

S-P-L

Long Jump Procedures

Equipment Needed by Schools Running the Long Jump Event

EQUIPMENT TO BE BROUGHT BY THE SCHOOL RUNNING THIS EVENT ON ANY GIVEN WEEK:

1. 50' Measuring tape to mark jump. Optional measuring stick at end of tape to mark jump.
2. 100' Measuring tape for contestants to mark approaches.
3. One or two rakes. Rakers should bring gloves to prevent blisters.
4. Broom for cleaning takeoff board area.
5. Cones – For placing at the jump board if necessary.
6. Shovel to move sand if necessary.
7. Towels to wipe take-off boards (may be wooden) to prevent slip hazards.

SUPPLIES TO BE PROVIDED BY THE MEET HOST SCHOOL: Clipboard, Scoring Forms, Pen, Award Ribbons

Long Jump Procedures

1. Sign Up Competitors By Group (Grade and Gender) :

- a. Record first and last name, and school...clearly!
- b. Inform competitors that they will compete in the SAME SEQUENCE in which they are signed-up,.. for practice AND official attempts. Line up athletes, as that will reduce confusion (and quicken the day)

- c. As competitors are signed up, start running the two (2) allowable practice attempts.

NOTE: Field Event competitors in the horizontal jumps (long and triple jump) and throws (javelin) are required to warm up in accordance with NFHS Rule 6-2-6, which states all athletes MUST warm-up in the direction of competition.

Penalty: The first instance of non-compliance, where a contestant moves in the opposite direction while getting their marks during warmups, will result in a warning to the coach and athlete. The second instance will result in disqualification from the event.

- d. Clarifications & Exceptions:

- i. Competitor does **NOT** have to personally sign-in for event; coach or teammate may arrange it.
- ii. Field event participants may **NOT** be added or changed after **FIRST** competitor begins event "official" tries.
- iii. **IMPORTANT:** Ask whether anyone has a conflicting event: (ie, are they competing in another field event that is being run at this same time?) If so, explain procedure that allows the athlete to perform any or all official attempts out-of-sequence:
 1. For conflicting field events OTHER THAN HIGH JUMP: The athlete should register at both field events. They should then compete in one of those events in its entirety. After finishing their throws/jumps in the first event, they should return to the second event and complete their throws/jumps in that event. Officials in both events should note the conflict on their score sheets and not close the scoring until all competitors have had a chance to complete their throws/jumps.
 2. For conflicting field events where HIGH JUMP is one of the events:
 - a. Athletes competing in HIGH JUMP and another field event at the same time should register in both events so the officials are aware they are competing. The athlete/designee should inform the non-High Jump official that they are a High Jump competitor and have a conflict.
 - b. The HJ athlete will then return to the High Jump area and compete for the ENTIRETY of their event, as long as he/she is still an active competitor. Once the athlete is eliminated from competition, he/she can return to the non-High Jump event. (The High Jump crossbar will **NOT** be lowered for a late- arriving competitor).

- iv. **No athlete is allowed to compete in an event AFTER all other competitors have finished unless he or she is physically present as the last other competitor finishes.**
- e. To assist in running each event more timely, a volunteer working at each event should begin the sign-up process for the next scheduled group of competitors once the group currently competing has begun their 3rd or final round of jumps.

1. Long Jump Rules:

The official should:

- a. Provide a measuring tape, FROM scratch line TO start of runway, is allowed to aid jumpers to select a start for approach.
- b. Clearly identify "scratch line" to the competitors.
 - 1. A 3-foot mark with chalk or tape will be established from the pit. Competitors may choose the board OR this special 3-foot mark as their "scratch line".
 - 2. Jumper's toe may touch the tape/take-off board, but toe must not extend beyond the "scratch line", toward direction of the jumping pit.
- c. The Head Judge (who also records the measured jumps) observes the scratch line for each jump, and loudly announces "Scratch" for an illegal jump; scratches are NOT measured.
- d. The school running the event should make sure the take-off boards are properly mounted and dry enough to allow for a safe take-off point for athletes.

2. Measuring Official Jumps:

- a. "Zero" end of measuring tape is placed at the point of the jumper's imprint in the sand that is closest to the take-off (scratch) line extended (beyond the take-off line), regardless if the imprint is caused by a foot, hand, head, or other part of body. For this reason, remind competitors to exit the pit forward, or they will shorten their jumped distance. The measuring tape should be held horizontally above the landing imprint and not angled down from the runway end to a lower sand level.

- b. Reading of tape occurs at point on jumping pit side of “scratch line” used for take-off, perpendicular to imprint in sand.
 - i. Measure to NEAREST LESSER quarter-inch ($\frac{1}{4}$ inch).
 - ii. Announce each measured distance, clearly & loudly.
- c. Three (3) official jumps are allowed each competitor.
 - i. “Scratched” attempts count as 1 of the 3 allowed jumps.

3. SCORING THE EVENT:

- a. Any TIE for longest jump is broken by jumper’s second-best (or third best, if necessary).

4. GENERAL SAFETY TIPS:

- a. Sweep sand off the approach and/or take-off area.
- b. Rake sand pit landing area frequently with an attempt to have a level sand surface in the sand pit where athletes are expected to land. This allows you to identify the jumper’s landing imprint more accurately, and also results in safer landings.
- c. NO spectators, coaches, teammates are allowed between jumper’s start of approach and the jumping pit. It is recommended for Meet Directors to have had this area roped off. If not, the event officials should recruit additional workers for this task.
- d. Field event competitors in the long and triple jump are allowed to move in the opposite direction on the runway during warm-ups; i.e steps may be determined by moving from the board backwards to an athlete’s take-off point. (Nullifies NFHS Rule 6-2-6)

NOTE: Meet hosts MUST segregate the long or triple jump runway from other competitors and/or spectators to help eliminate the possibility of accidents.

Change Brief

2023-02-15	Removed exception that allowed warm-ups to be run in the opposite direction of the event
2022-04-25	Included high jump priority language for conflicting field events.
2014-06-13	Changed wording of 2.a and 2.b for better clarification.
2013-04-11	Added cover sheet with recommended equipment.