

High School Long & Triple Jump Rules

1. Each competitor is allowed to have 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. The Games Committee now also determines the number and distances of the take off boards for LJ and TJ; the event official(s) can no longer make that decision.
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 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 If a qualifying athlete withdraws from competition in the finals, no substitute may replace the withdrawn athlete.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 counted as a trial, but that 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 $\frac{1}{4}$ inch or centimeter.

Measurement must be made with either a non-stretchable tape or a certified scientific measurement device (laser). Judges shall hold the tape such that the zero end is in the pit.

13. **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 than either the preliminary trials or the finals.
- 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 than the third-best performance of any tied competitor, etc.

HS Triple Jump

1. The same rules for LJ apply to TJ.
2. For Girls TJ, boards are usually at 24' and 28' from the pit; if necessary, additional boards may be added in 4' increments.
3. For Boys TJ, boards are usually 28' and 32' from the pit; if necessary, additional boards may be added in 4' increments.
4. Phase sequence: the proper phase sequence for the TJ is: **Hop:** land on the same foot they jumped from at the board; **Step:** immediately jump from the foot they just landed on and land on the opposite foot; **Jump:** immediately jump with the foot they just landed on into the pit. The sequence can be R-R-L or L-L-R.
5. The official marking in the pit (the Pit Official or Pit Boss) should be the official judging the proper sequence of the 3 phases.
6. If the athlete does not complete the phases in the proper sequence or fails to land in the pit, the athlete will be charged with a foul.
7. If there is a foul at the board, the Board Judge should not immediately raise the red flag; instead, wait until the athlete completes the phases before raising the flag. This prevents a spectator reaction that may prompt the athlete to attempt to stop the phases, increasing the risk of injury.

Additional Information for LJ and TJ

1. The Games Committee (GC) now has the authority to establish the distances of all take off boards used in LJ and TJ.
2. For LJ, the board should be 8'-10' from the pit; upon approval from the GC, an additional board may be added that is closer to the pit.
3. For Girls TJ, boards are normally at 24' and 28' from the pit; additional boards may be used upon approval from the GC and should be spaced 4' from other boards.
4. For Boys TJ, boards are normally 28' and 32' from the pit; additional boards may be used upon approval from the GC and should be spaced 4' from other boards.
5. Take off boards are 8" long and are the width of the runway. If you need to place additional boards, please check with the meet management/host school representative as to what kind of take you are allowed to use on the runway.