

## **HORIZONTAL JUMPS - NCAA INSTRUCTIONS TO ATHLETES & RULES**

(Rules 4-3, 6-1, 6-2, 6-4, 6-7, 7-1)

*(Tailor these instructions to the competition)*

1. Uniforms - You must wear an official team uniform at all times, and a competition number. (4-3.1/4)
2. Assistance - No electronic audio or video devices of any kind (phones, radios, computers, iPods, etc.) in the event area. Jumpers may be assisted or coached in the competition area only by another teammate in the event (if 5 or fewer teams & meet mgmt permits, coaches OK if not during an attempt). (4-3.11, 6-1.8)
3. Time Limits - Your time limit is one minute to initiate the attempt; the clock starts when you're called "Up"//when I remove the cone; there will//will not be a timing device to display your time. A yellow flag will be raised for a warning 15 seconds before the end of your time and lowered at the expiration of time (6-1.3/5)
4. Fouls - You have a foul if: (6-1.2, 6-7.3)
  - a. You fail to initiate the attempt within one minute
  - b. The takeoff foot extends beyond the foul line, or you run beyond the foul line extended to the sides
  - c. You make **first** contact with the ground outside the landing area closer to the takeoff line than the nearest break made in the sand upon landing
  - d. During landing you touch the ground outside the landing area nearer to the takeoff than the nearest break in the sand made by the jump
  - e. After jumping and before leaving the landing area, you walk back thru the landing area
5. Flights - We'll run one//two flights (max flight size: 16). We'll take 8//9 to the finals. In the prelims, each athlete takes 3 jumps; finals will be 3 jumps in reverse order of performance in the prelims. (6-2.3,6-4.2)
6. Warm-ups - \_\_\_ minutes for general warm-ups, then \_\_\_ for the first flight and before each following flight (max 15 min.), and \_\_\_ before the finals. No warm-ups on runway after comp begins, (6-1.11)
7. You may//may not cross the track during warm-ups, but not during the competition; you may//may not leave the area before the end of the event; escorts are//are not required.
8. Anyone competing in another event? If so, see me 3-4 min. before you leave & upon return. Take jumps out of order in the prelims. If you don't tell me you're leaving, or during the finals if you're not present for an attempt, then it's a pass. (6-1.6)
8. Calls - The calls will be "Up", "On Deck", and "On Hold". The order of jumping will be: \_\_\_\_\_ (read from event sheet).
9. Please direct any questions only to the Flight Coordinator or to me. Any questions now? Introductions ... Good luck gentlemen/ladies!! Competition will begin in \_\_\_ minutes.

### Additional Information

- Runway markers – max of 2 marks adjacent to the runway, not on it. No shoes or chalk, max 7x15 cm (6-1.9)
- No somersaulting technique (6.7.3)
- Resolving ties: ties are resolved by the second-best performance of the tying jumpers; if still tied, then by third-best performance, and so forth (7-1.5)
- A foot pattern may be used to indicate the takeoff mark – in warm-ups only. (6-1-9)