

## **Official Guidelines - Long Jump**

### **Before Competition**

You should have three assistants one to rake, one to mark the jump and one to stretch the tape back to the board.

Athletes may practice their approaches at any time prior to the event an unlimited number of times.

Roughly five minutes before the event is scheduled to begin, allow an official run through for each athlete.

### **Addressing the Athletes**

Once the event is scheduled to begin, gather the athletes to you, introduce yourself, and tell them “The order you will be competing in is .....{list the athletes}”

“If you have track events that might conflict, you are to make sure you are on the track for them, you can jump at any point during each round” (As an official you are to make every possible accommodation to include each athlete in each round)

“Everyone gets three jumps, if you place in the top six you will receive an additional 3 jumps”

“If any part of your foot passes the inside edge of the board, you will receive a foul”

“The measurement in the pit will be made from the furthest contact back towards the board, whether it is your hand, arm, foot etc.”

“Please leave the pit walking forwards, if you walk back through the pit, you will receive a foul”

“Are there any questions”

### **Once the competition has started**

- announce the next jumper and who is on deck.
- WATCH THE BOARD FOR FOULS
- use a pylon to block the runway while measuring
- mark the jump in the pit with a popsicle stick (or something like it)
- read the measure from the tape (round down tho nearest cm) and announce the distance
- confirm the competitor number of the jumper when you write the results

### **Once all athletes have had three jumps**

-determine the top six and in the order they are on the sheet, allow them an additional three jumps

### **Once the competition is completed**

- determine and announce the top 6 finishers
- sign the results sheet
- give it to the first place finisher, send them to the results window to pick up their medal
- tell the 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> place finishers to go get their ribbons
- remind the 1<sup>st</sup> and 2<sup>nd</sup> place finishers that they have qualified to go to provincials next week
- in the case of a tie, the 2<sup>nd</sup> best performances shall resolve the tie, and 3<sup>rd</sup> best ...