

## High School Long & Triple Jump Rules

1. Each competitor is allowed three preliminary trials. In the finals each qualifier is allowed three additional trials. In meets with limited entries, the Games Committee may allow all competitors just four trials.
2. The order in which competitors take their initial trials is determined by lot or the Games Committee. The head official may change the order of competition to accommodate those excused to participate in other events. In this case, competitors may be allowed to take more than one trial in succession in preliminaries and finals.
3. The time limit for competitors excused to compete in another event is determined by the Games Committee. Always record the time when competitors leave to compete in another event and when they return.
4. The time at which the preliminaries in the event shall terminate is set by the Games Committee. Any competitor who does not complete all preliminary attempts within the time specified forfeits any remaining preliminary trials.
5. If there are preliminaries and finals, the order of competition in the finals is the reverse of the best performances in the preliminaries; i.e. the competitor having the best preliminary performance will be last in order.
6. When preliminaries are held, one more competitor than there are scoring places shall qualify for the finals. However, all competitors tying for the last position shall be finalists.
7. To be eligible to participate in the finals, a competitor shall have had at least one legal jump in the preliminaries.
8. If a qualifying athlete withdraws from competition in the finals, no substitute may replace the withdrawn athlete.
9. Markers may be placed alongside the runway, but not on it.
10. A foul jump is one which is counted as a trial but which is not measured.
11. **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. Does not keep his/her head in the superior position, i.e., no somersault.
  - d. In the process of landing or leaving the pit, touches the ground outside the landing nearer the scratch line than the nearest mark made in the landing pit.
  - e. Fails to initiate a trial that is carried to completion within **1 minute** after being called for a trial, unless excused by the event officials to participate in some other event.
12. 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 ¼ inch or centimeter. Measurement must be made with either a non-stretchable tape or certified scientific measurement device (laser). Judges shall hold the tape such that the zero end is in the pit.