

LONG JUMP

Legal Jump

The competitor shall take off from behind the foul line or the foul line extended.

Foul Jump

It shall count as an unsuccessful trial which is not measured when the competitor:

1. Allows his/her shoe to extend over the foul line or make a mark in front of the foul line on the takeoff.
2. Runs across the foul line, or foul line extended.
3. Does not keep his/her head in the superior position, i.e., no somersault.
4. In the process of landing or leaving the pit, touches the ground outside the landing nearer the foul line than the nearest mark made in the landing pit.
5. Fails to initiate a trial within one minute after the competitor's name is called.
6. **PENALTY: An unsuccessful trial is charged but not measured.**

Jumping and Marks

A marker shall not be placed on the runway or in the landing pit. A competitor may place one or two markers at the alongside the runway to assist in the run-up and take-off.

Preliminaries

The Games Committee may elect to open the competitive area and specify a time by which all preliminaries shall be completed. Any competitor who does not complete all preliminary attempts within the time specified shall forfeit any remaining trials.

Measuring Legal Jump

1. Each legal jump shall be measured perpendicularly to the foul line or its extension and from that point in the pit touched by the person or apparel of the jumper which is nearest the foul line or its extension.
2. Measurement shall be to the nearest lesser $\frac{1}{4}$ inch or centimeter. Measurements may be made with non-stretchable tape (fiberglass, nylon, or steel), a measuring bar, or a certified scientific measuring device. Other scientific measuring devices may be used if approved by the Games Committee.
3. The judge shall hold the tape in such a way that the readings will be at the take-off board so that the competitors will immediately know the results of their efforts.

Warm-Ups

It is illegal to run backwards or in the opposite direction (non-legal direction) on a horizontal jump, pole vault or javelin runway. **PENALTY: First offense shall result in a warning and, if repeated, disqualification from that event. If the incident recurs, the athlete will be disqualified from further competition in the meet.**

Breaking Ties

When there is a tie at any distance in the finals of a field event, places and points scored shall be award as follows:

1. 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 from either the preliminaries or finals is better.
2. If after (1) the tie remains, the higher place shall be awarded to the tied competitor whose third best performance is better than the third best performance of any tied competitor, etc.