

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.
- **** No run through or warm up jumps after competition has started.
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 within **One minute** after being called for a trial.
- *** 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!!**