

**REPRINTED FROM THE NATIONAL FEDERATION
OF STATE HIGH SCHOOL ASSOCIATIONS TRACK
AND FIELD AND CROSS COUNTRY RULE BOOK**

AS OF 2008

SECTION 5 LONG JUMP AND TRIPLE JUMP

ART. 1... THE INCLINATION IN THE APPROACH SHALL BE LIMITED 2:100 (2 PERCENT LATERALLY AND 1:1000 (0.1 PERCENT) IN THE JUMPING DIRECTION.

ART. 2... THE RUNWAY SHOULD HAVE A MINIMUM LENGTH OF 130 FEET AND, WHERE CONDITIONS PERMIT, IT SHOULD BE 147 FEET, 6 INCHES MEASURED FROM THE LONG JUMP FOUL LINE. THE RUNWAY SHOULD BE BETWEEN 42 INCHES AND 48 INCHES WIDE.

ART. 3... EQUIPMENT SHOULD MEET THE FOLLOWING STANDARDS: THE TAKEOFF AREA SHALL BE MARKED BY A RECTANGULAR SHAPED TAKEOFF BOARD, MANUFACTURED FROM WOOD OR SYNTHETIC MATERIAL WHICH PROVIDES A FIRM BASE, 8 INCHES TO 24 INCHES WIDE, AND 42-48 INCHES LONG. THE TAKEOFF BOARD SHALL BE SET FIRMLY IN THE GROUND LEVEL WITH THE RUNWAY AND THE SURFACE OF THE LANDING PIT. IF THE TAKEOFF BOARD IS 8 INCHES WIDE, AN ADDITIONAL 8 INCHES OF FIRM, RESILIENT MATERIAL MAY BE PLACED SO THAT IT ABUTS AGAINST THE EDGE OF THE TAKEOFF BOARD FARTHEST FROM THE FOUL LINE.
ON HARD SURFACED RUNWAYS, A PAINTED FOUL LINE OF A CONTRASTING COLOR AND WITH THE SAME SIZE SPECIFICATION MAY BE USED IN LIEU OF A TAKEOFF BOARD.

ART.4... THE LANDING PIT SHALL BE FILLED WITH SAND OR OTHER SOFT MATERIAL TO A DEPTH THAT WILL ENSURE A SAFE LANDING. THE SURFACE SHALL HAVE THE SAME ELEVATION AS THAT OF THE TAKEOFF BOARD.

ART. 5... THE LANDING PIT SHALL HAVE A MINIMUM WIDTH OF 9 FEET AND A MINIMUM LENGTH OF 15 FEET.

ART. 6... THE FOUL LINE IS THE HAIRLINE WHICH IS USED TO MARK THE LIMIT OF A COMPETITOR'S RUN DURING A TRIAL.

ART. 7... THE FOUL LINE SHALL BE LOCATED BY MEASURING FROM THE NEARER EDGE OF THE LANDING PIT A DISTANCE OF APPROXIMATELY:

	BOYS	GIRLS
LONG JUMP	12 FEET	8 FEET
TRIPLE JUMP	32 FEET	24 FEET

NOTE: DISTANCE FROM FOUL LINE OR TAKEOFF BOARD MAY BE ADJUSTED TO ACCOMMODATE DIFFERENT LEVELS OF COMPETITION. COMPETITORS MAY CHANGE WHICH FOUL LINE OR TAKEOFF BOARD THEY ARE USING DURING COMPETITION, BUT ONLY WITH THE PRIOR NOTIFICATION OF THE EVENT JUDGE.

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SCALE:



TRACK AND FIELD RULES FOR LONG AND TRIPLE JUMP

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DRAWN BY: S.L.

Phone: (503) 363-1840 Toll Free: (800) 285-3604
Fax: (503) 363-0511 www.stackhouseathletic.com

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