

GWINNETT SENIOR GOLDEN GAMES

JAVELIN



Rules

Athletes must register at registration table upon arriving at competition.

- Athletes will compete in 5 (five) year age increments and gender.
- Weight of the mini-javelin is based on the sex of the athlete
 - Men – 400 g
 - Female – 300 g

Rules of play

- Athletes must start from behind starting line and may not touch or cross the line for the throw to be valid.
- The mini-javelin must be held by the grip with one hand only
- The mini-javelin shall be thrown over the shoulder or upper part of the throwing arm and may not be slung or hurled.
- At no time may the competitor turn completely around so that his/her back is towards the throwing area
- The measurement of each throw shall be made from where the tip first struck the ground to the middle of the foul line.

- Athletes have the option of taking one (1) practice throw that will not count for scoring.
- After the practice throw, athletes are given three (3) official throws that will be measured for distance.
- Athletes will not receive another throw to replace an invalid attempt.

Scoring - The longest of the three (3) official throws will be recorded.

In the event of a tie dual medals will be awarded.

Medals will be awarded at the end of the competition.

Decision of games manager is final.