



Javelin

Mr. Linda's Physical Education Class

History of Event

The javelin was part of the pentathlon of the Ancient Olympic Games beginning in 708 BC in two disciplines, distance and target throw. The sport of javelin throwing was first introduced to the Olympics in 1906 as a freestyle event with very few rules and regulations over design. The 1912 Olympics saw the formation of the IAAF, setting strict rules and regulations on the design of the javelin and with it, the first world record.






Rules of Event

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.

The runway must be at least 33 yards and as much as 37 yards long. Two white parallel lines, slightly wider than 4 feet apart, mark the runway. At the end of the runway is an arch-shaped foul line with a radius of about 9 feet. The arc, which is made of wood or some other type of durable material, must be flush with the ground and painted white. The thrower can't touch any of these lines, leave the runway, or the area outside of these lines, before the javelin lands.



Critical Elements of the Javelin Throw

01

**RUN UP TO GENERATE
MOMENTUM**

02

**PULL THE THROWING
ARM BACK**

Your hand should be at or slightly higher than shoulder height.

Critical Elements of the Javelin Throw

03

SOFT STEP

As you land on your dominant foot before the throw bend your dominant knee to allow your body weight and forward momentum to continue moving forward without slowing.

04

KEEP YOUR THROWING ARM BACK

while extending your non-throwing arm toward the intended direction for balance.

05

FOLLOW-THROUGH

Your arm and hand continue to accelerate after you have released the javelin.



How to Throw the Perfect Javelin