



# Study Guide 10 – Long Jump

## Study Guide 10 – Long Jump - 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 involved in Track and Field competitions. Consider this Study Guide as a condensed version of all the important information that you will need to complete the Junior Officials Program successfully.

Each Official's 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 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 Performance 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 Mentor's 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 have 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 **LJ (Long Jump)**. Total LO/PO's (**LJ 1-16**). Included in this Study Guide are the **HJGR (High Jump General Rules (HJGR1-7))** Learning/Performance Objectives.

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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## Study Guide Information

### Skills required to advance to Association Level

Event Set-up
Pit Marking
Result Recording
Flight Coordinating
Timing
Wind Gauge Operation
Determining Finals
Counting Phases (Triple Jump Only)
Calling the Board
Determining Fouls
Pit Management
Basic Rule Interpretation
Event Safety
All Apprentice Level Requirements

### USATF RULE 185 LONG JUMP (LJ1)

#### TAKE-OFF BOARD

1. It is recommended that the distance between the take-off board and the end of the landing area shall be at least 10m.
2. The take-off board should be not less than 1m or more than 3m from the landing area.

#### COMPETITION

3. The length of the run is unlimited. Each competitor shall be credited with the best of all his/her jumps.
4. When leaving the landing area, an athlete's first contact by foot with its border or the ground outside shall be further from the take-off line than the nearest break in the sand.

**NOTE:** *This first contact is considered leaving.*

5. It shall be counted as a failure or foul if any competitor:
  1. (a) While taking off, touches the ground (including any part of the plasticine board) beyond the take-off line with any part of his or her body, whether running up without jumping or in the act of jumping; or
  - (b) Takes off from outside either end of the board, whether beyond or before the extension of the take-off line; or
  - (c) Employs any form of somersaulting whilst running up or in the act of jumping; or
  - (d) After taking off, but before first contact with the landing area, touches the runway or the ground outside the runway or outside the landing area; or

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- (e) In the course of landing, touches the border of or the ground outside the landing area closer to the take-off line than the nearest break made in the sand; or
- (f) Leaves the landing area in any manner other than that described in Rule 185.4; or
- (g) If no plasticine or other marker material is being used, breaks the plane of the take-off line with the shoe/foot.

2. A competitor shall not be regarded to have failed if:

- (a) He or she runs outside the white lines marking the runway at any point; or
- (b) Under Rule 185.1(b) a part of his or her shoe / foot is touching the ground outside either end of the take-off board, before the take-off line; or
- (c) If in the course of landing, he or she touches, with any part of his body, or anything attached to it at that moment, the ground outside the landing area, unless such contact contravenes Rule 185.5(d) or (e); or
- (d) He or she walks back through the landing area after having left the landing area in the manner described in Rule 185.4; or
- (e) Except as described in Rule 185.5(b), he takes off before reaching the board.

### USATF OFFICIALS BEST PRACTICES

#### ***HORIZONTAL JUMPS – LONG JUMP/TRIPLE JUMP -- PREPARATIONS***

##### **Personal Equipment Kit (LJ.2)**

Flags – red, white, yellow	Broom	Tape measure (120 ft)
Clipboards	Hammer	Tape – athletic, white duct, & painters
Rulebooks	Wrenches – 5/8" & 1/2"	Gloves
Best Practice rules/instr sheets	Putty knife, small roller	Plastic score sheet rain covers
Pens, pencils, felt marker	Screw drivers - Phillips & flat	Safety pins
Metric/Ft. & inch convrsn sheet	Shims – wood and/or plastic	Yarn/wind indicators
Stopwatch	Marking stick - 3-4'	Sunscreen

##### **Equipment From Meet Management (LJ.3)**

Flags – red, white, yellow	Shovels, broom, rakes	Pennants – 400'
Event sheets	Take-off boards	Athletic tape
Clipboards	Plasticine	Safety pins
Timing display/stopwatch	Wind indicator	PA system
Cloth tapes (30 m, 120 ft)	Wind gauge	Performance board (4 digit)
Steel tape (30 m)	Officials' chairs	Large leveling bar/beam
Orange cones	Athletes' benches	Computer/Fieldlynx device



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1. **Equipment** - Obtain items listed above from meet management.
2. **Determine from meet management (LJ4)** - Who is the Field Referee? Other event officials assigned; volunteers? Which pit(s) will be used? Where to pick up event sheets & who gets results? Require/waive wear of numbers? Number of attempts? Prelims & finals or finals only? If prelims, number to advance; ties? Warm-up times: general? each flight, finals? Bibs/numbers required? Runway markers furnished? Meet records—men & women? Escorts required to leave venue? Keep/release athletes when done? Where is medical staff? Coaches boxes? Awards – when & where? Athlete introductions? Field Lynx operator?
3. **Set up the venue (LJ5)** - safety considerations are paramount
  - a. Inspect the runway and landing area for hazards
  - b. Set up barriers - ropes, pennants, fences, etc. outside the runway and pit, restricting entry.
  - c. Dig & turn the sand to a level of 6 inches; if dry, water it to prevent loose sand falling away from the landing mark; level the sand with rakes/brooms, and leveling bar/beam if available
  - d. Adjust the take-off board – with built-in levelers or shims - to tighten and level the board with the runway surface.
  - e. Create multiple takeoff boards - if necessary and approved by meet management
  - f. Set up performance boards, wind indicators, timing display, and chairs for officials. Set up athletes' benches on the opposite side from the spectator bleachers if possible. Place water near athletes' benches.
  - g. Set up wind gauge – 20m from take-off board, 2m from the runway, and 4 ft above the ground
  - h. Sweep the runway especially near the takeoff board; remove any old tape marks on the runway; place an orange cone on runway until open for warm-ups.
  - i. Tape down tape measure along edge of the runway
  - j. Check tape measure at zero end & attachment to tape stick so that distance is accurate; extend the tape measure, keep it outside the pit
4. **Brief officials (LJ6)** - assign to positions; brief them on duties & rules.
5. **Check-in athletes (LJ7)** - (NCAA-must report before 1<sup>st</sup> competitive jump). Check bibs/numbers, uniforms, & spikes.
6. **Records (LJ8)**- note meet & other records; must use a steel tape or certified electronic measuring device f or records.
7. **Warm-ups (LJ9)**- Determine and announce start and end times; supervise warm-ups at all times.
8. **Inclement weather (LJ10)** - determine if conditions are unsafe; if so suspend competition, notify Field Referee.
9. **Brief athletes (LJ11)** - on the rules and competition procedures (see Instructions & Rules of Competition)



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## Venue Assignments (LJ.12)

**USATF OFFICIALS' BEST PRACTICES**  
**Horizontal Jumps - Venue Set-Up & Assignments**

**Positions** (parentheses = positions if no laser)

- 1 Board Judge / Flags (and tape reader if no 2nd recorder)
- 2 Pit Judge
- 3 Pit Leveler (volunteer)
- 4 Pit Leveler (volunteer)
- 5 Laser Judge (tape puller if no laser)
- 6 1st Recorder
- 7 2nd Recorder / Tape Reader
- 8 Palm Pilot (non-comp. ofcl.)
- 9 Plasticine
- 10 Wind Gauge
- 11 Flight Coordinator / Timer

Schedule						
(Date)	(Date)	(Date)	(Date)	(Date)	(Date)	(Date)
(Day)	(Day)	(Day)	(Day)	(Day)	(Day)	(Day)
(Event)	(Event)	(Event)	(Event)	(Event)	(Event)	(Event)

Post event crew meeting - immediately after each day's competition at:

Crew Times						
Report / Crew Meeting						
Proceed to Venue						
Warm-Ups Begin						
Event Starts						

Assignments (Position #)						
1st Official (Name)						
2nd Official						
3rd Official						
4th Official						
5th Official						
6th Official						
7th Official						
8th Official						

**Priority for assignments:**

If 3 officials - 1/5/6/7, 2, 10/11	If 4 officials - 1/5, 2, 6/7, 10/11	If 5 officials - 1, 2, 5, 6/7, 10/11
If 6 officials - 1, 2, 5, 6/7, 10, 11	If 7 officials - 1, 2, 5, 6, 7, 10, 11	If 8 officials - 1, 2, 5, 6, 7, 9, 10, 11



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## USATF OFFICIALS BEST PRACTICES

### RESOLVING TIES – THROWS & HORIZONTALS (LJ13)

If there are no ties, scoring field events is fairly straight forward – the athlete with the longest/highest jump or throw is the winner; the next best height or distance is second; and so on.

In the event of ties, there are different procedures for throws and horizontal jumps vs. vertical jumps.

### Throws and Horizontal Jumps – Resolving Ties

- If two or more athletes' best distances are identical, then compare the second best distance of the tied athletes and the athlete with the greatest second best distance is awarded the higher place; if still tied after this, then compare the third best distance of the tied athletes and the athlete with the greatest third best distance is awarded the higher place; and so on.
- On the sample sheet below, each athlete's best throw is circled in blue. Davis clearly has the best throw in the competition and is awarded 1<sup>st</sup> place. The next best distance is 20.85 meters by both Frawley and Huff, so you then compare their second-best throws, and since Huff's 20.60 is = better than Frawley's 20.32, Huff is awarded 2<sup>nd</sup> place and Frawley 3<sup>rd</sup> place.

#	Name	1st Att.	2nd Att.	3rd Att.	4th Att.	5th Att.	6th Att.	BEST DIST.	PLACE
Bib #	Affiliation								
1	Jack Adams	18.19	X	19.05	19.17	X	18.91	19.17	4
2	James Burroughs	17.50	X	X	-	-	-	17.50	6
3	Bill Campbell	18.64	X	X	X	18.62	18.87	18.87	5
4	Rod Davis	19.98	X	20.93	21.13	20.97	X	21.13	1
5	Nick Edwards	16.46	16.66	17.17	-	-	-	17.17	8
6	Adam Frawley	20.32	19.95	X	X	20.85	X	20.85	3
7	Brent Grant	17.17	17.20	17.43	X	X	17.06	17.43	7
8	Charlie Huff	X	19.12	19.04	20.85	20.60	X	20.85	2



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## USATF OFFICIALS BEST PRACTICES

### TIME LIMITS - FIELD EVENTS (minutes) (L14)

Event	Rules	Event Type	Athletes remaining at start of a height/round <sup>1</sup>				An Athlete's 1st Attempt in the Competition	Notes
			4 or More	2 or 3	1	Consecutive		
High Jump	USATF	Individual	1	1.5	3	2	1	<b>1.</b> Athletes remaining in competition include those who could be involved in a 1st place jump-off * "1 remaining" applies only if the athlete has <u>won</u> the competition ** 1st attempt at new bar height is <u>not</u> "consecutive" # Add one minute if athlete has won the competition <i>and</i> is attempting a World record or record relevant to the competition NA -- Not Addressed . . . . . . Athletes may not pass after their time period has started -- USATF, NFHS.
		Combined	1	2	2	2	1	
		Youth	1	2	3	2	1	
	NCAA	Individual	0.5	1.5	3 *	2 **	0.5	
		Combined	0.5	1.5	2	2	0.5	
NFHS	All	1	3	5 *	2	NA		
Pole Vault	USATF	Individual	1	3	5 #	3	1	
		Combined	1	2	3	3	1	
	NCAA	Individual	1	2	5 *	3 **	1	
		Combined	1	2	3	3	1	
	NFHS	All	1	3	5 *	3	NA	
Throws & Horizontals	USATF	Indiv & Comb	1	1	1	2	0.5	
		Youth	1	1	-	2	1	
	NCAA	All	0.5	1	1	2	0.5	
	NFHS		1	1	1	2	NA	

### ABSENCE FROM COMPETITION - FIELD EVENTS (LJ15)

If an athlete has been excused	And the event is	And the rules are	And you're conducting	Then the head official shall
No	Any	USATF & NFHS	Prelims or Finals	Call athlete "Up" in order, allow time to expire, record a "Pass"(180.10c; 6.2.2/3)
		NCAA		Call athlete "Up" in order, allow time to expire, record a failure or miss (6.1.6)
Yes	Vertical Jumps	USATF & NCAA		Allow attempts out of order or in succession. If not present for a trial before the bar is raised, call the athlete "Up" in order, allow time to expire, & record a "Pass". Competition continues in the excused athlete's absence, and they shall compete at the existing height upon their return, being allowed the number of attempts they had remaining when excused. Youth: same as above plus Games Committee sets time limits for excused athletes. (180.10.a/c & 302.5; 6.1.6.b)
		NFHS		Allow attempts out of order, including in succession. Excuse the athlete for the time limit set by the Games Committee; do not call the athlete "Up" while excused. If the authorized absence time has expired, record a "Pass" for remaining attempts; then raise the bar or close and score the event. (6.2.3b)
	Throws or Horizontal Jumps	USATF	Open & Masters	Prelims or Finals
Youth			Allow attempts out of order/in succession before excusal or after return. Athlete must return before conclusion of all other prelim. attempts if excused during prelims, or before conclusion of all other final attempts if excused during finals; if not, trials are forfeited and the prelims or finals are closed. (302.5.o)	
		NCAA	Prelims	Allow attempts out of order or in succession within the designated flight (reassignment to another flight is not allowed). If not present for a trial after all others are complete, call the athlete "up", allow time to expire, record a "Pass" for remaining attempts, & close prelims for that flight or for the event (6.1.6.a)



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			Finals	Call the athlete "up" in order, allow time to expire, and record a "Pass." There are no excusals during finals; athletes leave the venue at their own risk. (6.1.6.a)			
		NFHS	Prelims or Finals	Allow attempts out of order, including in succession. Excuse the athlete for the authorized time limit set by the Games Committee. If the absence time has expired, call the athlete "up", allow time to expire, and record a "Pass" for remaining attempts; then close the prelims and set up the finals, or close the finals and score the event. (6.2.5/9/10/11 & 7.2.12/13/14)			
If an athlete does not report prior to the 1st athlete's attempt in the competition	Any Open Field Event	USATF	Prelims or Finals	Allow the athlete to compete, but with no warm-ups at the venue. May take remaining trials, but not trials missed. May not compete in throws or horiz. jumps if arrival is after completion of prelims. In vertical jumps may take trials at the height of the bar at the time of arrival. (180.10.a,b)			
		NCAA, NFHS		Not allow the athlete to compete (NCAA 6.2.2; NFHS 4.1.3)			
	Combined Events	All		See info directly above. Call athlete up, allow time to expire & record a Pass. After 3 consecutive passes - athlete has abandoned competition & may not compete in any following events; notify Referee (200.8; 4.2.2c )			

USATF Officials Best Practices, Time Limits & Absence, Nov18 (Credit: B. Boyd, R. Schornstein)







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### **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
- 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 10 – Long Jump

### REMINDER MAP Common Learning/Performance Objectives (PO's) for all Junior Official Participants

Mentors will be concentrating on the areas in gray to determine your Checklist and Field of Play Evaluation at the end of your individual time-line in the program.

Code of Ethics/ Performance Objectives (PO's)	PO #	Assessment Evaluation Criteria (P.O.'s)	PO #
Be fair, consistent, and impartial to ensure equitable treatment for all competitors.	PO1	Arrives on time for meetings and events.	AEC1
Have a thorough knowledge of the rules and procedures for the particular event or position assigned and review them prior to a competition.	PO2	Properly wears officials' uniform; presents a professional appearance.	AEC2
Cooperate with fellow officials to conduct competition in a safe and professional manner. Be courteous and avoid confrontations or making derogatory comments to athletes, coaches, spectators, or other officials.	PO3	Knows and applies rules correctly and consistently.	AEC3
Demonstrate respect and courtesy for other officials. Avoid interfering with duties assigned to other officials or publicly questioning the performance of other officials. Assist in correctly applying rules and support final decisions rendered by chief officials. Provide and accept performance feedback in a positive manner.	PO4	Treats all personnel with respect and professionalism	AEC4
Honor all assignments and agreements made for performance of officiating and support duties.	PO5	Communicates effectively with competitors.	AEC5
Not discriminate against any individual or group on the basis of race, color, religion, gender, national origin, age, or other protected characteristic.	PO6	Stays alert to the competition, potential problems, and the athletes.	AEC6
Not engage in harassment by making unwelcome advances, remarks, or display of materials where such would create an intimidating, hostile, or offensive environment.	PO7	Works well with other officials for success of the crew.	AEC7
Not fraternize with athletes or coaches, provide tips or comments which could be construed as coaching for any athlete, nor cheer for or provide encouragement to particular athletes or teams during a competition.	PO8	Willing to pitch in and help wherever needed or directed.	AEC8
Not use tobacco products while in the field of competition, nor consume alcoholic products before or during a competition.	PO9	Has applicable rule books and necessary personal equipment.	AEC9
Not seek recognition or attention during a competition.	PO10	Correctly and efficiently prepares the venue; maintains safety	AEC10
Conduct an honest self-evaluation after each competition, to identify errors made and areas for improvement; and be receptive to suggestions for conducting events in the best possible manner in the future.	PO11	Conducts complete, accurate briefings for athletes.	AEC11



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Comply with the USA Track & Field Officials Code of Ethics	<b>PO12</b>	Effectively manages volunteers	<b>AEC12</b>
Be punctual in reporting for assigned officiating duties, including allowing adequate time for venue inspection and set-up prior to the warm-up period and competition.	<b>PO13</b>	Completes event forms properly and neatly	<b>AEC13</b>
Possess the appropriate rule book(s) for the competition.	<b>PO14</b>	Demonstrates good decision-making and problem-solving skills.	<b>AEC14</b>
Possess and maintain appropriate uniform items and wear the national uniform or other dress prescribed by meet management, and be prepared to continue duties in all types of weather.	<b>PO15</b>	Accepts & responds to feedback, contributes to post-event review	<b>AEC15</b>
Inspect assigned venues to ensure the safety of athletes, officials, and spectators. Correct or report apparent or suspected dangers to meet management before beginning a competition.	<b>PO16</b>		
Be calm, positive, and polite. Refrain from dialog with athletes and coaches regarding disputed calls or decisions, and instead refer them to the referee, protest table, or games committee for resolution. Report abusive behavior toward officials to meet management.	<b>PO17</b>		
Not use any electronic or photographic devices, including cell phones, while officiating.	<b>PO18</b>		
Assist in submitting competition results, cleaning the event area, and returning equipment. Before departing the site, determine if any other venues need officiating assistance.	<b>PO19</b>		
Attend periodic training sessions or clinics to maintain or update officiating skills. Assist, as appropriate, in developing and presenting training materials.	<b>PO20</b>		
Keep physically fit, and advise their association or coordinator of officials of physical limitations on their ability to perform any assigned duty.	<b>PO21</b>		
Mentor less experienced officials by sharing information and techniques, demonstrating use of equipment, identifying potential problems or issues and recommending solutions, and encouraging questions.	<b>PO22</b>		
Assist in recruiting new officials.	<b>PO23</b>		
Consider active involvement with the officials' committees of the local association and USATF.	<b>PO24</b>		
Make recommendations for rules changes as appropriate.	<b>PO25</b>		



# Study Guide 10 – Long Jump

## Study Guide 10 – Long Jump Program– Learning Performance Objectives – Mentor Checklist

*Evaluate applicable areas, based on assignment(s) for this meet/some areas will be Non-Applicable (NA)*

**INSTRUCTIONS:** All items on this Checklist must be completed during the timeline of the program. Some participants are in the program from one-to-four years. All items/objectives should be checked when the item is successfully completed. Not all items will be completed at any particular meet but over a series of meets. Enter the date of the completed PO/LO, your initials for verification, and any comments that you may have. Make three (3) copies when the form is completed. Keep one (1) copy for yourself. Distribute one (1) to the participant. Send one (1) to your Certification chairperson or to your Junior Officials Program coordinator as per your specific Association designee. All Objectives must be met before submission. Note: Some of the items on the checklist maybe “Not Applicable (NA) but those items are very limited. Ex. A 14 year-old JOP Participant will not be a Starter at a meet or assigning other officials to duties to be assigned. These type criteria will be marked NA. NA’s should be used sparingly.

Learning/Performance Objectives What should the JOP be able to explain or do?	PO# - Study Guide	Date Completed	Mentor Initials
USATF RULE 180	HJGR1 – SG-9		
USATF RULE 184	HJGR2– SG-9		
USATF RULE 185	HJGR3– SG-9		
USATF RULE 148	HJGR4– SG-9		
Take-off Board	HJGR5– SG-9		
Construction	HJGR6– SG-9		
Plasticine Indicator Board	HJGR7– SG-9		
Landing Areas	HJGR8– SG-9		
Measurement of Each Jump	HJGR9– SG-9		
Wind Measurement	HJGR10– SG-9		
Personal Equipment Kit	L1		
Equipment from Meet Management	LJ2		
Determine from Meet Management - Questions	LJ3		
Set up the venue	LJ4		
Brief officials	LJ5		
Check-in Athletes	LJ6		
Records	LJ7		
Warm-ups	LJ8		
Inclement Weather	LJ9		
Brief Athletes	LJ10		
Venue Assignments	LJ11		
Resolving Ties	LJ12		
Time Limits	LJ13		
Absence from Competition	LJ14		
Horizontal Event Recording Sheet	LJ15		

**Comments:**

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## Study Guide 10 - Horizontal Jumps Officials Field of Play Evaluation Form

Participant Name \_\_\_\_\_ Mentor \_\_\_\_\_

**MENTORS** – All items on this Checklist must be completed during the timeline of the program. Some participants are in the program from one-to-four years. All items/objectives should be checked when the item is successfully completed. Not all items will be completed at any particular meet but over a series of meets. Checkoff the rating that you give to the JOP Participant, enter the date of completion and enter your initials as a verification that the objective was completed. If you have assigned a rating of Fair\* - Please add your rationale to the \*Area for Improvement space. *Please submit a copy of this Field of Play Evaluation/Assessment final form with the completion dates and your Mentor signature, to the Association Certification Chairperson or JOP Designee in your Association.* Please make 3 copies -One (1) for your records, one (1)for the Association Chair/JOP Designee, and one (1) to give to the JOP Participant for their records. Hardcopies or electronic copies are acceptable. All Objectives must be met before submission.

Code of Ethics/Professional /Learning/Performance Objectives	PO#	Fair* (check)	Good (check)	Excellent (check)	Date Completed	Mentor Initials
<b>1. Arrives on time for meetings and events.</b>	AEC1					
<i>*Area for Improvement (Fair or below):</i>						
<b>2. Properly wears officials' uniform: presents a professional appearance.</b>	AEC2	Fair*	Good	Excellent		
<i>*Area for Improvement (Fair or below):</i>						
<b>3. Knows and applies rules correctly and consistently.</b>	AEC3	Fair*	Good	Excellent		
<i>*Area for Improvement (Fair or below):</i>						
<b>4. Treats all personnel with respect and professionalism.</b>	AEC4	Fair*	Good	Excellent		
<i>*Area for Improvement (Fair or below):</i>						
<b>5. Communicates effectively with competitors.</b>	AEC5	Fair*	Good	Excellent		
<i>*Area for Improvement (Fair or below):</i>						
<b>6. Stays alert to the competition, potential problems, and the athletes.</b>	AEC6	Fair*	Good	Excellent		
<i>*Area for Improvement (Fair or below):</i>						



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7. Works well with other officials for success of the crew.	AEC7	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
8. Willing to pitch-in and help wherever needed or directed.	AEC8	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
9. Has applicable rulebooks and necessary personal equipment.	AEC9	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
10. Correctly and efficiently prepares the venue and maintains a high level of safety.	AEC10	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
11. Conducts complete, accurate briefings for athletes.	AEC11	Fair*	Good	Excellent	NA	NA
*Area for Improvement (Fair or below):						
12. Effectively works with volunteers.	AEC12	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
14. Completes event forms properly and neatly.	AEC13	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
15. Demonstrates good decision-making and problem-solving skills.	AEC14	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
15. Accepts and responds to feedback in an appropriate manner.	AEC15	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
17. Not discriminate against any individual or group on the basis of race, color, religion, gender, national origin, age, athletic ability or other protected characteristic.	PO6	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						



## Study Guide 10 – Long Jump

18. Not engage in harassment by making unwelcome advances, remarks, or display of materials where such would create an intimidating, hostile, or offensive environment.	PO7	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
19. Not use tobacco products while in the field of competition, nor consume alcoholic products before or during a competition.	PO9	Fair*	Good	Excellent		
Area for Improvement (Fair or below):						
20. Be calm, positive, and polite. Refrain from dialog with athletes and coaches regarding disputed calls or decisions, and instead refer them to the referee, protest table, or games committee for resolution. Report abusive behavior toward officials to meet management.	PO17	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
21. Not use any electronic or photographic devices, including cell phones, while officiating.	PO18	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
22. Keep physically fit, and advise their association or coordinator of officials of physical limitations on their ability to perform any assigned duty.	PO19	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
23. Presentation of JOP Log of meet experiences containing the number of Hours based on age group.	Program Requirement	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
24. Presentation of Journal or "Briefcase of acquired materials indicating the participants knowledge of growth over the length of the program.	Program Requirement	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						

Comments: \_\_\_\_\_  
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