

Long Jump Instructions

1. We will be using (**NCAA**) 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.
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. **60 SECONDS** to attempt a jump after called up
7. SHOES can not be used as markers along runway
8. You will have three attempts in the Prelims. There are () flights. () will advance to finals for three more attempts.
9. There will be () scoring places in this contest
10. We will be using flags rather than calling mark or foul. We can not signal until you exit the pit. White means good and red flag means foul.
11. In Finals, an athlete missing their turn will be given a passed attempt

WITH PRELIMINARY TIME LIMIT

12. There will be (Open Pit) jumping in the preliminaries which will conclude at (). Preliminary jumps must be finished by that time.
13. 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.
14. Your competition order will be: (??) Good Luck.