



A department of MPS

Milwaukee Recreation
YOUTH SPORTS
5225 W. Vliet St. Rm. 163
Milwaukee, WI 53208
P: 414.475.8410
mkerec.net

MIDDLE SCHOOL COED TRACK & FIELD RULES

Milwaukee Recreation Youth Sports reserves the right to change rules at any time.

Rules are adapted from the USATF Rule Book.

Last Updated: 04/15/24

Section 1 - General League Rules

SPORTSMANSHIP – Unsportsmanlike conduct may result in ejection from the contest. Officials, coaches, parents, players, and fans should always display leadership and sportsmanship qualities. Any players or coaches ejected from the game by officials/staff for unsportsmanlike conduct will be suspended until their case is reviewed by Milwaukee Recreation. The final disposition of the case will then be made. Sports Coordinators are required to check with the Youth Sports Office before allowing the player or coach in question to continue participation in Youth Sports Activities.

SPECTATORS – Spectators are to be seated opposite the player's bench. All spectators are asked to show good sportsmanship and character and offer only positive reinforcement.

ADMISSION – All spectators are required to secure a **FREE** online ticket for each scheduled Middle School Coed Track & Field meet through [Hometown Ticketing](#). Spectators will not be admitted without a digital ticket.

COACHES (UPDATED) – Only coaches and players listed on the TEAM ROSTER FORM are allowed near the starting and finish line area. A coach, or a responsible adult, must be present before the meet to check their runners in. ***All coaches allowed in the field event and infield areas at designated times must be completely hired by Milwaukee Recreation (Paid or Volunteer), and have a visible coach's credential. Participating athletes and event volunteers will now be required to wear a wristband for the duration of the meet (wristbands will be handed out upon arrival at Team Entrance). Colors will change for each meet, and will need to be worn for access to the field event and infield areas.*** A hired coach must be present before a team can participate.

FACILITY REMINDERS - Dogs, alcohol, smoking (including E-cigarettes), weapons, and grilling are prohibited during Milwaukee Recreation Youth Sports activities.

JEWELRY – Head decorations, headwear, and jewelry cannot be worn during competitions (***Religious Exemptions Permitted***). This means that rings, wristwatches, hair curlers, combs, beads, earrings, or barrettes cannot be worn while participating in Youth Sports Leagues. Rubber bands or ties for long hair are acceptable.



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GAME RE-SCHEDULING/CANCELLATIONS – All school sport coordinator, coaches, or applicable staff will be notified of any rescheduled meets or meet cancellations via email. Revised schedules will be posted on Youth Sports Office Athletic.net Website:

<https://www.athletic.net/TrackAndField/School.aspx?SchoolID=77815>.

WEATHER HOTLINE – For inclement weather updates, contact the Weather Hotline at 414-475-8068. The hotline is updated on league play days by 8:00 AM on Saturdays and 1:00 PM on weekdays when inclement weather is expected. The hotline is available in English and Spanish. Coaches are responsible for informing players and their families of the weather hotline number.

ROSTERS (UPDATED) – A copy of the team's roster must be submitted to the Youth Sports Office using the online submission link prior to the deadline given by the Youth Sports Office at the seasonal Sports Coordinator meeting (Usually one (1) week prior to the team's first scheduled game). ***Teams may only submit one (1) updated roster prior to the secondary roster deadline given at the seasonal Sports Coordinator meeting. Any additional updated rosters will not be accepted. All Non-Attending Student forms must be submitted prior to the secondary roster deadline, while all Transfer Student forms must be submitted prior to the second to last week of the season.*** There is no roster limit, however for each meet teams receive 24 entries (12 Girl Entries & 12 Boy Entries) for the running events, 20 entries (10 Girl Entries & 10 Boy Entries – 1 team per relay event / 1 alternate runner per relay event) for the relay events, and 16 entries (8 Girl Entries & 8 Boy Entries) for the field events.

ONE TEAM, PER SPORT, PER SEASON – Athletes are permitted to play multiple sports per season by cannot play on more than one team in the same sports during the same season.

Exception: Athletes are only permitted to play on one (1) basketball team per academic year.

COED LEAGUE RULES – The term "COED" refers to the fact that both boys and girls are eligible to play on the same team. It is possible that teams will have varying numbers of boys or girls, but no special "coed rules" will apply. Teams made of one gender are allowed in the COED league.

FORFEITS (UPDATED) – The Youth Sports Office must be notified in advance of all forfeit contests. Notification must be delivered to youthsports@mkerec.net at least 36-hours prior to scheduled game start time. ***Teams that forfeit will be charged a \$50.00 fee per occurrence.*** See the Youth Sports Website and Opportunity Handbook for a list of forfeit situations.

PROTEST – Judgement calls made by the game officials are not eligible for protest and/or appeal. Protest on rule enforcement must be filed in writing with the Youth Sports Office with 48-hours following the incident. Protest on athlete eligibility may be filed any time during the regular season. Submit rules enforcement and athlete eligibility protest via email to youthsports@mkerec.net.



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TIE-BREAKER PROCEDURES (TROPHY SPORTS ONLY) – The Youth Sports Office will have full discretion determining the position and placement of all teams. The following system will be used to determine league winner(s) during the Conference Championship Meet:

- A. **If there is a tie in points earned during the Middle School Track & Field Conference Championship Meet, the tied teams will be declared Co-Champions, Co-Second, etc.**

AWARDS – Middle School Track & Field has three different award possibilities.

- A. **Participation Medals** - Participation medals can be ordered during team registration, through an additional cost of \$25.
- B. **Weekly Medals** – Placing medals are given to the top 3 finishers of each race and field event at each competition.
- C. **League Champions** - The school that scores the most combined points between their girls and boys participating Track & Field teams, at the City Conference Championship Meet (***Last Meet of the Season***), will be crowned the Conference Champion. The Conference Champion, and Runner-Up, will be awarded plaques. The Conference Champion will also be awarded conference champion t-shirts.

RESULTS – Middle School Track & Field results will be posted on [Trackside Timing](#) in real time during each scheduled meet.

YOUTH SPORTS OPPORTUNITY HANDBOOK – The current version of the Youth Sports Opportunity Handbook is available at www.mkerec.net/YouthSports. All sports coaches and sports coordinators are responsible for familiarizing yourself with the rules, regulations, procedures, and policies governing the Milwaukee Recreation Youth Sports Programs.

Section 2 – Before the Meet

Article 1 – Rules are adapted from the USATF Rule Book and may be changed by the Youth Sports Office at any time to improve the safety and understanding of the game.

Article 2 – Eligibility:

- A. Age/Grade Limits – Students may not exceed the age/grade limits as listed below. Age is determined as of September 1 of the current school year. Middle School Coed Track & Field is only offered to students enrolled in 5th, 6th, 7th, and 8th grade at the beginning of the spring season. **Elementary (1st-4th Grade) students are NOT eligible for participation in Middle School Coed Track & Field.**



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- 11 years old and under/5th grade maximum
- 12 years old and under/6th grade maximum
- 13 years old and under/7th grade maximum
- 15 years old and under/8th grade maximum

- B. School Suspensions – Any student suspended from school must be reinstated prior to the close of school on the Friday before their next scheduled meet to be eligible.
- C. Grade Point Average (GPA) – Schools using the standards-based report card please use published requirements for eligibility.
 - a. A student must have a minimum 2.0 GPA in their previous mark period report card to participate unless the school standard is higher, in which case the school GPA requirement would prevail.
 - b. Middle School athletic eligibility is determined by report card mark period GPA only; there are no provisions for recertification in the program.
 - c. Once a student is ineligible, they must wait until the next report card is published to regain eligibility.

Article 3 – Athletes:

- A. Event Entry Limit – An athlete may enter a maximum of three (3) events, but in no more than two (2) running events or two (2) field events.
- B. Relay Event – If an athlete is listed as a relay team member (Including Alternates), the relay event counts as one (1) of the three (3) allowed events. Whether or not the athlete participates.
- C. Wristband ***NEW*** – **Participating athletes will now be required to wear a wristband for the duration of the meet (wristbands will be handed out upon arrival at Team Entrance). Colors will change for each meet, and will need to be worn for access to the field event and infield areas.**
- D. Spike Length – Athletes are required to wear athletic shoes or track spikes (Slides, Crocs, and Open Toe shoes are prohibited). Track spikes may be no longer than ¼”.
- E. Uniforms – Athletes must be in full uniform at ALL times. No bare chests during sprinting or field events. The first offense will be a warning. The second offense will **expel** the athlete from their current event.
- F. Profanity – Profanity of any kind is not permitted at Middle School Coed Track & Field Meets. The first offense will **expel** the athlete from their current event. The second offense will **expel** the athlete from the remainder of the track & Field meet. (**Expel = Scratch or Remove**)



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- G. **Fighting** – Fighting is not permitted at Middle School Coed Track & Field Meets. Fighting of any kind will result in the automatic expulsion of an athlete(s) from the track & Field meet, and possibly the remainder of the season.

Article 4 – Equipment:

- A. Teams are responsible for providing all equipment for team practices.
- B. **Starting Blocks** – Starting Blocks are **NOT** used for Middle School Track & Field Meets.

Article 5 – Track Side Timing, LLC:

- A. All Middle School Track & Field Meets that have running events will be timed by Track Side Timing, LLC. Track Side Timing will provide the following services:
 - a. **Online Heat Sheets.**
 - b. **FinishLynx Fully Automated Timing.**
 - c. **Digital Finish Line Clock.**
 - d. **Online Posting of Results on www.TrackSideTiming.com.**
 - e. **Scoring of Meets.**
 - f. **Hip Numbers.**
 - g. **Live Results.**

Article 6 – Officials:

- C. All MPS/MKE REC Track & Field Meets will consist of a Head Official, Starter Official, Finish Line Judge, and Clerk of Course.
- D. The Head Official's decision on point of fact connected with the meet shall be final.
- E. The Head Official has the authority to make necessary decisions regarding conditions that may necessitate postponing or delaying the meet.
 - a. Any competition that is interrupted will be continued from the point of interruption, if the season schedule permits. All trials and marks up to the point of suspension will stand.

Article 7 – Coaches: *(UPDATED)*

- A. ***Only coaches who have been completely hired by Milwaukee Recreation (Paid or Volunteer), and listed as "Hired – Good To Work" on their schools hiring spreadsheet, are allowed in the in the field event and infield areas at designated times.***
- B. ***Hired coaches will be given a coach's credential by the Milwaukee Recreation Youth Sports office once they have completed the hiring process. Credentials must be visible while coaches are in the in the field event and infield areas.***
- C. A hired coach must be present before a team can participate.



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- D. **All participating schools will be required to provide one (1) representative (Coach or Volunteer) to assist with the meet set-up one (1) hour prior to the start of the scheduled meet. (4:30pm or 8:00am)**
- E. All participating schools will be required to provide meet personnel (Head Coaches, Assistant Coaches, or Parent Volunteers) to assist with designated tasks associated with assigned running events or field events.
- F. **Event coaches and volunteers will now be required to wear a wristband for the duration of the meet (wristbands will be handed out upon arrival at Team Entrance). Colors will change for each meet, and will need to be worn for access to the field event and infield areas.**
- G. Coaches will have until the final call for each running event to inform the Clerk of Course which listed runners will compete, and which listed runners will not compete (Scratched).
- H. Coaches are encouraged to scratch listed athletes who will not be participating prior to the start of the scheduled meet, for field and running events, by notifying the Head Official.

Article 8 – Event Entry:

- A. Entry submissions must be submitted by the pre-determined deadline, using the online Track & Field event registration system Athletic.net.
- B. No exceptions will be made for late submissions.

Section 3 – The Meet

Article 1 – Field Events:

- A. All Field Events will begin promptly at 9:00am **(5:30pm for Friday Meets)**. Check-in will begin at 8:40am **(5:10pm for Friday Meets)**. Athletes that do not check-in prior to the start of the event will be scratched.
- B. All MPS/MKE REC Middle School Coed Track & Field Meets will consist of the following Field Events **(Events are in order that they will take place)**:
 - 1. Shot Put (Girls 6lbs/Boys 8lbs)
 - 2. High Jump (Boys/Girls)
 - 3. Long Jump (Girls/Boys)
 - 4. Triple Jump (Boys/Girls)
- C. Field Event Quick Facts **(See each individual Event Rules for more details)**.
 - 1. Each event will consist of three (3) attempts.
 - 2. The best distance or height will qualify participants for finishing places.
 - 3. To place in a field event, a participant must have at least one successful/legal attempt.



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4. The field event judge will have the final approval regarding legal attempts and recorded distances or heights.
- D. All horizontal field events (Long Jump, Triple Jump, and Shot Put) will have “Open Pit” and will run for two (2) hours. Participants will have one (1) hour from their scheduled start time, to complete their three (3) jumping and/or throwing attempts.
- E. Vertical field events (High Jump) will have designated Girl and Boy heats. The time of each heat will be determined by the number of participants, and the starting/finishing height.
- F. Athletes participating in one or more field events, or a field and running event, are responsible for communicating this with the individual in charge of the designated field event. This will allow the individual in charge to make a note next to their name (Checking-Out), so that they are not scratched from the event. **It is important that the participating athlete returns to their primary field event right away after finishing their other event.**

Article 2 – Running Events: (UPDATED)

- A. All Running Events will begin promptly at 10:00am. Check-in will begin at 9:40am.
- B. All MPS/MKE REC Middle School Coed Track & Field Meets will consist of the following Running Events (***Events are in order that they will take place***):
 1. 100m Hurdles (Girls/Boys)
 2. 100m (Girls/Boys)
 3. 1600m (Girls / Boys)
 4. 4x200m (Girls/Boys)
 5. 400m (Girls/Boys)
 6. 4x100m (Girls/Boys)
 7. 800m (Girls / Boys)
 8. 200m (Girls/Boys)
- C. ***Hurdle height in the 100m race will be 30” for girls and 33” for boys.***
- D. It is the athlete’s responsibility to report to the Clerk of Course when the event is called. If the athlete does not report in the allotted time, they will not be allowed to run in the event (Scratched).
- E. Under normal circumstances, the time schedules will not be preceded.

Article 3 – Location: Meet locations will be provided by the Youth Sports Office one (1) week prior to the first scheduled Middle School Track & Field Meet. **All meet locations and times are subject to change.**



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Article 4 – Team Scoring: Team scoring will be used to determine the Middle School Track & Field City Conference Champion at the final meet of the season. Team scoring will be calculated by adding up the total number of points earned in running, and field events, which are based on the places in which the school's participating athlete or relay team finished (Girls and Boys Points Calculated Separately). The Girls and Boys teams with the highest number of calculated points will be recognized as the Middle School Track & Field City Conference Champion. ***In the event there is a tie in points earned during the Middle School Track & Field Conference Championship Meet, the tied teams will be declared Co-Champions, Co-Runner-Up, etc.*** The scoring system will the format below:

- A. 1st Place = 10 Points
- B. 2nd Place = 8 Points
- C. 3rd Place = 6 Points
- D. 4th Place = 5 Points
- E. 5th Place = 4 Points
- F. 6th Place = 3 Points
- G. 7th Place = 2 Points
- H. 8th Place = 1 Point



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Middle School Coed Track & Field

Relay & Field Event Resources, Rules, and Guidelines

Last Updated: 04/15/24

Relay & Field Event Resources

Relays

- <https://www.wikihow.com/Run-the-Relay-in-Track> (Step by Step Website)
- <https://www.youtube.com/watch?v=uqFCbnscNaw> (Video)
- <https://www.youtube.com/watch?v=Gsgnj-fsETQ> (Video)

High Jump

- [https://www.wikihow.com/High-Jump-\(Track-and-Field\)](https://www.wikihow.com/High-Jump-(Track-and-Field)) (Step by Step Website)
- <https://www.youtube.com/watch?v=NLufVXI7HOQ> (Video)
- <https://www.youtube.com/watch?v=CbsqXzBbHSE> (Video)

Long Jump

- <https://www.wikihow.com/Long-Jump> (Step by Step Website)
- <https://www.youtube.com/watch?v=ZtrNgxwTFCM> (Video)
- <https://www.youtube.com/watch?v=exfdWBotZ5s> (Video)
- <https://www.youtube.com/watch?v=doqpcSEwwAs> (Video)
- <https://www.youtube.com/watch?v=3FvL4GEO560> (Video)

Shot Put

- <https://www.wikihow.com/Shot-Put> (Step by Step Website)
- <https://www.wikihow.com/Throw-a-Shot-Put> (Step by Step Website)
- <https://www.youtube.com/watch?v=tHVMufMECPo> (Video)
- <https://www.youtube.com/watch?v=HFei17H7sAc> (Video)

Triple Jump

- <https://www.wikihow.com/Triple-Jump> (Step by Step Website)
- <https://coachingyoungathletes.com/2019/09/23/where-to-start-with-complete-beginners-in-the-triple-jump/> (Website)
- <https://www.youtube.com/watch?v=oOBwdvVqsUw> (Video)
- <https://www.youtube.com/watch?v=MjZcMbAAUTU> (Video)



HIGH JUMP RULES & GUIDELINES

Last Updated: 04/04/23

Event Crew: Recorder – Records the Jump Attempts (O = Made Height, X = Missed Height/Foul)
Jump Announcer/ Bar Helper – Calls current and next jumper, while also fixing the bar.

Step 1: Check-Ins:

- All Jumpers must personally check-in prior to the beginning of the competition, even if they are competing in another event. (See Check-In Name List)
- All Jumpers must also personally check-out prior to competing in another event. (Jumpers who have checked out must return immediately to complete their attempts, and start/resume at the bars current height)
- Take Attendance. (Any Jumper not checked in at this point may not compete)

Step 2: Warm-Ups:

- There will be a 3-5 minute warm up period, during check-ins, where Jumpers are given a chance to practice their run-through steps prior to the start of the competition. (NO BAR)
- If a Jumper arrives to the competition late from another event, but has checked in, he/she is given an opportunity for a run-through during height change, only.

Step 3: Rule Explanation:

- Gather Jumpers in a circle, and introduce yourself.
- Explain Event Rules (READ OUT LOUD)
 1. **Three (3) jump attempts per competitor at each height.**
 2. **An unsuccessful attempt (Foul) is committed when a competitor knocks the bar off of the standards, jumps off of two (2) feet on an attempt, or touches the pit mat without successfully jumping over the bar.**
 3. **If a competitor has three (3) consecutive unsuccessful attempts (Fouls) at the same height, they are eliminated from the competition.**
 4. **Competitors may enter the event at any height they desire. (They must verbalize this by electing to pass the current heights)**
 5. **Remind Competitors to exit off of the back of the mat.**

Jumping Order:

- Line up Jumper to the side, sitting on the ground or leaning against the fence, in the order that they appear on the heat sheet list.
- **BE AWARE** Right Footed Jumpers start their approach from the **LEFT** side, and Left Footed Jumpers start their approach from the **RIGHT** side. (Still line them up together)
- When a Jumper successfully makes a height, he/she should make a new line on the opposite side of the line of competitors waiting to Jump.
- If a jumper commits a **unsuccessful attempt** (Foul) at a height, he/she goes to the end of the line they came from.

Additional Details:

- Starting Height; Girls 3ft. 2in. / Boys 3ft. 10in
- Bar will be raised 2in. after each round. (1in. with two (2) Jumpers remaining)
- The Recorder should stand in front of the pit mats while the height is being adjusted on the standards, or the bar is being placed back on the standards. Once the recorder moves, the next Jumper may go.
- Highest completed jump attempt is considered 1st Place.
- Tie Breaker (1st-3rd); **1. Fewest misses at tying height, 2. Fewest misses in event, 3. Jump-Off (1attempt).**



LONG JUMP RULES & GUIDELINES

Last Updated: 04/04/23

Event Crew: Announcer/Recorder – Calls current and next Jumper, and records the jump distance.

Marker – Marks the spot where the Jumper lands. (Spot closest to take-off board)

Raker – Smooths out the sand, so it is easy to see where the Jumper lands.

Step 1: Check-Ins:

- All Jumpers must personally check-in prior to the beginning of the competition, even if they are competing in another event. (See Check-In Name List)
- All Jumpers must also personally check-out prior to competing in another event, and return immediately to complete their remaining attempts.
- Take Attendance. (Any Jumper not checked in at this point may not compete)
- Open Pit: All Jumpers have one (1) hour from their groups scheduled start time, to complete their three (3) jumping attempts.

Step 2: Warm-Ups:

- There will be a 3-5 minute warm up period, during check-ins, where Jumpers are given a chance to practice their run-through steps prior to the start of the competition. **(NO MEASUREMENTS)**
- If a Jumper arrives to the competition late from another event, he/she will not be able to do a run-through mid competition

Step 3: Rule Explanation:

- Gather Jumpers in a circle, and introduce yourself.
- Explain Event Rules (**READ OUT LOUD**)
 1. **Three (3) Jump attempts per competitor. (Not in a row)**
 2. **An unsuccessful attempt is committed when a competitor shoe tip (toe) crosses the front edge of the Jumpers designated take-off board.**
 3. **Visually show the take-off boards that are being used. Remind Jumpers that they must indicate the board they are using (1 or 2) prior to their jump attempt. (Or Scratch)**
 4. **A successful Jump is measured (with a tape measure) from the front edge of the designated take-off board, to the impression in the sand pit closest to the take-off board made by any part of the Jumper's body.**
 5. **Remind Competitors to exit out of the back of the sand pit. (To preserve measurement)**

Jumping Order:

- Line up Jumpers to the side, away from the current Jumper and runway, in the order that they appear on the heat sheet list.
- When a Jumper successfully completes his/her jump, he/she should go to the end of the jumping line.

Additional Details:

- The Recorder should stand on the runway while the distance is being measured and the sand pit is being raked. Once the recorder moves, the next Jumper may go.
- Longest completed jump attempt is considered 1st Place.
- Tie Breaker (1st-3rd); **1. Longest Second (or Third) Best Jump wins.**



SHOT PUT RULES & GUIDELINES

Last Updated: 04/04/23

Event Crew: Announcer/Recorder – Calls current and next thrower, and records the throw distance.

Marker – Marks and measures where the Shot Put lands.

Raker – Retrieves the Shot Put after it is thrown.

Step 1: Check-Ins:

- All Throwers must personally check-in prior to the beginning of the competition, even if they are competing in another event. (See Check-In Name List)
- All Throwers must also personally check-out prior to competing in another event, and return immediately to complete their remaining attempts.
- Open Pit: All Throwers have one (1) hour from their groups scheduled start time, to complete their three (3) throwing attempts.

Step 2: Warm-Ups:

- There will be a 3-5 minute warm up period, during check-ins, where Throwers are given a chance to practice their throws prior to the start of the competition. **(NO MEASUREMENTS)**

Step 3: Rule Explanation:

- Gather Throwers in a circle, and introduce yourself.
- Take Attendance. (Any Thrower not checked in at this point may not compete)
- Explain Event Rules (**READ OUT LOUD**)
 1. **Three (3) throw attempts per competitor. (Not in a row)**
 2. **A unsuccessful throw (Foul) is committed when a competitor touches the ground outside of the throwing circle, hits the top or outside rim of the circle or toe board with his/her foot, or leaves the throwing circle before the shot put has hit the ground.**
 3. **A successful throw is measured (with a tape measure) from the front middle section of the inside of the toe board, to the front middle section of where the shot hits the ground.**
 4. **Remind Competitors to exit out of the back of the circle. (Exiting any other way is a Scratch/Foul)**

Throwing Order:

- Line up Throwers to the side, away from the throwing circle, in the order that they appear on the heat sheet list.
- When a Thrower successfully completes his/her throw, he/she should go to the end of the throwing line.

Additional Details:

- Shot Sizes; Girls 6lbs. / Boys 8lbs.
- The Recorder should stand in the throwing circle while the distance is being measured. Once the recorder moves, the next thrower may go.
- Longest completed throw attempt is considered 1st Place.
- Tie Breaker (1st-3rd); **1. Longest Second (or Third) Best Throw wins.**



TRIPLE JUMP RULES & GUIDELINES

Last Updated: 04/04/23

Event Crew: Announcer/Recorder – Calls current and next Jumper, and records the jump distance.

Marker – Marks the spot where the Jumper lands. (Spot closest to take-off board)

Raker – Smooths out the sand, so it is easy to see where the Jumper lands

Step 1: Check-Ins:

- All Jumpers must personally check-in prior to the beginning of the competition, even if they are competing in another event. (See Check-In Name List)
- All Jumpers must also personally check-out prior to competing in another event, and return immediately to complete their remaining attempts.
- Take Attendance. (Any Jumper not checked in at this point may not compete)
- Open Pit: All Jumpers have one (1) hour from their groups scheduled start time, to complete their three (3) jumping attempts.

Step 2: Warm-Ups:

- There will be a 3-5 minute warm up period, during check-ins, where Jumpers are given a chance to practice their run-through steps prior to the start of the competition. **(NO MEASUREMENTS)**

Step 3: Rule Explanation:

- Gather Jumpers in a circle, and introduce yourself.
- Explain Event Rules (**READ OUT LOUD**)
 1. **Three (3) Jump attempts per competitor. (Not in a row)**
 2. **A running Hop, Step, Jump! (Ex. Hop off Right Leg, Land on Right Leg, Step to Left Leg, and Jump off Left Leg into the sand pit) or (Hop off Left Leg, Land Left Leg, Step to Right Leg, Jump off Right Leg into the sand pit)**
 3. **A unsuccessful jump (Foul) is committed when a competitor shoe tip (toe) crosses the front edge of the Jumpers designated take-off board, or when the Hop, Step, Jump phase is not followed.**
 4. **Visually show the take-off boards that are being used. Remind Jumpers that they must indicate the board they are using (1 or 2) prior to their jump attempt. (Or Scratch)**
 5. **A successful Jump is measured (with a tape measure) from the front edge of the designated take-off board, to the impression in the sand pit closest to the take-off board made by any part of the Jumper's body.**
 6. **Remind Competitors to exit out of the back of the sand pit. (To preserve measurement)**

Jumping Order:

- Line up Jumpers to the side, away from the current Jumper and runway, in the order that they appear on the heat sheet list.
- When a Jumper successfully completes his/her jump, he/she should go to the end of the jumping line.

Additional Details:

- The Recorder should stand on the runway while the distance is being measured and the sand pit is being raked. Once the recorder moves, the next Jumper may go.
- Longest completed jump attempt is considered 1st Place.
- Tie Breaker (1st-3rd); **1. Longest Second (or Third) Best Jump wins.**