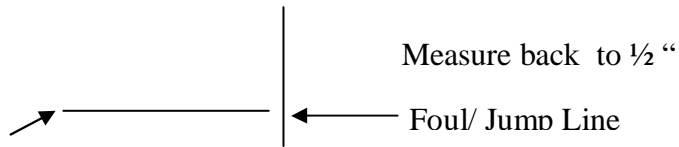
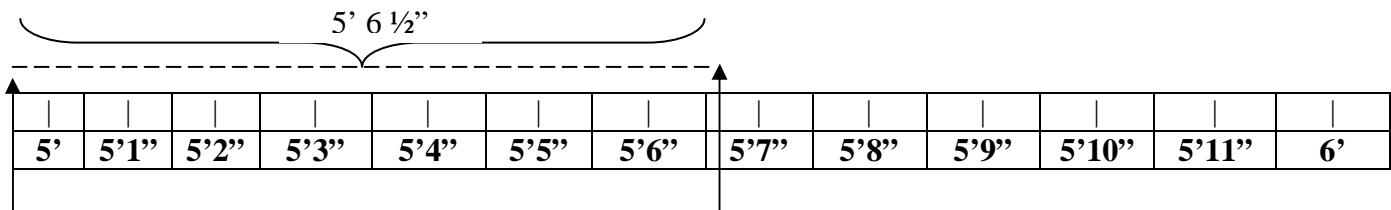


Standing Jump Rules

1. Jumping events will begin during relays for athletes not in relays.
2. Determine jump/foul line with chalk or other ground marking with hash line 1 foot long in the center as below:



3. Jumpers feet must start on each side of center line and not touch foul line
4. ONE practice jump is allowed per athlete. Three jumps are recorded.
5. Jumpers may perform all 3 jumps in succession.
6. Measure in feet and inches back to $\frac{1}{2}$ ". Measure from the jump line to the closest point of contact. If an athlete steps or falls backward, measure from the hand or heel closest to the jump line, not where he/she landed.
7. Athlete's toe may not touch or go over the line before or during jump. If it does, it is a foul and marked "F" on the score sheet.
8. Officials determine each winner and record names and finish placement on field sheet; return the sheet to scorers table with the athletes as soon as an age group is completed.



Long Jump Rules

1. The school volunteers assigned to the long jump will be the officials for this event. Any disputes will be brought to the starter or finish line judges for resolution.
2. Each competitor is allowed one practice jump.
3. The track may be marked for athletes, but only before and not to delay the competition in any way.
4. Jumping order: milers first, then 800 runners, then 13U and 15u girls; then 13U and 15U boys. Have athletes wait with you at the event until their age group is complete. When a sheet is completed, number the placement of winners in left column. Take the winning athletes and the sheet to the score table. Tell milers and 800 runners to report to the score table after that event to receive their jumping ribbons.
5. A foul jump is one which is counted as a jump but which is not measured. **It is a foul if the competitor:**
 - a. Allows his/her shoe to extend over the scratch line or make a mark in front of it on the takeoff.
 - b. Runs across the scratch line, or the scratch line extended.
 - c. Fails to initiate a trial that is carried to completion within **1 minute** after being called for a jump, unless excused by the event officials to participate in some other event.
6. 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. Measurements are recorded to the nearest lesser 1/2 inch.
7. Judges shall hold the tape such that the zero end is in the pit.
8. **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.
 - 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.