



JAVELIN THROW



SHRUJAN 2.0

GIET UNIVERSITY, GUNUPUR

Team Size: Individual participant.

Event Details:

- For valid throw, the javelin must lie before the specified zone and its tip should hit the ground.
- There is a special marking line on the runway within which the athlete needs to throw.
- The athlete should not leave the ground until the javelin lands on the ground.
- After the throwing action has been made, the thrower should not turn back towards the pointing direction, until it lands.
- The number of throws allowed per athlete is same as that of the discus throw.
- Once the competition has started, the athletes cannot use the perimeter for practise purpose.
- Tapping of fingers are not allowed unless there is a wound.