

Quick Guides¹
Horizontal Jumps- General

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.

General Guidelines

1. Site preparation - Arrive at venue at least 1 hour before competition starts.
 - a. Check completion area: Make sure landing area is raked and level with the runway.
 - b. Put plasticine on board in front of takeoff board if needed.
 - c. Make sure board is level and solid in runway.
 - d. Check for rakes ,shovels, broom, flags and measuring tapes.
 - e. Organize team and pick up competition sheets.
 - f. Set up wind gauge and check.
2. Runway: The minimum length of the runway, measured from take off board should be 40m. It shall have a width of 1.22 m.
3. Wind gauge is placed 20m from takeoff line. It shall be positioned 1.22 m 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. Immediately after the take-off line shall be a plasticine indicator board. See attached figure.
5. Landing area: shall have a minimum width of 2.75 meters and maximum width of 3 meters. It shall be placed so middle of runway matches middle of landing area. The landing area shall be filled with damp soft sand level with the take off board. See attached figure.

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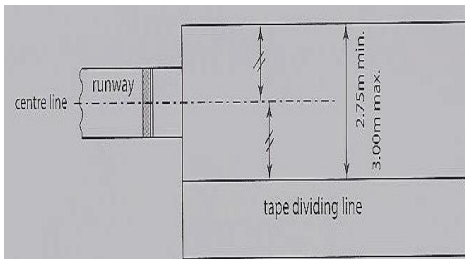


Figure 11 - Centralised Long Jump / Triple Jump landing area

The landing area should be filled with soft damp sand, the top surface of which shall be level with the take-off board.

Distance Measurement

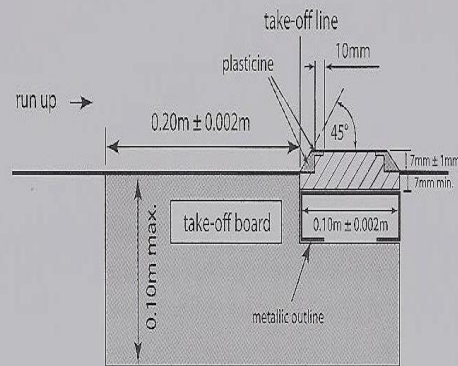


Figure 10 - Take-off board and plasticine indicator board

6. Team

- a. You will need 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 and record distance
- d. 1 person to work wind gauge (can be assigned to the call-up judge, if necessary)
- e. 1 person to pull the tape through the takeoff line.
- f. 1 person to call foot-faults and read the measurement.

7. Officials Instructions

- a. Address athletes prior to warm-up
 - i. Define competition area
 - ii. Review rules on marks (number and placement)
 - iii. Advise athletes of competition start time
- 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: that athletes may pass at any attempt, and that once the completion has begun, athletes are not permitted to use the runway for practice purposes

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

- a. Younger athletes (age 9-10) should be given practice trials in draw order. Older 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:- 2 markers may be used-these must be placed outside runway and can be tape or provided markers, but not chalk or other such substance

10. Competition Order and Trials:

- a. Competition will be in order of draw.
- b. Athletes 9-13 are allowed three trials only.
- c. For older athletes - If there are 8 or fewer athletes, all will be allowed 6 trials. If more than eight competitors they all get three trials. The eight competitors with top 8 distances will then get three more trials.
- d. In either case, the competing order for the final three trials shall be in reverse ranking order recorded after the first three rounds.
- e. A successful trial shall be indicated by a white flag after an athlete leaves the landing area. A fault will be indicated with a red flag.
- f. An athlete has 1 min to complete a trial after they have been called up.
- g. 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, so that it is perpendicular. Distances shall be recorded to the nearest 0.01m (1 centimetre) below the distance measured if distance is not a whole centimeter.

11. Recording of Trials

- a. DNS did not start
- b. NM No valid trial
- c. X failed trial
- d. -- Passed trial

12. Wind Measurement: - wind speed shall be measured for 5 seconds for each trial of athletes 14+ yrs of age.

Long Jump Specific Rules

1. An athlete fails a jump if:
 - a. He while taking off, touches the ground beyond the take-off line with any part of his body; or
 - b. He takes off from outside either end of the board, whether beyond or before the extension of the take-off line; or
 - c. He employs any form of somersaulting whilst running up or in the act of jumping; or
 - d. After taking off, but before his first contact with the landing area, he touches the runway or the ground outside the runway or outside the landing area; or
 - e. In the course of landing, he touches 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, an athlete's first contact by foot with its border or the ground outside shall be further from the take-off line than the nearest break in the sand.
2. An athlete shall not be regarded to have failed if:
 - a. He runs outside the white lines marking the runway at any point; or
 - b. He takes off before reaching the board; or
 - c. Under rule 1b a part of his shoe/foot is touching the ground outside either end of the take-off board, before the take-off line; or
 - d. If in the course of landing, he touches, with any part of his body, the border of or the ground outside the landing area, unless such contact contravenes rule 1(d) or (e); or
 - e. He walks back through the landing area after having left the landing area in the manner described in rule 2.

Triple Jump Specific Rules - All of the above rules for horizontal jumps and long jump apply to Triple Jump with the following variations

1. The triple jump shall consist of a hop, a step and a jump in that order.
2. The hop shall be made so that an athlete lands first on the same foot as that from which he has taken off; in the step he shall land on the other foot; from which, subsequently, the jump is performed.
3. It shall not be considered a failure if an athlete, while jumping touches the ground with the "sleeping" leg.
4. The take off line may vary from 13m down to 7m or lower depending on age of athletes. Two, or even three boards may be used in the same competition.