

# USATF MASTERS – LONG JUMP INSTRUCTIONS

- 1) **USATF Rules** apply. At GC direction use flights if  $\geq 12$  (R – 180.7, 332.3.a). [# of flights is: \_\_\_]
  - a. GC may allow only 4 attempts, if  $\leq 8$  all get 6 trials, if  $\geq 8$  take best 8 to final (R – 180.4).
- 2) This event is a prelim and a final so all will have **3 ATTEMPTS; FINALISTS WILL HAVE 3 MORE**
- 3) A **FOUL MAY BE CALLED** if the competitor (R – 185.4):
  - a. touches on or over the foul line or it's extension (R – 185.4.a-c). Breaks the plane of the take-off line.
  - b. performs any sort of somersault (R – 185.4.f). Take-off should be from a board, must be from take-off.
  - c. when landing, touches outside the pit nearer to the board than the nearest mark in the sand (R – 185.4.d).
  - d. leaves the landing area improperly (R – 185.4.e).
  - e. exceeds the time limit (R – 180.8.d.ii).
- 4) A competitor has **1 MINUTE** to initiate an attempt after being called (R – 180.8.d.ii).
  - a. **3 or fewer competitors remain**      **1.0 minutes, 1.0 minutes for combined events**
  - b. **1 competitor remains**              **1.0 minutes, 1.0 minutes for combined events**
  - c. **Consecutive Trials**                  **2.0 minutes, 2.0 minutes for combined events**
- 5) There will be a **YELLOW FLAG** with 15 seconds remaining. When the flag is dropped time has expired – [continue your approach] (R – 180.8.d.iv).
- 6) The call order will be **UP, ON DECK, ON HOLD; THEN YOU WILL BE CALLED “UP” AGAIN AND YOUR TIME WILL START.**

## PLEASE PAY ATTENTION & RESPOND APPROPRIATELY TO COORDINATOR CALLS

- 7) Attempts must be taken in order, however, Referee or Chief Field Judge may allow *an attempt* out of order (R – 180.8.c). *Missed or passed attempts* may not be made up. If missing an attempt, a **PASS** is given when time expires. A trial is charged if you attempt to **PASS** after being called “UP” (R – 180.8.d.vi).
- 8) After event starts **DO NOT USE RUNWAY UNLESS YOU ARE ON THE CLOCK.** (R – 180.13.c)
- 9) Competitors must **STAY IN THE COMPETITION AREA**; you may not cross the track unless you sign out with the coordinator (R – 144.5).
- 10) **NO ELECTRONICS** are allowed (R – 144.3.h, 159).
- 11) **MATERIAL approved by the GC or else tape** is allowed for marks adjacent to the runway; 1 or 2 markers (R – 180.19).
- 12) There will be **POST-EVENT DRUG TESTING** so if you win do not leave unescorted. I have the medals for x through x place.
- 13) If you are **BEING SKIPPED IN ERROR** please tell the coordinator immediately.
- 14) The **JUMPING ORDER** is: **GOOD LUCK TO ALL**