



# STANDING LONG JUMP RULES

1. **Each participant will be allowed three jumps; jumps are taken consecutively.**

Only the participant's farthest jump will count in the competition. Jumps should be measured to the nearest 1/4 inch.

2. **Participants will be allowed one or two practice jumps prior to the start of competition.**
3. **No part of the participant's foot may cross over the edge of the scratch board/tape prior to the jump attempt.**
4. **At the start of the jump, both feet must be parallel to one another.**

If any part of the foot crosses over the scratch board/tape, or if the participant's feet are not parallel (i.e. they are staggered) at the beginning of the attempt, the jump is a "scratch" – that is, it counts as an attempt, but does not count for distance.

5. **The participant's jump is measured from the front edge of the scratch board/tape to that part of the participant's body that lands closest to the scratch board/tape at the completion of the jump.**

In other words, if a participant falls or steps backwards, the jump will be measured to their hand/foot/whatever is closest to the scratch board/tape. Participants should walk out of the FRONT of the pit area/jumping area to avoid unnecessary penalty.

6. **In case of a tie, the tie will be broken by the next best jump to determine the winner**

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**PLEASE NOTE: Running events take precedence over field events. Any participant called to a running event must first check-in with the official at the current field event. Then, at the completion of the participant's running event, the participant will be allowed to reenter the field event without penalty (i.e. allowed to**

re-enter at the same height, throw, attempt, etc. where the participant left).