

## 3. Jump Events

### 3.1 Long & Triple Jumps Specific Rules

*These rules are to be read in conjunction with Section "A" Competition General Rules and Section "C" – Field Events 1. General Rules.*

#### 3.1.1 The Runway

- i. The minimum length provided for the runway shall be 40m.
- ii. The runway should have a minimum width of 1.22m and a maximum width of 1.25m.
- iii. The runway should be marked by white lines 5cm in width.
- iv. Where conditions permit the minimum length should be 45m.
- v. The maximum allowance for lateral inclination of the runway shall not exceed 1:100 and the overall inclination in the running direction 1:1000.

#### 3.1.2 The Landing Area

- i. The landing area shall have a minimum width of 2.75m and a maximum width of 3m.
- ii. It shall, if possible, be so placed that the middle of the runway, if extended, would coincide with the middle of the landing area.
- iii. The landing area should be filled with soft damp sand, the top surface of which shall be level with the take-off board.

#### 3.1.3 Measuring of Run-up

- i. Competitors may use the runway to gain their desired starting point before competition begins.
- ii. Once the competition starts, competitors may re-measure their run-up but the Chief Judge must first grant permission. This further re-measurement must not be made on the runway except where the Chief Judge deems the outsides of the runway unsafe.

#### 3.1.4 Validity of Trials - U6 through to U12- 0.5m x 1.22m

It shall be counted as a foul if:

- a. Any part of the mark made by the competitor's take-off foot protrudes over the front line of the 0.5m x 1.22m board.
- b. In the course of landing, the competitor touches the ground outside the landing area nearer to the take-off than the nearest break in the landing area made by the jump.
- c. After landing, the competitor walks back through the landing area.
- d. Both feet make a mark in the 0.5m x 1.22m board.
- e. A competitor takes off from outside either end of the take off area, whether beyond or before the extension take-off line.
- f. Any sort of somersaulting is used (IAAF 185.1d).

#### 3.1.5 Validity of Trials - U13 through to U15 - 20cm Board

It shall be counted as a foul if any competitor:

- a. Touches the ground beyond the take-off line so as to leave a visible impression on the plasticine, (or other suitable material, soft earth or sand) with any part of the body, whether running up without jumping or in the act of jumping.
- b. In the course of landing, the competitor touches the ground outside the landing area nearer to the take-off than the nearest break in the landing area made by the jump.
- c. After landing, the competitor walks back through the landing area.

- d. Does not take off from 1 foot.
- e. A competitor takes off from outside either end of the take off area, whether beyond or before the extension take-off line.
- f. Any sort of somersaulting is used (IAAF 185.1d).
- g. If a competitor takes off before reaching the board it shall not for that reason be counted as a foul (IAAF 185.2).

### **3.1.6 Triple Jump**

- i. In the Triple Jump the hop shall be made so that the competitor shall first land upon the same foot as that from which they shall have taken off, in the step they shall land on the other foot, from which consequently the jump is performed.
- ii. If the competitor while jumping touches the ground with the “sleeping” leg it shall not be considered a foul (IAAF 186.2).

### **3.1.7 Take-off Area**

- i. U6 to U12
  - a. The take-off area shall be constructed of sand or soft earth or a mat covered with sand or soft earth to a depth of 1 to 2 centimetres measuring 1.22m wide by 0.5m.
  - b. The take-off board shall be positioned 0.5m from the edge of the landing area for U6 and U7 athletes and 1 metre for U8 to U12 athletes.
  - c. For the triple jump, 3 take-off areas are required, at 5, 7 and 9m back from the pit. Competitors may change their take-off area as many times as they wish, as long as they notify the officials at the event, prior to each jump.
- ii. U13 to U15
  - a. A board, sunk level with the runway and the surface of the landing area, shall mark the take-off.
  - b. The edge of the board, which is nearer to the landing area, shall be called the take-off line.
  - c. Immediately beyond the take-off line there shall be placed a strip of plasticine or other suitable material (i.e. damp soft earth or sand) for indicating the athlete’s footprint when they have fouled.
  - d. This indicator strip shall be constructed as to rise from the level of the take-off board at an angle of 45° in the direction of the running, to a maximum height above the take-off board of 7mm including the layer of material used.
  - e. The distance between the take-off board and the end of the landing area shall be at least 10m.
  - f. The take-off board shall be not less than 1 metre from the edge of the landing area.
  - g. For the triple jump, 4 take-off boards are required, at 5, 7, 9 and 11m back from the pit.
  - h. Competitors may change their take-off board as many times as they wish, as long as they notify the officials at the event, prior to each jump.

### **3.1.8 Construction**

- i. The take-off board shall be made of wood or some other suitable rigid material and shall measure 1.21m to 1.22m long, 198mm to 202mm wide and maximum 10cm deep.
- ii. It shall be painted white (IAAF 185.7). Where the above is not feasible a painted line on the runway can indicate the take-off area.

### 3.1.9 Measuring

i. U6 to U12

Jumps can be measured 2 ways:

- a. When any part of the competitor's foot lands on the take-off area, the jump will be measured as the shortest distance from the nearest break in the landing area made by any part of the body or limbs to the imprint made in the take-off area by the take-off foot.
- b. When no part of the competitor's foot lands in the take-off area, then the jump will be measured from the nearest break in the landing area made by any part of the body or limbs to the take-off line, or take-off line extended. The measurement **must** be taken perpendicular to the take-off line or its extension.

ii. U13 to U15

- a. In measuring a jump the spike with a zero end of the tape attached, is inserted perpendicularly at the break in the sand nearest the take off line.
- b. The feet of the competitor do not necessarily make this break; if a jumper is off balance it may be any part of their body.
- c. The measurement must be taken perpendicular to the take-off line or its extension (IAAF 185.3).

### 3.1.10 Officials

i. A minimum of 5 officials is necessary.

ii. Official A (normally the Chief Judge) will:

- a. Act as the take-off judge, who alone will decide the validity of the jumps.
- b. Indicate a fair jump with a white flag and a foul jump with a red flag. Before declaring a "no-jump" for a foot fault, the take-off Official must be satisfied that actual contact with the ground beyond the take-off line has been made.
- c. Advise the athlete the reason for a foul.

- iii. Official B will:
  - a. Operate in the vicinity of the take-off and will hold the tape and read off the measurements.
  - b. Level the take off area in the U6 to U12 age groups or repair the plasticine or other material used to indicate a foot foul in the U13 to U15 age groups.
- iv. Official C will:

Operate on the landing area and with a spike, holding the zero end of the tape, mark the break in the sand from which the measurement is made.
- v. Official D will:
  - a. Rake and level the pit after each trial to ensure a smooth and even surface and landing area.
  - b. A further assistant may be required to assist with the raking with the older age groups.
- vi. Official E will:
  - a. Record the result on the Result Sheet and call up competitors.
  - b. Time the trial and indicate with a yellow flag when the last 15 seconds remains for that trial.