



# USATF South Carolina Association Junior Olympic Track & Field Championships Event Rules



*All current USATF Competition Rules apply. Youth rules (Rule 300 – Rule 303) are also applicable.*

*The rules provided in this document are either rules the Games Committee has either defined parameters for, or are rules the Games Committee feels are particularly important. Relevant rules providing justification for the Games Committee's decisions are also included.*

*As usual, all Officials should have copy of the current USATF Competition Rules and should review those rules prior to competition.*

## **3-8-3 Format**

In Field Events, except vertical jumps (High Jump and Pole Vault), each competitor will be given three (3) trials. The top eight (8) competitors will move to the finals, be re-ordered, and will be awarded three (3) additional trials. The finalists shall be ordered in ascending order, beginning with the lesser (shorter) performance. NOTE: In the event there are eight (8) or fewer athletes in the preliminary competition, those athletes shall be awarded six (6) trials each, with no re-ordering. [Rule 180.4\(b\)](#), [Rule 180.4\(c\)](#), [Rule 180.4\(e\)](#), [Rule 303.1\(l\)](#)

## **Awards**

"In Regional and Association Championships gold, silver, and bronze medals may be awarded for first, second, and third places, respectively." [Rule 5.1.c](#)

Awards will be available at Implement Inspection after 4pm on Friday, and after 2pm on Saturday, and Sunday. Also note that awards are not available until after the final results have been posted for the event and after the 30-minute protest has ended.

## **Calling Athletes Up – Field Events**

The official responsible for the event shall indicate by verbal and visual signal to the competitor that all is ready for the trial to begin, and the period allowed for that trial shall commence from that moment. [Rule 182.12\(a\)](#)

Athletes shall be called "Up", "On Deck", or "On Hold" (not "In the Hole").

## **Combined Events - Multis**

Combined Event are not contested at the USATF South Carolina Association Junior Olympic Track & Field Championships. However, athletes are required to register in order to be advanced to the Regional meet.



### **Excused to Participate in Another Event**

*All athletes must check-in at the field event venue prior to the start of the event, and must also request to be excused by the lead Official of that event.*

#### Vertical Jumps (High Jump / Pole Vault)

A High Jump or Pole Vault competitor may be excused for up to 10 minutes to participate in a running event. Per [Rule 180.11\(e\)](#), a competitor, if given consecutive trials, shall be allowed 2 minutes for each trial in High Jump, and 3 minutes for each consecutive trial in Pole Vault. If the competitor fails to return in the allotted time, and all other remaining competitors have passed, failed or cleared the existing height, the crossbar shall be raised to the next height and the judge will automatically pass the excused competitor to the new height. If the competitor has failed to return and the competition has otherwise concluded, the judge shall automatically pass the excused competitor and only raise the bar once to the next height before using the forfeiting procedure in [Rule 181.6](#).

[Rule 302.5\(p\)](#)

#### Horizontal and Throws Events

A Horizontal Jumps or Throws competitor may be excused for up to 10 minutes to participate in a running event. The competitor must return before the conclusion of all other preliminary attempts if excused during the preliminaries, or before the conclusion of all other final attempts if excused during the finals. Per [Rule 180.11\(e\)](#), a competitor, if given consecutive trials, shall be allowed 2 minutes for each trial. Failure to return within the allocated period shall result in forfeiture of missed attempts. In both the preliminaries and the finals, the head event judge may allow attempts to be taken in succession before a competitor is excused, and make-up attempts may be taken in succession and out of order upon legally returning to the event.

[Rule 302.5\(q\)](#)

### **Electronics**

The use of electronics (Video, Audio, or Communication Devices) by athletes in the competition area is strictly prohibited at all times. This includes during warm-up and competition. Athletes shall receive a verbal warning for the first offense, and disqualification for any subsequent offense. [Rule 144.3\(b\)](#). See also **Video**. See also **Photos and Video Images**

### **Finals – Track Events**

If the number of competitors reporting for an event makes preliminary or semi-final heats unnecessary, the event shall be run as a final at the time the finals are scheduled for, unless the Games Committee has decided otherwise.

[Rule 166.3](#). For Youth, see also [Rule 302.2\(c\)](#)

In Association and Regional meets where all rounds are held on one day, and the competitors in the 100, 200, or hurdles advance directly to a final, the final may be run at the time of the scheduled preliminary.

[Rule 302.2\(c\)](#)



## False Starts – Track Events

False starts are called on individuals, not on the field. For the 8 and under, 9-10, 11-12 and 13-14 year old divisions, for a first false start by a competitor, a yellow and black (diagonally halved) card shall be raised in front of the respective competitor(s), and when lane markers are being used, a corresponding indication should be placed on the respective lane marker(s). For a second false start, the respective competitor(s) shall be disqualified.

**NOTE:** 15-16 and 17-18 year old age divisions follow Rule 162.13<sup>1</sup>

Rule 302.2(d), See also Rule 162.15

## Flags

### Field

There shall be only one set of red and white flags in use at any Field Event. The use of red and white cards, or hand gestures such as thumb-up or thumb-down, may be used to communicate with the Flagger.

There shall be only one yellow flag in use at any Field Event. The yellow flag is raised only to signal 15 seconds are remaining on the trail clock for athlete currently in the throwing circle or on the runway. As such, they yellow flag shall be positioned such that it is visible by the competitor that is currently up.

### Track

A Yellow flag is used on the track by an Umpire to signal to the Referee a running violation.

A White flag is used on the track by an Umpire to signal to the Starter their zone is ready prior to a race, and to indicate their zone is clear (for example and exchange zone during a relay).

A Red flag is used signal an injured athlete or other emergency.

## General throwing – Implement Retrieval

Implements must be carried back to the runway or circle and never thrown back. (Rule 187.8)  
Volunteers or Officials in or near the sector must always face the throwing circle or runway.

## Hammer / Discus

If there is no cage, or if the cage is deemed unsafe by the appropriate referee or their designee, then those events (Hammer, Discus) shall not be contested. It is possible for the cage to be safe for Discus but not Hammer, in which case only discus shall be contested.

Rule 302.5(i)

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<sup>1</sup> Author's Note: Though Rule 302.2(d) NOTE references Rule 162.13, that rule does not specifically apply to false starts. We believe Rule 162.15 to be more appropriate as it does refer to false starts.



## High Jump

### High Jump – Assistance

In all age divisions of the High Jump and Pole Vault an athlete may be assisted by a designated person (with field-of-play credentials issue by meet management, i.e., Coaches Credentials) in establishing the location of that athlete's marks prior to the start of competition. No more than three marks may be used, and such marks cannot exceed 3 inches in length, and marks on any pit or landing area are prohibited.

[Rule 302.5\(j\)](#), [Rule 302.5\(j\)NOTE](#), [Rule 181.3](#)

### High Jump – Excused Absence

A High Jump or Pole Vault competitor may be excused for up to 10 minutes to participate in a running event. If the competitor fails to return in the allotted time, and all other remaining competitors have passed, failed or cleared the existing height, the crossbar shall be raised to the next height and the judge will automatically pass the excused competitor to the new height. If the competitor has failed to return and the competition has otherwise concluded, the judge shall automatically pass the excused competitor and only raise the bar once to the next height before using the forfeiting procedure in Rule 181.6.

[Rule 302.5\(p\)](#)

### High Jump – Increments

Increment increases shall be 5cm in the High Jump.

[Rule 302.5\(o\)](#)

### High Jump – Warmup

One hour shall be allocated for High Jump warmups in events where there are 12 or more competitors. Otherwise, up to 5 minutes per competitor shall be allocated. (For example, for 9 competitors, up to 45 minutes would be allocated. Our schedule states events may start up to 30 minutes early. Thus, the event may begin if all competitors have completed warm-ups.

Athletes shall be allocated 5-minutes prior to warmups to get/set their marks.

## Honest Participation

The 'honest participation' rule provided in Rule 142.4 and Rule 142.5 shall not be applicable to Youth Athletics. [Rule 302.2\(h\)](#)

## Implement Inspection

All implements are required to be inspected prior to the start of warm-ups for the competition. Only inspected legal implements are allowed in the competition area. As a reminder, all implements that fail inspection must be impounded until the end of competition of the event for which it was intended to be used. ([Rule 187.11](#))

Not more than two implements may be submitted by a competitor for any throwing event in which he/she is competing. No additional implements may be taken to the area for competition or practice. ([Rule 187.10](#))



### **Implements : Damaged**

If, as a result of material damage, an implement becomes a safety hazard or if it ceases to comply with specifications (e.g., a loose point or a cut hammer wire), it should be impounded. If it is practicable to do so, it should be repaired and re-certified so that it may be used in the competition. If the implement cannot readily be repaired, it shall remain impounded until the conclusion of the competition, except that it may be returned to a competitor who has concluded throwing. ([Rule 187.12](#))

### **Implements : Identity**

Privately owned implements are exempt from loss-of-identity provisions. However, an athlete may provide consent for another athlete to use their implement.

[Rule 302.5\(g\)](#)

### **Implements : Illegal**

Per [Rule 187.10](#): A competitor using an illegal implement or equipment in a field event shall be disqualified. All records, performances, or points scored with the use of such implement or equipment shall be null and void. An implement or equipment is deemed illegal if: the competitor uses an uninspected implement or equipment, or uses an implement or equipment that has been illegally altered after having been officially inspected.

### **Interrupting An Attempt - Throws**

In all throwing events, a competitor who has not otherwise committed a foul may interrupt a trial once started, may lay the implement down, inside or outside the runway or circle, may leave the runway or circle before returning to the runway or to a stationary position in the circle, and begin a fresh trial. ([Rule 187.2](#))

**NOTE:** *All moves permitted in this paragraph shall be included in the maximum time for a trial given in Rule 180.12.*

### **Javelin**

A javelin landing flat is not a foul in Youth javelin competition. Likewise, there is no requirement in Youth javelin competition that the head of the implement must strike the ground first. The measurement of the throw shall be from the nearest edge of the first point of contact of the javelin, provided the point of first contact is within the legal sector. The point of first contact may be the head, the tail, or the edge of the grip closest to the arc (foul line) on the runway if the javelin lands flat.

[Rule 302.5\(h\)](#)

Per the Games Committee, athletes shall be allotted:

- 10 minutes to get marks (athletes may be checking in during this time)
- 5 minutes to Pick (except Turbo/Mini)
- 20 min warmup



### **Lane Infringement Violations**

Lane-line infringement violations are defined in Rule 163.5 [Rule 302.2\(f\)](#)

### **Long Jump**

#### **Long Jump Boards**

There shall be two take-off boards for Long Jump between 1m and 4.5m from the edge of the landing area.

[Rule 302.5\(d\)](#)

#### **Long Jump Assistance**

Long Jump athletes in the 8 and under and 9-10 Age Divisions may be assisted by a designated person (with field-of-play credentials issue by meet management, i.e., Coaches Credentials) in establishing the location of their marks prior to the start of the competition. Rule 181.3 will apply, except that no more than three marks may be used, and such marks cannot exceed 3 inches in length. All marks must be outside of the runway.

[Rule 302.5\(j\)](#), [Rule 302.5\(j\)NOTE](#).

### **Photos and Video Images**

In a field event, the viewing of images of previous trials by a competitor is forbidden.

NOTE: *Athletes competing in an event on the infield may not, during the competition, cross to the outside of the track.* See also **Video**. See also **Electronics**.

[Rule 302.5\(s\)](#).

### **Pole Vault**

#### **Pole**

The competitor's weight shall be at or below the manufacturer's pole rating. It is the responsibility of the coach or parent to verify the competitor will use a legal pole rated at or above his/her weight. [Rule 302.5\(n\)](#)

NOTE: *The manufacturers shall include on each pole a pole rating that shall be a minimum of 3/4 inch in a contrasting color located within or above the top hand hold position with the position being determined by the manufacturer.*

#### **Pole Vault – Assistance**

In all age divisions of the High Jump and Pole Vault an athlete may be assisted by a designated person (with field-of-play credentials issue by meet management, i.e., Coaches Credentials) in establishing the location of that athlete's marks prior to the start of competition. No more than three marks may be used, and such marks cannot exceed 3 inches in length, and marks on any pit or landing area are prohibited.

[Rule 302.5\(j\)](#), [Rule 302.5\(j\)NOTE](#), [Rule 181.3](#)



**Pole Vault – Increments**

Increment increases shall be 15cm in the Pole Vault.

*Rule 302.5(o)*

**Pole Vault – Warmup**

One hour shall be allocated for Pole Vault warmups in events where there are 10 or more competitors. Otherwise, up to 6 minutes per competitor shall be allocated, rounded up to the nearest 5-minute mark. (For example, for 7 competitors, up to 42 would be calculated, but up to 45 minutes would be allocated.) Our schedule states events may start up to 30 minutes early. Thus, the event may begin if all competitors have completed warm-ups.

Athletes shall be allocated 5-minutes prior to warmups to get/set their marks.

**Records – All Field Events**

In the event a record is believed to have been set in a field event, competition shall be paused, the mark shall be held (maintained), and the Field Referee shall be summoned to verify the mark using a steel tape. NOTE: The Field Referee verifying the mark is by rule required to be a National or Master level USATF Official. If the Field Referee is not a National or Master level Official, then a suitable National or Master level Officials shall verify the mark using a steel tape. The Field Referee shall also be summoned if there is a belief or a likelihood that an athlete may break a record.

In all throws events where a record is believed to have been set, the implement must immediately be removed from competition. If the trial distance is verified as a record distance, the implement must immediately be taken to Implement Inspection for verification. Upon successful verification of the implement, the record shall be certified and the implement may be returned to competition. If verification of the implement fails, the record shall be denied and the implement shall be impounded.

**Relay Team Uniforms – Track Events**

All participants on a relay team shall wear a top of the same color. At Regional and National Championships, all participants on a team shall wear a top of a same color as well as bottoms of a same color. *Rule 302.3(d)*

**Circle Diameter**

Diameter of Circle (Measured inside the metal band)

Shot Put	2.135m (7ft)
Hammer Throw	2.135m (7ft)
Weight Throw	2.135m (7ft)
Discus Throw	2.50 m

NOTE: If a single circle utilizing an insert is used for throws events, that insert shall be removed for the Discus Throw. Remember, using the insert decreases the diameter of the circle and removing the insert increases the diameter of the circle. Only the Discus Throw requires the larger diameter circle.



### **Run-Throughs : Vertical – Field Events**

In the High Jump and Pole Vault, each competitor who has not taken an initial trial in at least one hour from the time of the first trial of the event competition, shall be permitted no more than two run-throughs within a minute and a half in the high jump or two minutes in the pole vault. Such run-throughs shall be taken at a height change under the direction of the event official without a crossbar or bungee in place. The competitor using this provision shall make at least one attempt at this height.

[Rule 302.5\(r\)](#)

### **Sign-In – Officials**

All Officials are expected to sign-in and sign-out every day of competition. Officials failing to do so may not receive a stipend.

### **Starting Blocks**

Athletes in the 15-16 and 17-18 year old divisions are required to use starting blocks and a crouch position for all running events of 400 meters or less, and in the first leg of all relays where the first leg is 400 meters or less. Block usage shall be in accordance to [Rule 161](#).

Starting blocks are optional for competitors less than 15 years of age (8 and under, 9-10, 11-12, 13-14). The use of blocks and stance is entirely at the competitor's discretion. However, if blocks are used, then all normal block usage rules ([Rule 161](#)) shall apply.

In all cases, only a competitor or an individual specifically identified by the Starter may set a competitor's starting block. Any other assistance is prohibited.

[Rule 302.2\(e\)](#)

For athletes in the 8 and under, 9-10, 11-12 and 13-14 year old divisions, the general rules regarding the use of starting blocks and stance are waived; the use of starting blocks and stance is within the discretion of the competitor. [Rule 302.2\(e\)](#)

The setting of a competitor's starting blocks other than by the competitor or an individual designated by the starter is prohibited. [Rule 302.2\(e\)](#)

### **Time for Trial**

See Pg. 93 [Rule 180.12\(a\)](#)

### **Triple Jump**

Triple Jump Boards

There shall be two take-off boards for Triple Jump between 7m and 4.5m from the edge of the landing area.

[Rule 302.5\(g\)](#)





## Video

Generally, viewing by athletes competing in field events, of images of previous trial(s), recorded on their behalf by persons not placed in the competition area is considered assistance and is not allowed. See [Rule 144.4\(i\)](#). The viewing device or images taken from it shall not be taken into the competition area

Specific to USATF Youth Competition, In a field event, the **viewing of images of previous trials by a competitor is forbidden**. [Rule 302.5\(s\)](#)

**NOTE:** *Athletes competing in an event on the infield may not, during the competition, cross to the outside of the track.*

See also **Electronics**. See also **Photos and Video Images**

## Warm-ups (See also **High Jump** and **Pole Vault**)

Warm-ups at the event venue shall not be allowed unless supervised by an event official and the event venue has been declared open by the Chief Event official with direction from the Meet Director. Warm-up approaches in the long jump, triple jump, javelin and pole vault may only be taken in the direction in which the event is contested. Running in the opposite direction either on or adjacent to the runway during warm-ups is forbidden. Failure of an athlete to follow these rules shall receive a verbal warning for the first offense. A second offense shall result in the athlete being removed from the event and forfeiting all remaining trials and shall not be eligible to advance to the finals.

[Rule 302.5\(t\)](#)

**NOTE:** *During competition, the athlete that is up owns the runway and may run in the opposite direction on the runway (provided it is safe to do so). Running in the opposite direction adjacent to the run is always prohibited.*

The Games Committee has mandated the flight-specific warm-up period for horizontal jumps and throws events shall be 15 minutes, or up to 20 minutes if more than 12 competitors in a flight. [Rule 180.17\(a\)](#) For Horizontal Jump events, 5 minutes shall be allocated prior to warm-ups for competitors to get/set marks. Our schedule states events may start up to 30 minutes early. Thus, the event may begin if all competitors have completed warm-ups.

A competitor may take no more than two practice trials or throws for each turn in line at the competition area. [Rule 180.17\(b\)](#)

Once a competition has begun, competitors are not permitted to use implements for practice purposes or to use the throwing circles, runways, or area within the sectors for practice trials, with or without implements. [Rule 180.17\(c\)](#)

## Wind Indicator – Field Events

[Rule 180.15:](#) The Games Committee should place a wind [indicator] near the take-off in all jumping events and near the discus and javelin, to enable competitors to determine the approximate direction and strength of the wind. See also [10.25\(c\)](#)



## Appendix – Youth Specifications

### Hurdle Heights

Girls / Women	Age Group	80m Hurdles	100m Hurdles	110 m Hurdles	200m Hurdles	400m Hurdles	2000m Steeple	Girls / Women
	8&U	-	-	-	-	-	-	
9-10G	-	-	-	-	-	-	-	
11-12G	30"	-	-	-	-	-	-	
13-14G	-	-	30"	30"	-	-	-	
15-16G	-	-	33"	-	-	30"	30"	
17-18W	-	-	33"	-	-	30"	30"	
Boys / Men	Age Group			100m Hurdles				Boys / Men
	8&U	-	-	-	-	-	-	
9-10B	-	-	-	-	-	-	-	
11-12B	30"	-	-	-	-	-	-	
13-14B	-	-	33"	-	30"	-	-	
15-16B	-	-	-	39"	-	36"	36"	
17-18M	-	-	-	39"	-	39"	36"	

### Hurdle Placement

Distance	Hurdles	To First	Interval	To Finish	Mark
80m	8	12m	7.5m	15.5m	
100m	10	13m	8.5m	10.5m	Yellow
110m	10	13.72m	9.14m	14.02m	Blue
200m	5	20m	35m	40m	Green
400m	10	45m	35m	40m	Green
2000m Steeple	4 Barriers + 1 Water Jump No barrier in 1st 200m of 1st lap				Black

### Starting Block Placement

Distance	Placement
100m	Solid WHITE line across the track
100m Hurdles	
110m Hurdles	
200m	Solid WHITE line in lane
400m	Solid WHITE line with YELLOW hash marks in lane
400m Hurdles	
4 x 100m Relay	Solid WHITE line with YELLOW hash marks in lane
4 x 400 Relay	Solid white line with BLUE hash marks in lane



**Implement Usage**

Girls / Women	Age Group	Discus	Hammer	Shot	Javelin	Girls / Women
	8&U	-	-	2 kg	300g (Mini Jav)	
9-10G	-	-	6 lb	300g (Mini Jav)		
11-12G	1 kg	-	6 lb	450g (Areo Jav)		
13-14G	1 kg	-	6 lb	600g		
15-16G	1 kg	4kg	4 kg	600g		
17-18W	1 kg	4kg	4 kg	600g		
Boys / Men	Age Group	Discus	Hammer	Shot	Javelin	Boys / Men
	8&U	-	-	2 kg	300g (Mini Jav)	
9-10B	-	-	6 lb	300g (Mini Jav)		
11-12B	1 kg	-	6 lb	450g (Areo Jav)		
13-14B	1 kg	-	4 kg	800g		
15-16B	1.6 kg	12 lb	12 lb	800g		
17-18M	1.6 kg	12 lb	12 lb	800g		

**Implement Specs - Discus**

Parameter		1 kg		1.6 kg	
Weight	Minimum	1.0 kg (2.205 lb)		1.6 kg (3.527 lb)	
	Maximum	N/A		N/A	
Diameter (Outside)	Minimum	180 mm (7.087 in)		209 mm (8.228 in)	
	Maximum	182 mm (7.165 in)		211 mm (8.307 in)	
Diameter (Core)	Minimum	50 mm (1.968 in)			
	Maximum	57 mm (2.244 in)			
Thickness (Center)	Minimum	37 mm (1.457 in)		40 mm (1.575 in)	
	Maximum	39 mm (1.535 in)		42 mm (1.654 in)	
Rim Thickness (@ 6mm from edge)	Minimum	12 mm (0.472 in)			
	Maximum	13 mm (0.512 in)			

**Implement Specs - Hammer**

Parameter		2 kg	3 kg	4 kg	5 kg	12 lb	6 kg
Weight	Nominal	2.00 kg	3.00 kg	4.00 kg	5.00 kg	5.45 kg	6.00 kg
	Minimum	2.000 kg	3.000 kg	4.000 kg	5.000 kg	5.443 kg	6.00 kg
Diameter	Minimum	75	85	95	100	98.4	105
	Maximum	100	100	110	120	117.5	125
Length	Minimum	—	—	—	—	—	—
	Maximum	1195 mm	1195 mm	1195 mm	1200 mm	1215 mm	1215 mm



### Implement Specs - Shot

Parameter	2 kg	6 lb	3 kg	4 kg	5 kg	12 lb	6 kg
Nominal Wt. kg	2.00	2.72	3.00	4.00	5.00	5.45	6.00
Record Wt. Min. kg	2.000	2.720	3.000	4.000	5.000	5.443	6.000
Diameter min. mm	80	-	85	95	100	98.4	105
Diameter max. mm	90	-	110	110	120	117.5	125

### Implement Specs – Javelin

#### Mini Javelin

The shaft, grip and fins shall be made out of plastic. The tip shall be made of soft rubber with a blunt, rounded end. The fins shall be flat (without protrusions or roughness) and shall be perpendicular to the surface of the javelin. The fins shall be parallel to the center line of the shaft. The nominal weight shall be 300g. [Rule 193.11](#)

Parameter		300 g
Weight	Minimum	300 g
	Maximum	N/A
Overall Length	Minimum	685 mm
	Maximum	705 mm
Length of Head	Minimum	84 mm
	Maximum	94 mm
Tip Diameter largest point	Minimum	37 mm
	Maximum	43 mm
Distance from tip to COG	Minimum	365 mm
	Maximum	380 mm
Diameter of shaft forward of grip	Minimum	30 mm
	Maximum	38 mm
Diameter shaft behind the grip	Minimum	24 mm
	Maximum	30 mm
Diameter of shaft at the grip	Minimum	34 mm
	Maximum	40 mm
Length of grip	Minimum	99 mm
	Maximum	109 mm
Location of front of grip from tip to tail	Minimum	322 mm
	Maximum	332 mm
Fin length	Minimum	162 mm
	Maximum	168 mm
Fin Diameter (peak to peak opposing fins)	Minimum	95 mm
	Maximum	105 mm
Number of fins	Count	4



### Aero Javelin

The shaft, tip and tail shall be made out of synthetic material. The grip may be made of synthetic material or wound with cord which is similar to that used on traditional javelins. The minimum weight shall be 450g. The diameter of the shaft shall be constant over the length of the shaft, not varying by more than  $\pm 2$ mm from the nominal shaft diameter. The profiles of the head and tail are not specified.

[Rule 193.12](#)

Parameter		450 g
Weight	Minimum	450 g
	Maximum	N/A
Overall Length	Minimum	1765 mm
	Maximum	1785 mm
Length of Head *	Minimum	140 mm
	Maximum	160 mm
Distance from tip to COG **	Minimum	760 mm
	Maximum	770 mm
Diameter of shaft	Minimum	20 mm
	Maximum	28 mm
Length of grip ***	Minimum	115 mm
	Maximum	120 mm
Location of front of grip from tip	Minimum	755 mm
	Maximum	770 mm
Length of tail	Minimum	175 mm
	Maximum	195 mm

\* The maximum diameter of the head shall not exceed the nominal shaft diameter by more than 10 mm.

\*\* The grip is not required to cover the CG.

\*\*\* The maximum grip diameter shall not exceed the nominal shaft diameter by more than 8 mm.



## Javelin

The javelin shall consist of three main parts: a head, a shaft, and a cord grip. The shaft may be solid or hollow and shall be constructed of metal or other suitable material so as to constitute a fixed and integrated whole. The shaft shall have fixed to it a metal head terminating in a sharp point.

### Rule 193.4

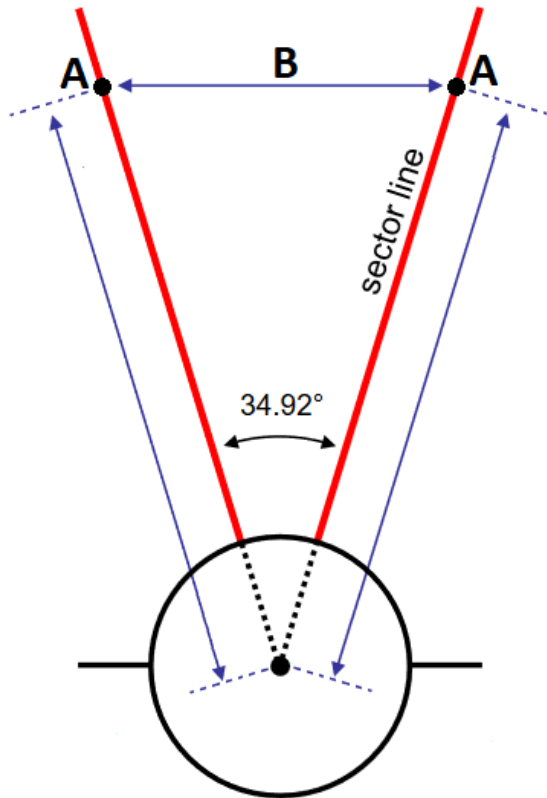
The grip, which shall cover the center of gravity, shall not exceed the diameter of the shaft by more than 8mm. It may have a regular non-slip pattern surface but without thongs, notches, or indentations of any kind. The grip shall be of uniform thickness

### Rule 193.6

Parameter		600g	800g
Weight (min)	Minimum	600 g	800 g
	Maximum	N/A	N/A
Overall Length	Minimum	2200 mm	2600 mm
	Maximum	2300 mm	2700 mm
Length of Metal Head	Minimum	250 mm	
	Maximum	330 mm	
Distance from tip to COG	Minimum	800 mm	900 mm
	Maximum	920 mm	1060 mm
Diameter of shaft at thickest point	Minimum	20 cm	25 mm
	Maximum	25 mm	30 mm
Width of cord grip	Minimum	140 mm	150 mm
	Maximum	150 mm	160 mm
Taper Meas. from Tip	Minimum	150 mm	
Taper Meas. from Tail	Absolute	150 mm	
Diameter at Tip Taper	Limit	≤0.80 x Maximum Diameter of Implement	
Diameter at Tail Taper	Limit	≥0.40 x Maximum Diameter of Implement	
Diam. at Midpoint Tip to CG	Limit	≤0.90 x Maximum Diameter of Implement	
Diam. at Midpoint Tail to CG	Limit	≥0.90 x Maximum Diameter of Implement	
Total Diameter minimum	Limit	3.5 mm	

**Sector : Circle Throws (Shot Put, Discus Throw, Hammer Throw)**

The sector in all throws events in which an implement is thrown or put from a circle shall be 34.92 degrees. This translates into a ratio of 0.6. That is, for a point A at a given distance from the pin (center of the circle) along the inside edge of each foul line marking the valid sector, the straight-line (no arc) distance B between point A on each foul line shall be 0.6 of the distance of A from the pin.

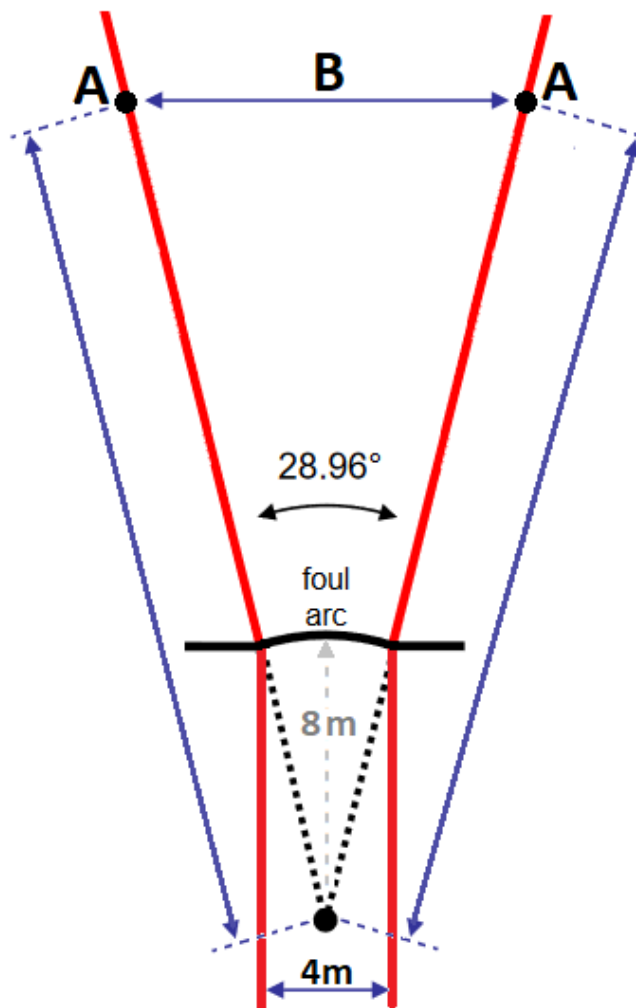


A	B
20	12
40	24
50	30
60	36
75	45
80	48
100	60
150	90
175	105
200	120
A=X	0.6 x A

This 0.6 ratio applies regardless of the units (meters or feet) measured.

**Sector : Javelin)**

The sector of the javelin throw shall be 28.96 degrees. This translates into a ratio of 0.5. That is, for a point A at a given distance from the pin (pull-thru point) along the inside edge of each foul line marking the valid sector, the straight-line (no arc) distance B between point A on each foul line shall be one-half the distance of A from the pin (pull-thru point).



A	B
30	15
50	25
80	40
100	50
150	75
200	110
A=X	0.5 x A