

NATIONAL FEDERATION HS LONG JUMP RULES

1. The Referee shall meet with coaches and captain(s) before the meet. Emphasize the uniform rules: a school issued uniform must be worn during the competition, all visible undershirts must be a solid color, singlet cannot be knotted, no visible jewelry (exception: religious jewelry must be taped to the body), body suit is OK if school issued. No blood allowed on athlete or uniform.
2. Warm-ups shall not be allowed unless supervised by an official or a coach. No further practice shall be allowed once the event has concluded.
3. No marker may be placed **on** runway, but up to 2 markers alongside runway OK.
4. Always exit the pit out the far end, not nearer the foul line. Each jump will be measured perpendicular to the foul line or the foul line extended from that point in the landing pit touched by the jumper or apparel of the jumper which is nearest the foul line or its extension.
5. An unsuccessful attempt is when:
 - a. jumper's shoe extends over foul line **or** makes a mark in front of it on the takeoff,
 - b. competitor runs across the foul line or the foul line extended,
 - c. fails to initiate a jump carried to completion within 60 SECONDS after called up,
 - d. jumper's head fails to stay in a superior position during jump,e. in the process of landing or leaving the pit, touches the ground outside the pit nearer the foul line than the nearest mark made in the landing pit.
6. The tape will be held so that readings are made at the takeoff board. Measurements will be to **lesser ¼ inch or lesser centimeter**.
7. Ties broken by 2nd best performance for any places. (see Rule 7-6-17 in 2007 book).
8. No viewing of visual aids during the competition. A competitor using a wireless communication device will be disqualified.
9. Give order of participants. It is up to the games committee to determine the number of jumps. Usually each contestant will have either 3 or 4 jumps in dual meets.
10. In most big meets there are usually preliminaries and finals. Jumpers will receive 3 attempts in the preliminaries and then be re-ordered from last to best for three more attempts in the finals.
 - a. Competitor must have one (1) legal jump to make finals,
 - b. Competitors will be credited with their best performance – whether it is in the prelims or the finals,
 - c. Usually you will take one more competitor than there are scoring places into finals,
 - d. Order is reverse of preliminary jumps finish with best jumper last in the finals.
11. Time limits for competitors excused to compete in other events will be established by the games committee. Be flexible but record time they leave. Encourage them to jump before they leave. The official may allow an athlete who is excused to compete in another event to take consecutive attempts before they leave. In order to be fair, the best jumper from the preliminaries should always have the last jump of the competition.
12. The landing pit shall be filled with a soft material to a depth that will ensure a safe landing and have a minimum width of 9 ft. and a minimum length of 15 ft. The takeoff board or foul line shall be approximately 12 ft. for Boys and 8 ft. for Girls. The takeoff board or foul line may be adjusted for different levels of competition. Jumpers may change which takeoff board or foul line they are using during competition, but only with the prior notification of the event judge. Meet management may place Record Markers to the side of the landing pit.

NATIONAL FEDERATION HS LONG JUMP INSTRUCTIONS

1. We will be using NATIONAL FEDERATION of High School rules for this competition.
2. During your attempt you may not touch beyond the takeoff board or foul line or its extension.
3. During your attempt, you must land within the pit.
4. Your head must stay in the superior position during your attempt.
5. After you land, you must exit out the pit beyond your mark. If you exit in front of your mark or nearer to the foul line, it will be a foul.
6. You will have 60 SECONDS to attempt a jump after called up.

With Finals

7. You will have three attempts in the Prelims. There are ___ flights. The top ___ jumpers will advance to finals for three more attempts.

With No Finals

8. You will have ___ attempts in this competition.
9. There will be ___ scoring places in this competition.
10. Your call up order will be: **UP, ON DECK, ON HOLD, THEN CALLED UP AGAIN. YOUR 60 SECONDS WILL START AT THAT TIME.** Please respond immediately to my calls.
11. No viewing of visual aids during competition. Penalty is Disqualification.
12. Please let me know if you need to be excused to compete in another event. If you wish to change takeoff boards once the competition has begun, then you must notify me before your jump.
13. Your competition order will be: ... Good Luck.