

LONG JUMP/TRIPLE JUMP ATHLETE INFORMATION/BRIEFING (2-3 minutes max)

Athlete check-in:

Get excused athlete information from Games Committee. Athletes should check out before they leave for another event. If a contestant needs to go to another event they may take 1, 2, or all 3 of their jumps before they leave. The event judge can change the jumping order or flight to achieve this. (If this is not possible you will have to wait for them to return.)

EXAMPLE:

You must check-out and check back in with me. You will get _____ minutes to return. If the athlete does not return within the time limit and preliminaries are complete, the athlete will not be allowed to take any further trials. If the athlete returns before preliminaries are complete, the athlete will get the number of trials remaining when excused.

Uniform rule:

Athletes must compete in school issued or school approved uniforms.

Undergarments (anything worn under the uniform) are not subject to uniform rule restrictions.

Each competitor shall wear shoes on both feet.

Head coverings worn for religious reason are permitted.

Conduct:

Unsporting conduct will result in disqualification from the event. This includes the use of profanity, willful failure to follow the directions of a meet official, or any action which could bring discredit to the individual or competitor's school.

Warm-ups:

The warm up time will be _____ minutes for each flight.

Reminders:

- **No** electronic devices in the competition area during warm ups or competition.
- You may view videos during the competition in an unrestricted area (coach's box).
- Once called, you will have one minute to initiate your jump.
- If you wish to pass a trial, please let me know before you are called for that attempt.
- Please make certain that I know which take-off board you will be using.
- Markers may not be placed on the runway or in/along the landing pit. You may place one or two markers along the side of the runway.
- Jumping order - Read off jumping order and how you will call them up ("Jones up, Smith on deck, Lopez on hold).

LONG JUMP/TRIPLE JUMP GUIDELINES

WIND GAUGE:

Make sure the wind gauge operator reads and records the wind velocity of each jump. If the wind gauge malfunctions or quits, stop the event and call for the referee.

CHECK IN:

- Mark each athlete as they check in and record which board the athlete will use.
- **ALL** athletes for the competition should check in when the event is called regardless of their assigned flight.
- Contestants who fail to report until after the event judge starts the competition shall not be allowed to participate in that event.

UNIFORM: If a contestant is wearing an illegal uniform make them remove it (without delaying the event) and allow them to jump. Record the time of the violation and report it to your Field Referee. The first time is a warning, the second offense will result in an event disqualification.

ELECTRONICS: Electronic devices may not be used in the competition area. This includes cell phones, ear buds, video or audio equipment. The first time is a warning and the electronics must be removed. Record the time of the violation and report it to your Field Referee. The second offense will result in an event disqualification.

WARM UP:

- Make sure each flight gets the same warm up time.
- Competitors may not warm up by running in the opposite direction that the competition is conducted.
- Markers must be placed alongside of the runway. No markers may be placed on the runway or in/beside the pit. The meet director can place a marker alongside the pit to mark a stadium or state record.

COMPETITION:

- Each competitor is allowed three preliminary jumps and each qualifier is allowed three additional jumps in the finals unless 4 jumps are taken in lieu of finals.
- Move cones to the correct board for each jumper.
- Call the next jumper. A competitor shall initiate the purposeful action of completing the requirements of the jump within one minute after being called for a trial. Allow 2 minutes for consecutive trials.
- A pass shall be communicated to the event judge before the start of the trial clock.
- Red and White flags should be used to signal if the jump is fair or foul. Without flags, verbal commands may be used, **FAIR** and **FOUL** are the only acceptable terms to use. The words mark and scratch are no longer used.
- Wait until the athlete leaves the pit before declaring **FAIR** or **FOUL**.
- It is a foul if the competitor:
 - a. Fails to initiate the purposeful action of jumping within the prescribed time limit after the competitor's name has been called.
 - b. Allows his/her shoe to extend over the foul line or make a mark in front of it on the takeoff.
 - c. Runs across the foul line, or foul line extended.
 - d. In the long jump does not keep his/her head in the superior position, i.e., no somersault.

e. In the triple jump, in hopping does not land on the same foot used in takeoff, or in stepping does not land on the other foot from which the jump is performed. It is not a foul if the competitor drags their foot.

f. In the process of landing or leaving the pit, touches the ground outside the landing nearer the foul line than the nearest mark made in the landing pit.

- Place zero end of tape in the pit and pull tape to the jump board.
- Keep the tape at a right angle to the board. Make sure they are marking from the first mark made in the pit nearest to the foul line not where the jumper's foot landed.
- Items not attached to the body that land in the pit shall be disregarded (i.e. sunglasses, hats).
- Make sure whoever is measuring in the pit keeps the rod straight up and down not leaning forward or back.
- Measure and record every legal trial to the **Nearest lesser ¼ inch**
- Make sure the rakers are keeping the pit as level with the take-off board as possible. No valleys or hills.
- No run through or warm up jumps after competition has started.
- A competitor who is to be excused may take jumps out of order in preliminary or final rounds, or in succession before being excused to compete in another event.
- Any problems or questions call for the Field Referee.
- Record-breaking performances must be verified by the Field Referee. Don't rake until they can get to the event and can verify the measurement.
- Have the Field Referee go over the preliminary marks before calling for finals.

Number of athletes competing at the start of the round	Long Jump or Triple Jump Time to initiate jump
First attempt of a competitor in the competition	1 minute
More than 3	1 minute
2 or 3 remaining	1 minute
1 remaining	1 minute
Consecutive trials	2 minutes

FINALS:

- When preliminaries are held one more competitor than there are places may qualify for the finals (usually 8 places 9 qualify). If there is a tie for the last place to qualify for the finals, all tied competitors will go into the finals.
- Competition in the finals are in reverse order best jumper last.
- Record wind measurement for each jump
- During finals if an athlete needs to be excused and does not return within the time limit and finals are complete, the athlete will not be allowed to take any further trials. If the athlete returns before finals are complete, the athlete will get the number of trials remaining when excused. However, the competitor with the best mark in the preliminaries has the right to make the last attempt in the competition and may choose to wait until after any excused competitors have taken all their trials.
- A competitor will be credited with their best performance regardless whether it occurs in the preliminaries or finals.
- Ties for places are broken by the next best jumps.
- Have the Field Referee go over the final marks before sending to the scorer's table.
- Please sign and send event card.
- Please have contestants remove marking tape from alongside the runway after competition is over.

After competition is complete the jumping venue will be closed. No more jumping!!