

## FIELD - UAIFELIN-





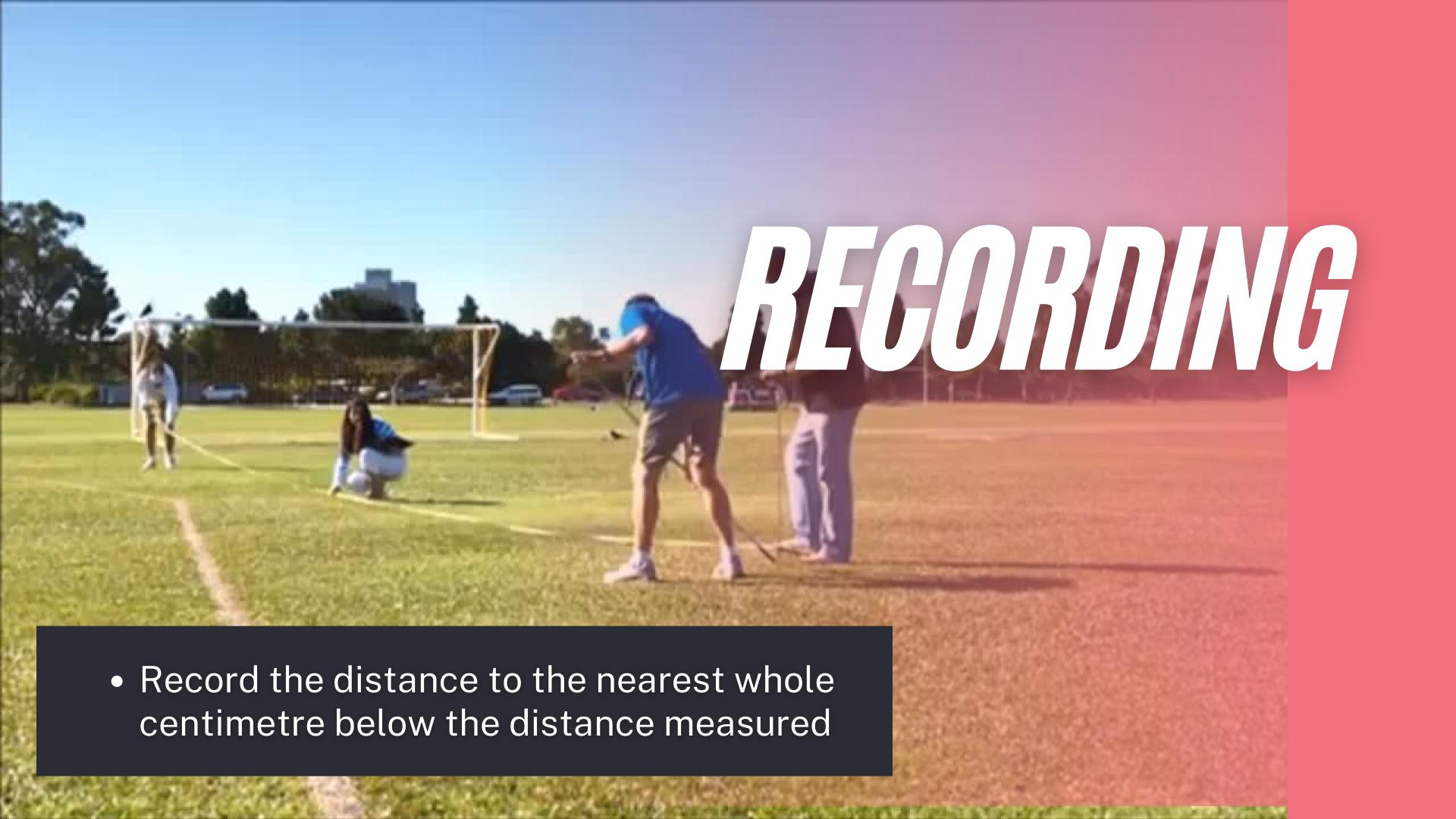




- Javelin is held behind and touching the grip
- Hand is held at shoulder height, as far back behind the athlete as they can
- Javelin is PULLED forward, high and over the shoulder, delivered from a tall, front on position (not "slung")



- Zero end of tape is placed on the first landing point of the javelin tip to the foul line it does not have to stick in
- Pull the tape through to the intersection of sector lines, 8m behind the foul line
- Measure to the inside of the foul line



## FOR MORE DETAILED INFORMATION ABOUT THE RULES AND OFFICIATING CONTACT:

- YOUR CENTRE OFFICIALS OFFICER
- YOUR CENTRE COMMITTEE
- THE LAQ WEBSITE

