

Field Events JUMPS

NOTE: Coaches/Athletes please remember that track events take precedence over field events. If an athlete has a conflict make sure the chief of the field event knows, then report to the track event. As soon as track event is over, the athlete must immediately return to the field event. If an athlete is competing in a field event and has to leave for a track event, the athlete must inform the chief of the field event.

General Rules

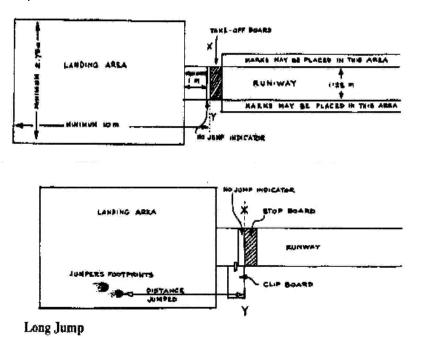
- Depending on the event, warm-up time for field events varies from 30 to 60 minutes.
- Athletes expected to use acceptable language at all times.
- Each competitor is allowed practice trials. Warm up will proceed in order on event sheet.
- Competitors shall compete in an order drawn by lot (order on the event sheet).
- Where there are 8 competitors or fewer, each competitor shall be allowed 6 trails (exception are High Jump and Pole Vault)
- More than 8 competitors then each competitor shall be allowed three trails then top 8 move into a final round with 3 more trails. The best trail score of the six is recorded as the final score result.
- Inspect site and confirm required equipment is on site.
- Each field event has a time limit for each attempt.
- Athletes do not make an attempt until the cone is removed.

<u>Ties</u>

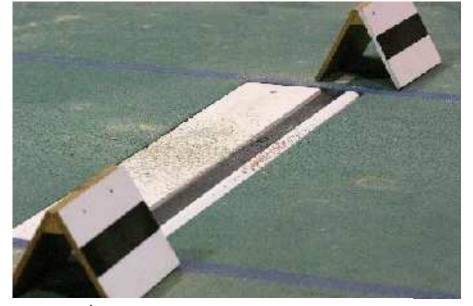
In Field events, except for High Jump and Pole vault, the second best performance of the athletes tying shall resolve the tie. Then, if necessary, the third best and so on. If the tie remains and concerns first place, the athletes who attained the same results will compete again in the same order in a new attempt until the tie is resolved.

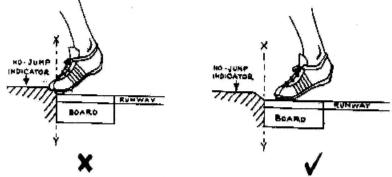
Horizontal Jumps - Long Jump and Triple Jump

- Competitor number is worn on the front
- Jump must be made from the board or before the take off board











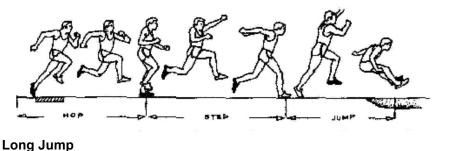
A Jumps Judge sees a foot fault and raises a red flag to indicate a foul. Officials do more than just judge the events. A great deal of time is spent instructing young athletes about the events in which they compete.





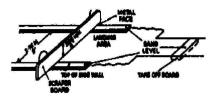
Athletes must use proper jumping technique

Triple Jump





- A jump is a fault if the closest point of landing is outside of the landing area
- To scratch a jump an athlete must walk back through the landing area prior to existing the pit and no measurement is made
- If athlete walks back through the pit after exiting, a warning is given to athlete by the chief official.
- Athlete can only use 2 marks (use of chalk is illegal)
- Time limit: 1 minute per attempt. Athlete may balk any number of times during his/her time limit.
- Sand condition: well dug up; sand has to be soft and moist so there is no danger to the jumpers. The surface of the sand in the pit must be level and smooth plus be in line with the surface of the take off board.



Aun Us 100 Tako Git Baard Smm min 188 mm Mas Plasticine Indisator Beard

TAKE-OFF BOARD AND PLASTICINE INDICATOR

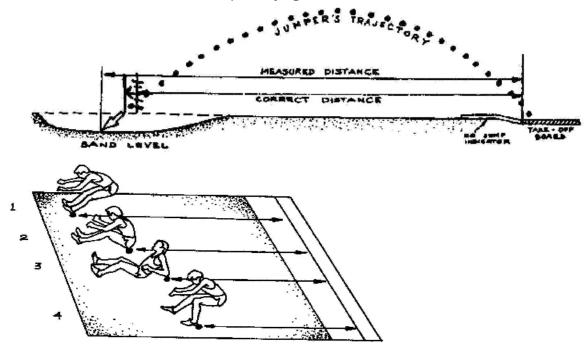
CONTROL OF SAND LEVEL IN LONG AND TRIPLE JUMP



An example of a raked pit for an indoor event.



Chief of event - record results, reads the tape and judge for a foot-fault.





Marking the Spot and holding the Zero end of the measuring tape



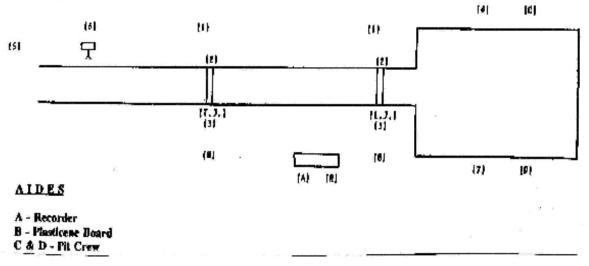
THLETICS MANITOBA TRACK AND FIELD | ROAD RUNNING CROSS COUNTRY

MTFOA OFFICIATING INFORMATION SHEETS

Positions for Jumps Crew

Long Jump & Triple Jump

- 1 Chief Judge
- 2 Holds tape watches foot faults
- 3 Has flags watches foot faults
- supervises plasticene board
- 4 Marks in pit has 0 end of tape watches for foot faults in pit
- 5 Athlete call-up & control. Has time clock.
- 6 Wind gauge operator
- 7 Pit Bass supervises pit crew
- watches jumpers hands
- R Referee



Vertical Jumps - High Jump and Pole Vault

- Number of consecutive misses for disgualification is 3
- Athlete can pass at any height but cannot re-enter at that height after passing
- Competitor number can be worn either on front or back
- Athlete can only use 2 marks (chalk is illegal)
- Warm up will proceed in order on event sheet. Read aloud the athlete's name and number.
- Athletes must use acceptable language at all times
- Athletes must have time to 1) establish their approach (HJ 15 mins; PV 20 mins) and 2) warm up at predetermined heights (HJ - 15 mins; PV - 25 mins)
- · Coach's are not allowed in the competition site. They must stay in their designated coach's area
- Spike lengths: Outdoors not to exceed 9 mm for PV and 12 mm for HJ
- · Ask athletes in PV their starting height and desired position of the up-rights
- Chief official must advise athletes of the following:
 - o warm up heights
 - competition starting heights
 - the increments (5 cm for the first few rounds then as height gets higher then suggest move bar up by 3 cm)
- Time limit: athletes have 1 minute (60 seconds) to complete an attempt). The time starts once the cone is removed from the runway/apron. A yellow flag will be raised, to indicate the last 15 seconds of the allotted time.
- Flags: Yellow Warning Red Fault White Legal Jump



- If an athlete has a conflict with another event he/she must inform Chief Official prior to leaving the event.
 NOTE: Pole Vault: prior to an athlete's opening height, he/she must advise the appropriate official of the desired position of the up-rights and any subsequent change.
- Inform athletes do not start their jump attempt until red/orange cone is removed from runway.

LENGTH OF BARS

High Jump - length between 3.98 and 4.02 metres long

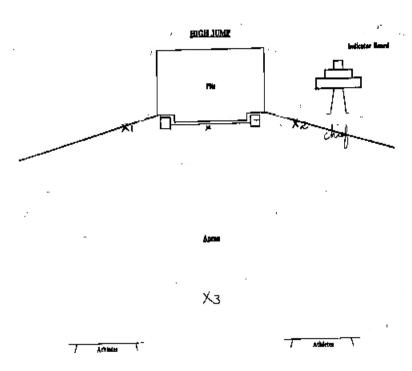
Pole Vault - length between 4.48 and 4.52 metres long

NOTE: Bar must be usable condition (safe for competition). Inspect carefully the bar and the semi-circular ends.



nvtech.com High Jump

- High jump area must be set up 1 hour before the scheduled event
- Confirm that the landing pits are properly strapped together for safety



 Confirm jump stands are positioned correctly. NOTE: stands do not touch the pit - approximately 10 cm away.

X1 + X2 - Operate stands, replace bar and call foot faults

X3 - Calls athletes up (name and number) and backup recorder

NOTE: X1 & X2 can be seated but in line with vertical plane but back of the stands.

Chief:

Records and judges for cross bar faults; oversees raising and measuring of bar.

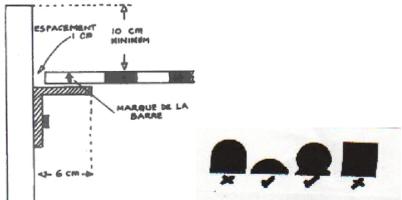
Tape a straight line between the jump stands to define the base of the vertical plane and is extended 3 m on either side of uprights.

Tape position of the jump stands so that they can be replaced in the same position if dislodged from their position.

Places a small x under mid point of the bar. Tape is always placed at this point.



Positioning Of The Bar On Stand and Correct Shape of the Bar



CHIEF JUDGE:

Gives instructions to the athletes on rules of the competition.

- do not leave competition site without chief officials permission
- coaching rules
- identify the coaching area for coaches
- number of practice jumps
- heights of practice jumps
- starting height
- increments
- breaking the plane
- time allotments and flags
- proper take off
- jumping order and call up procedures (e.g. jumping name of athlete, on deck name of athlete)

The Event

• Measure the height (bar) in meters. Zero end of the metal tape goes on the floor; read tape at bar height.



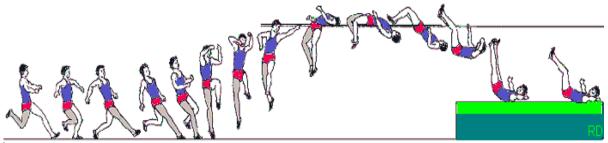
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MTFOA OFFICIATING INFORMATION SHEETS

- Record results as follows:
 - O indicates athlete cleared bar;
 - X indicates athlete did not clear the bar;
 - = indicates athlete passed

OFFICIAL RESULTS INTERIOS FIELD EVENT: HI MEN HJ. Classification mon/women event qualifying/final P-B-2 (Vertical Jumps)					N NATIVE 14 OPEN 14 NATIVE 14 NATIVE	the series		
nmpelma s Number	Name & Atfillation	1.20 1.25 1.30 1.35 1.40			Final Height	1901	141	Fina
	JOHN SMITH	0 x0 xx 00 xxx			1.35	1	3	2
	DON BROWN.	XO O XO XXX			1.30	1		3
-	NOUG JONES	XX0XXX			1.20			5
	RON SLATER.	XX000 X0 XXX			1.30	2		4
	JEFF Ross.		O- INDICATES ATHLETE CLE BAR	ARED	1.35	1	2	1
			X - INDICATES ATHLETE DID I CLEAR BAK	NOT				-
		the tie occurred shall be av 2) If the tie still exists, th throughout the competition shall be awarded the highe	the resolved as follows: west number of jumps at the warded the higher placing. the athlete with the lowest num, and the the including the he replacing. mp off is required to determine	height tha nber of fail	lures ared,			

- Observe that the plane was not broken and contact not made with the pit/surface on an aborted attempt to jump.
- Observe that the jump is legal. (e.g. uses one foot for take off: two foot take off is illegal).



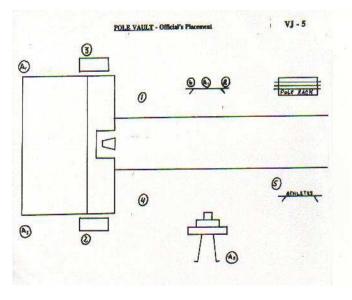
- Conduct a proper jump off if a tie for first place requires a tie breaker.
- Record is being challenged then: 1) notify Field Referee 2) measure the height of the bar before attempt and after a successful jump with a metal/steel tape in the presence of the referee.
- End of the event; chief official does placements of athletes 1st, 2nd, 3rd, 4th, etc. and sign sheets.
- Results to Results Area then take down and clear up of the competition site.





nvtech.com Pole Vault

- Inspect competition site 1 1/2 hours before the start time of the event. Minimum allotted warm up time is 1 hour. After set up of competition area, a change in wind direction is not an acceptable reason to change set up. Site set up is done 1 1/2 to 2 hours prior to the scheduled start time of the event.
- Confirm that the jump stands are in usable working order. Confirm the base of each up right is correctly positional. The zero mark is an extension of the back top edge of the pole vault box and is referred to as the zero line(this is a mark which needs to be extended on either side of the up right). The zero line and its extension is to be marked



with paint or tape.

- 2 and 3 Operate stands, replacing bar and help catch pole.
- 1 and 4 Catch pole and watches for infractions at pit
- 5 Controls athletes and back up record
- R Referee
- A1 Backup Official
- A2 indicator board

A3 and A4 - ensure matts and landing area are safe for the athletes

Chief - records and judges for faults (bar, grip) Note: the key positions are chief, call-up official, a pole catcher, and 2 volunteers to adjust the standards and replace the bar

CHIEF DUTIES

- Checks athletes in (name and proper competitor number)
- Determine tentative starting height and set depth for each competitor
- Check if athlete pole(s) are legally taped
- Set increments levels (usually 5 cm) and starting height for the event.
- Give instructions to the athletes on rules of the competition:
 - o do not leave competition site without chief official's permission.
 - o identify the coaching area of coaches and coaching rules
 - number of practice jumps
 - o starting height
 - o increments
 - breaking the plane
 - o time allotments and flags
 - o proper take off
 - jumping order and call up procedures (eg: Jumping name of athlete and number; On deck name of athlete and number)

The Event

- Measure height of bar with periscope or measuring rod
- Observe vault to make sure jump was legal
- Beware of allotted time for athlete to make an attempt
- Compete in correct order as listed on event sheet
- Record results as follow:
 - O indicates athlete cleared bar (successful attempt)



X - indicates athlete did not clear bar

- = indicates athlete passed
- Conduct a proper jump off if a tie for first place requires a tiebreaker
- Determine when a record is being challenged: 1) Notify Field Referee 2) Measure the height of the bar before attempt and after a successful jump in the presence of the referee.
- End of event: Chief Official does placements of athletes 1st, 2nd, 3rd, 4th. Etc. and sign sheets
- Results to Results area then take down and clean up of the competitors site.

Crossbar end pieces - semi circular cross section, plus hard and smooth

