

## **JAVELIN COMPETITION SAFETY RECOMMENDATIONS FOR MEETS INVOLVING MEMBER SCHOOLS**

1. A javelin event should not be held unless trained personnel are available to conduct the event. Schools are encouraged to develop a plan to train officials
2. All athletes are instructed in javelin safety rules and regulations prior to being allowed to throw or compete. After competition no additional throws are permitted.
3. A field marshal should be used to make sure no athletes or spectators enter the sector or warm-up area.
4. It is recommended that the throwing area be roped off or bright orange cones and warning signs be posted.
5. Athletes waiting to throw are made to wait well behind the throwing area.
6. All thrown javelins are retrieved by an official or coach and handed to the athlete outside the sector. A side should be designated usually the side the wind is blowing away from.
7. The head official stands in the center of the approach and placing an orange cone on the run way thus prohibiting the next competitor from throwing until the sector is clear.

## **JAVELIN RECOMMENDATIONS FOR STATE EVENTS**

1. No unauthorized javelin practice will take place at the competition venue.
2. All javelins must be delivered to the official weighing and measuring station at least one (1) hour prior to the event for certification as a legal instrument.
3. After being certified, all javelins will be sequestered until they are delivered to the competition site prior to competition.
4. Before any javelins are given to participants, the head javelin official will review with all participants the procedures for competition including a review of all safety concerns with the javelin competition. (SEE COMPETITION SAFETY RECOMMENDATIONS LISTED BELOW)
5. Javelins will be delivered to the participants just prior to the warm-up period.
6. All practice throws with javelins will be taken within the competition area for the javelin under the direction of the head javelin official.
7. Prior to throwing, contestants should be instructed by their coaches in the proper warmup techniques for stretching the arm, shoulder area, legs and back in order to reduce the chance for muscle injuries.
8. After each throw, the individual javelins are to be returned to the safety area as designated by the head javelin official.
9. In order to conduct a safe competition, the minimum of six officials is needed at the javelin site at all times. Competition should be halted if adequate personnel are not available for conducting the event.
  - \*One person to mark the throws
  - \*One person to measure the throws
  - \*One person to pull the tape measure
  - \*Two people to retrieve javelins and
  - \*Head javelin official.
10. The marshal assigned to the area should not have duties associated with the actual event but should be responsible for the total area around the javelin competition helping to ensure the safety of participants, coaches and spectators.

## **PRACTICE SAFETY PROCEDURES FOR JAVELIN THROWERS**

1. It is recommended that all javelins be carried to and from the practice area under the supervision of a coach.
  - a. All javelins are stored in a locked area when not in use.
2. All javelin practice must be supervised by trained school personnel.
3. During actual practice each thrower remains behind the throw line until all javelins have been released. Only when the order “recover javelins” is given are the throwers allowed to retrieve their implements under the direction of a coach or designated teacher. The athletes are directed to retrieve their javelin, walking in a backward fashion, so that they are always in vision of the run way or throwing area.
4. At no time is a student allowed into the throwing area while a teammate still possesses a javelin.
5. It is recommended that javelin practice take place when there are no other athletes either on the track or on the throwing field.
6. These rules are to be reviewed daily by the coach prior to any javelin practice.
7. The javelin throwing area must be well marked and cordoned off by rose or bright orange cones. Athletes are not permitted into the sector until practice has concluded.