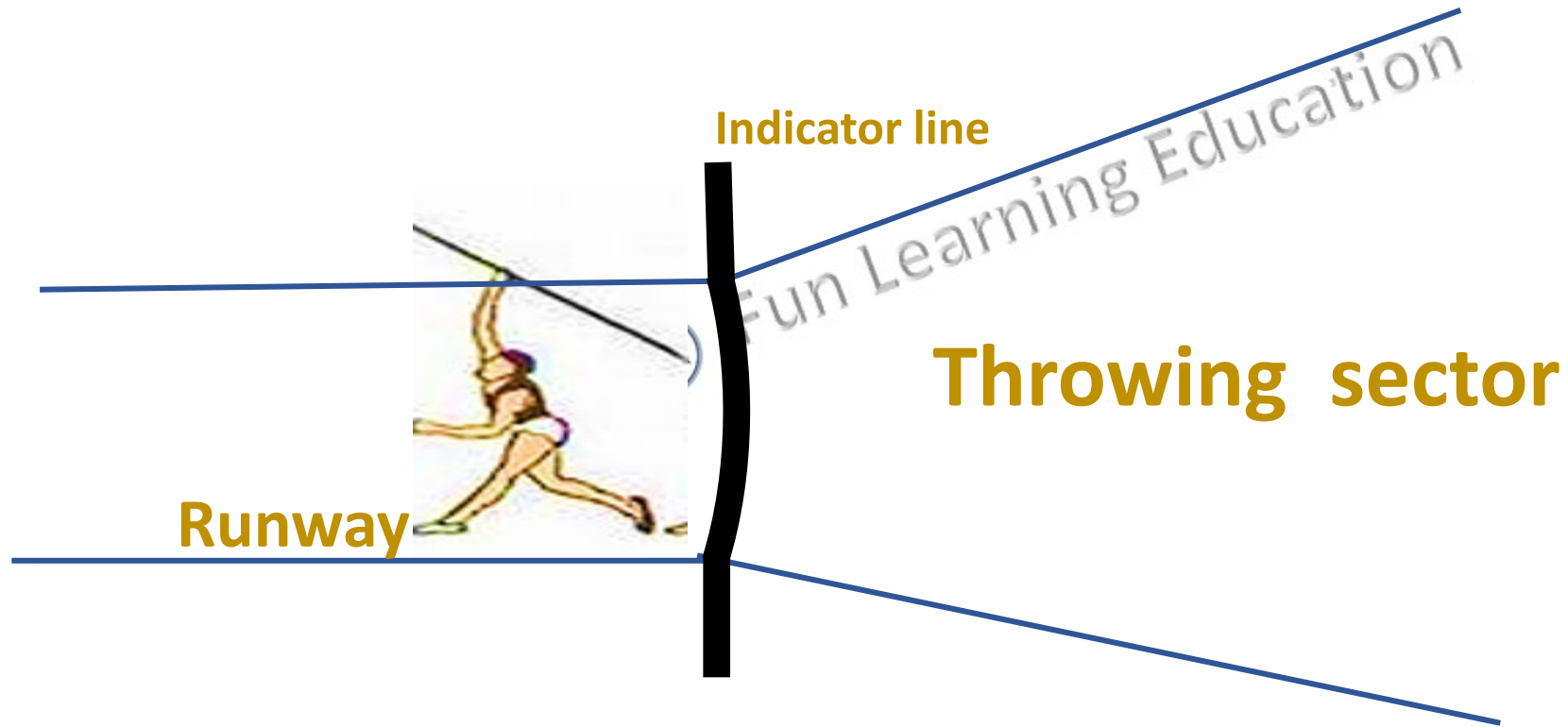


- Throwers cannot leave the runway until after the javelin lands.



# Rules of Javelin Throw

- Throwers cannot turn their backs to the field from the time they get into throwing position until the time of the javelin's release.

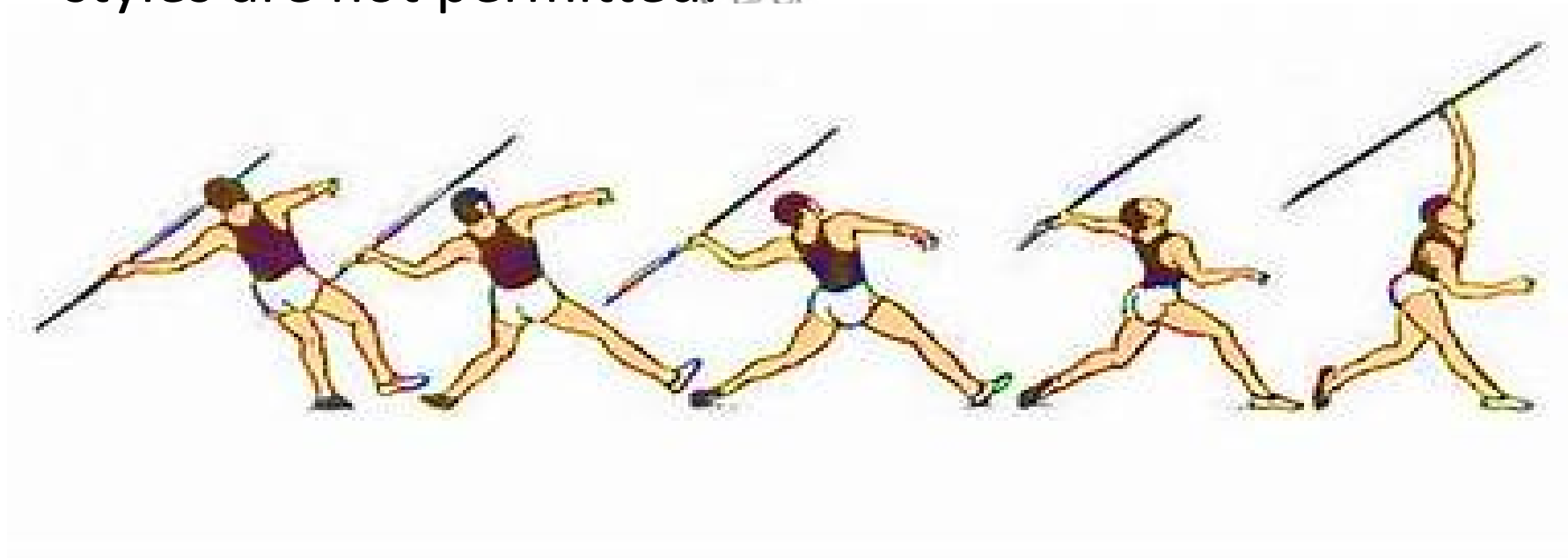






# Rules of Javelin Throw

- The javelin shall be held at the grip with one hand only.
- It shall be thrown over the shoulder or upper part of the throwing arm and shall not be slung or hurled. non-orthodox styles are not permitted.





# Rules of Javelin Throw

- A throw shall be valid only if the **metal head strikes the ground** before any other part of the javelin.





# Rules of Javelin Throw

- If the **javelin breaks** during a throw or while in the air, **it shall not count as a failure**, athlete shall be awarded a replacement trial.
- The taping must not assist the athlete and it must be checked by the chief judge prior to start. Taping two or more fingers together is not allowed. **The use of gloves is not allowed.**



# Rules of Javelin Throw

## Time allowed-

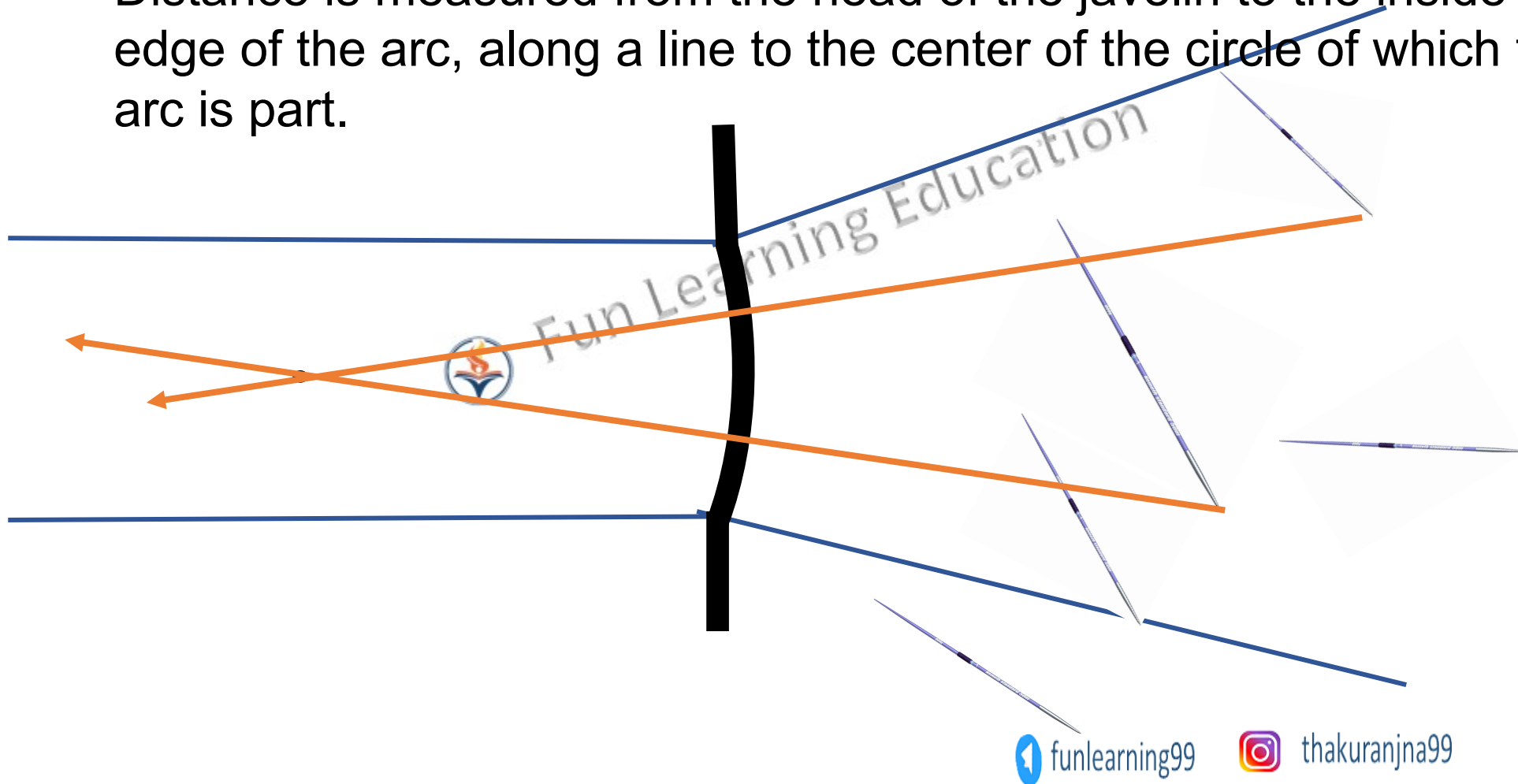
- **One minute** is allowed to complete a trial from the time his name is announced.
- A clock showing the remaining time left for a trial should be visible to the athlete.
- 
- An official shall also raise a yellow flag to indicate during the final 15 seconds of the time allowed.



# Rules of Javelin Throw

## Distance Measurement

- Distance is measured from the head of the javelin to the inside edge of the arc, along a line to the center of the circle of which the arc is part.





# Rules of Javelin Throw

- When the number of athlete **more than eight athletes**, each athlete shall be allowed **three trials** and the **eight athletes with the best valid performances** shall be allowed **three additional trials**.
- When the number of **athlete are eight or less than eight** chance will be **six** time each to them.





# Officials-

- 1- Chief Judge
- 2- Measurement Judges
- 1- Scorer
- 1- Time Judge
- 1- Announcer