

I. General Rules for Throwing Events

1. In large meets there are generally three preliminary trials (throws)
2. Ideal flight sizes are 8 to 15 athletes
3. In the preliminary flights the seeded (best) throwers will be in the last flight unless otherwise noted by the games committee
4. No throwing/practice shall be allowed before or after the event
5. Allow the athletes at least 2 warm up attempts before their flight under the supervision of the officials
6. The athletes are permitted to use chalk on their hands. Tape or band-aids are only permitted to cover an open wound
7. The athletes are not permitted to make any personal reference mark inside the sector lines
8. Markings of distances shall be approved by the games committee, (Example: 20ft, 30ft, etc. or the existing meet record)
9. The throwers with the top 8 distances will be called back to the finals (when 6 medals are to be distributed)
10. The finals consist of three more throws
11. The order of the athletes in the final will go from the shortest trial attempt to the longest.
12. The best throw from ALL 6 attempts is recorded as the athletes result
13. Ties are eliminated by going to the second best throw, third best throw, etc.



II. Javelin Construction

NFHS-IAAF Specifications

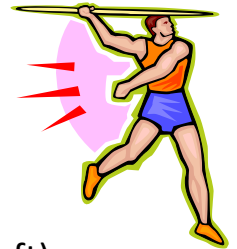


1. Girls:
 - A. Weight = 1 lb, 3.2 oz. (600g)
 - B. Length= *Minimum*: 7ft, 2 1/8" (220cm) *Maximum*: 7ft, 6 9/16" (230cm)
 - C. Center of Gravity= *Minimum*: 2ft, 7 1/2" (80cm) *Maximum*: 3ft, 3/16" (92cm)
 - D. Metal or wood with a rubber tip
 - E. Whipcord (located at the center of gravity)= *Minimum Width*: 5 1/2" (14cm) *Maximum Width*: 5 29/32" (15cm)
2. Boys:
 - A. Weight = 1 lb, 7.6 oz. (800g)
 - B. Length: *Minimum*: 8ft, 6 3/8" (260cm) *Maximum*: 8ft, 10 5/16" (270cm)

- C. Center of Gravity= *Minimum: 2ft, 11 7/17"* (90cm) *Maximum: 3ft, 5 ¾"* (106cm)
- D. Metal or wood with a rubber tip
- E. Whipcord (located at the center of gravity)= *Minimum Width: 5 29/32"* (15cm) *Maximum Width: 6 5/16"* (16cm)

III. Javelin Throwing

1. Taping of any part of throwing hand or fingers not permitted
2. Cuts on hand or finger can be covered with tape and/or band-aids
3. Taping of the wrist is allowed but cannot extend onto the hand
4. Gloves are not permitted
5. A support belt may be worn
6. The javelin must be held at the cord grip (3 fingers may touch the shaft)
7. If the javelin breaks while in the air it is not counted as a trial (considering the throw was legal)
8. The javelin must land within the sector area
9. If the javelin lands on the sector line it is a foul
10. Once the javelin is thrown, the competitor must gain control and wait for the official to say "mark"
11. The athlete must then exit the runway behind the foul line



IV. Javelin Measuring

1. Measure from the nearest edge of the first point of contact (point or tail)
2. If the Javelin lands flat, measure from the end of the cord grip nearest the foul line/arc
3. Measure to the inside edge of the foul arc
4. The tape should be "pulled through" to the arrow point 26 ft 3 inches behind the foul arc
5. Measure to the nearest lesser inch or even centimeter
6. The measuring tape should be fiberglass or metal

V. Javelin Fouls

It is a FOUL if:

1. The athlete touches on or over the foul line arc
2. The athlete touches on or over the either runway line

3. The javelin does not land within the sector landing area
4. The javelin touches the sector lines
5. The athlete makes a 360 degree turn before the javelin is released
6. The athlete is not using an over-arm/above the shoulder motion
7. The athlete fails to hold the javelin by the whip cord grip
8. The athlete exits the runway before the official says "mark"
9. The athlete exits the runway before gaining control
10. The athlete does not exit the runway behind the foul line arc
11. The athlete does not complete their throw in 1 minute

VI. "Weights & Measures"

HIGH SCHOOL IMPLEMENTS		
	MEN	WOMEN
Shot Put	12lb/5.433K	4k/8lb 13oz
Javelin	800g	600g
Discus	1.6K/3lb 8.438oz	1K/2lb 3.27oz
Hammer	12lb/5.433kg	4K/8lb 13oz

NCAA IMPLEMENTS		
	MEN	WOMEN
Shot Put	16lb/7.260kg	4k/8lb 13oz
Javelin	800g	600g
Discus	2K/4lb 6.548oz	1K/2lb 3.27oz
Hammer	16lb/7.260kg	4K/8lb 13oz

