

# NATIONAL FEDERATION LONG JUMP INSTRUCTIONS

## **SAFETY IS FIRST CONCERN. NO BLOOD ON ATHLETE OR UNIFORM.**

1. A **SCHOOL ISSUED uniform** must be worn during competition. **ALL VISIBLE UNDER SHIRTS MUST BE SOLID COLOR. Jersey can not be knotted. BODY SUIT OK IF SCHOOL ISSUED**
2. No **marker** may be placed **on runway, but at the side OK**
3. Competitor will have **four (4) attempts** in this event WHEN NO FINALS
4. **IF FINALS-** three (3) attempts in the finals
  - a. Three attempts in preliminaries for total of six (6)
  - b. Competitor must have one (1) legal jump to make finals
  - c. Take one more competitor than places into finals
  - d. Order is reverse of finish with best jumper last
5. The Event Judge may change order of competition to allow for participants being excused to other events, **but not in FINALS. Order is reversed JUMPER MAY TAKE CONSECUTIVE ATTEMPTS IF COMPETING IN ANOTHER EVENT**
6. **A CONTESTANT USING A WIRELESS DEVICE WILL BE DISQUALIFIED**
7. An **unsuccessful attempt** is when:
  - a. jumper's shoe extends over FOUL line or makes a mark in front of it
  - b. competitor runs across the FOUL line or the FOUL line extended
  - c. **60 SECONDS** to attempt a jump after called up
  - d. Head must stay in **SUPERIOR POSITION** during jump
8. Always **exit the pit out the far end**, not nearer the FOUL line.
9. Each **jump** will be **measured perpendicularly** to the FOUL line or it's extension
10. Normal tie breaking procedure will be used **RULE 7-5-18**
11. **Jersey must be tucked into shorts. Jersey MUST be worn in Competition area**
12. Participants **may not view any video playback while they are in competition**
13. Measurements will be to **lesser 1/4" inch OR LESSER CENTIMETER**
14. **No warm ups without ADULT coach or official present.**
15. **ATHLETE MAY TAKE ONE OR MULTI ATTEMPTS, WHICH MUST BE DECLARED WHEN CALLED UP**
16. Time will be allowed to participate in another event, from time I excuse you, **Be flexible but record time they leave. Encourage them to jump before they leave**
17. **NO VISABLE JEWELRY EXCEPT RELIGIOUS, MUST TAPE TO BODY. MEETING WITH COACHES AND CAPT. BEFORE MEET. ATHLETE MAY SIGN UP FOR ONLY FOUR EVENTS**
18. **No viewing of visual aids during competition. Penalty is Disqualification**
19. Give order of participants-- **GOOD LUCK**

