

# Long Jump and Triple Jump

## Role

The event judge shall oversee the measuring, weighing and inspection of the implements and apparatus; checks records; and see that the field events start on time and continue without delay. The event judge may change the order of competition in the preliminaries to accommodate those who may be excused to participate in other events. The event judge may choose to permit a competitor to take preliminary and final trials in succession. The event judge also shall check and enforce uniform, visible apparel and shoe regulations. The event judge shall be responsible for the judging and measuring of each legal trial of a competitor.

## Considerations, Tips and Techniques

1. **Safety!** To ensure the safety of all in the area, supervise every practice attempt.
2. **Prepare the Pit.** Prior to the meet the pit should be turned, raked and lightly watered. After each attempt it is to be raked and smoothed to ensure that it is soft, level and at the same elevation as the takeoff board for each subsequent trial.
3. **Warm-up.** Generally, the 15-minute period prior to the competition is available for warm-ups, measurements for marker and checking steps.
4. **Markers.** No marker shall be placed on the runway or in the landing area (pit). A competitor may place one or two markers (supplied or approved by the games committee) along side the runway to assist in the run-up and take-off. 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 as minimum qualifying standards, etc.
5. **Foul Line Locations:**

	<u>Boys</u>	<u>Girls</u>
Long Jump	12 Feet	8 Feet
Triple Jump	32 Feet	24 Feet

**NOTE:** Distance from foul line or takeoff board may be adjusted to accommodate different levels of competition. Competitors may change which foul line or takeoff boards they are using during competition, but only with prior notification of the event judge.
6. **Fouls and Trials.** It is a foul if the competitor:
  - Allows his/her shoe extend over the foul line or make a mark in front of it on the takeoff.
  - Runs across the foul line, or foul line extended.
  - In the long jump, does not keep his/her head in the superior position, i.e., no somersault.
  - 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.
  - 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.
  - Fails to initiate a trial that is carried to completion within 1 minute (60 seconds) after being called.
7. **Measurement.** Each legal jump is measured perpendicularly (at a 90° angle) 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.
  - Measurement reading/recording shall be taken at the takeoff board (edge nearest the pit)
  - Measurement shall be to the nearest lesser ¼ inch or centimeter
8. **Close the Pit Between Trials.** Between trials or warm-ups, use either a cone or a person to prevent unauthorized practice jumps and to indicate when the area is ready for a jump attempt.
9. **Ties.** Ties are broken by using the second best trial; if still tied, then the third best trial, etc.
10. **Calls.** The calls for next 3 competitors are: “UP”, “ON DECK” and “ON HOLD” (Smith is “UP”, Jones “ON DECK” and Adams “ON HOLD”).