

Horizontal Jumps

29. General Conditions – Horizontal Jumps

Runway

- 29.1 The minimum length of the runway, measured from the relevant take-off line shall be 40m and, where conditions permit, 45m. It shall have a width of $1.22\text{m} \pm 0.01\text{m}$ and shall be marked by white lines 50mm in width.

Note: For all tracks constructed before 1 January 2004 the runway may have a width of maximum 1.25m. However, when such a runway is fully resurfaced, the lane width shall comply with this Rule.

- 29.2 The maximum lateral inclination of the runway should be 1:100 (1%) unless special circumstances exist which justify World Athletics providing an exemption and, in the last 40m of the runway, the overall downward inclination in the direction of running shall not exceed 1:1000 (0.1%).

Take-off Board

- 29.3 The take-off shall be marked by a board sunk level with the runway and the surface of the landing area. The edge of the board which is nearer to the landing area shall be the take-off line.
- 29.4 The take-off board shall be rectangular, made of wood or other suitable rigid material in which the spikes of an athlete's shoe will grip and not skid and shall measure $1.22\text{m} \pm 0.01\text{m}$ long, $0.20\text{m} \pm 0.002\text{m}$ wide and not more than 0.10m deep. It shall be white. In order to ensure that the take-off line is clearly distinguishable and in contrast to the take-off board, the ground immediately beyond the take-off line or any blanking board shall be in a colour other than white. (See Figure (a1) TR29.)
- 29.5 The use of video or other technology, to assist the Judges in deciding the application of Rule 30.1.1 of the Technical Rules, is strongly recommended at all levels of competition. However, if no technology is available, a plasticine indicator board placed immediately beyond the take-off line may still be used.

The plasticine indicator board shall consist of a rigid board, $0.10\text{m} \pm 0.002\text{m}$ wide and $1.22\text{m} \pm 0.01\text{m}$ long made of wood or any other suitable material and shall be painted in a contrasting colour to the take-off board. Where possible, the plasticine should be of a third contrasting colour. The board shall be mounted in a recess or shelf in the runway, on the side of the take-off board nearer the landing area. The surface shall rise from the level of the take-off board to a height of $7\text{mm} \pm 1\text{mm}$. The edges shall be cut away such that in relation to the recess, when filled with plasticine, the surface of the plasticine nearer to the take-off line shall be at an angle of 90° (see Figure (a2) TR29).

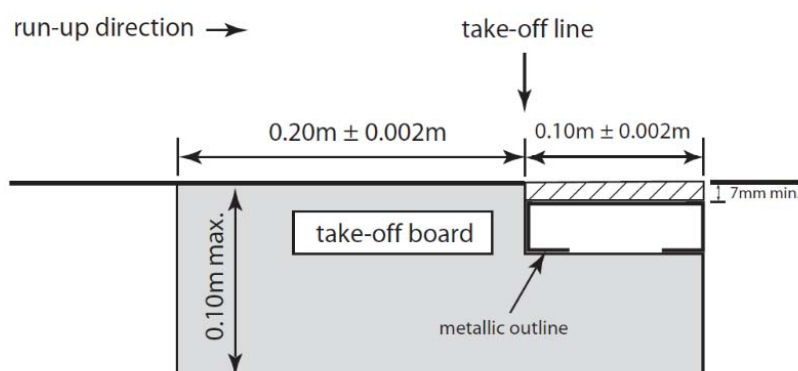


Figure (a1) TR29 - Take-off board with blanking board

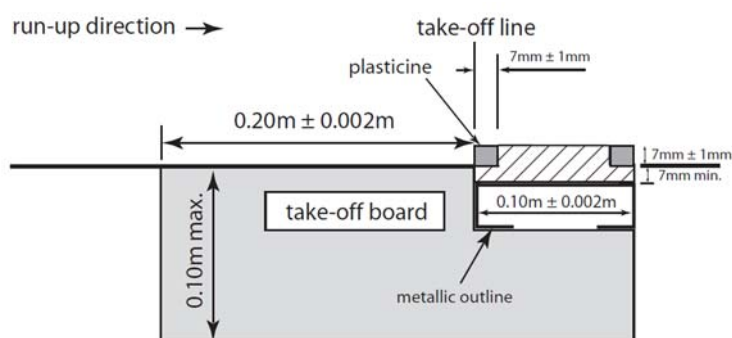


Figure (a2) TR29 - Take-off board with plasticine indicator board

When mounted in this recess, the whole assembly shall be sufficiently rigid to accept the full force of the athlete's foot.

The surface of the board shall be of a material in which the spikes of an athlete's shoe will grip and not skid.

The plasticine can be smoothed off by means of a roller or suitably shaped scraper for the purposes of removing the footprint of an athlete.

Note (i): Where in the construction of the runway and/or take-off board there was previously provision for the placement of a plasticine indicator board and such board is not used, this recess should be filled by a blanking board flush with the take-off board.

Note (ii): The take-off board can be constructed as a single piece of board 0.30m wide with a 0.20m white section and a 0.10m in a contrasting colour, i.e. the take-off board and blanking board can be one piece.

Landing Area

29.6 The landing area shall have a minimum width of 2.75m and a maximum width of 3m. It shall, if possible, be so placed that the middle of the runway, if extended, would coincide with the middle of the landing area.

Note: When the middle of the runway is not in line with the middle line of the landing area, a tape, or if necessary, two tapes, shall be placed along the landing area so that the above is achieved (see Figure (b) TR29).

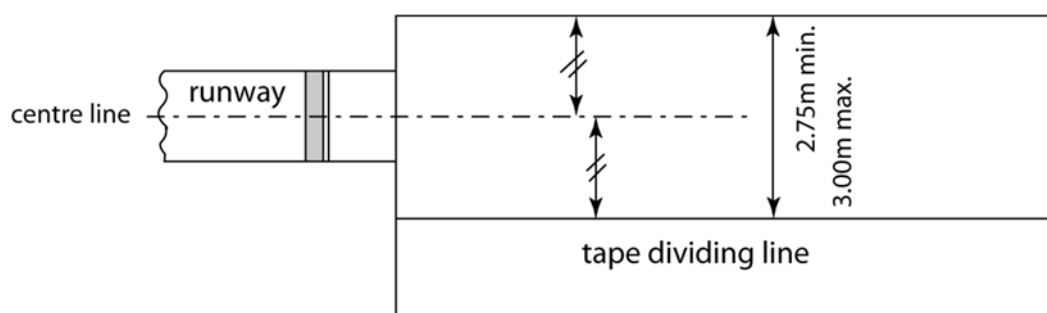


Figure (b) TR29 - Centralised Long Jump /Triple Jump landing area

Where new facilities are developed at which it is envisaged that visually impaired athletes will compete, at least one pit should be built with an increased width (3.50m instead of maximum 3.00m as in the Rules) as recommended by IPC.

- 29.7 The landing area should be filled with soft damp sand, the top surface of which shall be level with the take-off board.

Distance Measurement

- 29.8 In all horizontal jumping events, distances shall be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimetre.
- 29.9 The measurement of each jump shall be made immediately after each valid trial (or after an immediate oral protest made under Rule 8.5 of the Technical Rules) from the nearest break in the landing area made by any part of the body, or anything that was attached to the body at the time it made a mark, to the take-off line, or take-off line extended. The measurement shall be taken perpendicular to the take-off line or its extension.

As long as no irregularity has been committed, each trial must be measured whatever the distance reached, including for the reasons that other trial measurements may become critical in determining countbacks or whether an athlete will proceed to subsequent rounds.

Except where Rule 8.5 of the Technical Rules is applied, under normal practice no trial during which an irregularity has been committed should be measured. Judges should carefully use their discretion in applying any alternate practice and usually only in special cases.

Unless video measuring is being used, for every valid trial a marker (usually metal) should be placed in a vertical position at the place of the imprint left by the athlete in the landing area nearest to the take-off line. The marker is passed through the loop at the end of the graduated metal tape so that the “zero” is on the mark. The tape should be pulled out horizontally taking care not to place it on any rise in the ground.

Wind Measurement

- 29.10 The wind gauge shall be the same as described in Rules 17.8 and 17.9 of the Technical Rules. It shall be operated as described in Rules 17.11 and 29.12 of the Technical Rules and read as per Rule 17.13 of the Technical Rules.
- 29.11 The relevant Field Events Referee shall ensure that the wind gauge is placed 20m from the take-off line. The measuring plane shall be positioned $1.22\text{m} \pm 0.05\text{m}$ high and not more than 2m away from the runway.
- 29.12 The wind velocity shall be measured for a period of 5 seconds from the time an athlete passes a mark placed alongside the runway, for the Long Jump 40m from the take-off line and for the Triple Jump 35m. If an athlete runs less than 40m or 35m, as appropriate, the wind velocity shall be measured from the time they commence their run.

30. Long Jump

Competition

- 30.1 An athlete fails if:
- 30.1.1 they while taking off (at any time prior to the instant at which they cease contact with the take-off board or ground), break the vertical plane of the take-off line with any front part