



PLAN B 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 17 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!



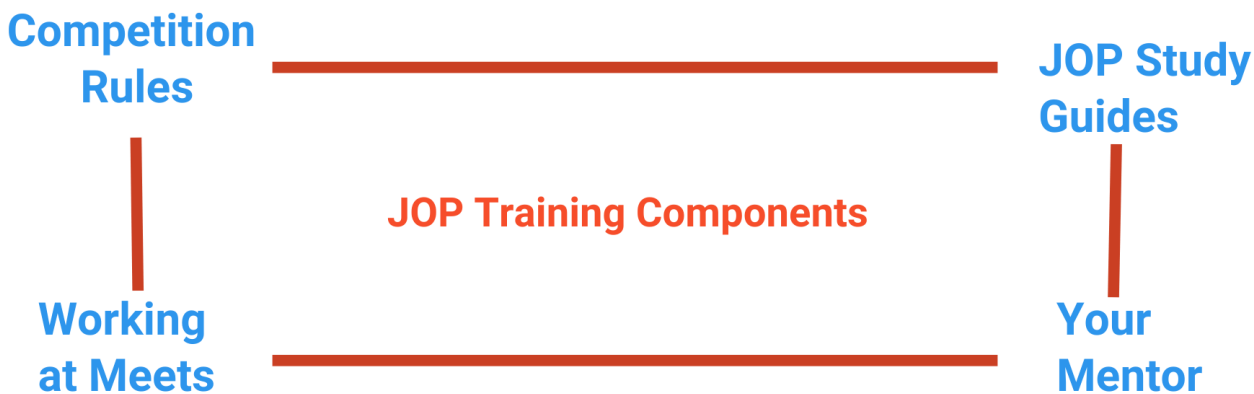
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This is one of 17 Study Guides available to you. Each Guide covers a different track and field event. You are welcome to review all the guides, but the JOP program would like you and your mentor to **select ten (10)** of these Guides to concentrate on as your primary focus while participating in the JOP program. JOP Participants who are in the program for longer than two (2) years will have the opportunity to experience all of the 17 Study Guides. This will help you prepare for the Officials Association Level that the 3-4 year participants can qualify you to become. You will be evaluated by your mentor on your knowledge of your 10 Study Guide events. Also, an Alternative List of Study Guides will be produced for your furthering your knowledge in your officiating experience.

The content of these Study Guides is primarily drawn from these resources:

- USATF Competition Rules
- Best Practices
- USATF Code of Ethics
- USATF Professional Guidelines

These Study Guides, your mentor, the USATF Competition Rules, and experience working track and field meets are the four key components of the Junior Officials Program.



You will need to become very familiar with the following rule(s) as listed in your copy of the 2020 Competition Rule Book or found at: [2020 Competition Rule Book](#)

Important objectives contained in Rule 184 that your Mentor will instruct you on and assess your ability:

- USATF RULE 184 (page 99-100)
- TAKE-OFF BOARD



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- Take Off Board NOTE 1: *For Youth Athletics specifications see Rule 302.5(d). (pages 165-167)*
- Take Off Board NOTE 2: *For Masters exception see Rule 332.3(h) (page 184)*
- Construction -
- Plasticine Indicator Board
- Landing Area
- The measurement of each jump
- Wind Measurement - See Study Guide 17 – Wind Gauge - 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
- 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



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- 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