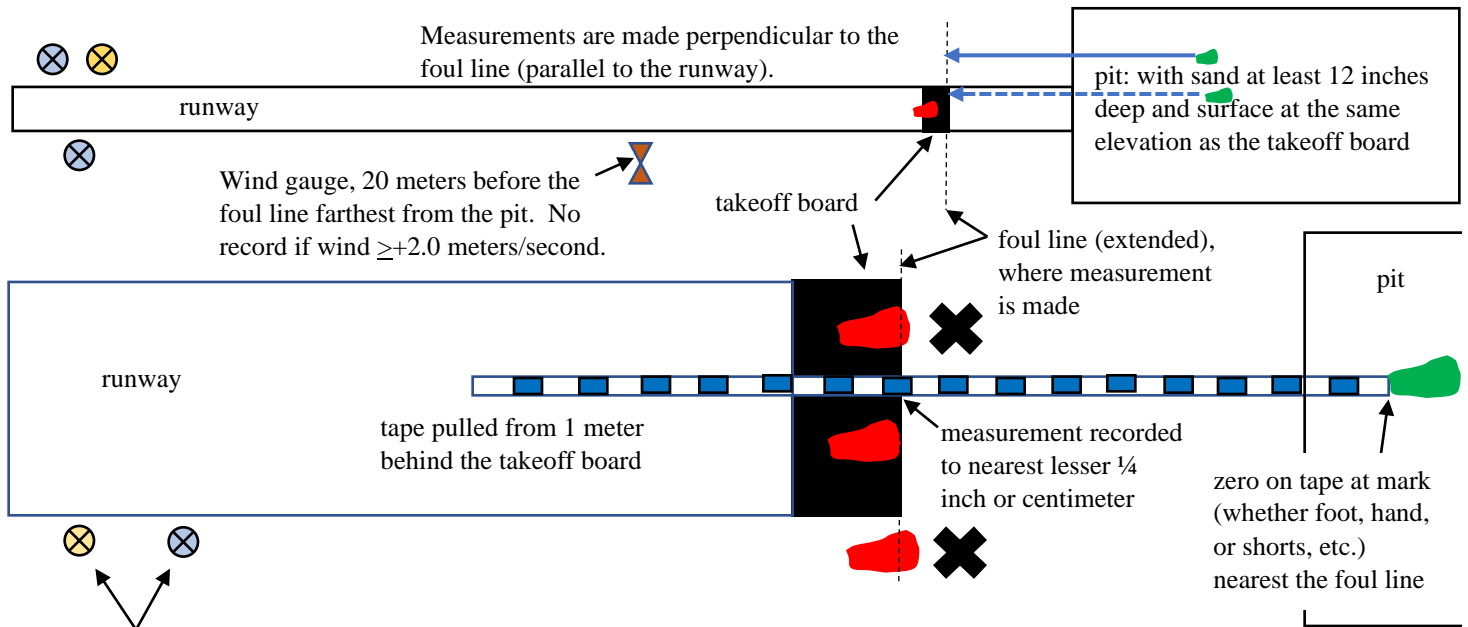


# LONG JUMP AND TRIPLE JUMP

NNTOA v.9Nov2020



**Rule 6.9.7** A marker shall not be placed on the runway or in the landing pit. **6.9.7.a** A competitor may place one or two markers (supplied or approved by the games committee) alongside the runway to assist in the run-up and takeoff. **6.9.7.b** Meet management may place markers to the side of the landing pits for the purpose of marking meet, state and/or national records, as well as minimum qualifying standards.

Rule 6.9.3 . . . The takeoff area shall be marked by a rectangular shaped takeoff board, manufactured from wood or synthetic material which provides a firm base 8 inches (recommended) up to 24 inches wide and 42 to 48 inches long. The takeoff board shall be set firmly in the ground level with the runway and the surface of the landing pit. . . *NOTE: Some Nevada high schools have multiple takeoff boards painted on the runway, and duct or other tape can be used to make extra takeoff boards.*

**Rule 6.9.5.a note:** Distance from the foul line (*to the front of the pit*) may be adjusted to accommodate different levels of competition. (*That is, there can be multiple takeoff boards.*) Competitors may change which foul line or takeoff board they are using during competition, but only with the prior notification and confirmation of the event judge. Suggested distances: 12 feet (Boys long jump), 8 feet (Girls long jump), 32 feet (Boys triple jump), 24 feet (Girls triple jump).

**The triple jump shall consist of a hop, a step, and jump in that order.** The hop shall be made so that an athlete lands first on the same foot as that from which the athlete has taken off, the step shall land on the other foot, from which, subsequently, the jump is performed.

**Either** take off with **left** foot, land with **left** foot (*hop*), then land with **right** foot (*step*) and *jump* into the pit  
**or** take off with **right** foot, land with **right** foot (*hop*), then land with **left** foot (*step*) and *jump* into the pit.

Rule 6.2.6 **Warmups** shall not be allowed unless supervised by an official. . . **It is illegal to run backward or in the opposite direction (non-legal direction) on the horizontal jump runway.** . . **PENALTY:** First offence 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. Call the Referee for disqualifications.

**Rule 6.9.7 note:** It is not a foul if the competitor runs outside the white lines marking the runway at any point.

**Rule 6.9.8** It is a foul if the competitor:

- Allows his/her shoe to extend over the foul line or make a mark in front of it on the takeoff.
- Runs across the foul line or the foul line extended.
- In the long jump, does not keep his/her head in the superior position while in the air after takeoff, i.e., no somersault in the air.
- In the triple jump, in hopping does not land on the same foot used in takeoff, or in stepping does not land on the other foot from which the jump is performed.
- In the process of landing or leaving the pit, touches the ground outside the landing area nearer the foul line than the nearest mark made in the landing pit.
- Fails to initiate the action within time – see **Rule 6.2.2** A competitor shall be charged with a foul if he/she does not initiate the purposeful action of completing the requirements of the jump within the prescribed time limit after the competitor's name has been called for the trial: **one minute** unless only one competitor is jumping and is taking consecutive trials (two minutes for consecutive trials)

At small meets (2 or 3 teams) in Nevada, each competitor gets four trials. At large meets, each competitor gets three trials in the preliminaries, and the number competing in the finals is set by the games committee (usually 8 or 9). **Rule 6.2.18** The order of competition in the finals (*another three trials*) shall be the reverse of the best performance in the preliminaries.

Call athletes **UP – ON DECK – ON HOLD** X = Foul (**RED FLAG**) ■ = Pass (**WHITE FLAG, mark**) Next best mark breaks ties.