

JAVELIN SECTOR AND RUNWAY – NFHS Rule 6-9

Updated February 2025

ART. 11. . . The runway for the throw should have a minimum length of 120' (36.5 meters) and shall be marked by two parallel lines, 13 feet, 1 ½ inches (4 meters) apart and terminated by a foul-line arc with a radius of 26 feet, 3 inches (8 meters) as shown below. The foul-line arc shall be marked with a white metal, plastic or wood band 2 ¾ inches (7 centimeters) in width. If using a band, the top surface shall be level with the throwing surface.

The line or band shall be in the throwing sector with the edge toward the runway coinciding with the foul-line arc. A line 2 ¾ inches (7 centimeters) in width and 2 feet, 5½ inches (75 centimeters) in length shall be placed or painted on each side of the runway perpendicular to the side boundaries at the intersection of the foul-line arc and inside of the side boundary lines. The athlete must exit behind the intersection of the arc and the foul line.

ART. 12. . . The throwing sector into which the javelin must fall is that area defined by extending radii through the two intersections of the arc with the runway lines and a point midway between the runway lines and 26 feet, 3 inches (8 meters) from the foul line.

