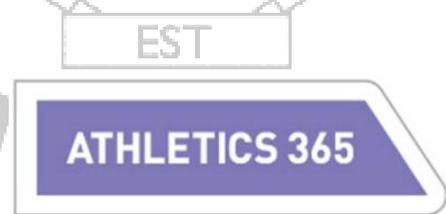




# OCAC Juniors



# Brief guide to competitions



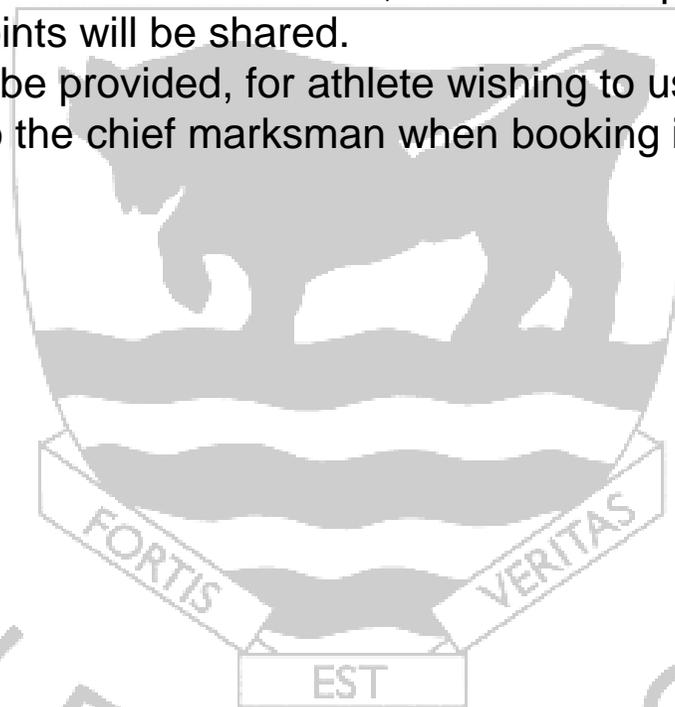
## Track Events General

Special attention should be paid to starting track events on time.

For all track events (excluding quad kids) a pre-determined lane draw shall be used, for Quad Kids events competitors will be allocated lanes by the marksman.

Where insufficient hurdles or lanes are available, hurdles and sprints may be held as time trials. If times are equal, points will be shared.

Stadium starting blocks will be provided, for athlete wishing to use their own starting blocks, they should present them to the chief marksman when booking in.



## **Reporting to the event & Preparation:**

When 'warming up' athletes must show caution to other track users & competitions. Athletes in hurdle races may only warm-up over the first 2 flights of hurdles, and should never take the hurdle 'the wrong way round.'

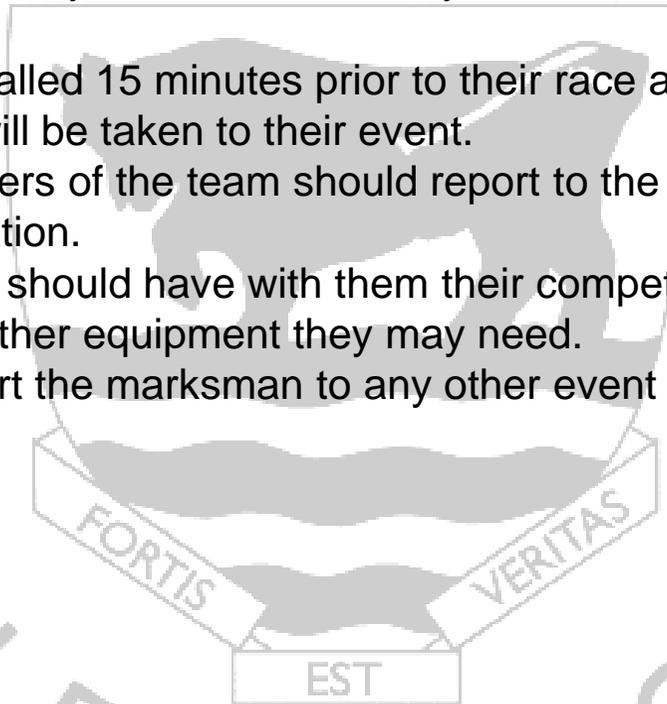
Athletes are required to report to the marksman 10 minutes prior to the start of the race. In so doing they must ensure that they do not obstruct any track events in progress or cross any field event areas.

Quad Kids athletes will be called 15 minutes prior to their race and go to the Quad Kids meeting point, where they will be taken to their event.

For relay events all 4 members of the team should report to the marksman to check numbers and receive their lane allocation.

When reporting competitors should have with them their competition vest with correct Letters/Numbers, and any other equipment they may need.

Competitors should also alert the marksman to any other event they are in that clash with their current race.



## **Start of the Race:**

Competitors are called onto the track for their race by the marksman and should stand approx 3m back from the start line.

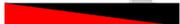
For relay races, the first leg runner should collect a baton from the marksman and stand 3m back from their start line. The remaining runners should commute around the track to their allotted station and wait in their lane.

### **Athletes are now under the instructions of the starter**

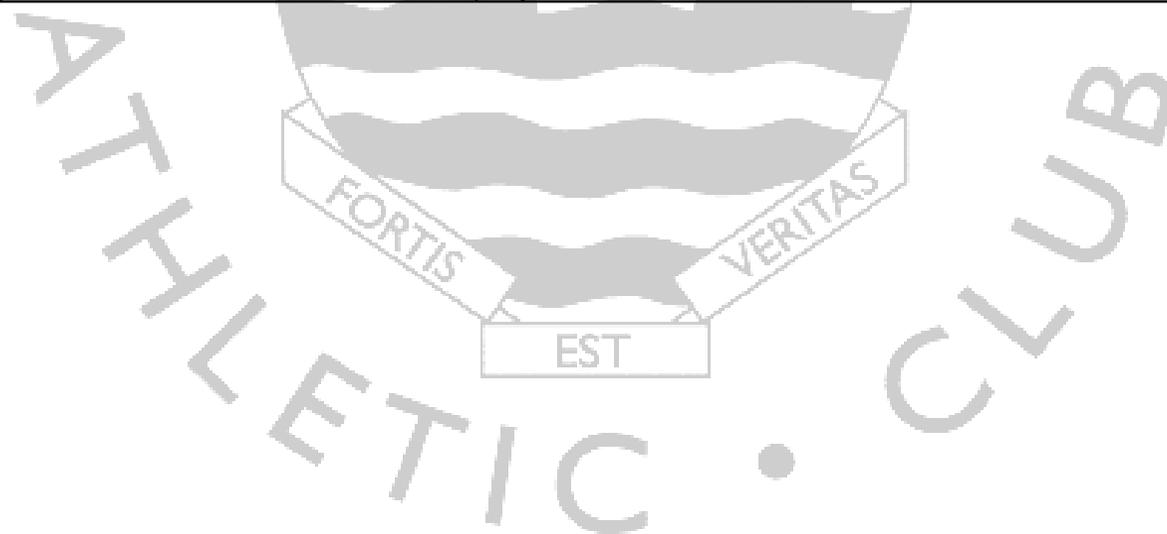
For all races (excluding relays) the starter shall whistle to the Chief Timekeeper that the judges at the finish area are ready, when acknowledgment has been received the starter will begin the start procedure.

For relay races the starter shall firstly whistle once to the first take over judge, when all competitors are present and in the correct lanes the takeover judge shall raise the white flag, 2 whistles shall then be given to the second change over and so on until all 3 takeovers have raised a white flag. A further single whistle will then sound to the Chief Timekeeper that the judges at the finish area are ready; when acknowledgment has been received the starter will begin the start procedure.

START	Flat races up to & including 400m	Flat races over 400m	Relay Races	Hurdles Races
<b>Lanes:</b>	All Competitors will be assigned their own lane, and must remain in the lane from start to finish.	<p>The marksman will make the decision, based on the number of athletes, whether races at 600m &amp; 800m will start in lanes or from the curve.</p> <p><b>600/800m (in lanes):</b> Competitors assigned their own lane, they must remain in lanes until after the first bend where they then break for the inside lane after the green line on the track, demarked by flags or cones.</p> <p><b>600/800m/1200m/1500m (off the curve).</b> Competitors stand next to each other on a curved line across the track, after the start athletes can break immediately for the inside lane.</p>	Each team will be assigned their own lane, and must remain in the lane from start to finish.	All Competitors will be assigned their own lane, and must remain in the lane from start to finish.
<b>Start of the race</b>	<p>Starters Instructions: <b>'on your marks'</b> after which competitors approach and remain completely behind the start line and either assume crouch or standing position.</p> <p><b>'set'</b> competitors assume the set position, they must be motionless whether in crouch or standing position</p> <p><b>'bang'</b> After which the competitor starts their race.</p>	<p>Starters Instructions: <b>'on your marks'</b> after which competitors approach and remain completely behind the start line, and assume a steady position .</p> <p>When all athletes steady, <b>'bang'</b> After which the competitor starts their race.</p>	<p>Starters Instructions (first leg runners):</p> <p><b>'on your marks'</b> after which competitors approach and remain completely behind the start line and either assume crouch or standing position.</p> <p><b>'set'</b> competitors assume the set position, they must be motionless whether in crouch or standing position</p> <p><b>'bang'</b> After which the competitor starts their race.</p>	<p>Starters Instructions: <b>'on your marks'</b> after which competitors approach and remain completely behind the start line and either assume crouch or standing position.</p> <p><b>'set'</b> competitors assume the set position, they must be motionless whether in crouch or standing position</p> <p><b>'bang'</b> After which the competitor starts their race.</p>

<p><b>False Start</b></p>	<p>The following constitutes a false start:</p> <ul style="list-style-type: none"> <li>⚔ Unreasonable delay to assemble at the start line under the instructions of the marksmen to be handed over to the starter to progress with the start.</li> <li>⚔ Under the command of the starter 'on your marks' for races over 400m' and 'set' for races of 400m or shorter, all competitors without delay must assume their full and final set position.</li> </ul> <p>IF THE STARTER DEEMS THAT UNREASONABLE TIME HAS BEEN TAKEN IT SHALL CONSTITUTE A FALSE START.</p> <ul style="list-style-type: none"> <li>⚔ After the command 'on your marks' no competitor may disturb any other competitor in the race through sound or any other method.</li> <li>⚔ If any competitor commences a starting motion after assuming the full and final set position, but before the noise of the bang. (1 or more competitors may be warned if they are deemed to have beaten the signal rather than followed.)</li> </ul>
<p><b>Faulty Start</b></p>	<ul style="list-style-type: none"> <li>⚔ If in the opinion of the starter the unfair start was not due to any competitor no warning shall be given.</li> </ul>
<p><b>Warnings &amp; Disqualification The Card System</b></p>	<p>If the starter deems that the start was unfair, a second shot shall be fired and the athletes should return to the start line, The appropriate card will then be shown to the field or offending athlete(s) by the marksman and the start procedure will be re-followed.</p> <ul style="list-style-type: none"> <li> Shown to the field where a faulty start has occurred. No warning is given to any individual competitor.</li> <li> Shown to an individual athlete(s) for committing a false start. Another false start by that athlete(s) will lead to a red card and disqualification.</li> <li> Shown to an individual athlete(s) for committing 2 false starts within the same race. Athlete is disqualified from race.</li> </ul>
<p><b>DURING THE RACE</b></p>	
<p><b>RELAY RACES (Specifics)</b></p>	<ul style="list-style-type: none"> <li>⚔ The baton must only be passed within the 'take over zone', demarked on the track by yellow/orange ticks.</li> <li>⚔ Passing the baton commences when it is touched by the receiving runner and is completed the moment it is in the hands of the outgoing runner only (i.e. the incoming runner has completely let go.) Within the takeover zone it is the position of the <b>baton</b> which is decisive and NOT the position of the body or the limbs of the competitors.</li> <li>⚔ Competitors may use the acceleration zone (area 10m before the first take over mark) if required, but must pass the baton as above.</li> <li>⚔ Competitors after handing over the baton should remain in their lanes until the course is clear to avoid obstruction to other competitors.</li> <li>⚔ The baton must be carried in the hand throughout the race. If the baton is dropped at any point it must be recovered by the <b>athlete who dropped it</b>, who may leave the lane in order to retrieve it, but in doing so must not impede another athlete. Provided the following procedure is followed and no other athlete is impeded, and by doing so the distance run is not less, dropping the baton <b>shall NOT result in disqualification</b></li> <li>⚔ On completion of the final leg the baton is to be handed to the marksman at the finish, it is not to be dropped or thrown from the hand.</li> <li>⚔ No competitor may run 2 sections of a race.</li> </ul>

<b>Disqualification</b>	<p>The following may shall result in disqualification:</p> <ul style="list-style-type: none"> <li>✎ Competitor deliberately runs out of their lane</li> <li>✎ Competitor unintentionally runs out of their lane. (The referee will use discretion if any material advantage was gained)</li> </ul>	<p>The following shall result in disqualification:</p> <ul style="list-style-type: none"> <li>✎ Any competitor jostling, running or walking across or obstructing another competitor as to impede progress can be disqualified.</li> </ul>	<p>The following shall result in disqualification:</p> <ul style="list-style-type: none"> <li>✎ Competitor purposely impedes a member of another team by running out of position or lane at the end of a stage.</li> <li>✎ Competitor deliberately or unintentionally running out of lane where material advantage is gained.</li> <li>✎ Passing the baton outside of the take over zone.</li> <li>✎ Failure of the final leg runner to hand the baton back to the marksman.</li> </ul>	<p>The following shall result in disqualification:</p> <ul style="list-style-type: none"> <li>✎ Trailing a foot or leg below the plane of the top of the hurdle at the instance of clearance.</li> <li>✎ Negotiate a hurdle not in their lane</li> <li>✎ Deliberately knock down a hurdle</li> <li>✎ Fails to clear 1 or more hurdles or runs round.</li> </ul>
	<b>If a competitor voluntarily leaves the track during the progress of a race they are not allowed to continue within the race.</b>			
<b>Finish</b>	<ul style="list-style-type: none"> <li>✎ The final time is taken from when the torso crosses the line (separate from head/neck/arms/hands/feet/legs) of the vertical plane of the edge of the finish line nearest the start.</li> <li>✎ If there is a tie and it cannot be split by the judges, the places shall be classed as equal and the points that cover the relevant positions within the tie shall be shared equally.</li> </ul>			



## FieldEvents General

Special attention should be paid to starting field events on time.

For all field events (excluding quad kids) a pre-determined draw shall be used, for Quad Kids events the competitor order shall be determined as they turn up.

The order of the field events may be changed where the layout of the arena does not permit the set timetable order, taking note of restrictive track certificates.

In Field Event Competition (excluding Quad Kids Competition), each competitor shall be permitted three trials in the field events (except high jump where usual rules apply).

Only 1 attempt by an athlete can be taken in anyone round.

In Quad Kids Field Events competitors are permitted 3 attempts in each event. To ensure the efficient running of the events, competitors shall take consecutive trials for Field Events.

In all High Jump Competitions to encourage participation, there shall be no set starting height or second height (other than the lowest achievable on the equipment). However height progressions shall be in 5cm intervals until at least 3 or fewer remain.

Athletes (and team managers) should choose their events to fit the programme.

<b>Age Group</b>	<b>Discus Throw</b>	<b>Javelin Throw</b>	<b>Shot Putt</b>
<b>Under 13 Girls</b>	0.75 Kg	400 g	2.72 Kg
<b>Under 13 Boys</b>	1 Kg	400 g	3.25 Kg
<b>Under 15 Girls</b>	1 Kg	600 g	3 Kg
<b>Under 15 Boys</b>	1.25 Kg	600 g	4 Kg
<b>Under 17 Ladies</b>	1 Kg	600 g	3 Kg
<b>Under 17 Men</b>	1.5 Kg	700 g	5 Kg

Minimum Weights for admission to competition, the surface must not be unorthodox

## Reporting to the event & Preparation:

Stadium equipment shall be provided for all field events. Athletes wishing to use their own implements must present them to the Field Referee at least 30 min prior to the start of their competition.

No private implement is allowed into the competition area without prior verification and may only be used by the owner, or by another athlete with the owner's permission.

Competitors should report to the lead official at their respective event area 15 minutes prior to the published start time. This period allows for all measuring & practice attempts to be taken and is classed as the 'warm-up period'.

Quad Kids competitors should report to the quad kids meeting point 20 minutes prior to the start time of their event. They will then be taken to their event area.

During the warm-up period athletes may only use stadium equipment or throw implements in the presence of the technical officials covering the event, and in so doing must follow any instructions given to them to ensure the safe running of the warm-up period.

All implements must be returned to the athlete area by the officials.

**No competitor is to enter the infield area at any time during the warm-up period or competition.**

If a competitor is involved in another event at the same time, this should be clearly stated to the lead official when booking in. If a clash of events occurs it is the responsibility **of the competitor** to ensure that they book into both events, adequately complete the practices they require during the warm-up period, and communicate between the 2 events to ensure they do not miss any rounds.

## Start of the Event

No practice attempts are allowed once the competition has started. Competitors reporting after commencement of the event will be entitled to compete in which ever round the competition is in, however they are not entitled to any practice attempts or measuring of run-ups. Note that any completed rounds will be forfeited by that competitor, and only the remaining number of attempts shall be allowed. I.e. if a competitor joins in round 3, they will only be entitled to 1 attempt.



OXFORD  
ATHLETIC CLUB  
EST

## During the Event:

Once a competition has begun competitors are not permitted to use runway or takeoff areas for practice or warm up purposes. Nor are they permitted to use throwing sites for practice trials with or without implements.

Competitors who unreasonably delay in making a trial in a field event can render themselves liable to having that trial disallowed and recorded as a failure. The decision of the Referee shall be final

To assist with this rule the following times should not normally be exceeded:

Number of athletes left in the competition (or age group where age groups are amalgamated)	High Jump	Discus Throw Javelin Throw Shot Putt Long Jump
<i>The first attempt of any athlete in a competition shall be 1min.</i>		
More than 3	1 min	1 min
3 or fewer athletes	1 ½ min	1 min
Consecutive trials by the same athlete	2 min	2 min

The time shall start when the apparatus is set (i.e. bar adjust and steady), and the athletes name has been called. If the time elapses when the competitor has started a trial, that trial shall stand. jumping.

Where an athlete is not present for an attempt the following procedure will be used by the field judges:

The athlete will be called at their allotted space in the draw, if they are not present and that athlete does not immediately make haste to the event, then the event round will continue, without that athlete having made an attempt.

At the end of that round of attempts any registered athletes who have not taken an attempt in that round (and who have not formally passed the attempt) will be called again, if they are present or make suitable haste to the event then they may take the attempt. Equally if an athlete appears after their attempt is called but before the end of the round, and is required to go back to another event, they must tell the field official in charge as soon as they return, who may change the order to accommodate them. If the athlete(s) are not present then they will forfeit that round, but may continue in the remaining rounds providing they are present as described above for their trial.

In the case of high jump, if an athlete fails to take the first trial of a height and the competition has progressed to 2<sup>nd</sup> or 3<sup>rd</sup> attempts at that height, then the athlete is not permitted to take any attempts at that height and would need to move to the next height of jumping.

### Discus Throw

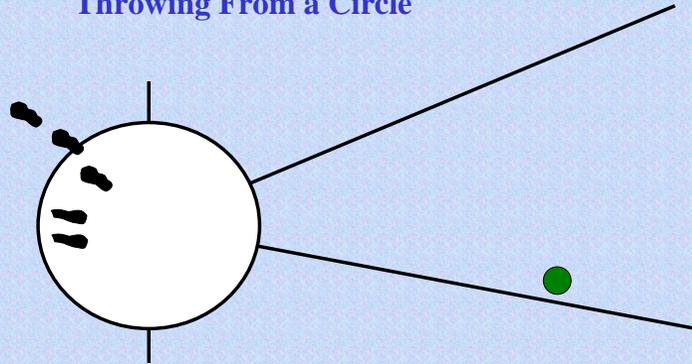
<b>Footwear</b>	Throwing shoes or appropriate trainers. (No spikes are to be worn in throwing circles)
<b>Making an attempt</b>	<p>⌚ All attempts including those during the warm-up period must be made from the competition circle within the cage into the landing area. For cages where there are 2 circles and 2 sectors, discus is thrown from the rear circle using the outer most sector lines.</p> <p style="text-align: center;"><b>No competitor is to enter the infield area during the warm-up or competition period.</b></p> <p>⌚ The horn and cage protocol must be used for each throw including those taken during the warm-up period. The cage horn protocol shall be observed as follows:</p> <p>⌚ When the athlete is called to throw, they shall collect their implement and make towards the mouth of the cage.</p> <p>⌚ The lead official in the mouth of the cage will blow the horn to signal to the infield officials that a throw is about to take place. Once acknowledgment is received from the infield judges, the lead official shall leave the mouth of the cage and return to their start position.</p> <p>⌚ The athlete may then enter the cage and begin their attempt once ready.</p> <p>⌚ The athlete must start the throw from a stationary position within the circle. The athlete may then take their attempt from a standing or moving position, but must remain completely within the circle until the implement has landed.</p> <p>⌚ When leaving the circle the first contact with the top of the circle rim or the ground outside the circle must be completely behind the white line running through the middle of the circle.</p> <p>⌚ The measurement is taken from the nearest mark first made by the discus to the inner edge of the front of the circle.</p> <p style="text-align: center;"><b>A foul throw or letting go of the Discus in an attempt shall be counted as a trial. If an implement breaks during a trial, the athlete can be awarded a new attempt.</b></p>
<b>Failures</b>	<p>The following constitutes a foul throw:</p> <p>⌚ Whilst making the throw touches with any part of the body the top of the circle rim or the area outside the circle.</p> <p>⌚ On releasing the discus, the athlete leaves the circle before it has landed.</p> <p>⌚ When thrown the discus lands on or outside the lines marking the throwing sector.</p> <p>⌚ Once the implement has landed the athlete leaves with the first foot via the front of the circle or steps onto the white line. (i.e. the athlete must exit via the back half of the circle behind the white line extended.)</p> <p style="text-align: center;"><b>During an attempt, if the discus hits the cage and then lands within the throwing sector and the athlete leaves the circle in the correct manner it shall be measured and counted as a valid attempt.</b></p>
<b>Ties</b>	In the case of a tie, the second best performance of the competitor's tying shall determine the result, if the tie remains the third attempt shall be used & so on. If after this procedure they are still equal, then they will be judged equal.

EST

<b>Shot Putt</b>	
<b>Footwear</b>	Throwing shoes or appropriate trainers. (No spikes to be worn in the throwing circle)
<b>Making an attempt</b>	<p>⌚ All attempts including those during the warm-up period must be made from the competition circle into the landing area. All implements will be returned by hand from the infield area by the officials of the event.</p> <p style="text-align: center;"><b>No competitor is to enter the landing sector area during the warm-up or competition period.</b></p> <p>⌚ Competitors must listen to instructions from the officials supervising the event and must only putt if the landing area is clear, for each throw including those taken during the warm-up period.</p> <p>⌚ When the competitor is called to throw, they shall collect their implement and make their way into the circle as soon as the landing area is clear.</p> <p>⌚ The competitor must start the throw from a stationary position within the circle, with the shot in close proximity to the chin or neck. The athlete may then take their attempt from a standing or moving position, but must remain completely within the circle until the implement has landed.</p> <p>⌚ When leaving the circle the first contact with the top of the circle rim or the ground outside the circle must be completely behind the white line running through the middle of the circle.</p> <p>⌚ The measurement is taken from the nearest mark first made by the shot putt to the inner edge of the front of the circle.</p>
<b>Failures</b>	<p>The following constitutes a foul throw:</p> <p>⌚ The putting hand is dropped below the line of the chin/neck or taken back behind the line of the shoulders so that the shot is thrown rather than putt.</p> <p style="text-align: center;"><b>The competitor is permitted to move their head away from the shot, but the hand should remain in the original position.</b></p> <p>⌚ Cart wheeling techniques are not permitted.</p> <p>⌚ Whilst making the throw touches with any part of the body the top of the circle rim/stop board or the area outside the circle.</p> <p>⌚ On releasing the Shot Putt, the athlete leaves the circle before it has landed.</p> <p>⌚ When released the shot putt lands on or outside the lines marking the throwing sector.</p> <p>⌚ Once the implement has landed the athlete leaves with the first foot via the front of the circle or steps onto the white line. (i.e. the athlete must exit via the back half of the circle behind the white line extended.)</p>
<b>Ties</b>	In the case of a tie, the second best performance of the competitors tying shall determine the result, if the tie remains the third attempt shall be used & so on. If after this procedure they are still equal, then they will be judged equal.

## The Events

### Throwing From a Circle

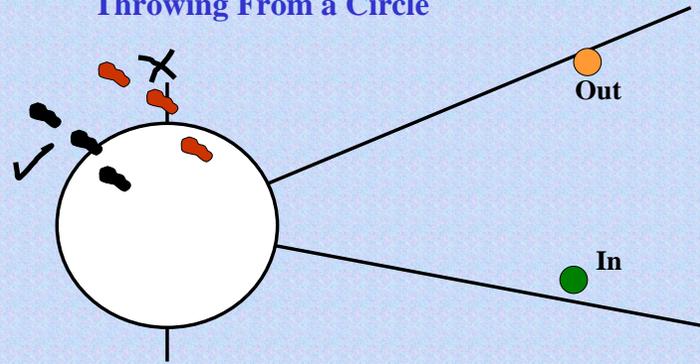


The athlete must start throwing from inside the circle and not leave until the implement lands.

Authorised by UK Athletics for use in 2008

## The Events

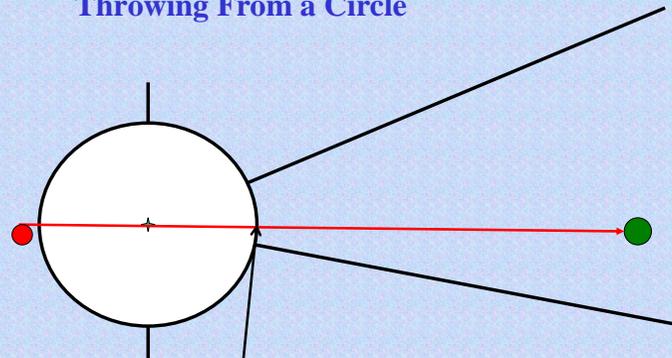
### Throwing From a Circle



Authorised by UK Athletics for use in 2008

## The Events

### Throwing From a Circle

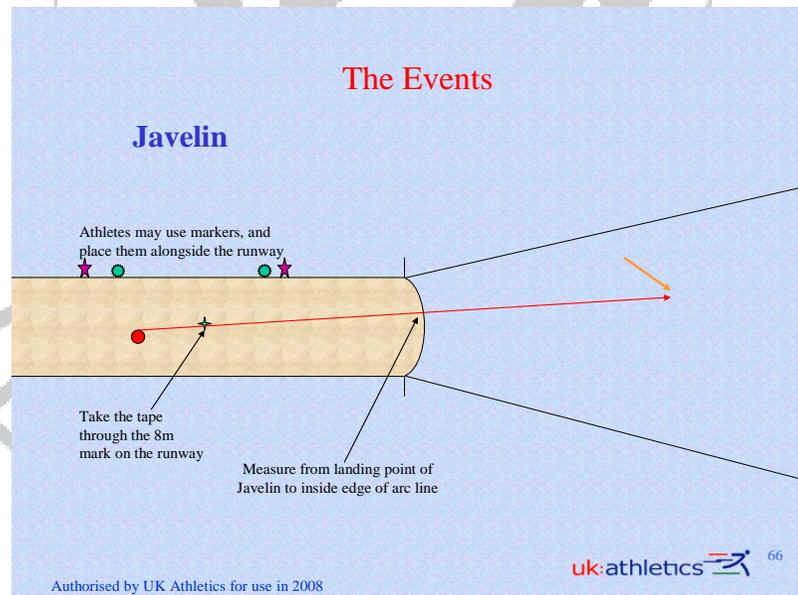
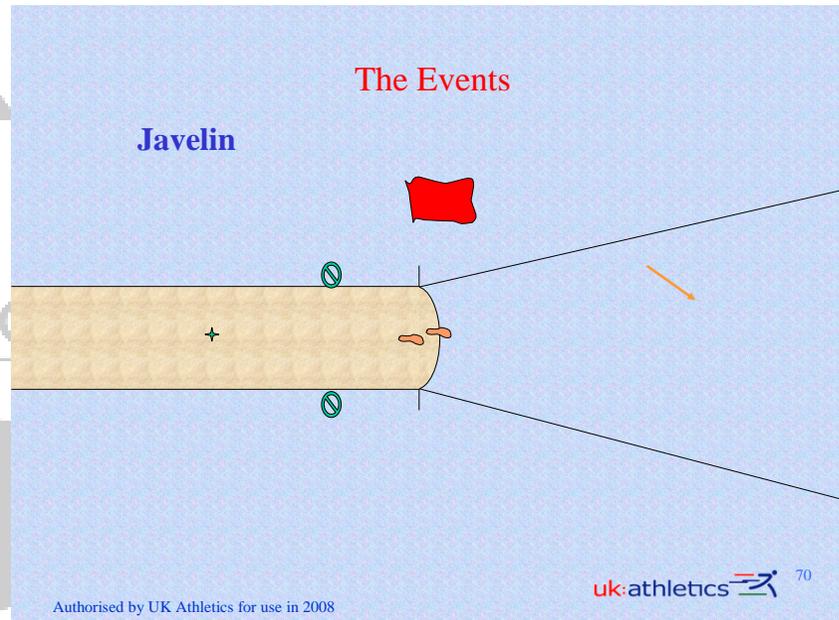
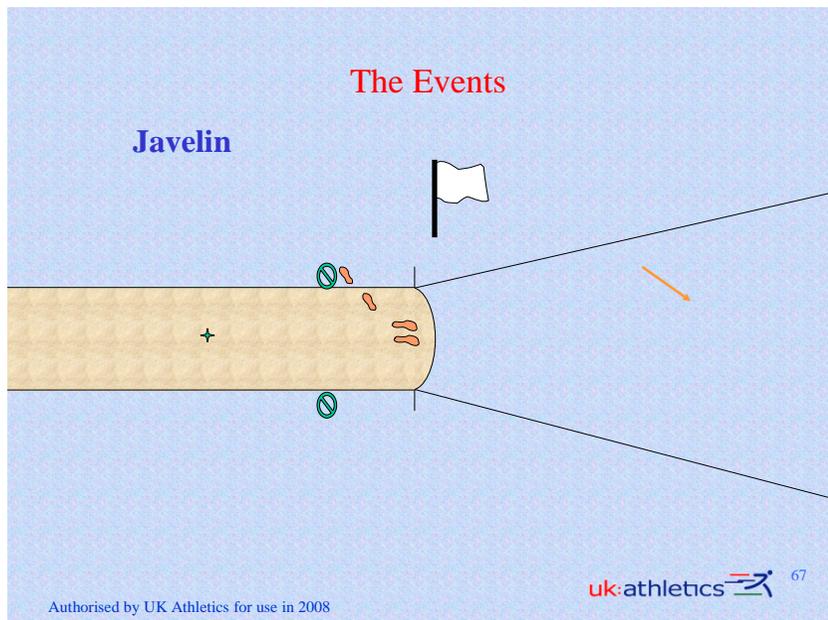


Measure from near point of landing to inside edge of rim of circle.

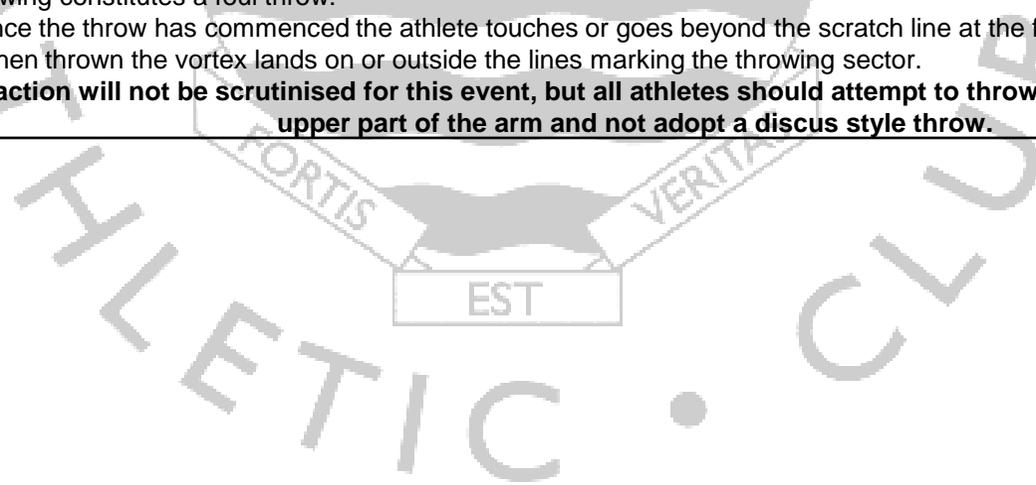
Authorised by UK Athletics for use in 2008

### Javelin Throw

<b>Footwear</b>	Javelin Shoes or Spikes (maximum of 12mm) or suitable trainers
<b>Making an attempt</b>	<p>£ All attempts including those during the warm-up period must be made from the competition runway into the landing area.</p> <p>£ The horn and runway protocol must be used for each throw including those taken during the warm-up period.</p> <p style="text-align: center;"><b>No athlete is to enter the infield area during the warm-up or competition period.</b></p> <p>The runway &amp; horn protocol shall be observed as follows:</p> <p>£ When the competitor is called to throw, they shall collect their implement and make towards the runway.</p> <p>£ The lead official from the front of the runway will then blow the horn to signal to the infield officials that a throw is about to take place. Once acknowledgment is received from the infield judges, the lead official shall leave the runway and return to their start position.</p> <p>£ The competitor may then assume their starting position on the runway and start their attempt once ready. The javelin must be held by 1 hand only at the grip so that the little finger is nearest to the point.</p> <p>£ The athlete may then take their attempt from a standing or moving position, but does so within the parallel lines, and must end their throw before the scratch line.</p> <p>£ The competitor should not turn their back on the throw until the javelin has been released.</p> <p>£ The competitor must then wait for the javelin to land before leaving the runway, behind the scratch line.</p> <p>£ The measurement is taken from the nearest mark first made by the javelin by the tip of the metal head to the inside edge of scratch line along a line through the middle of the runway.</p> <p style="text-align: center;"><b>A foul throw or letting go of the Javelin in an attempt shall be counted as a trial.</b>  <b>If an implement breaks during a trial, the athlete can be awarded a new attempt.</b></p>
<b>Failures</b>	<p>The following constitutes a foul throw:</p> <p>£ Once the throw has commenced the athlete touches or goes beyond the scratch line at the front of the runway.</p> <p>£ On release of the javelin, the athlete leaves the runway before it has landed.</p> <p>£ On release of the javelin the thrower adopts an unorthodox style and slings or hurls the javelin below the line of the shoulder or upper portion of the arm (elbow).</p> <p>£ When the javelin is thrown the javelin does not land point first.</p> <p>£ When thrown the javelin lands on or outside the lines marking the throwing sector.</p> <p style="text-align: center;"><b>On landing the javelin must land 'point first' to be a valid throw. The javelin does NOT need to stick in or leave a mark to be valid.</b></p>
<b>Ties</b>	In the case of a tie, the second best performance of the competitors tying shall determine the result, if the tie remains the third attempt shall be used & so on. If after this procedure they are still equal, then they will be judged equal.



<b>Vortex Throw – Quad Kids Only</b>	
<b>Footwear</b>	Javelin Shoes or Spikes (maximum of 12mm) or suitable trainers
<b>Making an attempt</b>	<p><b>Please note for Quad Kids the runway used may be in the main arena, or a suitable grassed area.</b></p> <ul style="list-style-type: none"> <li>ℓ All attempts including those during the warm-up period must be made from the competition runway into the landing area.</li> <li>ℓ The horn and runway protocol must be used for each throw including those taken during the warm-up period.</li> </ul> <p>The runway &amp; horn protocol shall be observed as follows:</p> <p style="text-align: center;"><b>Please note for Quad Kids events due to the large numbers of competitors, competitors will take all 3 attempts consecutively</b></p> <ul style="list-style-type: none"> <li>ℓ When the competitor is called to throw, they shall collect their implement and make towards the runway.</li> <li>ℓ The lead official from the front of the runway will then blow the horn to signal to the infield officials that a throw is about to take place. Once acknowledgment is received from the infield judges, the lead official shall leave the runway and return to their start position.</li> <li>ℓ The competitor may then assume their starting position on the runway and start their attempt once ready. The vortex must be held by 1 hand only.</li> <li>ℓ The athlete may then take their attempt from a standing or moving position, and must end their throw before the scratch line.</li> <li>ℓ The athlete must then wait on the runway, behind the scratch line for the next implement to be handed to them.</li> <li>ℓ Each throw shall be marked with a distance spike until all available attempts are complete.</li> <li>ℓ All valid attempts will then be measured and recorded. The measurement is taken from the nearest mark first made by the vortex to the inside edge of scratch line along a line through the middle of the runway.</li> </ul> <p style="text-align: center;"><b>A foul throw or letting go of the Vortex in an attempt shall be counted as a trial.</b></p> <p><b>If an implement breaks during a trial, the athlete can be awarded a new attempt.</b></p>
<b>Failures</b>	<p>The following constitutes a foul throw:</p> <ul style="list-style-type: none"> <li>ℓ Once the throw has commenced the athlete touches or goes beyond the scratch line at the front of the runway.</li> <li>ℓ When thrown the vortex lands on or outside the lines marking the throwing sector.</li> </ul> <p style="text-align: center;"><b>Arm action will not be scrutinised for this event, but all athletes should attempt to throw the implement over the upper part of the arm and not adopt a discus style throw.</b></p>



<b>High Jump</b>	
<b>Footwear</b>	High Jump shoes or spikes (maximum length of 12mm) or suitable trainers.
<b>Starting Heights &amp; Progression through the competition</b>	<ul style="list-style-type: none"> <li>£ All attempts including those during the warm-up period must be made under instruction of the official in charge of the warm-up or the event. Only 1 competitor may jump at any one time.</li> <li>£ Competitors are only permitted to use a maximum of 2 marks to assist them in their run-up, these marks should be removable and not held down with drawing or safety pins.</li> <li>£ To ensure fairness of competition the lead judge shall decide the starting height as appropriate to the athletes within the competition.</li> <li>£ Height increments shall be 5cm until 3 or fewer athletes remain and then the increments shall be at the discretion of the judge after consultation with the remaining athletes.</li> <li>£ A competitor may commence jumping at any height on the predicted height increments, at or above the agreed starting height.</li> <li>£ Competitors may jump at their discretion and may pass an attempt at any height. However, if a competitor forgoes a trial at a height, they may not make any subsequent attempt at that height.</li> <li>£ If only 1 competitor is remaining in the competition they may continue until they lose the right to continue (3 consecutive failures.)</li> </ul>
<b>Failures</b>	<p>The following will constitute a failure:</p> <ul style="list-style-type: none"> <li>£ Taking off on both feet</li> <li>£ After jumping, the bar does not remain on the pegs <b>because of the action of jumping.</b> (Therefore once the bar is cleared the athlete does not need to clear the bed for the jump to count if flags are present they should be raised as soon as the bar is cleared.) During adverse weather conditions, if the bar is dislodged from the pegs and in the opinion of the Referee it was not caused by the act of the athlete then the attempt in that case will not be considered a failure.</li> <li>£ The competitor touches the ground including the landing area, beyond the plane of the nearer edge of the uprights either between or outside the uprights with any part of the body without first clearing the bar . <b>However if when jumping a competitor touches the landing area with a foot and then clears the bar, if in the opinion of the judges no advantage was gained, it shall not count as a failure.</b></li> <li>£ 3 consecutive failures regardless of the height at which the failures occurred disqualify that athlete from further participation in that competition. I.e. athletes may forgo their 2<sup>nd</sup> or 3<sup>rd</sup> attempt at a height (after failing once or twice), and still jump at a subsequent height.</li> </ul>
<b>Ties</b>	Whenever the placing of two or more competitors cannot be separated using the count back procedure, they shall be judged equal, and the combined points for the relevant places shall be shared.

EST

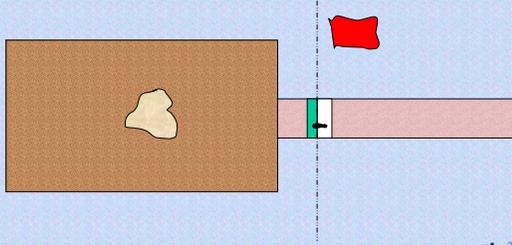
### Long Jump

<b>Footwear</b>	Long Jump Shoes or Spikes (maximum of 6mm) or suitable trainers
<b>Making an attempt.</b>	<p>⌚ All attempts including those during the warm-up period must be made from the competition runway into the landing area.</p> <p>⌚ The runway protocol must be used for each jump including those taken during the warm-up period.</p> <p>The runway protocol shall be observed as follows:</p> <p>⌚ When the athlete is called to jump, they shall take their position on the runway.</p> <p>⌚ The athlete should then wait either until a signal from the lead judge or until the runway is clear. They may then commence their trial when ready.</p> <p>⌚ The athlete may take any length of run-up required, however they must take off before the far edge of the take off board (white board.)</p> <p>⌚ The athlete must leave the landing area ahead of the nearest mark in the sand.</p> <p style="text-align: center;"><b>For Quad kids events a taped line, nearer to the pit maybe used, and in this instance 'line of site' at the judges discretion shall be used to determine a foul.</b></p> <p>⌚ The athlete must then exit the landing area in front of the mark made in the sand.</p>
<b>Failure</b>	<p>⌚ Whilst taking off touches the ground beyond the take off line or line extended with any part of the body whether running up without jumping or within the act of jumping.</p> <p>⌚ Takes off from outside either end of the board, whether beyond or behind the take off line extended.</p> <p>⌚ In the course of landing touches the ground outside the landing area nearer to the take off line than the break in the sand to which the measurement of the jump would have been taken.</p> <p>⌚ Before leaving the landing area walks back through the landing area and either interferes with the mark or walks past the mark in the pit.</p> <p style="text-align: center;"><b>'Leaving the landing area' is classed as the first contact with the any part of the body with the pit border.'</b></p> <p>⌚ It is not considered a failure if the athlete leaves the landing area and then re-enters the pit and walks through.</p> <p style="text-align: center;"><b>If an athlete does not wish the attempt to be measured then they MUST NOT leave the landing area, before walking back through.</b></p> <p>⌚ No somersaulting whilst during the run-up or jumping phase</p>
<b>Tie</b>	In the case of a tie, the second best performance of the competitors tying shall determine the result, if the tie remains the third attempt shall be used & so on. If after this procedure they are still equal, then they will be judged equal.

## The Events

### Long Jump

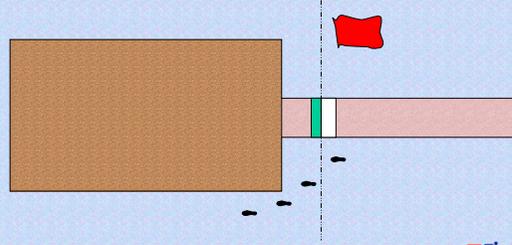
What is a no jump ?



## The Events

### Long Jump

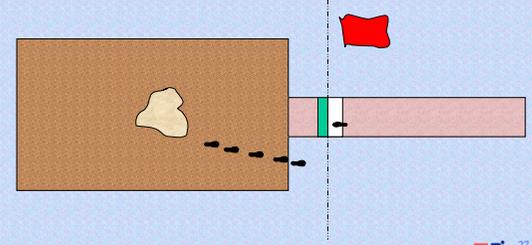
What is a no jump ?



## The Events

### Long Jump

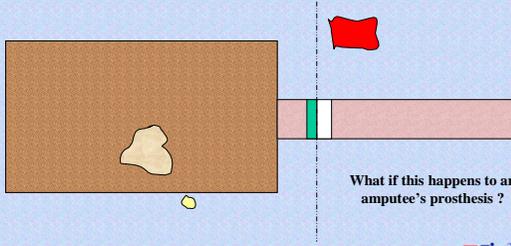
What is a no jump ?



## The Events

### Long Jump

What is a no jump ?

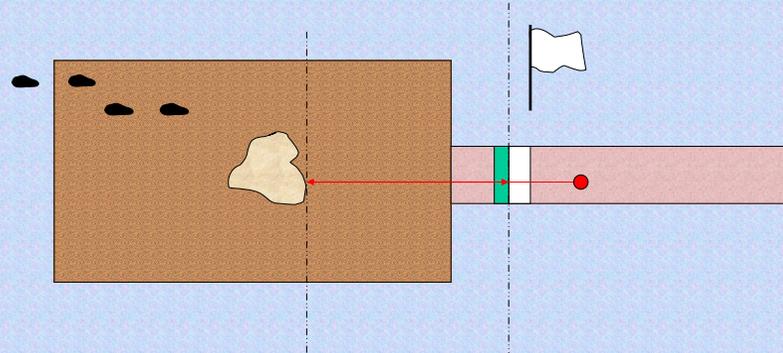


What if this happens to an amputee's prosthesis ?

## The Events

### Long Jump

How do I measure ?



## Conclusion of the Event

Competitors are permitted to leave an event when they have completed all their trials, or when they have chosen to end their competition. Therefore a competitor does not have to stay at an event area until all competitors have completed all their trials.

Competitors are permitted to check the preliminary results, but are asked to allow the lead official time to complete the results. They should then wait for the official result as checked by the Field Referee to be announced or displayed.

All Competitors should ensure when leaving an event that they take all their equipment & clothing with them, and remove any runway markers or tape they have used.

