



# ***HOW TO.....***

Hints and tips for helping your children

***FIELD***

***- JAVELIN -***



Today, we'll cover "how to"  
do the javelin.

# ***BEFORE YOU START***

- Ensure correct weight for age
- Ensure runway is flat and clear of debris
- Waiting athletes must stand to side of the runway
- Officials in the sector must always face the foul line

# ***SAFETY***

- Always carry javelin vertically....unless throwing
- Clearly defined throwing / landing area
- Javelin must be carried back - never thrown back



# ***TECHNIQUE - JAVELIN***



- 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")

# ***MEASURING***

- 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

# ***RECORDING***

- Record the distance to the nearest whole centimetre below the distance measured



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

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

