

High School Long & Triple Jump Rules

(Also see “High School Field Event General Rules”)

1. Each competitor is allowed three preliminary trials. In the finals each qualifier is allowed three additional trials. In meets with limited entries, the Games Committee may allow all competitors just four trials.
2. The order in which competitors take their initial trials is determined by lot or the Games Committee. The head official may change the order of competition to accommodate those excused to participate in other events. In this case, competitors may be allowed to take more than one trial in succession in preliminaries and finals.
3. The time limit for competitors excused to compete in another event is determined by the Games Committee. Always record the time when competitors leave to compete in another event and when they return.
4. The time at which the preliminaries in the event shall terminate is set by the Games Committee. Any competitor who does not complete all preliminary attempts within the time specified forfeits any remaining preliminary trials.
5. If there are preliminaries and finals, the order of competition in the finals is the reverse of the best performances in the preliminaries; i.e. the competitor having the best preliminary performance will be last in order.
6. When preliminaries are held, one more competitor than there are scoring places shall qualify for the finals. However, all competitors tying for the last position shall be finalists.
7. To be eligible to participate in the finals, a competitor shall have had at least one legal jump in the preliminaries.
8. If a qualifying athlete withdraws from competition in the finals, no substitute may replace the withdrawn athlete.
9. Markers may be placed alongside the runway, but not on it.
10. A foul jump is one which is counted as a trial but which is not measured.
11. **It is a foul if the competitor:**
 - a. Allows his/her shoe to extend over the scratch line or make a mark in front of it on the takeoff.
 - b. Runs across the scratch line, or the scratch line extended.
 - c. Does not keep his/her head in the superior position, i.e., no somersault.
 - d. In the process of landing or leaving the pit, touches the ground outside the landing nearer the scratch line than the nearest mark made in the landing pit.
 - e. Fails to initiate a trial that is carried to completion within **1 minute** after being called for a trial, unless excused by the event officials to participate in some other event.
12. Jumps are measured perpendicularly in a straight line from the edge of the takeoff board or its' extension nearest the landing pit, to the mark made by the competitor in the landing pit nearest the takeoff board. Measurements are recorded to the nearest lesser ¼ inch or centimeter. Measurement must be made with either a non-stretchable tape or certified scientific measurement device (laser). Judges shall hold the tape such that the zero end is in the pit.
13. **In the event of ties**, places are determined as follows:
 - a. First tie-breaker: If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the tying competitor whose second-best performance is better from either the preliminary trials or the finals.
 - b. Second tie-breaker: If the second-best performances are also identical, the higher place is awarded to the tied competitor whose third best performance is better than the third-best performance of any tied competitor, etc.

High School Field Event General Rules

1. **Warm ups** or practice jumps or throws are not allowed at the field event venues unless supervised by an adult coach or official. Penalties: first occurrence: warning; second occurrence: disqualification from the event; third occurrence: disqualification from the meet. At the end of competition, field event venues are closed and no practice is allowed.
2. **Reporting.** Athletes who fail to report prior to the first competitive jump or throw may not participate in the event.
3. **Wounds.** Athletes who are bleeding, have an open wound, or have an excessive amount of blood on the uniform may not participate further until treatment is administered and/or the excessive blood is removed from the uniform.
4. **Assistance.** During the competition athletes are not allowed to view videotape or any other visual reproduction of the competitor's performance, nor use any wireless communication device.
5. **Records.** A record is recognized for each competitor when two or more tie at the record distance or height even though the points and places in the event are determined by the method of breaking ties. A record is valid whether made in preliminaries or finals.
6. **Placings.** To place in a field event a competitor must have had at least one legal throw or jump. If after applying the tie-breaking criteria, there is still a tie by any of the competitors for any scoring places, the points for tied places shall be added together and divided by the number of competitors who are involved in the tie. The head event official must sign the event card, indicating all the place winners.
7. **Unacceptable conduct** by a competitor includes, but is not limited to: willful failure to follow the directions of a meet official; using non-excessive profanity which is not directed at someone; or any action which could bring discredit to the individual or his school. Unacceptable conduct shall result in disqualification from the event.
8. **Unsportsmanlike conduct** is behavior, which is unethical or dishonorable. It includes, but is not limited to: disrespectfully addressing an official; any flagrant behavior, intentional contact; taunting, criticizing an opponent or an official; the use of excessive profanity or profanity directed at some one. This applies to all coaches, contestants and other school or team personnel. Unsportsmanlike conduct shall result in disqualification from the event and any further competition in the meet.
9. **Disqualification.** When a disqualification is obvious, and in the absence of a field event referee or a head field event judge overseeing all of the field events, notify the competitor of his/her disqualification and the reason for it. Make note of the disqualification and the specific reason for it on the result sheet. Pass this information on to the referee so he/she can verify the disqualification and be prepared to discuss it with the competitor's coach. In situations where the disqualification is not obvious, immediately notify the referee, who will determine if a disqualification is justified. Whenever possible the head event official should stay at the event location and continue the competition.
10. **Uniforms.** Each competitor is required to wear a legal uniform. A competitor shall not compete while wearing an illegal uniform. Failure to wear a proper uniform or wearing jewelry disqualifies the competitor from an event, not just an attempt in the event.
 - a. A uniform shall consist of:
 - i. Shoes (slippers or socks do not meet this requirement).
 - ii. A school-issued full-length track top and track bottom, or one-piece uniform.
 - b. No part of the uniform, excluding shoes, shall be removed in or near the area of competition.
 - c. Uniforms shall be worn as intended by the manufacturers. They should be worn "right side out".
 - d. The waistband of a competitor's bottoms shall be worn above the hips.
 - e. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect. Bare midriffs are not acceptable.
 - f. The top shall not be knotted or have knot-like protrusions.
 - g. The top and bottom or one-piece uniform may have school identification the top may have competitor's name.
 - h. Teammates' bottoms may vary in length and style but must be the same color by the school.
 - i. Loose-fitting, boxer-type bottoms, one-piece uniforms and closed-leg briefs are acceptable.
 - j. When numbers are used, each competitor shall wear the assigned, unaltered contestant number.
 - k. A single manufacturer's logo/trademark/reference, no more than 2 ¼ square inches with no dimensions more than 2 ¼ inches is permitted on the uniform bottom or top or one-piece uniform.
 - l. An American flag, not exceeding 2 X 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top or bottom.
 - m. Any visible apparel worn under the top or bottom or one-piece uniform must be unadorned (except for a single school name, school insignia, or manufacturer's logo, none of which can be more than 2 ¼ square inches and be of a single solid color. Visible apparel worn under the top and bottom do not have to be the same color.
11. **Jewelry.** With the exception of watches, jewelry is not allowed in competition. Jewelry includes, but is not limited to, bracelets, necklaces, rings, earrings and rubber bands (except when worn in the hair). It includes, but is not limited to, items constructed of metal, wire, rope, string, leather, rubber or cloth fabric. Taping over jewelry does not make it legal; it must not be worn on any part of the competitor's body. Religious medallions or bracelets, and medical medallions or bracelets may be worn if taped to the body (however, the medical alert sign should remain visible).

Horizontal Jumps Head Official Protocols

(Created for national championship meets; modify as necessary for other competitions)

- 1. Contact (e-mail or call) crew soon after selection announcement** (congratulate crew on their selection)
 - Intro yourself as the event head; if any issues, questions, or physical limitations call or e-mail me right away; reminder for crew to confirm selection as directed by the National Officials Cmte
 - Ask about experience with laser equipment, plasticine, and field lynx
 - Make crew chief selections; head plan to arrive a day early(?)
- 2. E-mail to crew 2-3 months prior to event**
 - Send event procedures; crew assignments (if set); contact info for crew; meet schedule & meet web address
 - Specify days & times of our events (if known); also meeting time & place, including venue set-up time
 - Reminders - officials' uniforms; review rulebook & materials for the event in the Best Practices library
 - Equipment/gear to bring; have sunscreen, cold weather or rain gear
- 3. Contact with Officials' Coordinator 2-3 months prior to event**
 - Review crew assignments; obtain info on all individuals; confirm volunteer help; number of pits in use
 - Confirm equipment provided by meet mgmt: at least 4 competition & 2 practice boards per pit, plasticine, timing device or stopwatches, wind gauge, cloth tape measure (runway), steel tape measure or laser, runway markers, marking stick, putty knives, rollers, brooms & rakes, cone, performance board (electronic?), flags (red, white, yellow), wind indicator, pennants/barriers, metric conversion chart, clipboards, Weather Writers, athletic & duct tape, shims, water, officials' chairs, athlete benches
 - Based on the above, confirm items the head & crew may need to bring: stopwatch, brooms & rakes, marking stick, flags (red, white, yellow), runway markers, metric conversion chart, clipboards, foot markers, rule book, Weather Writers, putty knives & rollers, wrenches & screwdrivers, duct tape, shims, signs: Pass, Check #, Q
- 4. Pre-meet head officials' meeting**
 - Get answers to the questions on the last page of this document
 - Meet w/Referee(s), Clerk, Electronic Recorder - learn their location, radio channels, cell #, procedures
 - Contact info for facilities manager – water source, hose, trays, boards, etc.
- 5. Pre-meet crew meeting**
 - Share info from the head officials' meeting - answers to questions on the last page
 - Crew assignments (see Best Practices sample); pre-event show time & place; post-event meeting time & place
 - Safety general considerations
 - Event head and flight coordinator will go to clerk's area to brief all athletes & pick up 1st flight
 - We'll generally keep a quiet venue – using hand signals; and will generally remain seated (except Flight Coord)
 - Flight Coordinator – ensure recorder(s) are aware of all passes and attempts out of order (prelims); record time of day for each attempt; escort athletes to mixed zone/awards stand after event (if required)
 - Pit Judge – mark every jump, including fouls (in case of a protest), hold until athlete returns past foul line;
 - Primary Board Judge/Flagger – judge fair or foul on board, no flag until athlete properly exits the pit; primary tape reader
 - Timer – start clock when official gives white flag or steps off runway; stop, reset clock after flagger raises flag
 - Recorder(s)/Secondary Tape Readers - be aware of records; compare results with electronic recorder after each round; circle best distance each athlete after 3rd & 6th rounds; determine finalists & order, compare w/ER, no announcement/display until head says they're official
 - Tape Puller – always pull with consistent force; ensure tape is perpendicular to take-off board - Rakers - begin raking as athlete exits pit, leaving mark alone until it's announced & recorded
 - Bring 2nd flight to venue as 1st flight starts 3rd round, return 1st flight to clerk, bring finalists to venue ____
 - What we'll do in the event of a protest or a record – head & crew responsibilities; how to record protest marks, preserve plasticine board, eagle eye
 - If you see an apparent problem, get my attention right away; keep hydrated; have sunscreen, raingear
 - Post event: clean up venue

Horizontal Jumps Head Official Protocols (Cont'd)

6. Pre-event crew walk-around, venue prep, and coordination

- How we'll arrive & depart the venue
- Where to pick up & return equipment, chairs, implements, radios; equipment - see # 3 above
- Safety considerations – rakes & other items near runway & pit; pennants/barriers; awareness of races on track, signage, media
- Get event sheets (4 cys), give to flight coordinator, recorder(s)
- Board preparation (day prior) – fit boards into trays; prepare plasticine on multiple boards
- Set up venue - see Best Practices venue diagram - athletes & officials seating, timing device, performance board, wind indicator, water, orange cone, flags, broom
- Laser & Wind Gauge – set up, test, review operations, recordings
- Water pit(s), turn sand, rake/drag leveling bar
- Placement of officials - see Best Practices venue diagram; plus trainers, electronic recorders, laser, TV crew
- Warm-ups – how we'll control jumpers & pit, use of marshals
- Hand signals to be used during the event; use of Pass, Check #, and Q signs
- Review operation of laser device and timing devices
- Review spectator/TV sight lines/acceptable positions for photographers
- Location of restrooms, trainers, mixed zone
- Review all applicable records – on Recorder's event sheet
- Meet w/field referee – confirm direction; discuss safety, protests; get cell number or radio channel
- Meet w/clerk re: escorting, holding 1st & 2nd flights
- Meet with Head Marshal – discuss placement of Marshals during competition
- Pickup & brief athletes (see Best Practices sample briefing), escort to the venue
- Advise athletes of remaining warm-up time, shut down warm-ups, organize athletes for intros

7. Post-event actions

- Verify, sign, and turn in event sheets – to _____
- Hand out medals/escort winner to presentation? Escort athletes to mixed zone?
- Clean up venue; return equipment & chairs, implements, radios
- Crew meeting & critique – what went well; what didn't go well & how to fix it; what needs to be changed; reporting time for next event and review of assignments

8. Post-meet actions

- Complete crew evaluations send form(s) to the NOC evaluations committee
- Provide a copy of the evaluation or feedback to individual crew members
- Provide feedback to NOC Vice-chair - Training on this protocol and suggestions to improve it

Horizontal Jumps Head Official Protocols (Cont'd)

Pre-meet Head Officials' Meeting – Get Answers to the Following

Additional Event Staff: Volunteers: _____ Marshals: _____

Event Sheets: Pick up from: _____ Time: _____ Turn in to: _____

Number of Flights: _____

Event Equipment (including chairs): Provided at Venue? ☐ Yes ☐ No

If no, location to pick up & return: _____ Time: _____

Wind Gauge: Operator provided by ☐ Meet mgmt ☐ Crew

Pits – Watered & turned before warm-ups? ☐ Yes ☐ No

If no, location of water source & hose? _____

Radio for Event Head? ☐ Yes ☐ No If yes, pick up Location: _____

Plasticine Boards to be Used? ☐ Yes ☐ No

Number of Boards Available: _____ (at least 4 competition & 2 practice each pit)

Event Direction Decision Time: _____ Needed 20 minutes prior to warm-up start

Coaches Boxes: ☐ Yes ☐ No ☐ Warm-ups ☐ Finals

Electronic Measurement: ☐ Yes ☐ No **Electronic Timing:** ☐ Yes ☐ No

Athlete Check-In: ☐ At Venue ☐ At Clerking Pick-Up Time: _____ All Flights? _____

1st flight – retain/return to clerking/finalists to venue? _____ 2nd/3rd flights – pick-up? _____

Athlete Intros: ☐ Yes ☐ No Time: _____

Competition Protocol:

Warm up times: General _____ Flights _____ Finals _____

Number of flights _____ Number athletes advancing to finals _____ Plus ties? ☐ Yes ☐ No

Can athletes leave venue/cross track to talk to coaches? ☐ Yes ☐ No

Do athletes require escorts to leave venue? ☐ Yes ☐ No

Can athletes be released before end of competition? ☐ Yes ☐ No

Tie-Breaker for other than 1st Place? _____ Which place? _____

Mixed Zone: ☐ Yes ☐ No Location: _____ Who escorts? _____

Awards: # of Places: _____ Where presented: _____ When presented: _____

Trainers/Medical Staff: Main Location: _____ Closest to Event: _____

Means of contact: _____

Protest Table Location: _____

Severe Weather: Shelter Location: _____

Drug Testing: (___ N/A) Athlete Escort: ___ Yes ___ No Time of Escort: _____

Officials Meals: Location: _____ Times: _____

1.