

ATHLETICS FEDERATION OF INDIA



NEWSLETTER OCTOBER 2021

Neeraj Chopra receiving Major Dhyan Chand Khel Ratna award from the Hon'ble President of India Ram Nath Kovind

OLYMPIC CHAMPION NEERAJ CHOPRA RECEIVES KHEL RATNA, CHIEF COACH RK NAIR GETS DRONACHARYA AWARD

Olympic champion Neeraj Chopra received prestigious Major Dhyan Chand Khel Ratna from the Honourable President of India Ram Nath Kovind for the year 2021 at the glittering National Sports Awards ceremony in Delhi on 13 November 2021. The 23-year old star javelin thrower from Haryana is the only second Indian to win an individual Olympic gold medal. At 2020 Tokyo Olympics, Neeraj with a throw of 87.58m on August 7, 2021 became the first Indian to win an Olympic gold medal in athletics.

"Very honoured to be awarded the Major Dhyan Chand Khel Ratna alongside some outstanding sportspersons. Aap sabhi ke sahyog aur support ke liye tahe dil se dhanyavad," he said in a tweet. "Koshish ye hi rahegi ki aise hi apne performances se desh ke liya aur success haasil kar paun!"

In a double delight for Athletics Federation of India, the Ministry of Youth Affairs & Sports also awarded Chief Coach Radhakrishnan Nair



**CHIEF COACH
RADHAKRISHNAN NAIR**

the prestigious Dronacharya Award (Regular Category) while Arpinder Singh, the Asian Games 2018 gold medallist in triple jump, received Arjuna Award. From athletics, jumps coach T.P. Ouseph also bagged Dronacharya Award in the lifetime achievement category.

Congratulating the awardees, Adille J Sumariwalla, President AFI said, "It is a proud moment for Athletics family. AFI is very proud of Neeraj,

Chief Coach RK Nair and Arpinder Singh. Congratulations to everyone."



ARPINDER SINGH

Each year, Major Dhyan Chand Khel Ratna Award is given for the spectacular and most outstanding performance in the field of sports by a sportsperson over a period of previous four years while Dronacharya Award is awarded to coaches for doing outstanding and meritorious work on a consistent basis and enabling sportspersons to excel in International events.

KISHORE KUMAR JENA LOOKS FOR ENTRY INTO SELECT 80M CLUB OF JAVELIN THROWERS



KISHORE KUMAR JENA

Kishore Kumar Jena was not the one to look away when an opportunity presented itself. With some big guns, notably Olympic Games gold medallist Neeraj Chopra and Olympian Shivpal Singh, resting after a long season, the relatively fresh Odisha champion minted a memorable gold medal in the National Open Javelin Throw Championships in New Delhi on October 24.

The 26-year-old CISF Havildar handled the pressure of being the only one from the top 10 list of Indian throwers this year with a calmness that belied the butterflies in his stomach. "I addressed the pressure by focusing on my routine and giving my best with each of the sixth throws. If the runway was not wet, I may have thrown a bit longer," he said.

However, the Puri district farmer's son draws comfort from the improvement and consistency he showed in the past couple of months. In the National Open Championships in Warangal, he placed fourth, only 38 centimeters behind the bronze medal winner Rohit Yadav.

"That made me believe that I could hold my own against quality competition," he said.

"The fact that I got my career best of 76.41m in the Odisha State Championships in September and have thrown 73.90m in the National Open in Warangal and 74.26m to win my first National-level title in Delhi gives me the confidence that I can only get better with improved training and better diet," he said. "I must also enhance my technique."

Kishore Kumar Jena revealed that he was aware that only three Indians, Neeraj Chopra, Shivpal Singh and Sahil Silwal have thrown beyond the 80m this year and only nine Indians have ever attained that mark. "I am only three and a half metres short of that. I am certain I will get that in the coming year if I can take care of the fundamental needs of diet and training," he said.

He is sure that he can touch the 80m mark before long, saying he can only get better with more experience at the National level. "I started with the javelin in 2015 after I realised lack of height was going to hamper my progress as a volleyball player. Coach Nila Madhab Deo looked at a certificate from my school days and suggested that I take up the Javelin," he said.

"I was in the sports hostel in Bhubaneswar and was staring at an uncertain future in sport but the shift to Javelin Throw helped me secure a post with the Central Industrial Security Force in Bhopal. I had only one competition in the under-20 category and had to compete in the senior ranks later," he said. Now, when he looks back, Kishore Kumar Jena is grateful for the switch.

DEEPIKA AND FRIENDS KEEP BANGAON'S JAVELIN THROW INTEREST ALIVE



MANISHA, DEEPIKA AND SAPNA WITH COACH HANUMAN SINGH

It was but a natural for Deepika to be drawn to the Javelin. The daily sight of the girls practicing with their spears in the ground neighbouring her home in Bangaon village in Haryana's Fatehabad district was too strong an attraction to ignore but at just 15 years of age, she has shown that she is keen to become not only the best produced by the village but also in the country.

Deepika swept the top prize in each of the three National competitions she set her eye on in 2021. The under-20 crown in the Federation Cup Junior Championships in Sangrur in August was sandwiched by the two National Record she broke in the under-16 category in the National Junior Championships in Guwahati in February and the National Open Javelin Throw Championships in New Delhi in October.

She claimed the National U16 mark at a 48.21m on February 10 in Guwahati, grabbing the Record from Guriya Kumari (Bihar) who had pegged it at with a 43.52m effort in the National Inter-District Junior Athletics Meet in 2018. Deepika's 49.31m on

October 24 in New Delhi was an improvement and led the sweep of U16 medals by girls from Bangaon, with Manisha and Sapna taking the other medals.

Interestingly, Bangaon village has established a good heritage in the past decade, thanks to the dedicated work by a former National-level javelin thrower Hanuman Singh who works in the Department of Sports, Haryana. Poonam Rani, who finished eighth in the Asian Athletics Championships in Bhubaneswar in 2017, has been the flag-bearer but Deepika has the potential to do better.

"Our girls have won at least 40 athletics medals in all age-groups at the national level. Most recently, besides the Javelin Throwers, High Jumper Rekha claimed bronze in the National Open Athletics Championships in Warangal and the silver medal in the National U23 Championships in Delhi. She was also second in the Federation Cup earlier this year." he said.

Hanuman Singh is aware that none of the Javelin Throwers has gone on to be the best in India. "Back in 2017, only Annu Rani was ahead of Poonam Rani in India and we were hoping that she would become India's first 60m woman thrower but since she is unemployed, she has had to take up NIS Coaching Diploma," he said "I am confident that Jyoti and Deepika will get that pride of place sooner than later."

Talking of Jyoti, winner of the U20 Javelin gold in the National Junior Athletics Championships in Guwahati, she has bravely trained and competed despite recovering from a tough illness. "It is her determination that saw her compete in the season-ending meet in New Delhi," Hanuman Singh said. "She skipped the National U23 Championships but pulled herself together to get bronze now."

You can be sure that Jyoti and Deepika's progress will be watched with more than cursory interest.

THE RESULTS OF ALL FINALS OF 3RD NATIONAL OPEN JAVELIN THROW CHAMPIONSHIPS 2021

MEN:

1. Kishore Kumar Jena (Odisha) **74.26m;**
2. Harish Kumar (Rajasthan) **72.61;**
3. Vipin Kasana (Delhi) **71.89.**

WOMEN:

1. Uma Choudhary (Rajasthan) **46.41m;**
2. Manu Kumari (Uttar Pradesh) **44.67;**
3. Priyanka (Haryana) **44.66.**

BOYS U20:

1. Jay Kumar (Uttar Pradesh) **70.72m;**
2. Vivek Kumar (Madhya Pradesh) **66.01;**
3. Vinit (Haryana) **65.39.**

GIRLS U20:

1. Shakshi Sharma (Uttar Pradesh) **46.29m;**
2. Sheetal (Haryana) **44.30;**
3. Jyoti (Haryana) **43.61.**

BOYS U18:

1. Narayan Singh (Uttar Pradesh) **68.89m;**
2. Sujit (Haryana) **68.38;**
3. Rahul Yadav (Uttar Pradesh) **65.08.**

GIRLS U18:

1. Komal (Uttar Pradesh) **44.70m;**
2. Pratiksha Patel (Uttar Pradesh) **44.55;**
3. Himanshi (Haryana) **41.09.**

BOYS U16:

1. Mangal Singh (Uttar Pradesh) **71.37m;**
2. Rohan Yadav (Uttar Pradesh) **70.14;**
3. Gaurav Patel (Uttar Pradesh) **66.68m.**

GIRLS U16:

1. Deepika (Haryana) **49.31m**

(New National and Meet Record. Old National Record: **48.21m**, Deepika, Guwahati, Feb 10, 2021;

Old Meet Record: **34.79m**, Dhruvi Parmar, Sonipat, April 16, 2019);

2. Manisha (Haryana) **42.26;**

3. Sapna (Haryana) **41.29.**

SAAF CROSS COUNTRY: NAGALAND SET HOST ITS BIGGEST INTERNATIONAL EVENT IN JANUARY



Nagaland will host the South Asian Athletics Federation (SAAF) Cross Country Championship in the state capital Kohima on January 15 next year. Making the announcement during a press conference here Friday, Nagaland Athletic Association (NAA) President Abu Metha said the biggest international event ever hosted by the state will be held along with the 56th National Cross Country Race on January 15. Metha informed that the bid to host the SAAF Cross Country Championship was made by

NAA with the committed support of Chief Minister Neiphiu Rio. Metha, who is also a vice president of Athletic Federation of India (AFI), appealed to the sports fraternity and people of the state to support the event.

AFI STARTS ITS SECOND PRE-LEVEL 1 COACHING COURSE

After successfully launching and completion of the first edition of online Pre-Level 1 Coaching Course for coaches, ex-athletes, parents and physical education teachers during Covid-19 lockdown phase earlier this year, Athletics Federation of India is organising



second Pre-Level 1 Coaching Course from 8th November to 27th November 2021. To be conducted in three phases throughout the month of November, more than 700 registered participants will benefit from the course aimed at teaching the basics of athletics coaching.

AFI finalises Annual Calendar for Training & Competition

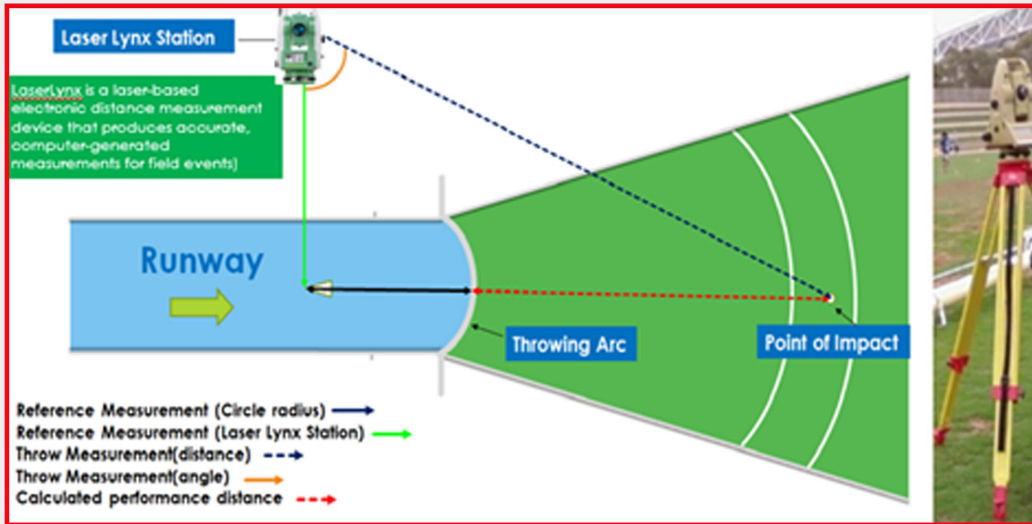
The Athletics Federation of India finalised and submitted its Annual Calendar for Training & Competition (ACTC) to the Sports Authority of India (SAI) for the year 2021-2022. The AFI has planned its ACTC based on a busy year ahead with Asian Games, Commonwealth Games and World Championships coming up in the year 2022.

National Camps resume at Patiala & Trivandrum

The National Camps for selected athletes resumed at NS-NIS Patiala and LNCPE Trivandrum from 15th October 2021 after a break post-Olympics 2020. The AFI has selected athletes for the National Camp on the basis of their performance in the domestic competitions held during year 2021 and are probable to represent India at the Asian Games, Commonwealth Games and World Championships to be held next year. The campers include sprinters, jumpers, throwers, walkers and middle and long distance runners.

ASPECTS OF TECHNICAL CONDUCT OF JAVELIN THROW EVENT

(By: Dr. J.Glory Darling Margaret , Level -1 Official AFI, Assistant Professor (Sr) YMCA College of Physical Education , Chennai)



Safety

Javelin competitions have no protective barrier at the throwing end. However this should not lead officials to think that the javelin is not as dangerous as an event. Unfortunately probably more accidents occur during javelin training, warm-up, practice trials or competition than the other events because there is not sufficient attention to safety matters. The javelin is a potentially fatal implement and must be treated with the greatest respect and caution.

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 purpose of the "4m marks" is begin measuring the trial once the athlete retreats behind this point

"Style" of throwing for Javelin

- The javelin must be held at the grip by one hand only (although there is no prohibition on the other hand being used to steady the implement)
- The javelin must not be slung or hurled and must be thrown over the shoulder or the upper part of the throwing arm
- Until the javelin is released the athlete may not turn around so that his/her back is towards the throwing arc. It does not prevent an athlete who re-starts their run from turning around to walk back.

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

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. To break the tie: 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
- 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

Entering and Leaving the Runway

Entering the Runway : However, once he/she begins to make his/her trial, the athlete may not touch the lines which mark the runway or the ground outside. Note that this applies only to the athlete's body and not for example the tail of the implement.

Leaving the Runway : There are requirements for leaving the runway, somewhat different from the circle throws

- ◆ for a valid trial the athlete must not leave the runway until the implement has landed
- ◆ then, he/she must ensure that his/her first contact with the runway sidelines or the ground outside the runway is completely behind the white lines drawn from the end of the throwing arc
- ◆ alternatively, the athlete is deemed to have left the runway correctly upon making contact with a theoretical line drawn between markers 4m back from the end points of the throwing arc

Time Allowed

- ◆ A clock showing the remaining time left for a trial should be visible to the athlete
- ◆ More than 3 athletes – 1 minute . 2 or 3 athletes – 1 minute ,
- ◆ In the case of consecutive trials by the same athlete, the time will be 2 minutes.
- ◆ An Official shall also raise a yellow flag or otherwise indicate during the final 15 seconds of the time allowed
- ◆ If the time allowed elapses once an athlete has started his trial, that trial should not be disallowed.

Reasons for a trial being declared a failure in javelin throw:

1. infringes the "style" rules
2. throws without holding the javelin at the grip
3. slings or hurls the javelin or does not throw it over the shoulder or the upper part of the throwing arm
4. turns completely around so that the thrower's back is towards the throwing arc
5. after stepping onto the runway to make the trial, any part of the body touches the sidelines or the ground outside
6. fails to leave the runway correctly OR before the implement has landed
7. if the head of the javelin does not touch the ground before any other part of the implement
8. if the head of the javelin in contacting the ground when it first lands touches the sector line or the ground outside
9. infringes the "assistance" rules, ie use of illegal taping on the hands [any taping must be checked by the chief judge] or a glove on the throwing hand
10. exceeds the time limit allowed for his/her trial
11. breaches the clothing or footwear rules

Conduct of the Javelin:

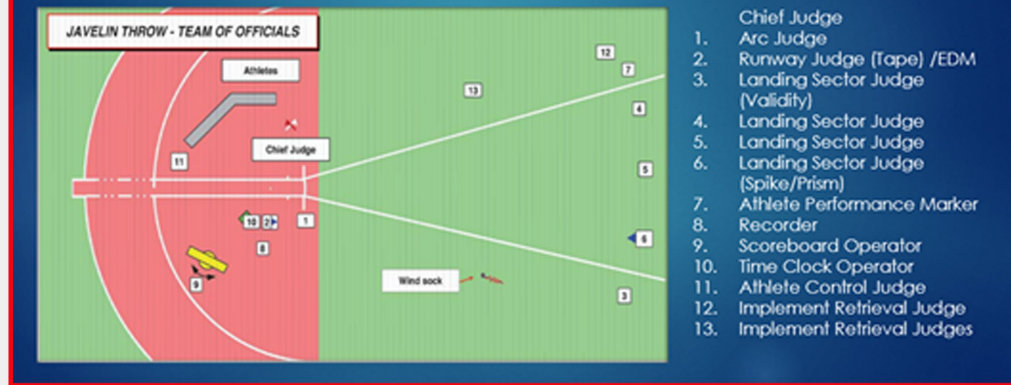
Athletes may:

1. In most competitions submit their own implements for use provided that the model is not already provided and it is checked and accepted by the organisers
2. Use any personal implement accepted into the equipment pool for a competition, whether provided by themselves or any other athlete
3. Use taping on their hands and fingers provided it is approved by the chief judge
4. Put a suitable substance on their hands to get a better grip
5. Interrupt a trial once started and begin it once again, provided time remains available within the limit for the trial and no other rule has already been infringed
6. The athlete may place the implement down if they wish
7. The athlete may leave the runway if they wish but must do so correctly
8. It is not a failure, assuming no other rule is infringed up to that point in the trial, if during the throw, the implement breaks. A new trial should be awarded. In normal circumstances this rule would not be applied if the implement breaks only on landing.
9. If as a result of the breakage, an athlete loses his/her balance and thereby infringes the rules, once again, a new trial should be awarded.

Measurement

- ◆ The Chief Judge will watch over the whole of the event.
- ◆ Two Judges - check 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.
- ◆ 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.

Number and placement of officials -recommended



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.

JAVELIN

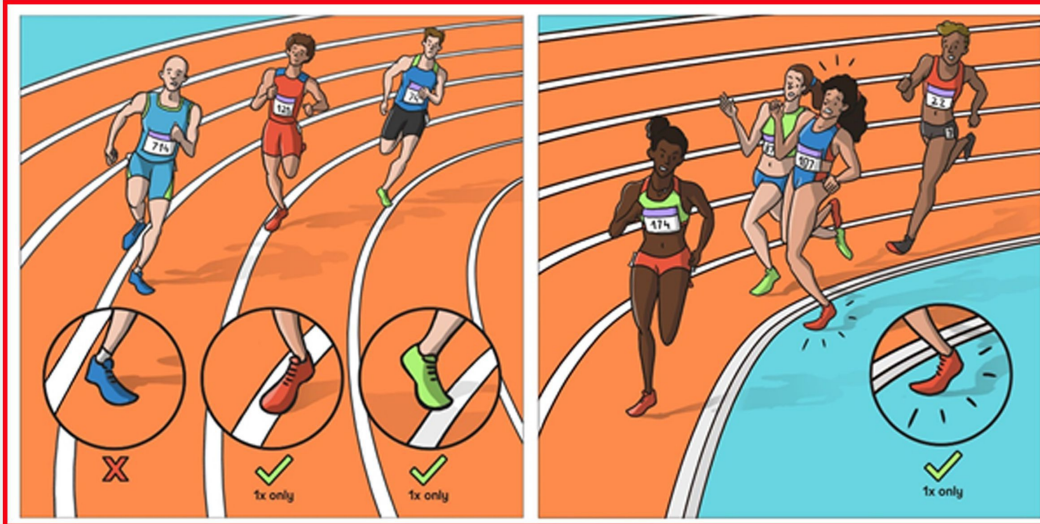
Javelins are made from aluminum, steel, and carbon fiber (as well as a few composites). Aluminum is considered the most common and affordable. This makes it a good starting point for many new javelin throwers. Steel javelins tend to be skinnier than aluminum, and some athletes prefer this feel to the thicker aluminum; however, the two are very similar. Carbon fiber is 14% stronger than steel, and as a result, is rarely made in distance ratings under 70m. Not every javelin is created equal, nor should it be. If you have been around javelin long enough you might have noticed different numbers on them: 50m, 60m, 70m, 80m, 90m, 100m, etc.



The meter rating was designed to indicate the optimal distance the javelin had to travel to land point first at about a 5 degree angle. If you throw a javelin 40m, you could get by using a 50m javelin. However, if you throw an 80m javelin anything shy of ~70m, it will most likely land flat or tail first- resulting in a foul. "The higher the meter rating, the stiffer the shaft". The meter rating has more to do with weight distribution in the javelin. A farther throw comes from a more powerful throw, so a stiffer javelin that can hold up to those forces is needed. Therefore, this is the correlation between the meter rating (for optimal flight/landing) and stiffness (for optimal energy transfer) For men : A 50-60 meter javelin would be excellent for a beginner. After a few years experience , upgrading to a 70-80 meter javelin would be advisable. For women :A 35-40 meter javelin would be the best choice for a beginner. After a few years, increase to a 50-60 meter javelin. World Athletics approved 80 m Range Javelin Made up of hardened best quality dura aluminium which is designed and crafted for maximum throw distance. Javelin head are made of stainless steel for extra durability.

LANE INFRINGEMENT UPDATES AMONG RECENT COMPETITION RULE CHANGES NOW IN FORCE

(By: Mark Butler for World Athletics)



The easing of the rules regarding lane infringements are among the competition rule (CR) and technical rule (TR) changes approved by the World Athletics Council which come into force from today (1 November 2021).

These were agreed in March and July 2021 and are available for download in the Book of Rules. Area and Member Federations are notified of all rule changes directly after the Council meeting at which the decision is made.

Lane infringement rule changes had been on the agenda of the World Athletics Technical Committee since January 2018. At that year's World Athletics Indoor Championships in Birmingham in the March, there were 21 disqualifications relating to lane violations, including four in two races, and since then there has been a heightened debate about these rules.

Rather like race walk transgressions, some one-off lane infringements are now permitted, but shall result in disqualification if they are repeated by the same athlete or within the same relay team at any time during the rounds of the same event.

Two further exceptions have been added to the list of scenarios (under TR 17.4) where a lane infringement shall not lead to immediate disqualification. These are: 17.4.2 – while racing in lanes and the inner lane line, the border or kerb is touched once on a bend; and 17.4.3 – while racing not in lanes and one step is taken on or completely over the inner border line or kerb.

A second occurrence of the act described in these new clauses, in the same event by an individual or any team member, shall result in disqualification. A record of such transgressions shall therefore be carried forward to later rounds of that event and

indicated on start lists and results, in a similar fashion to the separate yellow card notices for breaches of discipline.

Athletes racing in lanes shall continue to be disqualified if they are judged to have fully stepped inside the inner border line or kerb, even only once. Or if either of the acts described in 17.4.2 or 17.4.3 are judged to bring positional advantage or impede another athlete.

Other rule changes include:

- CR 19.4 – Visual indications of the validity of a field event trial, other than red or white flags, may now be approved
- CR 31.3 – More detail is set out on the requisite doping control process for world record ratification, including the need for samples to be analysed for Erythropoiesis Stimulating Agents in endurance events from 400m upwards
- CR 32 – The 50km road race, 35,000m race walk and 35km race walk shall be added to the list of recognised world record events for men and women, with the men's 30,000m race walk

deleted from the list once the first men's 35,000m mark is established

- TR 11.3 – Now specifies the conditions required for legitimate performances in events staged indoors in facilities which may not otherwise comply with the rules of indoor competition. Clause 11.3.4 specifies that marks made on indoor oval tracks longer than 201.2m, but not greater than 400m, shall be regarded as valid for all but world indoor records. (Meaning, for example, that an outright world record may be set on an indoor 300m track. The previous TR 11.3 is unchanged and renumbered to 11.4)

- TR 30.1.1 – (as reported in 2020 under then rule 185.1) Long and triple jump take-off failure shall be re-defined to include any breaking of the vertical plane of the take-off line. TR 29.5 further specifies that a plasticine indicator board may be used to assist judges, and that this should be set at an angle for 90° (rather than the previous 45°)

- TR 32.12 – A definition is added of the 'stationary position' required for athletes to take after entering a throwing circle and before commencing their trial

(From www.worldathletics.org)

1. Who clocked the fastest times among males and females in the National Open 400m Championships in New Delhi?
2. Name the Jammu and Kashmir sprinter who won gold in the National Open 400m Championships?
3. Who were the men and women's gold medal winners in the third National Open Javelin Throw Championships in New Delhi?
4. Name the Haryana girl who created a new National Record in the U16 category in the third National Open Javelin Throw Championships in New Delhi?
5. Why was Ecuador's Alex Quinonez, the 2019 World Athletics Championships 200m silver medallist, in the news recently?
6. What did Ethiopian 5000m and 10,000m World Record holder Letesenbet Gidey do in Valencia, Spain, on October 24 to grab the headlines?
7. Who from the Indian athletics community have been recommended for the Dronacharya and Dhyan Chand Khel Ratna Awards for 2021?
8. Since all injectable routes of administration of Glucocorticoids are prohibited during the in-competition period, what should athletes who have a legitimate medical need do for such use?
9. What is the new name of the sports complex in the Udaipur Military Station?
10. For which feat was Eliud Kipchoge given the best male athlete award at the Association of National Olympic Committees Awards 2021?

• Send your replies to communications@indianathletics.in by 15th November 2021 & stand a chance to win an Exclusive AFI T-shirt for most number of correct answers

