



Basic Rules of Track & Field

Horizontal Jumps

Time Limit

Normally each competitor has one minute to start their attempt. If the time runs out before starting the attempt, it is a time foul.

In the rare case of two consecutive attempts the limit is two minutes.

The time starts when the competitor is called up.



Runway Fouls

There are none. It is permissible to go outside the lines and keep running. This does not normally happen as staying within the runway is an advantage to the competitor.



Board Fouls

Foot must be behind the foul line when the athlete jumps. The foul line is the edge of the board closest to the pit. The takeoff must be within the runway lines.

Going past the foul line without jumping is a foul.



Perception is not Reality



Neither shoe was moved between pictures. The Brooks shoe at the top is legal, the Nike shoe at the bottom is a foul. Unlike most calls these are right at the edge. This is why the judge should be lined up with the foul line.

Pit Fouls

The competitor must leave the pit further than their mark. This picture shows a foul exit. Had this athlete stepped away from the board just prior to exiting, the last footprint would have been used to measure. The picture was taken from the takeoff board.



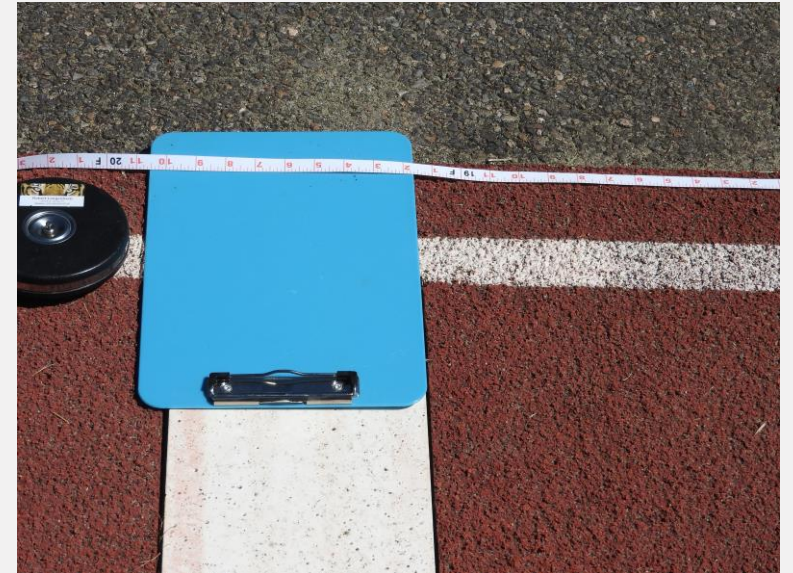
What Is The Mark?

The mark is the closest break in the sand to the takeoff board. It could be made by the torso, the feet, or even a hand. By rule, it can be made by anything attached to the body at the time of landing which might include part of the uniform or even a ponytail.



Measurement

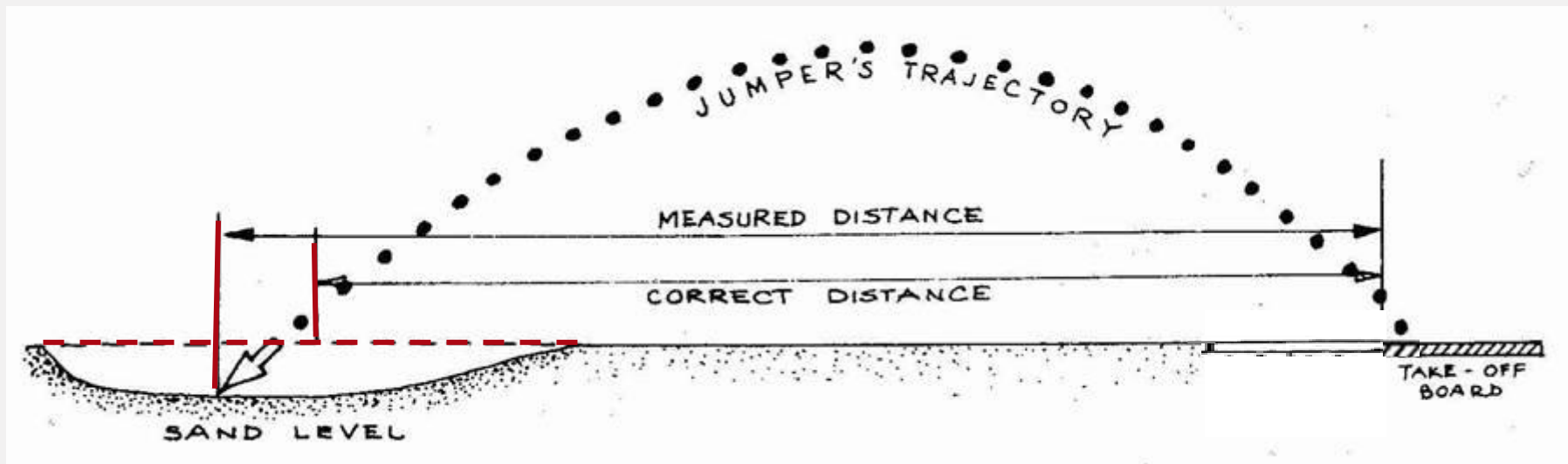
All measurements are made at the foul line and perpendicular to the takeoff board. That may mean extending the foul line with a clipboard. Note that the zero end of the tape is at the mark.



The sand should always be level with the runway.

If the sand is high, the distance will be short.

If the sand is low, the distance will be long.





Carl Lewis - 8.87m - 1991 World Championships - Tokyo



**Thank you for
watching!**

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