Long, Triple & High Jump

General Guidelines for all Field Events

Please help provide each athlete with an opportunity for a safe and equitable standard of competition.

The following are some guidelines to help you in that process.

A. **Check and enforce** uniform, visible apparel and shoe regulations.
   1. Each competitor shall wear a school issued track top and bottom or a one-piece suit.
   2. They may have competitors name, school identification, and a manufacturer logo not to exceed 2-1/4 X 2-1/4 inches and/or the American Flag not to exceed 2X3 inches.
   3. A competitor may not wear warm ups, sweat pants or sweat shirt or other non school issued apparel (Denver Broncos, Rockies, football, basketball etc.) While competing.
   4. The top must hang below or be tucked into the waistband of the bottom. (Bare midriff tops are not allowed.)
   5. The waistband of a competitor’s bottom shall be worn above the hips and **not rolled up**.
   6. Any visible garments worn under the uniform top must be unadorned (no trim, printing etc.) and a single color. Garments worn under the uniform top may have a single manufactures logo.
      Any visible garments worn under the uniform bottom that extends **below the knee** must be unadorned (no trim, printing etc.) and a single color. Garments worn under the uniform bottom may have a single manufactures logo.

   **New Rule** Any visible garments worn under the uniform bottom that does not **extends below the knee** is considered a foundation garment and is not subject to single, solid color rule.

   7. Each competitor shall wear a shoe with a sole and heel that can be secured to the foot. (Slippers or socks do not meet this requirement)

B. Contestants **cannot wear** jewelry hard or soft. (hard barrettes, bobby pins 2 inches in length may be worn in their hair). The exception to the jewelry rule being religious or medical medals. If religious medals are worn, they must be taped to the body under the uniform. Medical medals may be visible but taped to the body. A single watch worn on the wrist is legal.

   **Jewelry cannot be covered with tape! Jewelry must be removed!**

   **Jewelry or Uniform Penalty----- If a contestant is wearing jewelry of any kind or an illegal uniform make them remove it (If they can do so without delaying the meet) an allow them to throw or jump. Record the time of the violation and report it to your referee the first time is a warning the second offence will result in an event disqualification**

C. The field event judge:
   1. May change the order of competition in the preliminaries to accommodate those who may be excuse to participate in other events. They **cannot change a competitor from one flight to another without the referees’ permission**.
   2. May allow trials to be taken in succession to accommodate those excused to participate in other events.
   3. Measure and record ever legal trial of a competitor. (Ties are broken by second best trial.)
   4. Signs the event card, indicating the place winners and send it to the referee.

***** **Do not rewrite names on event card! Use spaces provided for prelims and finals.**
Long & Triple Jump Guidelines

Field judge:

1. 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.

2. Record which board is to be used by each competitor?

3. Each competitor is allowed three preliminary jumps and each qualifier is allowed three additional jumps in the finals.

4. A competitor will be credited with their best performance regardless whether it occurs in The preliminaries or finals.

5. Warm up time should be the same for each flight of competitors.

6. **No marks may be placed on the runway, only alongside of the runway**(Outside the white lines). Meet management may place markers to the side of the landing pits for the purpose of marking meet, state and/or national records, as well a minimum qualifying standards.

7. It is a foul if the competitor:
   
   A. Allows his/her shoe to extend over the foul line or make a mark in front of it on the takeoff.
   
   B. Runs across the foul line, or foul line extended.
   
   C. In the lone jump does not keep his/her head in the superior position, i.e., no somersault.
   
   D. 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.**
   
   E. 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.
   
   F. A competitor will initiate a trial that is carried to completion within **One minute** after being called for a trial.

   ***New Rule***

   A pass shall be communicated to the event judge before the start of the trial clock.

8. Each legal jump shall be measured perpendicularly to the foul line or its extension and from that point in the pit touched by the person or apparel of the jumper which is nearest the foul line or its extension. **Measurements will be recorded to the nearest lesser 1/4 inch.**

9. The judge should hold the tape in such a way that the readings will be at the takeoff board.

10. Time limit to be excused to participate in another event shall be determined by the game’s committee

11. 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 shall be in the reverse order of performance.

12. Ties for places are broken by the next best jumps.

13. **Record-breaking performances must be verified by the referee.**

14. Please sign and send event card to the referee when competition is complete and place winners have been determined.

15. **Please have contestants remove marking tape from along side the runway after competition is over.**

16. **After competition is complete the jumping venue will be closed. No more jumping!!**
Check List Long & Triple Jump

Read over Long and Triple jump, and general field event guidelines.

Contestant meeting---After contestants have checked in, call them up before each flight and go

Over the following: 1-6

1. **Uniform rule** check uniforms (See general guidelines for uniform rule)

   If a contestant is wearing an illegal uniform make them remove it (without delaying the meet) an allow them to jump. Record the time of the violation and report it to your referee the first time is a warning the second offence will result in an event disqualification.

2. **Jewelry**—No jewelry of any kind hard or soft (rubber, paper, plastic, etc.)

   Jewelry cannot be covered with tape.

   Hard barrettes, bobby pins or hair clips smaller than 2 inches of a solid color are ok

   If a contestant is wearing jewelry of and kind make them remove it (without delaying the meet) an allow them to jump. Record the time of the violation and report it to your referee the first offense is a warning and the second offence will result in an event disqualification.

3. **Electric devices**-No electronic devices: cell phones, video, audio, I pods, CD, radio etc. in the competition area. **Use of these devices will result an event disqualification**

4. **Jumping order** Read off jumping order and how you will call them up (Jones up Smith on deck Lopez in the hole)

5. **Spike length** 1/8 inch

6. **A contestant’s runway marks** (tape, tennis ball etc.) Marks must be outside the runway lines.

   Make sure you:
   
   Same warm up time for all flights.

   **Excused 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. You may change the jumping order or flight to achieve this. If this is not possible you will have to wait for them to return.

   **Measure and record every legal trial** Nearest lesser 1/4 inch.

   Place 0 end of tape in the pit and pull tape to the jump board Keep tap at a right angle to the board.

   **Different boards**- Mark on score sheet which board they are using. Move cones to the correct board for each jumper.

   **Do not rewrite names on event cards. Use spaces provided for prelims and finals!!**

   **When you finish Prelims call your referee to verify you finalists**

   Fill out the 9 finalist sheet and send to announcer before finals start.

   **Finals are in reverse order best thrower last.**

   **Record wind measurement for each Jump**

   **Any problems or questions call for your referee**
Wind Gauge Operator

A. Placement of the wind gauge:

1. 20 meters from the scratch line.
2. within 2 meters of the runway.
3. 1.22 meters (4 ft) high.
4. place wind gauge to face the jumper as they approach the pit.
5. Set the wind gauge for 5 second average

B. Wind gauge operator shall:

1. read and record the wind velocity of every jump (+ or -).
2. record from the beginning of the approach to the end of the jump. (5 sec. avg.)
3. give the recordings to the event judge to be turned in and kept with the jumping events final results.

The maximum allowable favorable (+) wind velocity is 2

Note  If wind gauge malfunctions stop the competition and call your referee.
Please have the following athletes report to the finals of the

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Please fill out and send to the announcer (even if all contestants are present).

Note you will need two of these (Boy/Girls) when filling out your Packets

Long and Triple Jump
Workers needed (6)

1. Head judge (Watches for scratch and records jump distance.)
2. asst. judge (Marks jump in the Pit.)
3. Tape puller (Pulls tape over the board)
4. 2 people to rake
5. One person to run the wind gauge

Equipment need for long & triple jump

1. 2 Rakes
2. Broom
3. 50-100 ft. Measuring tape and measuring porker.
4. 2 clip boards and pencils
5. 2 chairs
6. 2 cones
7. Red and white flags
8. Stop watch
9. Wind gauge and extra batteries