

Javelin

What Is Javelin?

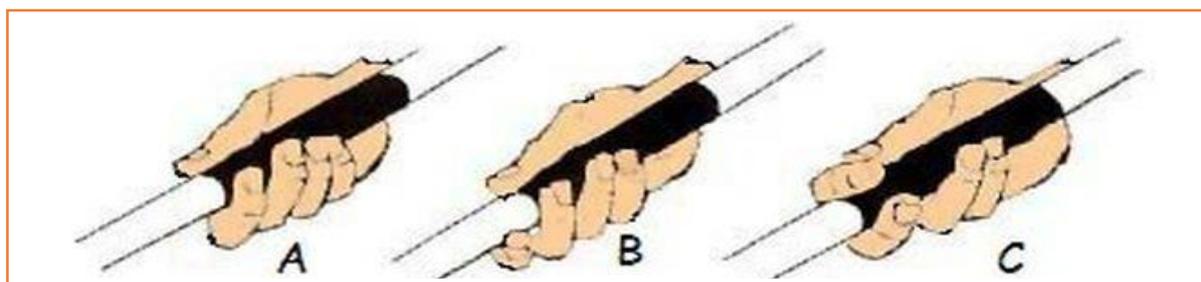
Javelin is a throwing event in athletics and it consists of a light spear thrown in a competitive event. Using one arm a javelin (metal-tipped) is thrown as far as possible. The athlete must hold the javelin with a goof grip (3 types of grips). To achieve the best possible distance in the javelin then the athlete should balance these three components - **speed**, **technique** and **strength**. The runway is between 30-36.5 meters long. Throwers can place as two markers in the runway. The javelin is held at the grip and thrown over the shoulder or the upper part of the throwing arm. Spinning is illegal. To constitute a legal throw, the javelin's metal tip must break the ground.

How Is The Javelin Held?

Grip A - Thumb and first finger grip.

Grip B - Thumb and second finger grip.

Grip C - Forefinger and middle finger grip (not common).



The Javelin Sequence

- 1. Approach** - The objective is to accelerate the thrower and javelin.
- 2. 5-Stride Rhythm** - The 5-stride rhythm is used to position the javelin for delivery.
- 3. Delivery** - To push velocity from the legs to the trunk and then to the arm to throw the javelin.
- 4. Recovery** - To stop forward movement of the body and avoid fouling.

1. Approach

Experienced throwers will use an approach run of 13 to 17 strides but throwers who are unexperienced would use less.

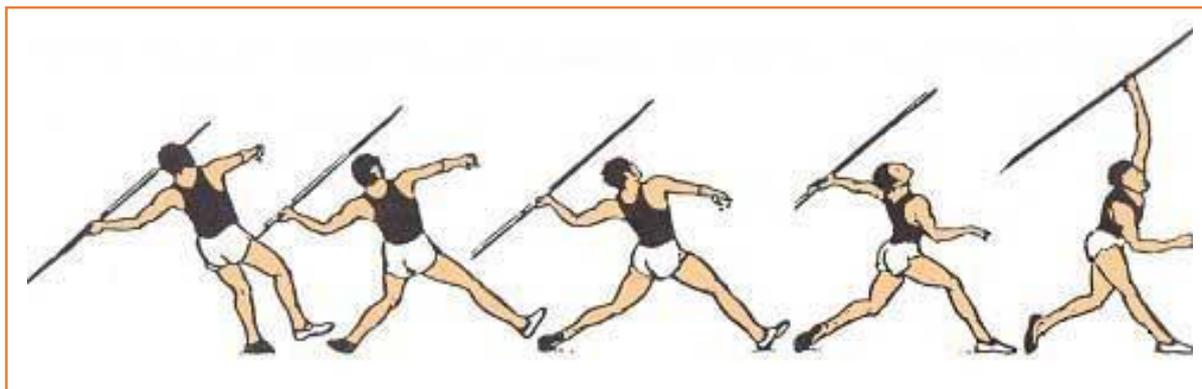
Things To Remember:

Run on the balls of the feet with hips high.

- Free arm to swing more across the body.
- Carrying arm to flex to maintain carry position of the javelin.
- Speed to match athlete's physical and technical abilities.

2. 5-Stride Rhythm

- Withdrawal starts on the landing of the right foot.
- Left shoulder and head face the direction of throw.
- Throwing arm extends backwards during first and second strides.
- Tip of javelin is close to head.
- Right knee swings forwards and not upwards.
- Body leans slightly backwards.
- Get ready for delivery.



3. Delivery

- Following contact of the left foot with the ground the left side must brace against a thrusting right leg action
- Right leg drives upwards and forwards bringing the hips at 90° to the direction of throw.
- Hip thrust is followed with the shoulders and chest turning square to the front and lining up with the hips and bringing the elbow of the throwing arm forward.
- The throwing shoulder is brought over the left leg
- The left leg should lift as the athlete rides over it and the throwing arm now comes into play
- Arm strikes fast with the elbow high and close to the mid line.



Jan Zelenzy

98.48m – World
Record

(1996)

4. Recovery

The left foot remains grounded and the right leg is slightly bent. The amount of space needed to stop before the line is typically 1.5 to 2 metres.

Rules Of The Javelin

- Gloves aren't allowed, and tape on the fingers is permitted only if it's to cover an open wound.
- The competitor can't turn his back to the throwing area until the javelin is airborne.
- The javelin must land within the "sector" to register a score. This fan-shaped area extends out from the ends of the arch-shaped foul line. The javelin can't land on the lines marking the sides of the sector.
- The metal head of the javelin has to hit the ground first or the throw is a foul.

Videos



More Resources

The Brian Mac Website - Javelin - [Click Here!](#)

International Association Athletics Federation -Javelin - [Click Here!](#)

Wikipedia - Javelin - [Click Here!](#)

Athletics Ireland - Javelin - [Click Here!](#)