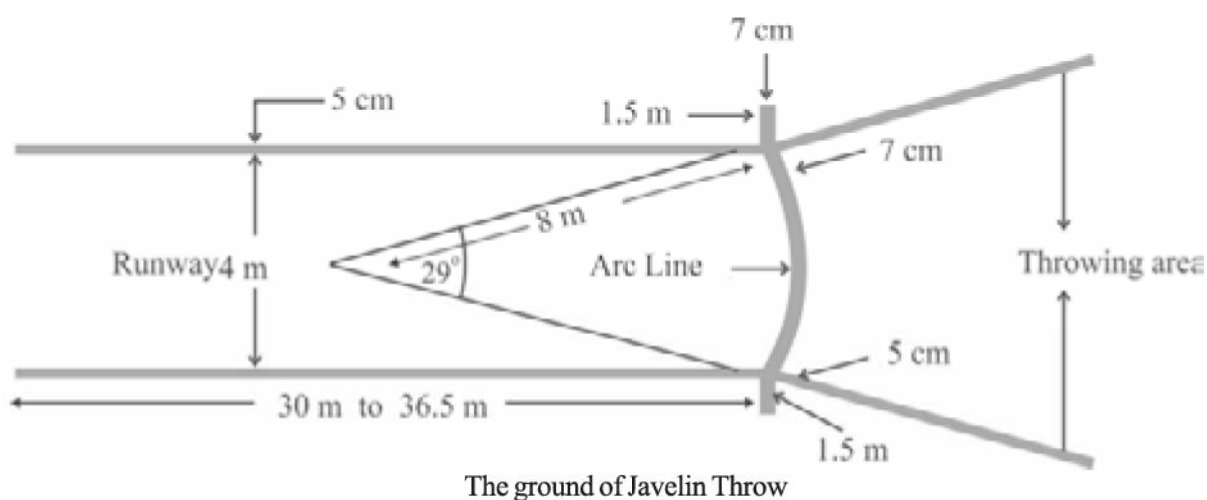


Man has been using the spear for hunting and in wars since ancient times. When the ancient Olympic games began, Javelin Throw was included in the group of five games called 'Pentathlon'. In beginning, It was allowed to throw a javelin with turn, but it was dangerous method for competitors, referee and spectators. IAAF Prohibited to throw in such method. In beginning the measurement and shape of Javelin were not fixed. IAAF Prepared rules, fixed the measurement and shape of Javelin, prepared rules for throwing also.

A Javelin throw was included in 1908 Olympic games for man, and in 1932 Olympic games it was also included for woman.

Javelin Throw

The Ground :



The ground of Javelin Throw

The ground of Javelin Throws has been divided in two parts : (1) Run way (2) Throwing Area

Run Way :

- (1) The breadth of Runway is 4 metre
- (2) The length of Runway is 30 metre to 36.5 metre
- (3) The breadth of marking lines are 5 cm.
- (4) The breadth of Arc Line is 7 cm.

Throwing Area :

The throw shall be made from behind an arc of a circle drawn with a radius of 8 m. The breadth of a arc is of 7 cm. So take a radius of 8.07 m and draw a arc. So that the breadth of the arc will be 7 cm. The arc will be made of a wooden or metal strip 7 cm in width at ground level. It will be painted white. Lines shall be drawn

from the extremities of the arc at right angles to its parallel lines marking the runway. These lines shall be 1.5 m in length and 7 cm in width. The throwing area or a sector is marked on the ground by extending the lines from the centre of a circle having a radius of 8 m, of which the arc is a part, through the points at which the arc joins the lines marking the runway. The angle of the throwing area will be 29°. The ground lies from the North to the South.

Equipment :

(1) Javelin (2) Measure tapes (3) String (4) Lime powder (5) Bucket (6) Nails (7) Flags, etc.

Javelin :

The Javelin is made from cane, bamboo or aluminium. But in a competition, a javelin made from aluminium is used. The measurements of Javelins for men and women are given in the following table :

Details of Measurements, weight etc. of Javelin for Men and Women :

<i>Sr.</i>	<i>Particulars</i>		Men	Women
1.	Weight for competition for acceptance record minimum		800 gm.	600 gm.
2.	Weight for competition	Min.	805 gm.	605 gm.
		Max.	825 gm.	625 gm.
3.	Length of the Javelin	Min.	2.60 m.	2.20 m.
		Max.	2.70 m.	2.30 m.
4.	Length of Metal Head	Min.	25 cm.	25 cm.
		Max.	33 cm.	33 cm.
5.	Diameter of shaft	Min.	25 cm.	2.0 cm.
		Max.	3 cm.	2.5 cm.
6.	Distance between the tip of metal to the grip	Min.	0.90 m.	0.80 m.
		Max.	1.02 m.	0.92 m.
7.	Width of the grip	Min.	15 cm.	14 cm.
		Max.	16 cm.	15 cm.

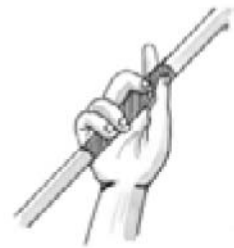
The skills of Javelin Throw :

(1) Grip (2) Carry of Javelin (3) Approach (4) Throw (5) Release (6) Change of feet (Balancing)

Grip :

In Javelin throw, it is compulsory for a competitor to hold the Javelin at the cord wrapped on the middle part of the Javelin. There are three types of grip (1) Finish Grip (2) American Grip (3) Hungarian Grip.

(1) Finnish Grip : In this type of grip, the javelin is held with palm from the back side of the cord. The first finger is kept free and slightly bent, the second finger is wrapped around the cord. The third and the fourth fingers are fixed on the cord slightly away from the second finger. The thumb touches the second finger from the opposite side.



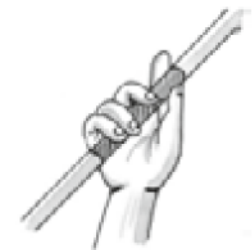
Finish Grip

(2) American Grip : In this type of grip, the first finger is kept on the back side of the cord and the other three fingers are placed around the cord. The thumb is kept on the cord at the back slightly away from the first finger.



Americian Grip

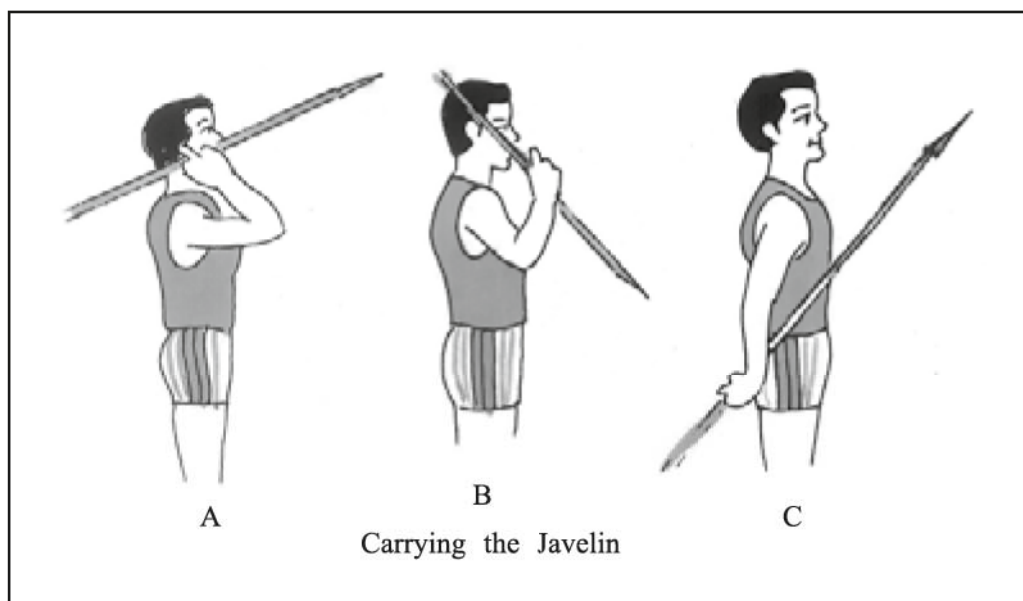
(3) Hungarian Grip : This grip resembles the American Grip. The only difference is that the first finger is kept straight and stretched on the cord. The other fingers give momentum to the javelin with a push. The thumb is kept nearer to the fingers, holding the javelin from the other side to give them support.



Hungarian Grip

Carrying the Javelin : The carrying skill helps the player run easily with the javelin gripped in his hand. There are three prevalent methods of carrying the Javelin. They are :

- (1) Carrying the javelin a little above the shoulder keeping the point in the upward direction (Figure A)
- (2) Holding the javelin above the shoulder but keeping the point in the downward direction (Figure B)
- (3) Arm holding the javelin straight on the side. The hand holding the javelin tilted to the back javelin below the arm-pit. The Javelin point in the upward direction (Figure C)



Carrying the Javelin

For the trainee students, type A of carrying the javelin is suitable. After taking the training type C of carrying javelin is easy for them.

Approach :

The action of running with the javelin in hand for throwing it is called the approach run. In this action, the last five steps are very important. How much a player can throw a javelin depends on these last five steps. During the approach run, three points to be kept in mind are : speed, distance and check-mark. The length of the approach run should be such that the competitor will be able to gather the maximum speed at the time of throwing the javelin. Generally, athletes should keep a distance of 30 m to 36.5 m in the approach run.

Throw and Release :

The competitor starts his throwing action from the first check-mark. The competitor prepares his body before throwing by warm-up activities. In all the methods of styles of throwing, the body at this juncture gets forward for the throwing action. When the athlete moves his left leg forward, the body gets additional momentum which is converted into the throwing of javelin. After that, when the right leg is straightened from the knee and hand holding the javelin is straightened, moved forward, the javelin is released from his hand with jerk of elbow, shoulder, wrist and fingers. It is realised from his hand from above the right shoulder at an angle of 40°. Generally, during throwing the javelin it makes an angle of 35° to 40° with the of round.

Changing Feet (Balancing) :

In order to control the forward motion of the body and to prevent the body from committing mistakes owing to the speed, the athlete, in order to maintain the balance of his body, has to place his right-foot near the throwing line. While transferring the weight of his body on the right leg, the left leg has to be raised at the back. The athlete can maintain the balance of his body with this action of reversing the legs.

Rules for Javelin Throw Competitions :

- (1) The order of the competitors for throwing the javelin will be decided by lots.
- (2) A competitor will be allowed to use only a javelin approved by the equipment checking committee.
- (3) A competitor should wear clean clothes. The clothes should not become transparent even when they become wet.
- (4) A competitor should exhibit his competitor number on his chest and on his back in such a way that it is clearly visible.
- (5) Before the start of the competition, each competitor will be given two practice trials in turn, in the presence of a judge.
- (6) After the competition starts, no competitor will be allowed to make use of the runway or the ground for practice purposes.
- (7) The competitor has to take a grip on the cord.
- (8) After having begun the action of throwing the javelin, if beginning of throwing or in runway a javelin touches the ground, his trial will be considered a foul.
- (9) A competitor can participate barefoot or may put on shoes or spikes on one foot.
- (10) A competitor cannot ask for all the three or six trials to be given consecutively.
- (11) A competitor has to throw the javelin one minute after his trial begins. If a competitor deliberately takes more time, his trial will be considered a foul.
- (12) If there are more than eight competitors, each will be given three trials and if there are less than eight, each will be given six trials.

- (13) If there are more than eight competitors each will be given three trials initially. The best eight competitors will be selected on the basis of their best throw. If for the eight place there are two or more competitors, all of them will be given three additional trials by turn until the tie is solved.
- (14) The final eight competitors will be given three additional trials each and the winning order will be decided on the basis of the best throws of all the six trials.
- (15) No competitor will be allowed to place his handkerchief or any other thing as a mark in the throwing area.
- (16) Only after the javelin thrown by a competitor falls on the ground and only after he has regained his standing position, he can come out from behind the throwing arc.
- (17) If the javelin thrown by a competitor falls on the sector line, that throw will be declared a foul.
- (18) In javelin throw, a throw will be considered valid if the tip of the metal head of the javelin touches the ground first.
- (19) If a javelin breaks in the air during the course of throw, the competitor will be given another trial with a new javelin, but if the javelin breaks after touching the ground, it will be regarded as a valid throw and will be measured and recorded.
- (20) Flags will be planted on the throwing area to indicate the record in the competition and the world record.
- (21) If there is a tie for the winning numbers, the next best throw will be taken into consideration. If the descending figures up to the next six throws are the same, and if the tie is for the first place, each player will be given one more trial. They will go on getting more trials until the tie is resolved. If the tie is for the second or the third place, both will be given the same rank.
- (22) The competitor will not leave runway until the javelin falls on the ground.
- (23) Use of hand gloves is forbidden.
- (24) The competitor may apply a suitable substance on his palm in order to get a good grip on the javelin.
- (25) A competitor may wear a strap of leather or some other material to avoid injury to the waist or the back.
- (26) The slope or indication of the runway towards the throwing area should not be more than 1:1000.

Points to be kept in mind during throwing the javelin :

- (1) Right handed competitor will place his left foot first in runway.
- (2) One should run in a maximum speed in runway.
- (3) A Javelin should be pulled behind in runway.
- (4) A Javelin is released from above the shoulder.
- (5) In release action, the weight of the body should not put only on the heel, but it should be on the foot.
- (6) When Javelin is released the athlete in order to maintain the balance of his body, he should change his leg, the back leg brings in front.

- Note :** Information is given to considering right handed competitor. For left handed the action of hands and feet will be reverse.

1. Answer the following questions :

- 2. Answer the following questions in one or two sentences :**

- 3. Select correct option, out of the options given below the questions :**

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