



National Veterans Golden Age Games

Field Event - Long Jump

INSTRUCTIONS TO ATHLETES & RULES

1. Competition numbers must be worn.
2. Field is considered one event towards the four-event maximum, athletes may medal in up to three field competitions (discus, javelin, shot put, and long jump).
3. You may not be assisted or coached in the competition area.
4. It is recommended that the distance between the take-off board and the end of the landing area shall be at least 10m.
5. One or two take off boards shall be used, one of which shall be 0.5m or 1m from the nearer end of the landing area. Each athlete must declare prior to each jump which board he or she will use.
6. Each athlete will have 4 jumps and shall be credited with the best of all his/her jumps.
7. 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. **NOTE: This first contact is considered leaving.**
8. It shall be counted as a failure or foul if any athlete:
 - a. While taking off, touches the ground (including any part of the plasticine board) beyond the take-off line with any part of his or her body, whether running up without jumping or in the act of jumping; or
 - b. Takes off from outside either end of the board, whether beyond or before the extension of the take-off line; or
 - c. Employs any form of somersaulting whilst running up or in the act of jumping; or
 - d. After taking off, but before first contact with the landing area, touches the runway or the ground outside the runway or outside the landing area; or
 - e. In the course of landing, touches the border of or the ground outside the landing area closer to the take-offline than the nearest break made in the sand; or
 - f. Leaves the landing area in any manner other than that described as describe in Rule 7.
 - g. If no plasticine or other marker material is being used, breaks the plane of the take-off line with the shoe/foot.
9. An athlete shall not be regarded to have failed if:
 - a. He or she runs outside the white lines marking the runway at any point; or

- b. Under Rule 8 (b) a part of his or her shoe / foot is touching the ground outside either end of the take-off board, before the take-off line; or
 - c. If in the course of landing, he or she touches, with any part of his body, or anything attached to it at that moment, the ground outside the landing area, unless such contact contravenes Rule 8.
 - d. (d) or (e); or (d) He or she walks back through the landing area after having left the landing area in the manner described in Rule 7; or
 - e. Except as described in Rule 8 (b), he takes off before reaching the board.
- 10. There will be a 30-minute warm up, prior to the start of the event.
 - 11. No warm-ups will be allowed after the competition begins.
 - 12. Medals will be awarded based on age division and gender.
 - 13. Medals will be awarded to the first, second, and third place finishers, ribbons will be awarded to 4th-8th place finishers.
 - 17. Scoring will be based on the length of the longest jump.
 - 18. Resolving ties: ties are resolved by the second-best performance of the tying throwers.