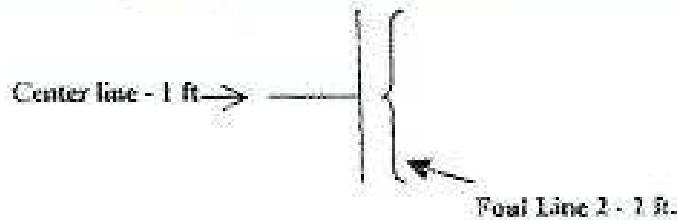
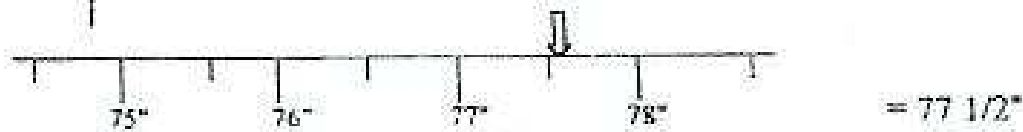


BASIC RULES FOR STANDING JUMP

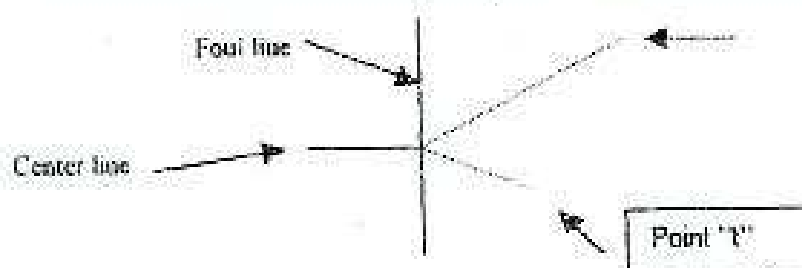
- Jumping events may begin during relays for children not in relays). At least one adult from two different schools must be present. One school will be assigned to officiate.
- 2-foot long straight line on as flat an area as possible with a center hash line 1 foot long



- Jumpers feet must start on each side of center line and not touch foul line.
- Each child is allowed 1 practice jump before the start of recorded jumps. Then the child will go to the end of the line and perform the recorded jumps in rotation.
- NOTE: Athletes **MAY** perform all 3 jumps in succession with approval of official.
- Measurement is done in feet and inches and done to **BACK** to the nearest 1/2 inch.



- Measurement is form the front of the "T" point to the rear heel of the foot closest to the line jumped from. If a child steps backward or falls backward, measurement is taken from the hand or heel closest to the jump line, not where he/she landed.



- Chalk marks or fingers should NOT be used to measure. A sharp pencil point or similar pointed object should be used.
- Athlete's toe may not touch or go over the line before or during a jump. If it does, it is a fault.
- If the athlete does not "stick" on the landing, measurement is taken from the "T" point to where the heel closest to the line first landed (done by eye).
- Distances jumped should not be divulged until the end of the competition.
- No contestants other than the jumpers are to be allowed on the paved semi-circle.
- No adults other than those officiating or recording should be on the paved semi-circle during competition.
- Once the event has begun, if a jumper returns from a relay and his/her name has already been passed on the roster, place the jumper at the end of the line. They may then take a practice jump and their first jump, then be placed back in their original position on the roster.