



TO: Branches Staffs – Branch Officials’ Chair

DATE: Nov 19<sup>th</sup>, 2024

SUBJECT: New Spec. Men Javelin 700gr - **REMINDER**

We would like to inform you that there will be a change to the 700g javelin (Men U18). I am including the changes in this memo:

This rule will apply from April 1, 2025.

Please send this information to all your coaches, Local Organizing Committees and Officials.

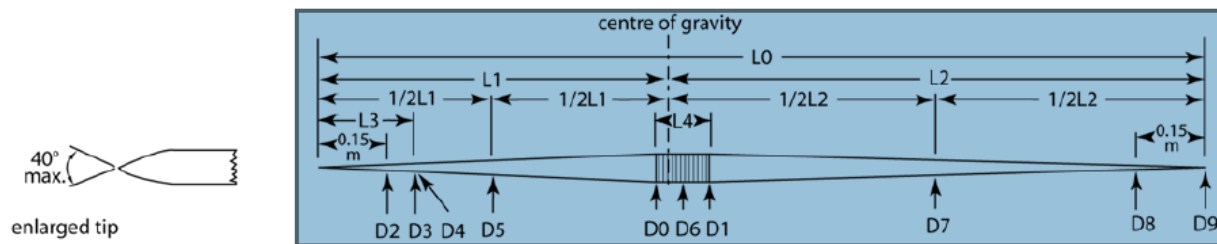


Figure TR38 - International Javelin

Lengths		Diameters		Maximum	Minimum
L0	Overall	D0	In front of grip	-	-
L1	Tip to C of G	D1	At rear of grip	D0	D0-0.25mm
1/2L1	Half L1	D2	150mm from tip	0.8 D0	-
L2	Tail to C of G	D3	At rear of head	-	-
1/2L2	Half L2	D4	Immediately behind head	-	D3-2.5mm
L3	Head	D5	Half way tip to C of G	0.9 D0	-
L4	Grip	D6	Over grip	D0+8mm	-
		D7	Half way tail to C of G	-	0.9 D0
		D8	150mm from tail	-	0.4 D0
C of G	Centre of Gravity	D9	At tail	-	3.5mm

Note: All measurements of diameters must be made with an uncertainty of not more than 0.1 mm.

The javelin shall conform to the following specifications:

Minimum weight and diameter limits for admission to competition and acceptance of a Record (inclusive of the cord grip):	
<b>Overall length (L0):</b>	700g
Minimum	2300mm (2400mm*)
Maximum	2400mm (2500mm*)
<b>Distance from tip of metal head to centre of gravity (L1):</b>	
Minimum	860mm (850mm*)
Maximum	1000mm (990mm*)
<b>Distance from tail to centre of gravity (L2):</b>	
Minimum	1300mm (1410mm*)
Maximum	1540mm (1650mm*)
<b>Length of metal head (L3):</b>	
Minimum	250mm
Maximum	330mm
<b>Width of cord grip (L4):</b>	
Minimum	150mm
Maximum	160mm
<b>Diameter of shaft at thickest point (in front of grip - D0):</b>	
Minimum	23mm
Maximum	28mm
<b>* Amended in August 2023 and in force from 1 April 2025.</b>	