

## Javelin Instructions

1. We will be using (NCAA) rules for this competition.
2. During your run up you may not turn your back to the arc.
3. SHOES can not be used as markers along runway
4. You must use an overhand delivery. Javelin can not be slung.
5. During your attempt you may not touch or go beyond the arc or it's extension.
6. The Javelin must land inside of sector lines. On or outside of sector will be a foul throw.
7. **After the Javelin lands**, you must exit behind the arc or it's extension. Please exit a few steps behind arc.
8. Javelin MUST land Tip first ONLY.
9. **60 SECONDS** to attempt a throw after called up

### With Finals

10. You will have three attempts in the Prelims. There are ( ) flights. ( ) will advance to finals for three more attempts.
11. There will be ( ) scoring places in this contest
12. We will be using flags rather than calling mark or foul. We can not signal until you exit the run up pad. White flag means good and red flag means foul.
13. In Finals, an athlete missing their turn will be given a passed attempt.
14. Your call up order will be: **UP, ON DECK, ON HOLD. THEN CALLED UP AGAIN. YOUR 60 SECONDS WILL START AT THAT TIME.** Please respond immediately to my calls.
15. Your competition order will be: (??) Good Luck.