



### **FAQs:**

**1) How does the athlete of Finland hold the cord of Javelin ?**

Ans: Hold or grip the cord between thumb and middle fingers

**2) At what degree your elbow is flexed when carrying the Javelin for throw ?**

Ans : Flexed to  $90^{\circ}$

**3) With which throwing event is “Cross Step” related ?**

Ans : Javelin

**4) With which throwing event is Glide related :**

Ans : Shot put.

**5) How will you hold the Shot put in your hand ?**

Ans : The shot resting on the base of finger, fingers flex slightly apart.

**6) What will the position of your Leg and trunk at the time of delivery the shot ?**

Ans: Legs straightened, trunk lifts and slightly rotates

**7) At the time of turning in discus throw what will be the position of your throwing hand ?**

Ans : Keep it far from his body as possible.

**8) Why is preliminary swing performed before starting the TURN in Hammer throw ?**

Ans : It gives speed

**9) What is the weight of a shot put for men ?**

Ans: 7.260 Kg.