

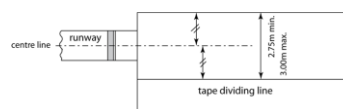
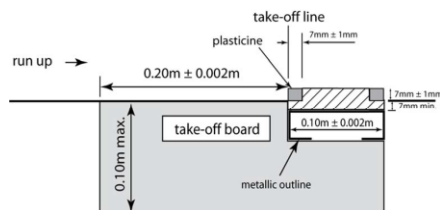
Quick Guide- Horizontal Jumps

REVISED 2020

The purpose of officiating is to create a fair and welcoming environment for the competition. An Official is impartial, non-intrusive and aware at all times of events in the competition area. Officials contribute to the athletes' positive experience of the event applying the rules consistently and uniformly.

General Guidelines

1. Site preparation – Arrive at venue at least 1 hour before competition start time.
 - a. Check competition area: Make sure landing area has been dug and raked level with the runway. Measure landing area and reduce in size with rope or sector tape if required.
 - b. Prepare plasticine board if one will be used during competition.
 - c. Make sure take-off board is level and solid in runway or that tape has been placed on runway if a taped board is used (more than one board may be used for Triple Jump).
 - d. Check for rakes, shovels, broom, flags and measuring tapes.
 - e. Organize team and pick up and distribute competition sheets.
 - f. Set up and check wind gauge.
2. Runway:
Length (measured from take-off board) – 40m (minimum)
Width – 1.22m
3. Wind gauge:
Placed 20 m from take-off line. 1.22m high and not more than 2m from runway.
4. The take-off
Shall be marked by a board sunk level with the runway. The edge of the board nearer the landing pit will be the take-off line. The plasticine indicator board is placed immediately after the take-off line (see attached figure).
5. Landing area:
Width – 2.75m (minimum) to 2.00m (maximum). Middle of the runway is aligned with middle of the Landing area.



6. Team

- a. 1 or 2 pit rakers
- b. 1 person to mark landing of athlete and hold the zero end of the measuring tape.
- c. 1 person to call up athletes.
- d. 1 person to operate the wind gauge (can also call up if necessary) and record wind measurements.
- e. 1 person to record performances (2 people for this job is preferable).
- f. 1 person to pull the tape through the take-off line. Should also close the runway with a cone after each jump.
- g. 1 person to call foot-faults and read the measurement (should call these out). Use (red & white) flags.
- h. 1 person to operate clock. Use yellow flag

7. Official's Instructions (Chief)

- a. Address athletes prior to warm-up
 - i. Define competition area
 - ii. Review rules on athlete marks (number and placement)
 - iii. Advise athletes of competition start time
 - iv. Athlete Competition bibs may be worn on the front torso area or back.
- b. Address athletes prior to competition
 - i. Define "coaching area" – limiting where athletes and coaches can talk during competition.
 - ii. Review timing rules and general rules of Competition, including:
 - Athletes may pass at any attempt
 - Once competition has begun the runway may not be used for
 - The purpose of practice

8. Warm-up Trials: Before the beginning of the event, each athlete may have practice trials.

- a. Younger athletes (ages 9 to 10) should be given practice trials in draw order. Order athletes may take trials as they wish.
- b. Station an official at the board to show the athletes their take-off mark.
- c. Station another official at the top of the runway to control the runway and keep it clear for the athletes. Use a traffic cone when necessary to close the runway briefly to fill big holes in the sand.

9. Markers

A maximum of two markers may be used. Markers (tape or those provided by the competition) must be placed outside of the runway. Chalk may not be used.

10. Competition Order and Trials

- a. Competition will be in order of draw.
- b. Athletes 9-13 and Combined Events Athletes are allowed 3 trials only.
- c. The usual procedure for older athletes is that all athletes receive 3 trials. The top 8 athletes receive 3 further trials in reverse order of performance (best, jumps last). If there are 8 or fewer athletes in the competition, all will receive 6 trials.
- d. A successful trial shall be indicated by a white flag after an athlete has legally left the landing area. A fault is indicated with a red flag.
- e. An athlete has 1 minute to take their trial. The time will be increased to 2 minutes for a consecutive trial.
- f. The measurement of each jump shall be made immediately after each valid trial. All jumps shall be measured from the nearest break in the landing area made by any part of the body or anything that was attached to the body at the time it made the mark, to the take off line. The measurement shall be taken holding the zero end of the tape at the mark in the pit and stretching the tape through the take-off line. The tape must be perpendicular. Distances shall be recorded to the nearest whole centimetre (0.01m) below the distance measured if distance is not a whole centimetre.

11. Recording of Trials

- a. DNS Did Not Start
- b. NM No valid trial recorded
- c. X Failed trial
- d. – Pass

12. Wind Measurement

Wind speed shall be measured for 5 seconds for each trial of athletes 14+ years of age. The wind gauge is started when the athlete commences their run or when they pass a 40m mark (Long Jump), 35m mark (Triple Jump). Marks are measured from the take-off line.

Long Jump Specific Rules

An athlete fails if:

- a. they while taking off, break the vertical plane of the take-off line with any part of their foot / shoe whether running up without jumping or in the act of jumping.
- b. they take off from outside either end of the board, whether beyond or before the extension of the take-off line.
- c. they employ any form of somersaulting whilst running up or in the act of jumping.
- d. after taking off, but before their first contact with the landing area, they touch the runway or the ground outside the runway or outside the landing area.
- e. in the course of landing, they touch the border of, or the ground outside, the landing area closer

to the take-off line than the nearest break made in the sand.

- f. when leaving the landing area, their first contact by foot with the border or the ground outside the landing area is closer to the take-off line than the nearest break in the sand.

Triple Jump Specific Rules

All of the above Rules for Long Jump apply to Triple jump with the following variations:

- a. the triple Jump shall consist of a hop, a step and a jump, in that order.
- b. The hop shall be made so that an athlete lands first on the same foot as that from which they have taken off; in the step they shall land on the other foot; from which, subsequently, the jump is performed.

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