



Study Guide 9 – Horizontal Jumps – General Rules

Study Guide 9 – Horizontal Jumps General Rules - Program Learning/Performance Objectives

Junior Official Program Study Guides

The purpose of the Study Guides in this program are to help you acquire the knowledge needed to be able to understand and create a brief statement of the information that you will need for course completion and future knowledge. You might think of this Study Guide as a mini-outline to the different official positions that are contained in Track and Field competitions. Consider this Study Guide as a condensed version of all of the important information that you will need to complete the Junior Officials Program successfully.

Each Officials duties, skills and behaviors are contained in the 18 Different Study Guides offered in this program. These Study Guides are a combination of

- Adopted USATF 2020 USATF Competition Rules.
- Best Practices (those skills that describe “what works best” in a particular situation or environment). These Study Guides are data supported successes and researched supported over time, as offered by Track & Field officials in the quest for accountability for reliable methods.
- USATF Code of Ethics
- USATF Professional Guidelines

Procedures

Once you have the Study Guide in front of you, do more than just read it. Take the time to look at the material to understand what you will be asked to do. Start by reading the description to formulate a big-picture idea of what your Mentors assessment will look like. Then, review the list of concepts.

Quizzing yourself is a highly effective study technique. Make a copy of the Mentors Checklist and carry it with you to the meets so you can review the questions and answers periodically throughout the day and across several days/meets. Identify the questions that you don't know and quiz yourself on only those questions. Say your answers aloud.

The important skills needed in this Guide correspond to the Learning and Performance Objective numbers that begin with the abbreviation **HJGR (Horizontal Jumps General Rules) (HJGR1-7)**.

Ask questions of your Mentors, they are there to answer your questions and guide you to learning and performing as a USATF official.

Good Luck to you on your journey to become a USATF Certified Official!



Study Guide 9 – Horizontal Jumps – General Rules

USATF RULE 184 (HJGR-1)

HORIZONTAL JUMPS - GENERAL RULES

TAKE-OFF BOARD (HJGR2)

1. The jump or take-off should be from a board.

NOTE 1: For Youth Athletics specifications see Rule 302.5(d). **NOTE 2:** For Masters exception see Rule 332.3(h)

2. The take-off shall be marked by a board sunk level with the runway of the landing area. The edge of the board which is nearer to the landing area shall be the take-off line. Immediately beyond the take-off line there shall be placed a plasticine indicator board for the assistance of the Judges.
3. **Construction (HJGR3)** - The take-off board shall be rectangular, made of wood or other suitable rigid material in which the spikes of an athlete's shoe will grip and not skid and shall measure 1.22m \pm 0.01m long, 20cm (\pm 2mm) wide and not more than 10cm deep. It shall be white.
4. **Plasticine Indicator Board (HJGR4)** - This shall consist of a rigid board, 10cm (\pm 2mm) wide and 1.22m \pm 0.01m long made of wood or any other suitable material and shall be a contrasting color to the take-off board. The board shall be mounted in a recess or shelf in the runway, on the side of the take-off board nearer the landing area. The surface shall rise from the level of the take-off board to a height of 7mm (\pm 1mm). The edges shall either slant at an angle of 45 degrees with the edge nearer to the runway covered with a plasticine layer along its length 1mm thick or shall be cut away such that the recess, when filled with plasticine shall slant at an angle of 45 degrees. Where possible, the plasticine should be of a third contrasting color. The upper part of the indicator board shall also be covered by a plasticine layer for approximately the first 10mm along its entire length. See Figures 6a and 6b. When mounted in this recess, the whole assembly shall be sufficiently rigid to accept the full force of the athlete's foot. The surface of the board beneath the plasticine shall be of a material in which the spikes of an athlete's shoe will grip and not skid. The layer of plasticine shall be smoothed off by means of a roller or suitably shaped scraper for the purposes of removing the footprints of the competitors. **NOTE 1:** When weather conditions dictate, particularly in very hot or wet weather, the plasticine boards should be protected from the elements before they are installed. **NOTE 2:** It is helpful to have spare plasticine boards available so that competition is not delayed.

LANDING AREA (HJGR5)



Study Guide 9 – Horizontal Jumps – General Rules

5. The landing area shall have a minimum width of 2.75m and a maximum width of 3m. It shall, if possible, be so placed that the middle of the runway, if extended, would coincide with the middle of the landing area.

NOTE: *When the axis of the runway is not in line with the center line of the landing area, a tape, or if necessary, two tapes, should be placed along the landing area so that the above is achieved.*

6. The landing area, to a minimum depth of 30cm, should be filled with soft damp sand, the top surface of which shall be level with the take-off board.

DISTANCE MEASUREMENTS

7. **The measurement of each jump (HJGR6)** shall be made immediately after the trial. The measurement of the jumps shall be made at right angles from the take-off line, or the take-off line extended, to the nearest break in the landing area made by any part of the body of the competitor or anything while attached to the body at the time it made a mark. The measurement mark in the landing area, for each attempt, shall be preserved until removal is authorized by the Chief Judge for the event.

NOTE: *In order to insure correct measurement of any jump, it is essential that the surface of the sand in the landing area should be accurately controlled so as to be level with the top of the take-off board. For measurements, see Rule 148.3(b).*

8. **Wind Measurement (HJGR7)** - See Rules 163.10 through 163.14 for wind gauge placement, operation and reading requirements.

RESOURCES

Best Practices:

- Event Preparations - Horizontal Jumps, March 2020
- Flight Coordinator Activities, March 2020
- Head Official Protocols - Horizontals, Jan 2017
- High School Long & Triple Jump Rules – Jan. 2020
- High School field Event General Rules – Jan. 2020
- Instructions to Athletes & Rules - Horizontals - NCAA, March 2020
- Instructions to Athletes & Rules - Horizontals - USATF, March 2020
- Pass/Check Number Sign, Feb 2016
- Plasticine Prep & Repair - Horizontals, Oct 2013
- Resolving Ties - Throws & Horizontals, Mar 2018
- Rules Comparison – Horizontal Jumps, Jan. 2020



Study Guide 9 – Horizontal Jumps – General Rules

- Time Limits & Absence From Competition, April 2020
- Venue Diagram and Officials Assignments - Horizontals, April 2020
- Wind Gauge Operations, April 2020

Other Resources:

- Clinic Situations - Horizontal Jumps, May 2010
- Determining Finalists from Prelims, Dec. 2016
- Electronic Measurement in the Horizontal Jumps (Training), 2014
- Evaluation Form - Horizontal Jumps, Jan 2013
- Event Recording Sheet - Throws & Horiz. Jumps, Sept 2017
- FieldLynx Quick Start Guides ([Link](#))
- Metric Conversion Table - Horiz & Vert Jumps, Feb 2016

All of the above Resources are available at:

<https://www.flipsnack.com/USATF/horizontal-jumps/full-view.html>

- USAFT Code of Ethics/ Professional Guidelines
[USATF Code of Ethics and Performance Guidelines](#)

Study Guide 9 – Horizontal Jumps – General Rules – Mentor Checklist

Learning/Performance Objectives What the JOP should be able to do or explain...	PO #	Date Completed	Mentor's Initials
USATF RULE 184	HJGR1		
Take-off Board	HJGR2		
Construction	HJGR3		
Plasticine Indicator Board	HJGR4		
Landing Areas	HJGR5		
Measurement of Each Jump	HJGR6		
Wind Measurement	HJGR7		

Horizontal Jump Learning Objectives will be included in Study Guide 10 -Long Jump and Study Guide 11 – Triple Jump Mentor Checklist of Assessment