

JUMPING EVENTS -HORIZONTAL: LONG JUMP

Athletes must compete in a **complete uniform** in all circumstances. **See Field Event Reminders for more details!**

Jewelry and watches may be worn. Jewelry can be deemed dangerous by the officials and asked to be removed.

EQUIPMENT: The pit shall be nine (9) feet wide and twenty three (23) feet long (if built after 2019) and filled with 12 inches of sand or another soft material to ensure safe landing and same height as take off board.

Take-off board is eight (8) inches deep (up to twenty four (24) inches deep is allowed) and forty two (42) to forty eight (48) inches long. The distance from board to pit must be from 3' to 10'. End of pit must be 32' to the farther edge.

RUNNING EVENT: each competitor has three (3) trials in pre-lims and three (3) tries in finals for all qualifying jumpers (all 6 trials count); four (4) trials or three (3) trials (determined by games committee) in small meets. Always take at least one (1) more jumper than places awarded (could be more if ties occur at shortest distance).

Time limit is for each attempt is one (1) minute in the **long jump**.

Open order (done by time limit), or listed order in pre-lims; lowest or shortest to highest or longest qualifiers in finals); pre-lim flights will be of five (5) to twelve (12) competitors if in flights directly from listed order.

Jumpers may take two jumps in succession with each getting allowable time limit. Order can be changed to allow for participation in other events. There must be one good pre-lim jump for athlete to move on to finals.

Time limits for excused competitors to compete in another event are determined by the games committee.

Competitor with best mark in pre-lims has the right to last jump in the competition.

WARM-UPS: MAY NOT OCCUR without supervision; one (1) warning followed by disqualification. Event official or coach must be present during warm-up once **event area is open**. If problem continues, disqualification from meet is final penalty. **Warm-up runs may not be done in the reverse, backward or opposite direction.**

At conclusion of event there will be no further jumps; implements will be removed from area and event area will be closed

Checks marks will be determined by the games committee **but are not allowed on the runway or in the landing pit. NO TAPE!**

RULES: A competitor may jump in any manner provided take-off occurs from one foot, with exception found below*.

FOULS: shoe beyond the foul line or foul line extended; runs across same; ***must keep head in superior position***; when landing or leaving pit touches ground outside the landing nearer the foul line than the nearest mark made in pit.

MEASUREMENTS: recorded to nearest lesser (1/4)inch or cm for all jumps. Each jump must be measured perpendicularly to foul line or extension from mark in the pit.

BREAKING TIES: taking second best effort or third, if second still results in a tie, etc. If a tie still remains then the points for the places are added together and divided by the number of participants

BE AWARE OF COVID PROTOCOLS FOR 2021

RULE 6-9 (p.60) LONG JUMP SUMMARY OF RULES - 2021

Landing Area:

- 1) Take-off board shall be 8" (recommended) to 24" deep and 42" to 48" wide.6-9-3
- 2) The landing area should be filled with 12" sand or soft material & level with the board.6-9-4
- 3) The landing area shall be a minimum of (23) feet long and (9) feet wide.6-9-5
- 4) Distance from the foul line to pit may be adjusted to accommodate levels of ability.6-9-5

Uniforms:

- 5) Competitors must compete in a complete uniform (school issued/approved).4-3-1b
- 6) Competitors must wear shoes fastened securely to both feet.4-3-1a

Warm ups:

- 7) There must be supervision. An official or coach must be present during warm-up. It's ILLEGAL to run backward or in the opposite direction (ie. non-legal direction).
1st Violation: Warning ... 2nd Violation: Event DQ ... 3rd Violation: Meet DQ.
Once competition begins, venue and associated equipment is off limits for practice.
Event concluded - there will be no further activity - event area is closed.6-2-6

Order: **Long Jump = Girls 1st [even year], Boys 1st [odd year]**

- 8) Open order: Games committee will set time limit for prelims.3-2-4d.6-2-19
- 9) Prelim flights of no less than 5 in the order set by games committee.3-2-3f
- 10) Finalists jump worst to best.6-2-3
- 11) Order may be changed in any jumping event to allow for participation in other events.6-2-3

Check marks:

- 12) The type material used for checks marks is determined by the games committee.3-2-4b
- 13) Check marks are not allowed on the runway or in the landing pit.6-9-7

Trials:

- 14) Larger meets: 3 prelims – 3 finals: all trials count for placing.6-2-15
- 15) Smaller meets: 4 trials – no finals: all trials count for placing.3-2-4f.6-2-7

Time Limit (Table p.41):

- 16) Trials - After being called competitors have one (1) min to initiate a trial.6-2-2.6-9-8f
- 17) Time limit when excused to other events = determined by games committee.6-2-4

Failed Attempts:

- 18) Any part of the shoe violates the foul line.6-9-8a
- 19) Competitor runs through the foul line or foul line extended.6-9-8b
- 20) Competitor does not keep head in superior position. [NO somersault]6-9-8c
- 21) Competitor does not land in the pit.6-9-8e
- 22) When leaving the pit, competitor touches the ground outside the landing area closer to the foul line than the nearest mark made in the sand.6-9-8e
- 22) Competitor fails to initiate a trial within one (1) minute after name is called.6-9-8f

Measurements:

- 23) Measure marks from nearest edge of landing mark perpendicularly to the foul line.6-9-9
- 24) The foul line may need to be extended to ensure a perpendicular measurement.6-9-9
- 25) Measurements of trials shall be taken at the takeoff board.6-9-10
- 26) Legal trials are measured and recorded to nearest lesser quarter (1/4) inch or cm.6-9-11

Finals:

- 27) There must be at least one qualifying prelim trial for athlete to move on to finals.6-2-17
- 28) One (1) more competitor advances to finals than places awarded - no substitutions.6-2-17
- 29) Ex. - 8 places score means 9 advance from prelim; all competitors tied for 9th advance.6-2-17

Ties: (6-3-2a)

- 30) Break ties by comparing 2nd-best efforts (or 3rd-best if 2nd still results in a tie, etc.)6-3-2a
- 31) Ties remaining after this process -
Add points for places & divide between competitors.6-3-4