

38.10 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):				
	500g	600g	700g	800g
Overall length (L0):				
Minimum	2000mm	2200mm	2300mm (2400mm*)	2600mm
Maximum	2100mm	2300mm	2400mm (2500mm*)	2700mm
Distance from tip of metal head to centre of gravity (L1):				
Minimum	780mm	800mm	860mm (850mm*)	900mm
Maximum	880mm	920mm	1000mm (990mm*)	1060mm
Distance from tail to centre of gravity (L2):				
Minimum	1120mm	1280mm	1300mm (1410mm*)	1540mm
Maximum	1320mm	1500mm	1540mm (1650mm*)	1800mm
Length of metal head (L3):				
Minimum	220mm	250mm	250mm	250mm
Maximum	270mm	330mm	330mm	330mm
Width of cord grip (L4):				
Minimum	135mm	140mm	150mm	150mm
Maximum	145mm	150mm	160mm	160mm
Diameter of shaft at thickest point (in front of grip - D0):				
Minimum	20mm	20mm	23mm	25mm
Maximum	24mm	25mm	28mm	30mm

\* Amended in August 2023 and in force from 1 April 2025.

700g javelins to the 2024 specifications may still be used in competition until 31 October 2025.