

Long Jump Instructions

1. We will be using (**NATIONAL FEDERATION**) rules for this competition.
2. During your attempt you may not touch beyond foul line or it's extension.
3. During your attempt, you must land within the pit.
4. Your head must stay in the superior position during your attempt.
6. 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.
7. **60 SECONDS** to attempt a jump after called up

With Finals

8. You will have three attempts in the Prelims. There are () flights. () will advance to finals for three more attempts.

No Finals

9. You will have (4) attempts in this contest.
10. There will be () scoring places in this contest
11. 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.
12. **OPEN PIT** - Jumper may jump out of order BUT a **STARTING** and **ENDING** time **MUST** be declared. Finals must be in reverse order so no open pit in finals.
13. No viewing of visual aids during competition. Penalty is Disqualification
14. Your competition order will be: (??) Good Luck.