

## Field events – long jump & triple jump crew – running the event

See over for set-up

Chief judge receives event cards and score sheet from clerk. Also present are: staker, raker, recorder. Staker and raker may be combined. Recorder and judge may be combined.

See USATF rules 184, 185, and 186.

**Instructions.** Athletes will be called “up,” “next,” and “third.” The athlete who is “up” will be called again, and will have up to one minute to take a jump. (Consecutive trials: two minutes.) Athletes may pass attempts.

**Long Jump.** The long jump is a take-off at or before the take-off line and landing in the sand pit.

**Triple Jump.** The triple jump is a hop, step, and a jump. The hop is a take-off at or before the take-off line and landing on the same foot. The step commences from that point to a landing on the opposite foot. The jump commences from the landing point of the step. The jump must land in the sand pit.

**Both Jumps.** On leaving the landing area, an athlete's first step must be further from the take-off line than any break in the sand.

Triple jump note: it is not a failure if an athlete, while jumping, touches the ground with the “sleeping” leg.

If the judge observes a foul, the judge shall raise the red flag and call “no mark.”

If the judge observes a fair jump, including a correct exit from the pit, the judge shall raise the white flag and call “mark.”

On the call of “mark,” the staker shall stake the location of the jump as the break in the sand closest to the take-off board. Fix the zero end of the measurement tape there. The recorder shall note the measurement at the closest point on the take-off board, rounding to the nearest whole centimeter below the measurement. (The measurement is taken parallel to the runway, not diagonally to the center.)

The result – measurement or no mark – together with the athlete's bib number – should be entered on the **serial record of trials, score sheet, and, if possible, athlete's event card.**

If convenient, the recorder may keep the score sheet and the judge may keep the serial record.

After the measurement or call of no mark, the raker shall restore the sand pit. Draw the sand up from the sides of the pit towards the center and then smooth the mound to a level surface.

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USATF: long jump take-off line 1 to 3 meters before pit. End of pit at least 10 meters from take-off line. **Triple Jump take-off line: as appropriate to level of competition** – for major competitions, men: take-off 13 meters before pit, TJ women: take-off 10 meters. End of pit 21 meters from take-off line.

NFHS rules: long jump take-off line 8 (girls) to 12 (boys) feet before pit. TJ take-off 24 (girls) to 32 (boys) feet before pit.

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**Equipment needed.** Shovel, water, rake, broom, measuring tape and stake.

**Preparing the pit.** The landing area should be filled with soft, damp sand. Turn over or shovel the pit before competition. Use the water to make it damp.

The sand should be damp so that the impression of the jumper is clear and the sand does not just fill in the mark by itself.

**Warm-ups:** Athletes should be allowed a warm-up period to set marks along the runway and take practice jumps. An athlete is allowed one or two marks on the side of the runway using tape or similar markers but NO chalk or permanent marking. The warm-up period should allow each athlete about two practice jumps, about 15 minutes for a flight of six athletes.