

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

(Rules 143, 144, 159, 180, 185, 200)

*(Tailor these instructions to the competition)*

1. **Competition bibs** (names and/or numbers) must be worn - either one or two, as issued. (143.4/5)
2. **Assistance** - You may not be assisted or coached in the competition area during the event, and may not leave the competition area or cross the track to speak with a coach. Audio, video, or communication devices of any type are not permitted in the competition area (144.3/5, 159). Escorts are//are not required to leave the area for any reason; you may//may not leave the area before the end of the event.
3. **Runway Markers** - 1 or 2 meet approved markers may be placed adjacent to the runway, not on it (chalk is not OK). (180.19)
4. **Time Limits** - one minute (2 min. for consecutive trials); the clock starts when you're called "Up"//when I remove the cone//when I step off the runway; 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 & lowered at the expiration of time (180.8d)
5. **Calls** - The calls will be "Up", "On Deck", and "On Hold."
6. **Fouls** - You have a foul if: (180.d, 185.4)
  - a. An attempt is not initiated within the one/two minute limit
  - b. Any part of the body touches the ground on the runway immediately beyond the takeoff line as shown by a mark in the plasticine; or touches the ground between the plasticine or takeoff line extended, and the landing area; or if there is no plasticine, you break the plane of the takeoff line with your foot
  - c. Takeoff is to either side of the takeoff board, whether behind or beyond the takeoff line extended
  - 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. When leaving the landing area, you make first contact with the foot with the pit border or the ground outside the pit closer to the takeoff line than the nearest break made in the sand
7. **Flights** - We'll run one//two flights. If no prelims, each jumper takes 4//6 jumps; if prelims - each takes 3 jumps with 8//9 to the finals. Finals will be 3 jumps in reverse order of performance in the prelims. Use 1 flight if 15 or fewer jumpers. Combined events: three trials only. (180.4/7, 200.3)
8. **Warm-ups** - \_\_\_ minutes for general warm-ups, then \_\_\_ for the first flight and before each following flight, and \_\_\_ before the finals. No warm-ups on the runway once the competition begins (180.6/.13)
9. **Anyone competing in another event?** If so, let me know several minutes before departing – we can get you a jump out of normal order for the round in the prelim rounds (not in finals); if not present for subsequent attempts, it will be deemed to be a pass (180.8)
10. **Order of jumping** - the order will be: \_\_\_\_\_ (read from event sheet).
11. **Any questions?** – direct all questions to the Flight Coordinator. Introductions will be ... Good luck gentlemen/ladies!! Competition will begin in \_\_\_ minutes.

### Additional Information

- For a foul, raise a red flag as the competitor enters the sand; for a fair attempt, raise a white flag after the competitor first steps out of the pit. Marks are preserved for all attempts until the competitor passes the takeoff board upon return.
- No somersaulting technique (185.4)
- 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 (180.14)