

QUICK SAFETY

- **Carrying Only:** Always carry the javelin vertically with the tip down.
- **Removal:** Remove from the ground by placing your thumb over the tip and pulling straight back.
- **Storage:** Place upright in the ground if no storage rack is available.
- **Stand Back:** Keep all athletes well back. Officials must never take their eyes off the javelin. Officials marking landing should stand outside the sector.

FOUL (Mark "X")

- Athlete hurls or slings the javelin (always below the shoulder)
- Doesn't hold javelin at the official grip.
- Turns completely around (back to the line) before the launch.
- Steps on or over the runway line.
- Fails to land the metal tip first.
- Leaves the runway before the javelin impacts the ground.
- Walks out forward of the runway line.
- Takes longer than 1 minute to start the attempt.
- Lands the javelin on or outside the sector boundary lines.

MEASURING

- Give each thrower a number spike and pin at first contact point.
- Move spike if 2nd and/or 3rd throw is further. If unsure mark both and confirm when measuring.
- Place the zero end of the tape where the metal tip first struck the ground.
- Pull the tape tight straight through the centre point of the arc's circle (8m back).
- Read the distance at the inside edge the line
- Round down to the nearest whole centimetre.



JAVELIN

FORMAT & WEIGHT MATRIX

Age	Competition Format	Implement Weight
U7 – U8	1 Prac + 1 Measured (Rd 1), then 2 Measured (Rd 2)	Vortex
U9 – U11	1 Prac + 1 Measured (Rd 1), then 2 Measured (Rd 2)	Turbo
U12	1 Prac + 1 Measured (Rd 1), then 2 Measured (Rd 2)	400g (Boys & Girls)
U13 – U14	1 Prac + 1 Throw (Rd 1), then 2 Throws (Rd 2)	600g Boys / 400g Girls
U15 – U18	1 Optional Practice + 3 Measured Throws	700g Boys / 500g Girls

<https://cdn.revolutionise.com.au/cups/waathletics/files/mgorjfqeknbkl44e.pdf>

