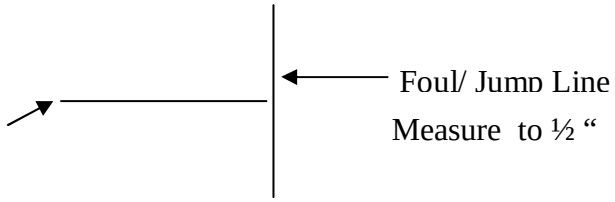
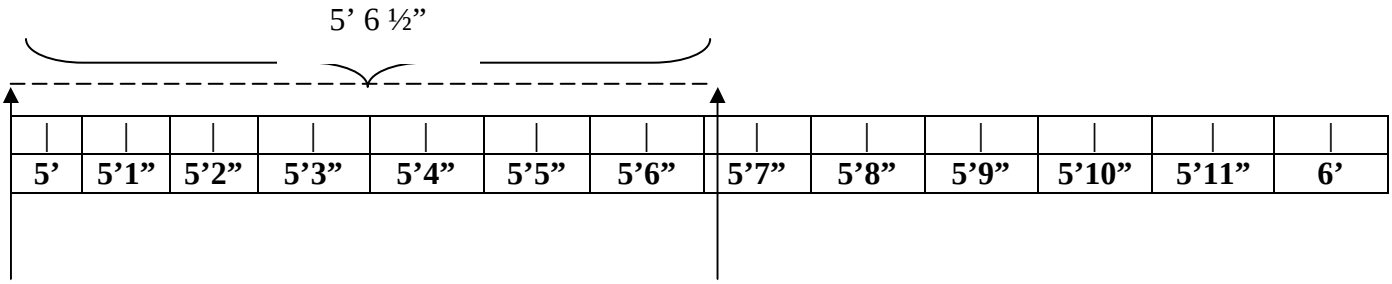
Standing Jump Rules

1. Jumping events may begin during relays for athletes not in relays.
2. Determine jump/foul line with chalk or other ground marking with hash line 1 foot long in the center as below:



3. Jumpers feet must start on each side of center line and not touch foul line
4. ONE practice jump is allowed per athlete. Three jumps are recorded.
5. Jumpers may perform all 3 jumps in succession with approval of official.
6. Measure in feet and inches back to ½". Measure from the jump line to the closest point of contact. If an athlete steps or falls backward, measure from the hand or heel closest to the jump line, not where he/she landed.
7. Athlete's toe may not touch or go over the line before or during jump. If it does, it is a foul and marked "F" on the score sheet.
8. No adults other than those designated as officials should be in the jump area.
9. If an athlete returns from a relay, he/she will be placed at the end of the line and may take one practice jump before his/her three jumps are recorded.
10. Officials determine each winner and record names on field sheet, filling in the bottom portion and return the sheet to scorers table as soon as an age group is completed.