



AFI LEVEL "C" TOECS

# JAVELIN THROW

- ❖ The origin of the javelin throw is obvious. The first throwers were primitive hunters seeking food.
- ❖ The first known competitive use of a javelin occurred in the ancient Greek Olympics,
- ❖ It has been part of the modern Olympic Games programme since **1908 for men**, and **1932 for women**.





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# JAVELIN THROW

1. Runway and Sector
2. Specification of Implement's for different age groups in India
3. Failures-Basic rules
4. Rules about gloves and taping
5. Measurement and recording
6. Competing order, number of trials and breaking of ties
7. Time allowed

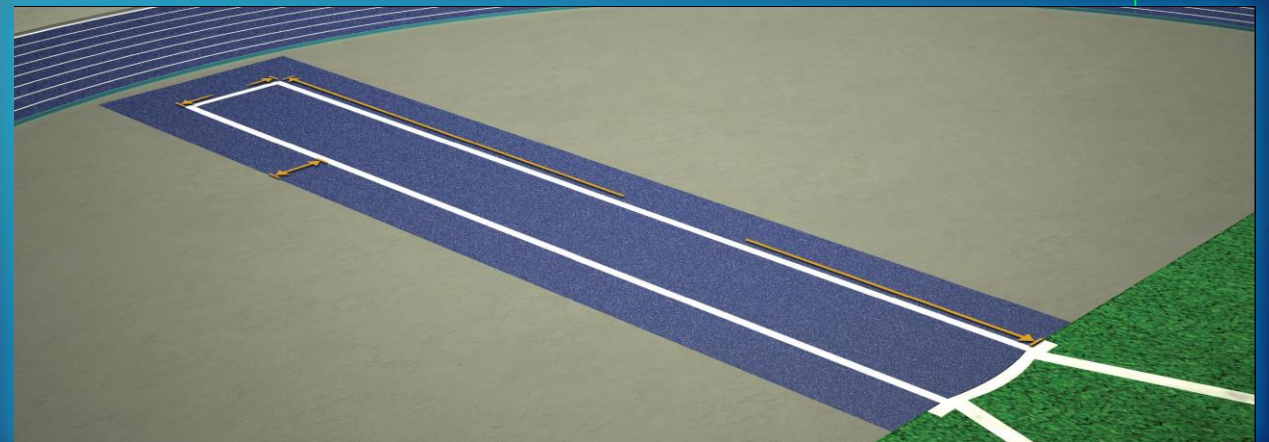
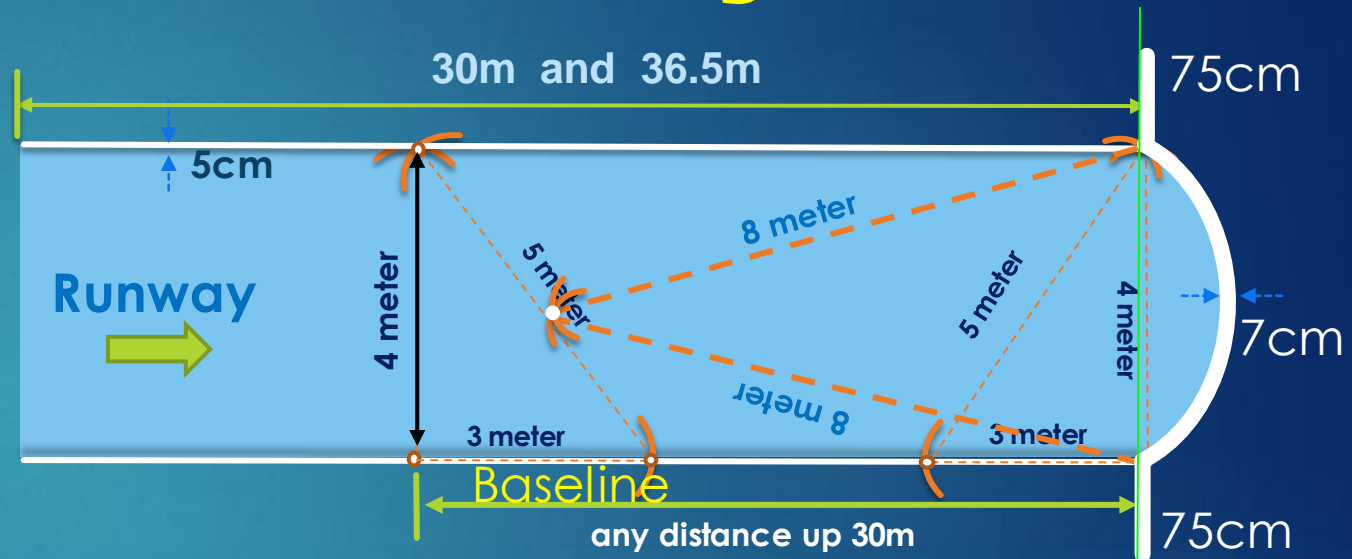




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# Javelin Throw Runway

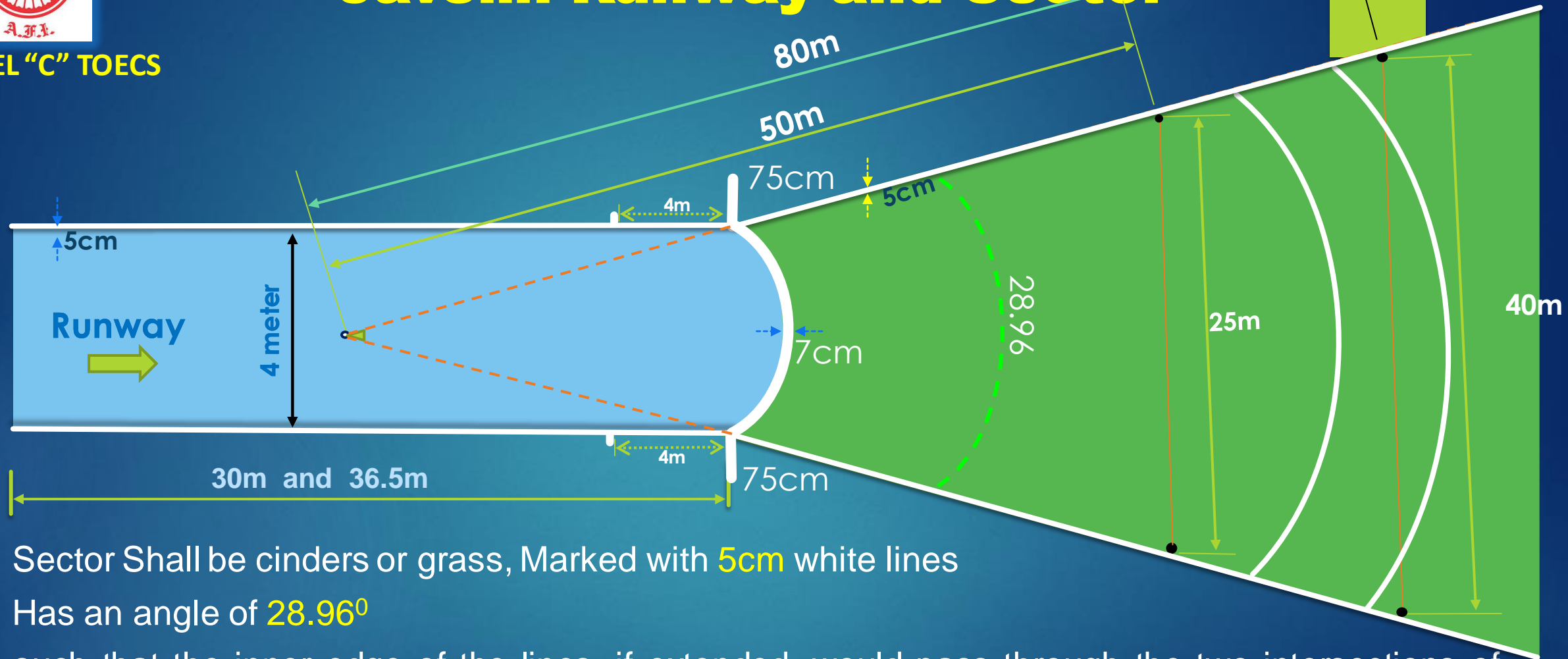
- ❖ Minimum **30m** and 33.50m (where condition permit minimum length should be **36.50m**)
- ❖ Marked with **5cm** white parallel lines **4m** apart.
- ❖ The arc is marked with **8m radius** within the **4m parallel** line.
- ❖ The arc consists of a painted strip with **7cm** width.
- ❖ The arc is extended by **75cm outside** & perpendicular to the parallel line,





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# Javelin Runway and Sector



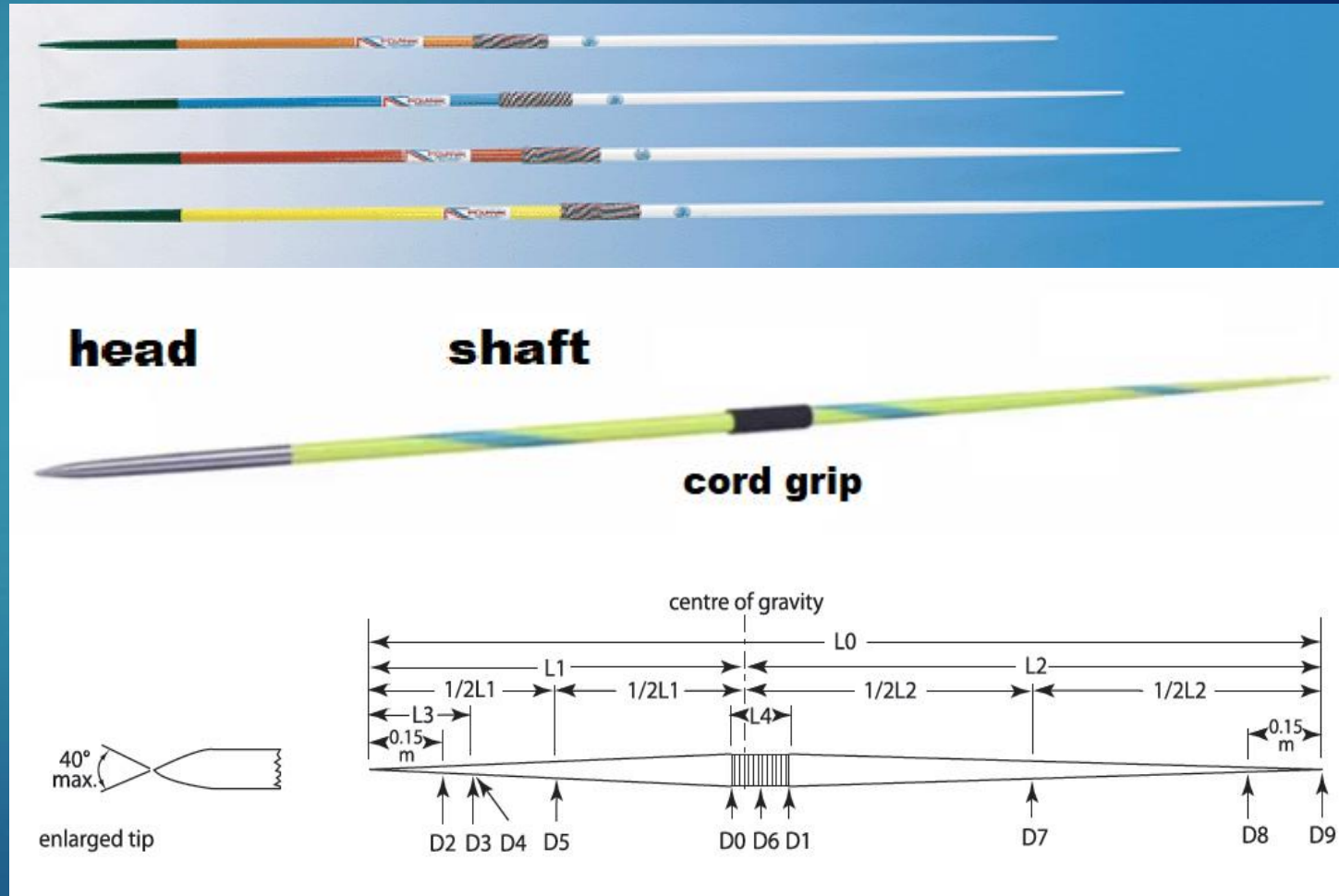
- ❖ Sector Shall be cinders or grass, Marked with 5cm white lines
- ❖ Has an angle of 28.96°
- ❖ such that the inner edge of the lines, if extended, would pass through the two intersections of the inner edge of the arc and the parallel lines marking the runway and intersect at the centre of the circle of which the arc is part
- ❖ The landing sector shall be of an even surface soft enough.



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# Specifications of Javelin

- Generally speaking, the javelin shall consist of three parts:
  - A head
  - A shaft
  - A cord grip
- The shaft shall be constructed completely of metal and shall have fixed to it a metal head terminating in a sharp point (the tip).
- The surface of the shaft shall have no dimples, pimples, groves, ridges, holes, or roughness and the finish shall be smooth and uniform





# Weight of Javelin for different age groups in India

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Category	U16 GIRLS U18 GIRLS	WOMEN U20 GIRLS U23 GIRLS U16 BOYS	U18 BOYS	MEN U23 BOYS U20 BOYS
Minimum weight for admission to competition and acceptance of Record (inclusive of cord grip)				
Javelin Weight	500gm	600gm	700gm	800gm
Overall length (l <sub>0</sub> ): minimum				
	2.00m	2.20m	2.30m	2.60m
	2.10m	2.30m	2.40m	2.70m

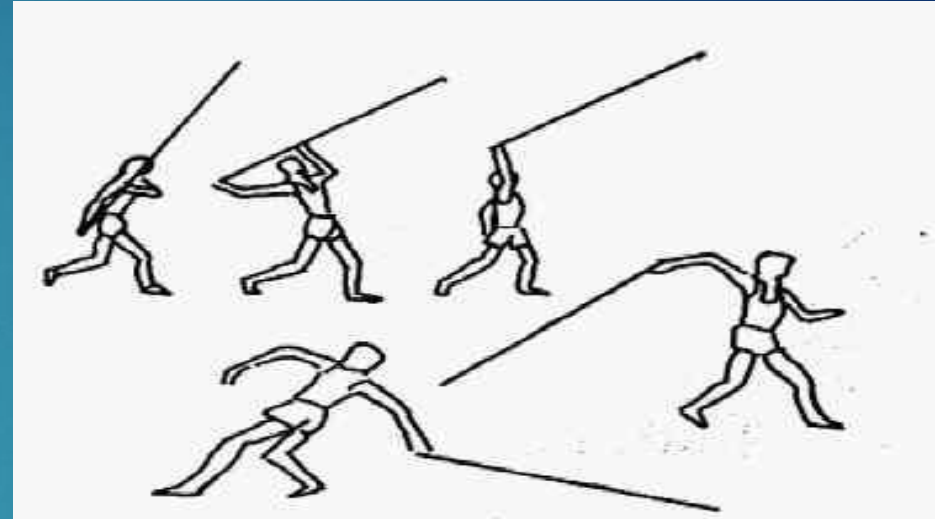




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# Failures-Basic rules

- ▶ Throw it over the shoulder or the upper part of the throwing arm shall not be Slings or hurls.
- ▶ Non-orthodox styles are not permitted.
- ▶ A throws without holding the javelin at the grip.
- ▶ Throw with used both arm.
- ▶ Turns completely around so that the thrower's back is towards the throwing arc
- ▶ After stepping onto the runway to make the trial, any part of the body touches the side lines or the ground outside
- ▶ Fails to leave the runway correctly OR before the implement has landed

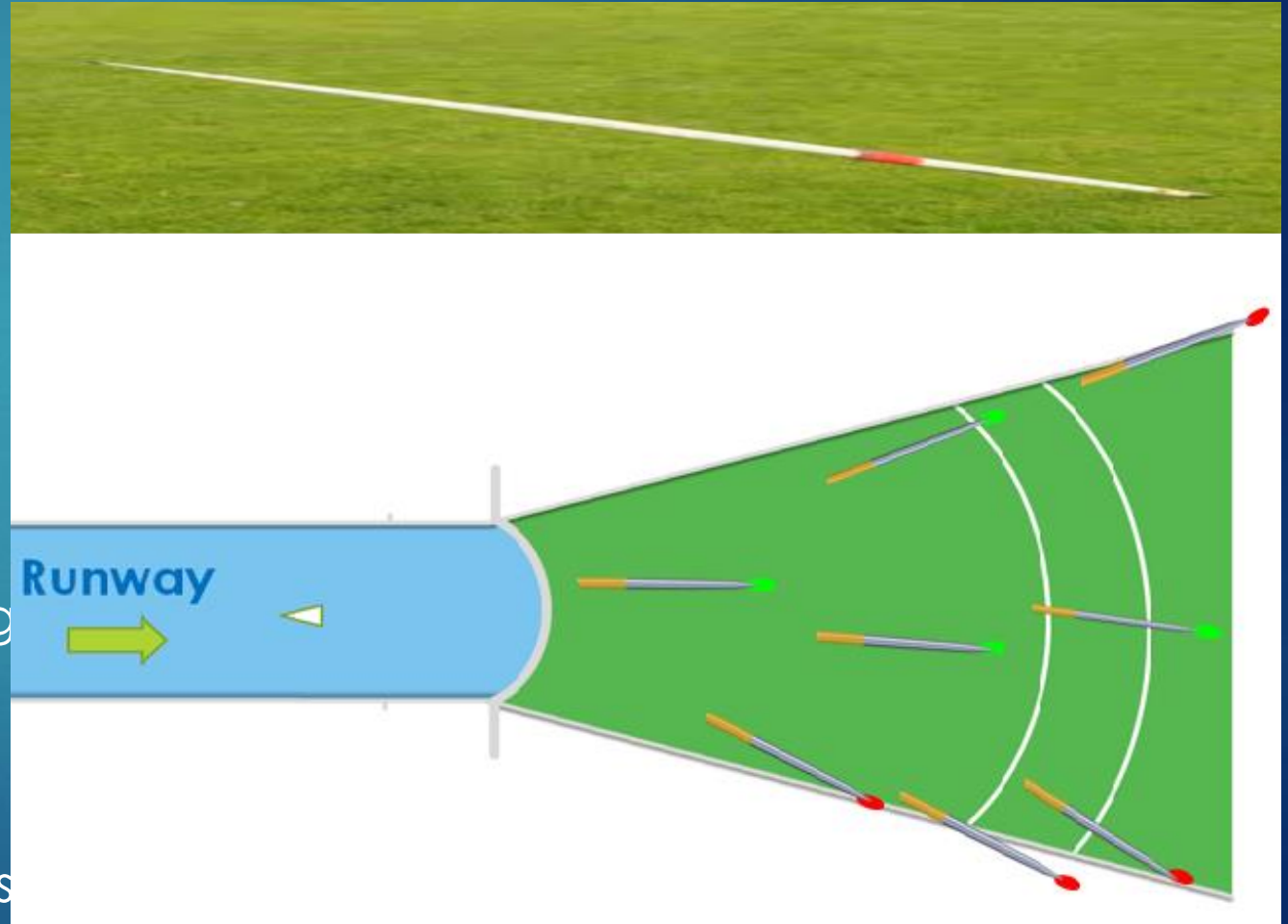




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# Failures-Basic Rules

- ▶ If the head of the javelin does not touch the ground before any other part of the implement
- ▶ If the head of the javelin in contacting the ground when it first lands touches the sector line or the ground outside
- ▶ Infringes the "assistance" rules – such as use of illegal taping on the hands [any taping must be checked by the chief judge] or a glove on the throwing hand
- ▶ Exceeds the time limit allowed for their trial
- ▶ Breaches the clothing or footwear rules







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# Gloves and Taping

- ▶ **Taping** that does not contravene assistance (around wrist, single finger) is permitted (The Chief Judge **must** review) the taping prior to the start of the event
- ▶ Taping two or more fingers together not allowed
- ▶ Any kind of device during trial (i.e. weights attached to body) not allowed
- ▶ The use of gloves in Javelin throw not allowed





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# Measurement

- The Chief Judge will watch over the whole of the event.
- Two Judges checking whether the throw has been made correctly and measuring the trial.
- One must be provided with two flags – white to indicate if the trial is valid and red if it is a failure.
- When the throw has been measured, it is advised that the Judge stands on the runway holding the red flag,
- A cone may be placed on the runway instead.
- One or two Judges immediately after the throw placing a marker indicating the point from which the trial is to be measured.
- An appropriate indication is also required if these Judges determine that the implement has not landed "head first".
- No indication is required for a valid trial.





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# Measurement

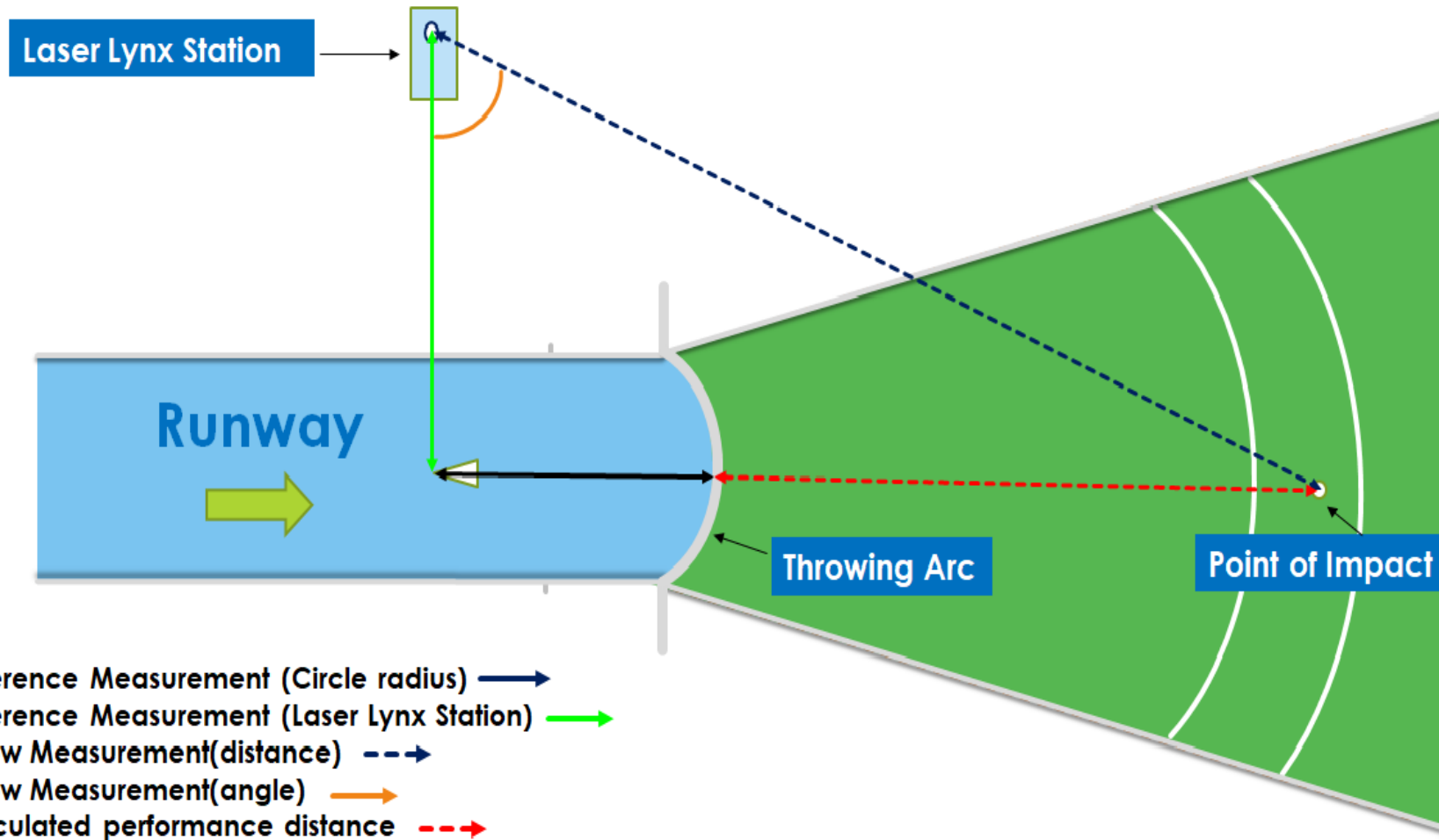
- ▶ All measurements must be made with a:
  - Steel or fibre glass metre tape, or
  - With a scientific measuring apparatus
- ▶ The measurement of each throw shall be made from where the tip of the metal head first strikes the ground to the inside edge of the arc along a line from the point of landing to the centre of the circle of which the arc is part.
- ▶ The selected point is marked by the spike and the zero end of the tape is held at the spike.
- ▶ The tape is drawn tight through the centre of the circle of which the arc is a part (8 metres from the arc).
- ▶ Each measurement is to the nearest centimetre below the distance thrown unless the reading is a whole centimetre.





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# Electronic Distance Measurement E D M





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# Recording

- Each athlete's performance recorded in score sheet by official
- On the sample sheet, each athlete's best distance is highlighted.
- Anoop clearly has the best throw of 61.13 in the competition and is awarded 1<sup>st</sup> place.
- The next best distance is 60.85 by Rajesh and Ganesh.
- Compare their second-best throws. Since Ganesh 60.60 is better than Rajesh 60.32, Ganesh is awarded 2<sup>nd</sup> place and Rajesh 3<sup>rd</sup> place

Name of the Institution – <u>Raghuraj Higher Secondary School, Bhopal</u>													
Name of the Championships- <u>District Athletics Championship Bhopal</u>													
Venue & Dates- <u>Tatya Tope Nagar Athletics Stadium Bhopal</u>													
<b>* DISTANCE SCORE CARD *</b>													
Date: 17 Aug 2020			Category: Boys			EVENTS			LONG JUMP			TRIPLE JUMP	
Time Hrs.: 10.30 am			Group: Under 16 Years						SHOT PUT			DISCUS THROW	
National Record: 74.73m			Meet Record: -----						HAMMER THROW			JAVELIN THROW	
S.N.	NAME of the ATHLETES	Bib Numbers	UNIT	TRIALS			BEST OF Three Trial	POSITION after three Trial	TRIALS			BEST OF All Trial	FINAL POSITION
				FIRST	SECOND	THIRD			FOURTH	FIFTH	SIXTH		
1	<u>Sonu Singh</u>	211	RHS	58.91	F	59.05	59.05	4	59.17	F	57.67	59.17	4
2	<u>Praveen</u>	231	SSH	57.50	F	58.98	58.98	5	-	57.98	-	58.98	5
3	<u>Utkarsh</u>	256	DPS	58.64	56.76	57.66	57.66	7	F	58.62	58.87	58.87	6
4	<u>Anoop</u>	121	BBS	59.98	F	60.93	60.93	1	61.13	60.97	F	61.13	1
5	<u>Sundar Kumar</u>	234	HSS	56.46	56.66	57.17	57.17	8	-	-	58.21	58.21	7
6	<u>Rajesh</u>	115	APS	60.32	59.95	F	60.32	2	58.25	60.85	F	60.85	3
7	<u>Dipendra</u>	298	IPS	57.71	57.40	F	57.71	6	57.34	F	57.06	57.71	8
8	<u>Ganesh</u>	103	KNS	F	59.43	59.04	59.43	3	60.85	60.60	59.98	60.85	2
9													
10													
11													
12													
REFeree			CHIEF JUDGE						NAMES			SIGNATURES	
NAME- <u>Sanjay kumar</u>			NAME- <u>Deepak Dund</u>						<u>Jagdeesh</u>				
									<u>Adil Khan</u>				
									<u>Ravindra</u>				
SIGNATURES			SIGNATURES						JUDGES				



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# Competing Order,

## Competing Order:

- ▶ Athletes shall compete in an order drawn by lot – a random draw
- ▶ Except where athletes are competing in more than one event at the same time (*simultaneous entries*), the Referee may alter the order within that set of attempts but **not** in the last round

## Practice Trials

- ▶ At the competition area and before the beginning of the event, each athlete may have practice trials which should be announced by the Chief Judge at the briefing to athletes
- ▶ This should be conducted in draw order and always under the supervision of the Officials
- ▶ The current rule should be interpreted as allowing whatever number of practice trials that may be included in the warm-up time available

## Once a competition has begun

Athletes are **not permitted** to use for practice purposes, as appropriate:

- ▶ The runway
- ▶ Implements
- ▶ The ground within the sector with or without implements



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# Number of Trials

- ▶ No athlete shall have more than one trial in any one round
- ▶ Where there are more than 8 athletes, each athlete shall have 3 trials and the 8 athletes with the best
- ▶ **valid** performances shall be permitted an additional 3 trials
- ▶ Where there are 8 or fewer athletes, each athlete shall be allowed 6 trials
- ▶ In case of last qualifying place, if 2 or more athletes have the same best performances, their second best performance shall determine whether there has been a tie. To break the tie:
  - ▶ Keep progressing through the performances to separate the athletes. If the athletes are still equal it shall be determined to be a tie and the tying athletes shall be allowed 3 additional trials
  - ▶ Where there are 8 or fewer athletes, each athlete shall be allowed 6 trials. If more than one fail to achieve a valid trial during the first 3 rounds of trials, such athletes shall compete in subsequent round of trials **before** those with valid trials, in the same relative order according to the original draw





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# Breaking of Ties

- ▶ **If there are no ties**, scoring Javelin events is fairly straight forward
  - The athlete with the longest throw is the winner
  - The next best distance is second; and so on
- ▶ If two or more athletes' best distances are identical then:
  - Compare the second best distance of the tied athletes
  - The athlete with the greatest second best distance is awarded the higher place
- ▶ If still tied after this, then:
  - Compare the third best distance of the tied athletes and the athlete with the greatest third best distance is awarded the higher place And so on.
  - If the athletes are still equal following the application, it shall be determined to be a tie.







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# Time Allowed

- ▶ Time allowed for each trial is

	More than 3 athletes	2 or 3 athletes	Consecutive trials by any athlete
Javelin	1 min	1 min	2 min

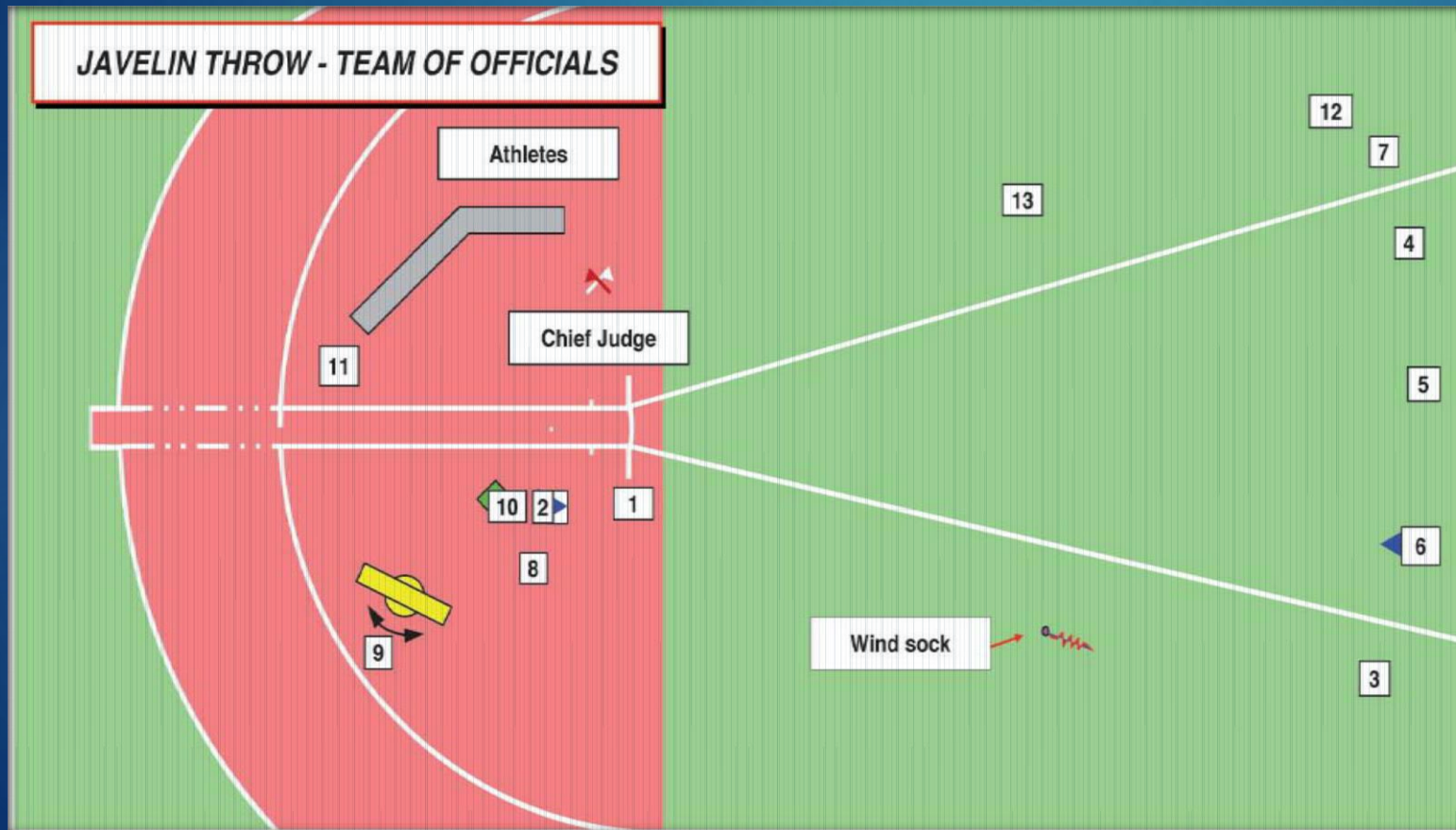
- ▶ A clock showing the remaining time left for a trial should be visible to the athlete
- ▶ An Official shall also raise a **yellow flag** or otherwise indicate during the final 15 seconds of the time allowed
- ▶ In the case of consecutive trials by the same athlete, the time will be 2 minutes.
- ▶ If the time allowed elapses once an athlete has started his trial, that trial should not be disallowed.





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# Number and placement of officials -recommended



- Chief Judge
- 1. Arc Judge
- 2. Runway Judge (Tape) /EDM
- 3. Landing Sector Judge (Validity)
- 4. Landing Sector Judge
- 5. Landing Sector Judge
- 6. Landing Sector Judge (Spike/Prism)
- 7. Athlete Performance Marker
- 8. Recorder
- 9. Scoreboard Operator
- 10. Time Clock Operator
- 11. Athlete Control Judge
- 12. Implement Retrieval Judge
- 13. Implement Retrieval Judges



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# Safety

- ❖ Be aware of safety at all times. Avoid two long range throw event at same time.
- ❖ Always ensure the safety of athletes, Officials and spectators
- ❖ Allow only competitors, Officials and other accredited personnel on to the field of play
- ❖ Always have qualified medical personnel in attendance
- ❖ Always look in both directions then move in field of play
- ❖ Always take care when throwing objects, especially Javelin going on.
- ❖ Use your common sense



**Note:- Javelin throw is high probability, severe injury impact event.**



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## Javelin: competition check list

- ✓ Javelins
- ✓ Runway /Landing/Sector
- ✓ Tapes: 2x100m for Sector
- ✓ Arc extension lines & pegs
- ✓ Flags: Red, white, yellow
- ✓ Broom / Mop /Cleaning Cloths
- ✓ Cone
- ✓ Stopwatch
- ✓ Chalk
- ✓ Javelin Storage Rack Spike
- ✓ Coir Mat
- ✓ Athlete Performance Markers
- ✓ Measuring Tape: 100m
- ✓ Recording Sheets
- ✓ Clipboards Stationary
- ✓ Athlete Benches/ Athlete Shelter
- ✓ Chairs / tables for Officials
- ✓ Shelter for Officials
- ✓ Countdown Clock Record
- ✓ Markers Scoreboard
- ✓ EDM Equipment
- ✓ Side safety net
- ✓ Cone
- ✓ Record Arcs
- ✓ Runway markers





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# Thank you

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# BALL THROW

**Ball throw event is going to introduce by Athletics federation of India for under 14 year Boys and Girls.**





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# Specifications of Ball

- Ball shall be provided by the Organisers
- Official competition ball weight **149g ± 4g**

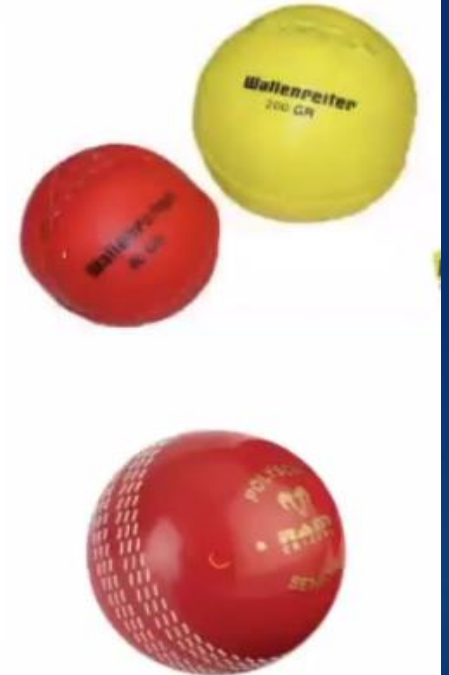
Tennis Ball- 56-59g

**Base Ball- 142-149g**

**Throwing Ball- 150-200g**

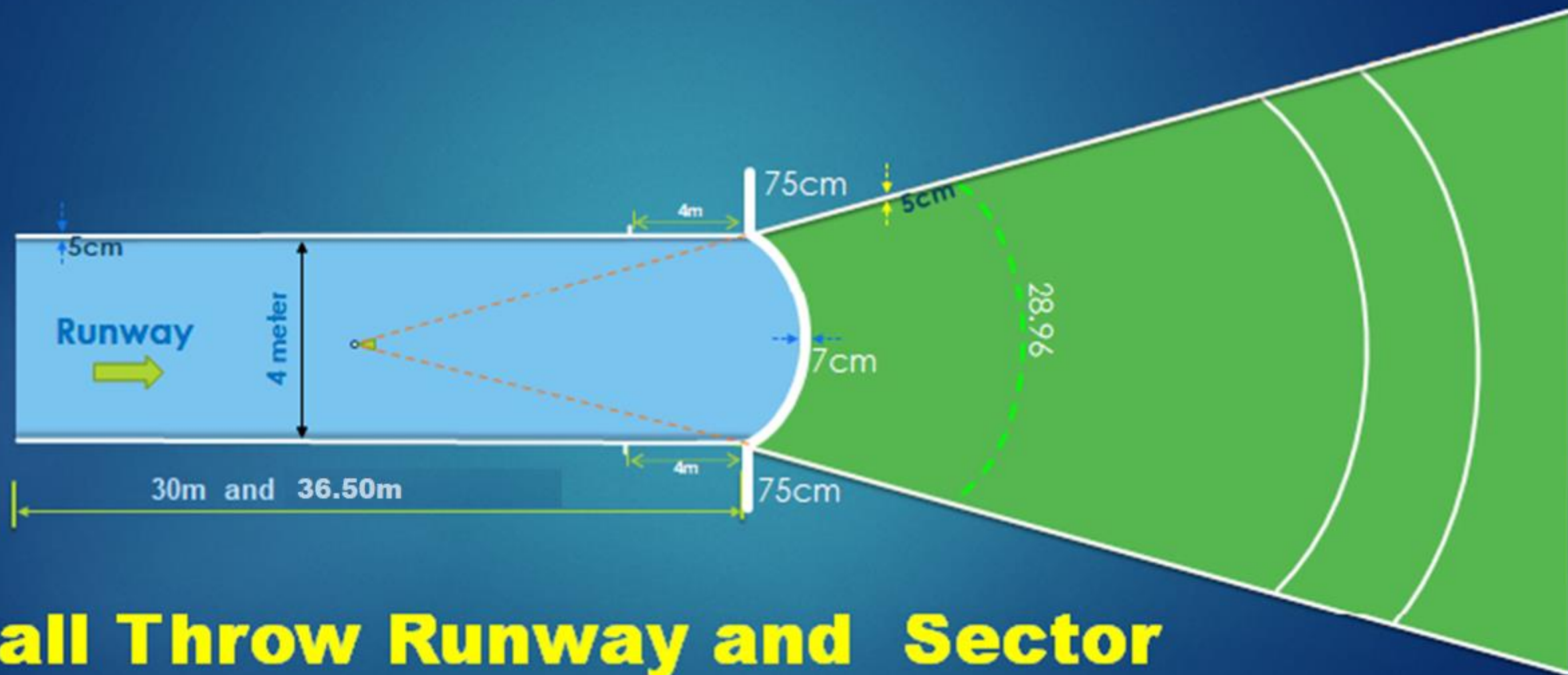
Cricket Ball-160g

Softball- 178-190g





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# Ball Throw Runway and Sector

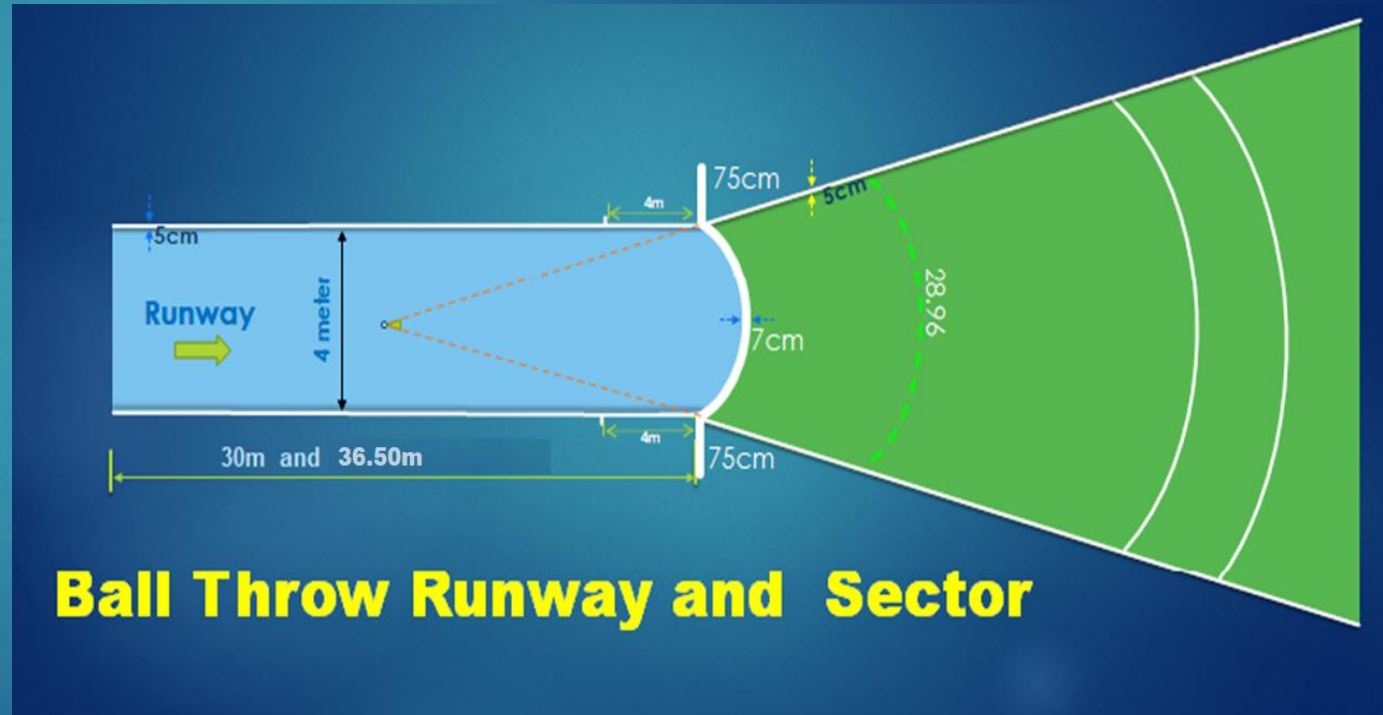




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# Ball Throw

- ▶ The runway Minimum **30m** shall be marked by two parallel white **lines 5 centimetres** wide and **4 meters** apart Like Javelin.
- ▶ The throw shall be made from behind the **7centimetres** wide arc of a circle drawn with a radius of **8.00 meters**.
- ▶ The landing sector shall be marked with white lines **5 centimetres** wide.
- ▶ such that the like a proper javelin runway and sector.
- ▶ The sector is  $28.96^\circ$ .





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# Measurements

- ▶ All measurements must be made with a:
  - Steel or fibre glass metre tape, or
  - With a scientific measuring apparatus
- ▶ Point of contact: from where the ball contacting the ground to the inside edge of the arc along a line from the point of landing to the centre of the circle of which the arc is part
- ▶ Tape lies flat
- ▶ The "read" point
- ▶ Tape drawn through the center point
- ▶ Each measurement is to the nearest centimetre below the distance thrown unless the reading is a whole centimetre.

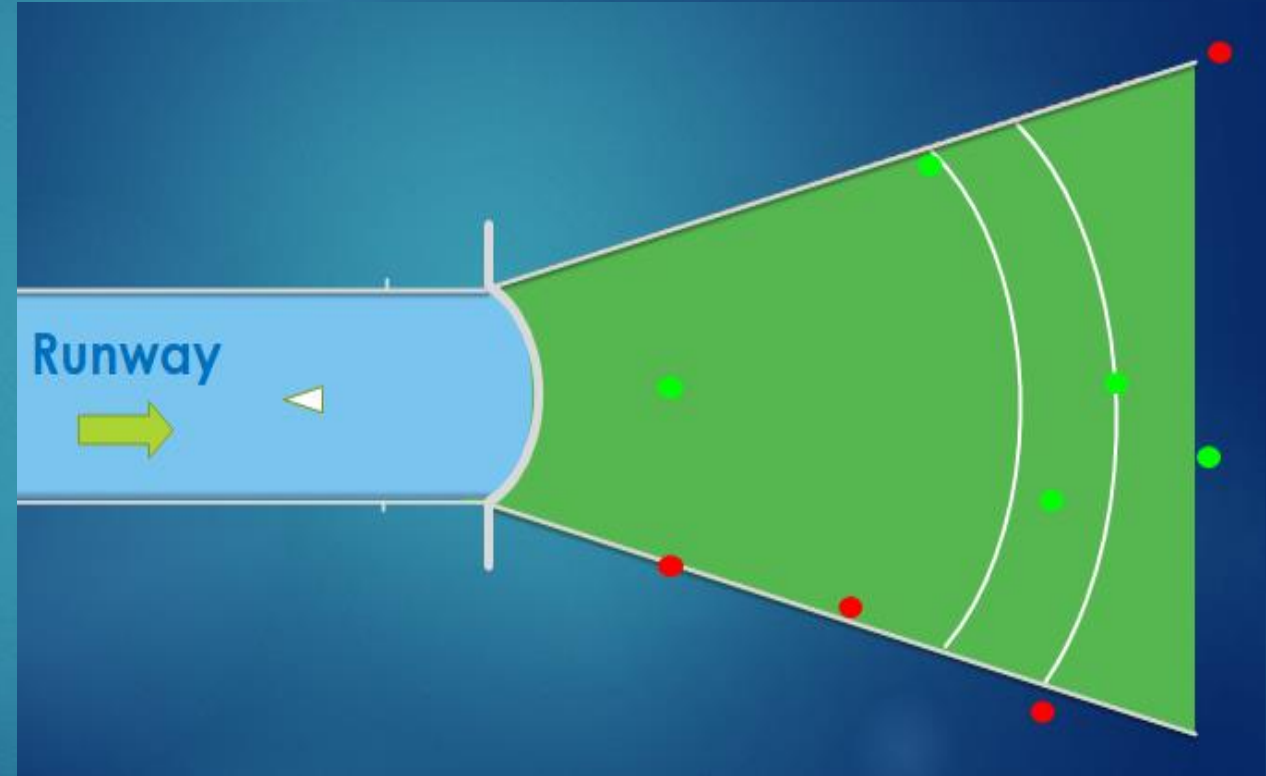




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# Failures-Basic Rules

- ▶ Non-orthodox styles are not permitted.
- ▶ Throw both arm together is failures.
- ▶ Fails to leave the runway correctly OR before the ball has landed
- ▶ If the ball first lands touches the sector line or the ground outside
- ▶ Infringes the "assistance" rules – such as use of illegal taping on the hands [any taping must be checked by the chief judge] or a glove on the throwing hand
- ▶ Exceeds the time limit allowed for their trial.
- ▶ Breaches the clothing or footwear rules.





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## Competing order, number of trials

- ▶ Athletes shall compete in an order drawn by lot – a random draw
- ▶ Each athlete is entitled to **3 trials**
- ▶ Some athletes may have **6 trials** – the best 8 at championship level
- ▶ Allow athletes a practice throw(s) to check their run-up if possible
- ▶ Valid throw- when the first Land of ball inside the sector like javelin





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# Breaking of ties

- ▶ If two or more athletes' best distances are identical then:
  - Compare the second best distance of the tied athletes
  - The athlete with the greatest second best distance is awarded the higher place
- ▶ If still tied after this, then:
  - Compare the third best distance of the tied athletes and the athlete with the greatest third best distance is awarded the higher place And so on.
  - If the athletes are still equal following the application, it shall be determined to be a tie.





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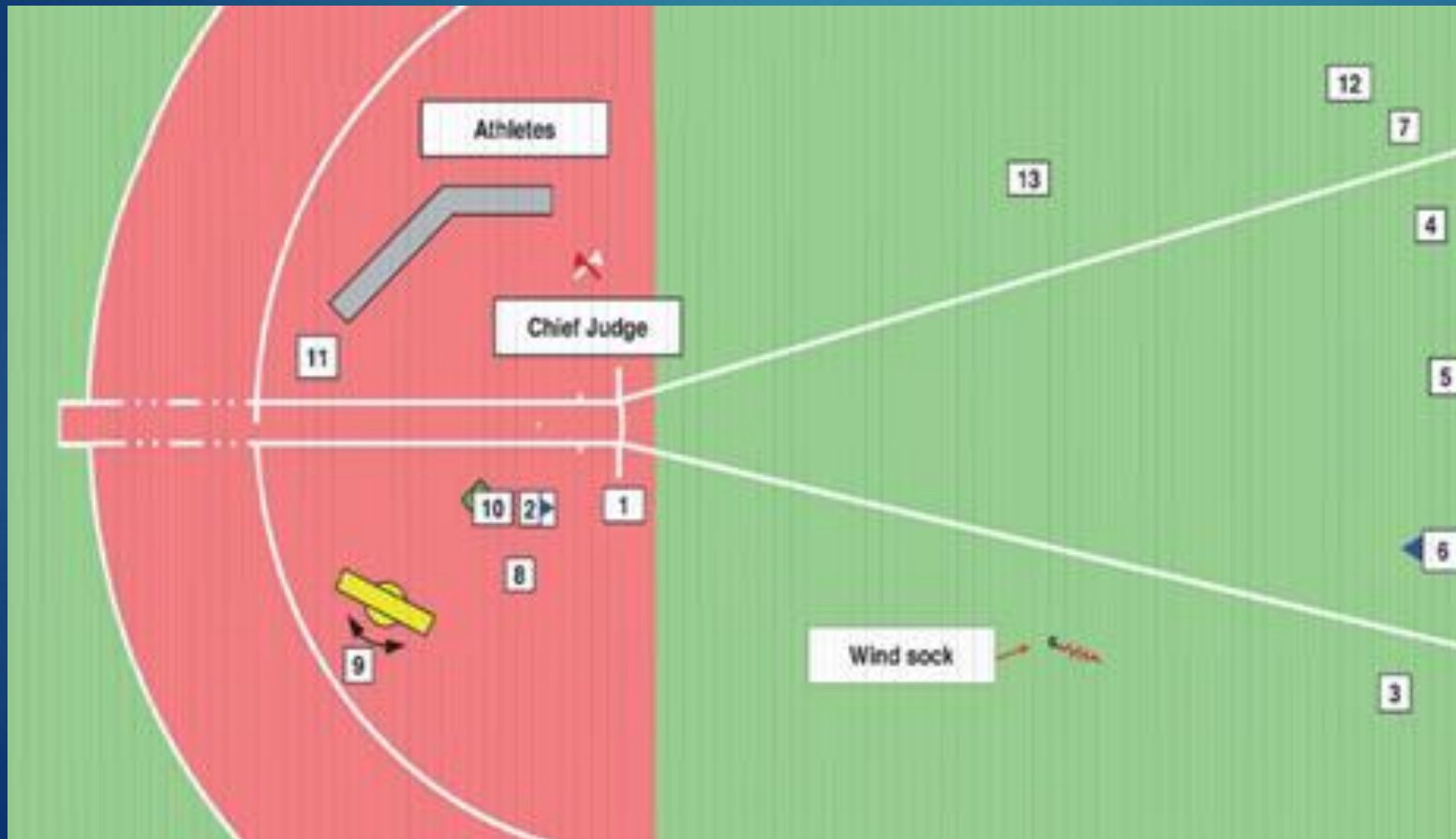
## Time allowed

	<b>More than 3 athletes</b>	<b>2 or 3 athletes</b>	<b>Consecutive trials by any athlete</b>
<b>Ball throw</b>	<b>1 min</b>	<b>1 min</b>	<b>2 min</b>



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# Number and placement of officials -recommended



- Chief Judge
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