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 of their take-off foot / shoe, whether running up without jumping or in the act of jumping; or

Note: It will not be considered a failure, if the break of the vertical plane is made by a loose part of the shoe (e.g. shoelace).

30.1.2 they take off from outside either end of the board, whether beyond or before the extension of the take-off line; or

30.1.3 they employ any form of somersaulting whilst running up or in the act of jumping; or

30.1.4 after taking off, but before their first contact with the landing area, they touch the runway or the ground outside the runway or outside the landing area; or

30.1.5 in the course of landing (including any overbalancing), they touch the border of, or the ground outside, the landing area closer to the take-off line than the nearest break made in the sand; or

30.1.6 they leave the landing area in any manner other than that described in Rule 30.2 of the Technical Rules.

Since the intent of Rule 30.1.1 focuses on the position of the front of the take-off shoe / foot, it is not relevant if the vertical plane should be broken in other ways, for example by their hands or arms or a cap or piece of jewellery falling from the athlete's body during the take-off. Similarly, a loose shoelace or the like is not relevant to the adjudication even if it breaks the plane.

30.2 When leaving the landing area, an athlete's first contact by foot with its border or the ground outside shall be further from the take-off line than the nearest break in the sand (which may be any mark made on overbalancing completely inside the landing area or when walking back, closer to the take-off line than the initial break on landing).

Note: This first contact is considered leaving.

30.3 An athlete shall not be regarded to have failed if:

30.3.1 they run outside the white lines marking the runway at any point; or

30.3.2 except as described in Rule 30.1.2 of the Technical Rules, they take off before reaching the board; or

30.3.3 under Rule 30.1.2 of the Technical Rules a part of their shoe / foot is touching the ground outside either end of the take-off board, before the take-off line; or

30.3.4 if in the course of landing, they touch, with any part of their body, or anything attached to it at that moment, the border of, or the ground outside the landing area, unless such contact contravenes Rule 30.1.4 or 30.1.5 of the Technical Rules; or

30.3.5 they walk back through the landing area after having left the landing area in the manner described in Rule 30.2 of the Technical Rules.

Take-off Line

30.4 The distance between the take-off line and the far end of the landing area shall be at least 10m and, where possible, 11m.

30.5 The take-off line shall be placed between 1m and 3m from the nearer end of the landing area.

Team of Officials

For a Long Jump or Triple Jump event, it is recommended to allocate the available officials as follows:

a. The Chief Judge will watch over the whole of the event.

b. Judge checking whether the take-off has been made correctly and measuring the trial. They must be provided with two flags - white to indicate if the trial is valid and red if it is a failure. When the jump has been measured, it is advised that the Judge stands in front of the take-off board, holding the red flag, while the landing area is levelled and, if relevant, the plasticine board is replaced. A cone may be used instead or in addition. (In some competitions this position is assumed by the Chief Judge of the event.)

c. Judge at the landing point determining the position of the nearest break in the landing area to the take-off line, to insert the spike/prism and then, if a tape is being used, hold the tape on the 0. When video measuring is being used, no judge will normally be required on site for this purpose. When an optic system of measuring is being used on site, two judges are needed at the landing point, one to plant the marker in the sand, the other one to read the result on the optic apparatus.

d. Judge - a recorder scoring the results sheet and calling each athlete (and the one who is to follow).

e. Judge in charge of the scoreboard (trial-number-result).

f. Judge in charge of the wind gauge positioned at a point 20 metres from the take-off line.

g. One or more Judges or assistants in charge of levelling the landing area after each trial.

h. Judge or an assistant in charge of replacing the plasticine.

i. Judge in charge of the clock indicating to the athletes that they have a certain time to take their trial.

j. Judge in charge of athletes.

Note (i): This is the traditional setting-up of the officials. In major competitions, where a data system and electronic scoreboards are available, specialised personnel are certainly required. To be clear in these cases, the progress and scoring of a Field Event is followed by both the recorder and by the data system.

Note (ii): Officials and equipment must be placed in such a way as not to obstruct the athlete's way nor impede the view of the spectators.

Note (iii): A space must be reserved for a wind-sock to indicate the wind direction and strength.

31. Triple Jump

Rules 29 and 30 of the Technical Rules apply to Triple Jump with the following variations:

Competition

31.1 The Triple Jump shall consist of a hop, a step and a jump in that order.

31.2 The hop shall be made so that an athlete lands first on the same foot as that from which they have taken off; in the step they shall land on the other foot, from which, subsequently, the jump is performed.

It shall not be considered a failure if, during a trial, an athlete, touches the ground with the "sleeping" leg.

Note: Rule 30.1.4 of the Technical Rules does not apply to the normal landings from the hop and step phases

It should be noted that it is not a failure (for that reason alone) if the athlete:

a. touches the white lines or the ground outside between the take-off line and the landing area; or

b. lands in the pit in the step phase through no fault of their own (i.e. if the Judge incorrectly indicated the take-off board) - in which such case the Referee would normally offer the athlete a replacement trial.

It is, however, a failure if the landing of the jump is not within the landing area.

Take-off Line / Take-off Area

31.3 The distance between the take-off line for men and the far end of the landing area shall be at least 21m.

31.4 Where necessary for the level of the competition, there should be a separate take-off board for men and women. The take-off line shall not be less than 13m for men and 11m for women from the nearer end of the landing area. For any other competition, this distance shall be appropriate for the level of competition.

31.5 Between the take-off board and the landing area there shall, for the step and jump phases, be a take-off area of 1.22m ± 0.01m wide providing firm and uniform footing.

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