

## **JAVELIN – NCAA RULES & BRIEFING TO ATHLETES**

(Rules 4-3, 6-1, 6-2, 6-4, 6-10, 7-1)

*(Tailor these instructions to the competition)*

**(Also see detailed info in the USATF Throws Officials Manual / Monograph)**

1. Uniforms - You must wear your team uniform at all times and a bib number - front & back (4-3.1/4)
2. Gloves & taping - Tape on hands only to cover an open wound – anyone with this? Only chalk on the implement. (Any substance on hands - OK; support belt – OK; no gloves.) (6-10.2)
3. Electronic audio/video devices / Assistance - No devices of any kind (phones, radios, computers, iPods, etc.). No viewing of any video; no electronic communication with anyone. (4-3.11, 6-1.8)
4. Athletes must stay within the roped off area of the venue; you will not retrieve implements – only officials within the sector. No warm-up throws during the competition.
5. Calls - The calls will be “Up”, “On Deck”, and “On Hold”. Let the flight coordinator know of any passes before being called “Up”
6. Time Limits - Your time limit is one minute; the clock starts when the official steps off the runway at the arc; //a timing device will display your time//; a yellow flag will be raised 15 seconds before the end of your time and lowered when it expires. (6-1.2/5)
7. Runway marks – A max of 2 marks per athlete placed outside the runway lines; max 7x15 cm, tape only, no shoes, no chalk (6-1.9)
8. Warm-ups – There will be no//xx min general warm-up period. We'll have a xx minute warm-up period for each flight. We'll close the runway & do intros 4-5 minutes before the scheduled start for each flight. //After the 1<sup>st</sup> flight completes their prelims, they'll be escorted to xxxx.//
9. Flights - We'll run 1//2//3 flights; everyone gets 3 throws in the prelims.
10. Finals - We'll take 9 to the finals; with a xx minute warm-up period; finals will be 3 throws in reverse order of best performances in the prelims. (6-2.3,6-4.2)
11. Fair throw – The javelin must land metal head first, with the head inside the sector (6-10.1)
12. Fouls - You have a foul if: (6-1.2, 6-10.4)
  - a. You fail to initiate the attempt within one minute
  - b. You use an illegal method to throw, use an illegal implement
  - c. The metal head lands on or outside the sector lines
  - d. Before the javelin hits the ground you touch with any part of the body: the foul line, the run-up lines, or surfaces outside those lines
  - e. You leave the runway before the javelin hits the ground
  - f. You exit the runway ahead of the foul line arc and extended lines
13. Protests – Any protest on a foul, sector, or a flat call must be made immediately in order to protect your mark.
14. Escorts are//are not required if you need to leave the venue during competition
15. After you're done - you may//may not leave the area before the end of the competition; you'll be escorted to the mixed zone inside the track; you may take your javelins with you//pick up your javelins at the W&M room after going thru the mixed zone.
16. Marks & results – You're welcome to look over the recorder's shoulder to see your marks & progress of the event. Results will be posted at xxx.
17. Please direct any questions only to the Flight Coordinator or to me. Any questions now?  
Good luck gentlemen//ladies!!

### Additional Information

- Other competitors' implements – may be used only with their permission (6-1.12)
- No warm-ups on the runway after the competition begins (6-1.11)
- Resolving ties: ties are resolved by the second-best performance of the tying throwers; if still tied, then by third-best performance, and so forth (7-1.5)