

Instructions - Horizontal Jumps

1 min from time called up to completion of trial

1 or 2 approved marks outside the runway

Excused to compete in another event/record time on sheet athlete left area, give a specific time established by rules committee.

_____ flights _____ to finals

Check for uniform/ no midriiffs /worn as manufactured, designed, no knots

Check for jewelry/ medical and religious must be taped to the body unless pliable material (bracelet)

Check spikes-1/4 pyramid (facility)

Line up competitors in jumping order

Explain timing clock

Leave pit to the _____

General warm up _____

Flight specific warm up _____

Measurement may be lesser 1/4 inch or lesser centimeter

One legal jump to advance to finals

Trials may be taken in succession to accommodate other events

May change order of competition in finals

One more than scoring places goes to finals (unless tie)

Communication through any device, visual reproduction prior to the completion of the competition