

LONG JUMP OFFICIALS

- Ideally the minimum number of officials required to run the long Jump is four (4)

(1) CHIEF JUDGE(Official)

- Allocate Officials to the various positions
- Supervise the preparation of the area regarding safety, equipment
- Ensure that the facility complies with the rules of competition
- Prior to the commencement of competition, provide an outline of the rules of the event to the competitors, define the competition area and advance criteria
- Define the take off board and advise the athletes
- Rule on the validity of the attempt and indicate a fair jump with a white flag and a foul jump with a red flag (flags optional)
 - Advise the athlete the reason for the foul
- Announce/call out the distance measurement where the tape aligns with the edge of the board nearest the pit.

(2) OFFICIAL TWO (Recorder)

- Call up the competitors and record the results.
 - Jumps are measured perpendicularly in a straight line from the edge of the takeoff board or its' extension nearest the landing pit, to the mark made by the competitor in the landing pit nearest the takeoff board.
 - Record the result to the nearest centimetre below the distance achieved
 - i.e. 11 m755 becomes 11m75
 - Repeat, call out, the measurement called by the Chief Judge to ensure the measurement recorded is correct and that the athlete hears it
 - All attempts must be recorded (F, P, or Measurement)
 - Time the trial and indicate with a yellow flag when the last fifteen (15) seconds of the allowed one (1) minute or longer, in accordance with the rules of competition, remain for that trial

(3+4) OFFICIALS THREE AND FOUR

- Stand well away from the sand pit trials to avoid distracting the competitors
- Rake the sand back to level with board as required
- To be legal, the jump must end in the pit.
- When it is determined to be a "fair" jump :
 - place a short marking stake at the point in the sand where the athlete has broken the sand with any part of the body, usually the foot, nearest to the takeoff board
 - hold the zero end of the measuring tape to the stake/marker.

SAFETY

- Ensure that the runway and take-off area are cleared(swept) of foreign objects, dirt, gravel etc. prior to the event commencing
- All athletes are to be advised to jump so that they land in the centre of the pit (landing area)
- The minimum landing area is 4m long x 2.5m wide
- Advise the athletes of the location of the sports medical trainer on site, and to notify the officials if an injury occurs

Long Jump Officials' Duties

Check in at Meet Site

- Get meet information Long Jump Officials' Package
- Get clipboard (if provided)
- Get measuring tape
- Get Score sheet(s) for LJ competition and ribbons (in the event package)
- Find out who is the Field Referee, and where the sports medical trainer is located

Equipment List

- Two rakes
 - Rule and Case Book
 - Pens/Pencils
 - White Athletic Tape / Coloured Tape
 - Tape Measure
 - Stop watch (1 minute timer)
 - Plastic bag (for clipboard in case of inclement weather)
 - Folding chair , umbrella
- Apparel Appropriate for the weather--- raingear, hat, sunblock

Inspect Area

- Check all equipment
- run way
- sand pit
- appropriate score sheets
- Check surrounding area for obstacles and remove any. Ensure that the sand is level in the landing area and the runway is clear.

Check in the competitors

- Check for any athlete who may be at a track event at check in and any who may have to interrupt their attempts to go to a track event
 - DNS beside name of any competitors who do not check in.
- Introduce fellow officials

Before Competition begins, call athletes together and review rules (see last page)

- Proper Uniform
- Track events precedence -allow rest time after the completion of the track event
- Clarify the event rules--- Number of jumps (Preliminary / Zone Meet)
- Tape may be used on the white lines bordering the runway, not on the runway
- 60 seconds after called to attempt

Measurement

- Jumps are measured perpendicularly in a straight line from the edge of the takeoff board or its' extension nearest the landing pit, to the mark made by the competitor in the landing pit nearest the takeoff board.
- Measure to the nearest centimetre below the distance achieved
- i.e. 11 m755 becomes 11m75

Faults **A Competitor faults if:**

- If the athlete jumps with any part of his or her foot over the board,
- If the athlete runs past the board, or walks back through the pit after jumping,
- The athlete, while taking off, touches the ground beyond the take-off line with any part of his body, whether running up without jumping or in the act of jumping
 - he takes off from outside either end of the board, whether beyond or before the extension of the take-off line
 - he employs any form of somersaulting while running up or in the act of jumping
 - after taking off, but before his first contact with the landing area, he touches the runway or the ground outside the runway or outside the landing area
 - in the course of landing, he touches the border of, or the ground outside, the landing area closer to the take-off line than the nearest break made in the sand
 - Exceeds time to jump (60 seconds)

Ties **In the event of ties, places are determined as follows:**

- a. **First tie-breaker:** If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the tying competitor whose second-best performance is better from either the preliminary trials or the finals.
 - b. **Second tie-breaker:** If the second-best performances are also identical, the higher place is awarded to the tied competitor whose third best performance is better than the third-best performance of any tied competitor, etc
- **Five (5) athletes advance from Zone to SOSSA.** In the case of ties make sure that you have not qualified more than five athletes. If the athletes are tied with their best attempt use the second best attempt and if necessary the third best attempt to break the tie.

Meet Event conclusion

- Verify results with other officials
- Hand out award ribbons
- Finalize by signing score sheet
- Clean up area of tape marks – litter
- Give results to Results Processing Desk Associates

Other important points

- Be friendly, yet professional and objective
- Be encouraging
- Don't hesitate to consult the rule book or confer with the Field Referee

Long Jump Competition Rules

At the Preliminary Meet : Each competitor has three(3) attempts and the best of three is used to rank the top sixteen (16) athletes advance to the zone competition.

At the Zone Meet: Each competitor receives three attempts and the top 8 will receive three more attempts and the final rankings will result from the best of 6.

Top 5 will advance to SOSSA

If any disputes or problems arise, consult the Field Referee.

LONG JUMP OFFICIALS - PRELIMINARY MEET

PLEASE READ CAREFULLY

Record something for every athlete listed on the sheet and every round.

There should be **no write-in athletes or substitutions** unless they appear with a **signed sheet**. Contact the Convenor if there appears to be a problem with the entries.

If the athlete did not show put DNS beside their name.

Athletes involved in track events must check in at the field event and then go to the track event. They may be given a round or jump before they leave but they must not miss the track event or they will be considered a no show and be ineligible for competition for the rest of the day. They may return to the field event when they have completed the track event but they join in at the height or round that the event is at.

If the athlete shows and says they are scratching caution them that they are ineligible to compete for the rest of the day in all events if they do scratch. If they decide to scratch anyway make a note on the sheet beside their name and indicate with a SCR.

Indicate a fault with a F. Indicate a Pass with a “ P”.

Long Jump Competition Rules

Each competitor has only three(3) attempts and the best of three is used to rank the athletes. The athlete must have at least one successful attempt in order to place in the advancement criteria.

Sixteen(16) athletes advance from Preliminary to Zone. In the case of ties make sure that you have not qualified more than sixteen(16) athletes. Check with the field referee if necessary about tie breaking procedures.

Return your official sheets for computer entry as soon as possible after the completion of your event.

Thank you for your commitment and participation as an official.AA

LONG JUMP OFFICIALS – Zone Meet

PLEASE READ CAREFULLY AND INFORM THE ATHLETES

PLEASE BE SURE TO READ RULES OF COMPETITION FOR LONG JUMP AND THE NUMBER OF COMPETITORS THAT WILL ADVANCE TO SOSSA

There should be **no write-in athletes or substitutions** unless the athlete appears with a **signed sheet from the convenor**.

Contact the convenor if there appears to be a problem with the entries.

Please record something for every athlete listed on the sheet and every round. Indicate a fault with a “F”. Indicate a pass with a “ P ”
If the athlete did not show or left after signing in put DNS beside their name.

Athletes involved in track events must check in at the field event and then go to the track event. They may be given a attempt before they leave but they must not miss the track event or they will be considered a no show and be ineligible for competition for the rest of the day. They may return to the field event when they have completed the track event but they join in at the round that the event is at.

If the athlete shows and says they are scratching caution them that they are ineligible to compete for the rest of the day in all events if they do scratch. If they decide to scratch anyway make a note on the sheet beside their name and indicate with a SCR.

Only three(3) attempts are taken in the first round.

Determine the top eight attempts for the second round and announce placement to athletes.

The second round goes in reverse order of distance.

For this top eight group any of the six attempts will count towards final placement.

Five (5) athletes advance from Zone to SOSSA. In the case of ties make sure that you have not qualified more than five athletes. If the athletes are tied with their best attempt you must use the second best attempt and if necessary the third best attempt to break the tie.

Please be sure to award placement ribbons to the athletes

Please return your event recording sheets for results processing as soon as possible after the completion of your event.

Thank you for your commitment and participation as an Official. AA

HORIZONTAL JUMPS INSTRUCTIONS TO ATHLETES & RULES

2. **Uniforms** - You must wear an official team uniform at all times, and a competition number(Zone)
3. **Assistance** - No electronic audio or video devices of any kind (phones, radios, computers, iPods, etc.) in the event area. Jumpers may be assisted or coached in the competition area only by another teammate in the event (at Zone)
4. **Time Limits** - Your time limit is one minute to initiate the attempt; the clock starts when I call you up and step off the runway; there will not be a timing device to display your time. (OPTIONAL) A yellow flag will be raised for a warning 15 seconds before the end of your time and lowered at the expiration of time
5. **Fouls** - You have a foul if:
 - a. You fail to initiate the attempt within one minute
 - b. The takeoff foot extends beyond the foul line, or you run beyond the foul line extended to the sides
 - c. You make **first** contact with the ground outside the landing area closer to the takeoff line than the nearest break made in the sand upon landing
 - d. During landing you touch the ground outside the landing area nearer to the takeoff than the nearest break in the sand made by the jump
 - e. After jumping and before leaving the landing area, you walk back thru the landing area
6. **Flights/Rounds** - We'll run one flight. We'll take to[8 to the final round. In the first flight, each athlete takes 3 jumps; final round will be 3 jumps in reverse order of performance in the prelims.
7. **Attempts** - **Zone** -----We will be conducting 3 attempts in first round and then 3 more for top eight to determine the top 5 advancers to SOSSA
Preliminary Meet----- We will be conducting ONLY 3 attempts and measure for determining the top 16 advancers to the Zone Meet
8. **Warm-ups** - 10 minutes for general warm-ups, No warm-ups on runway after comp begins,
9. You may **cross the run up** during warm-ups, but not during the competition; you may not **leave the area** before the end of the event.
10. **If anyone is competing in another event?** If so, let me know now and then **see me** 3-4 min. before you leave & upon return. You may take jumps out of order in the first round. If you don't tell me you're leaving, or during the finals if you're not present for an attempt, then it's a pass and you miss your turn.
11. **Calls** - The calls will be "Up", "On Deck", and "On Hold".
12. **The order of jumping** will be: _____ (read from event sheet).
13. Good luck gentlemen/ladies!! Competition will begin in 10 minutes.

Additional Information

- **Runway markers** – max of 2 marks adjacent to the runway, not on it. **No shoes** or chalk, **max 7x15 cm**

- No somersaulting technique

Resolving ties: ties are resolved by the second-best performance of the tying jumpers; if still tied, then by third-best performance, and so forth

A Sports Medical Trainer is on site. If anyone has an injury.