

HCG Sports Meet: KRIDA 2.0

Track and Field Events

Long Jump

Playing Rules

Categories of the Events:

- Men
- Women

COMPETING ORDER, NUMBER OF TRIALS

- Competing Order will be regionwise call for the participants.
- All the Athletes may have practice trial before start the event.
- Each athlete shall be allowed six trials. If more than one fail to achieve a valid trial during the first three rounds, such athletes shall compete in subsequent rounds before those with valid trials, in the same relative order according to the original draw.
- The time should not normally be exceeded 1 minute for all events.

During competition

VALID JUMP – LONG JUMP

- Jumper can jump from Take Off Board or before (must within 1.22m width of runway) without touching Take Off Line or beyond.
- Jumper taking takeoff by one foot.
- Leaving the landing area is also important for Validity of Jump.

FAILURES – LONG JUMP

An Athlete fails if :-

- Touching Take Off Line or beyond the Take Off Line When taking Take Off.
- Take off from outside either end of Take Off Board (without touching the Take Off Board).
- Employ any Form of Somersaulting whilst running up or act of jumping.
- After Take Off but before landing 1st contact outside the landing area.

MEASUREMENT PROCEDURE :

- When the Officials going to measure then be careful about '0' of the measuring tape
- All valid jumps must be measured and recorded to the nearest of 01 cm. (i.e : 6.25 m NOT 6.256 m)
- The distance between the Take-off -line and nearest break made on the sand perpendicularly by the jumper is considered as his performance.
- During landing he touches the ground outside the pit closer to the takeoff line than the nearest break made in the sand: or
- When leaving the landing area, his first contact with the ground outside the pit is closer to the take-off line than the nearest break made in the sand on ; landing, including any break made on overbalancing on landing which is completely inside the pit but closer to the take-off line than the initial break made on landing.

No performance enhancers are allowed during the game. If found, the team/player will be disqualified.

NOTE: The rules of events will be followed in accordance with the rules and guidelines as per World Athletics 2024 COMPETITION AND TECHNICAL RULES 2024 Edition