



**IN LIFE**

**NO CHALLENGE NO SUCCESS**

**KNOW CHALLENGE KNOW SUCCESS**



# AFI D.T.O SEMINAR

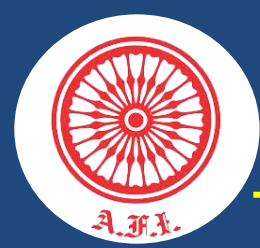
- HORIZONTAL JUMP
- LONG JUMP AND TRIPLE JUMP

- MODERATOR : DR. K. VIJAYA
- LECTURER : MR. SOMNATH MALLICK

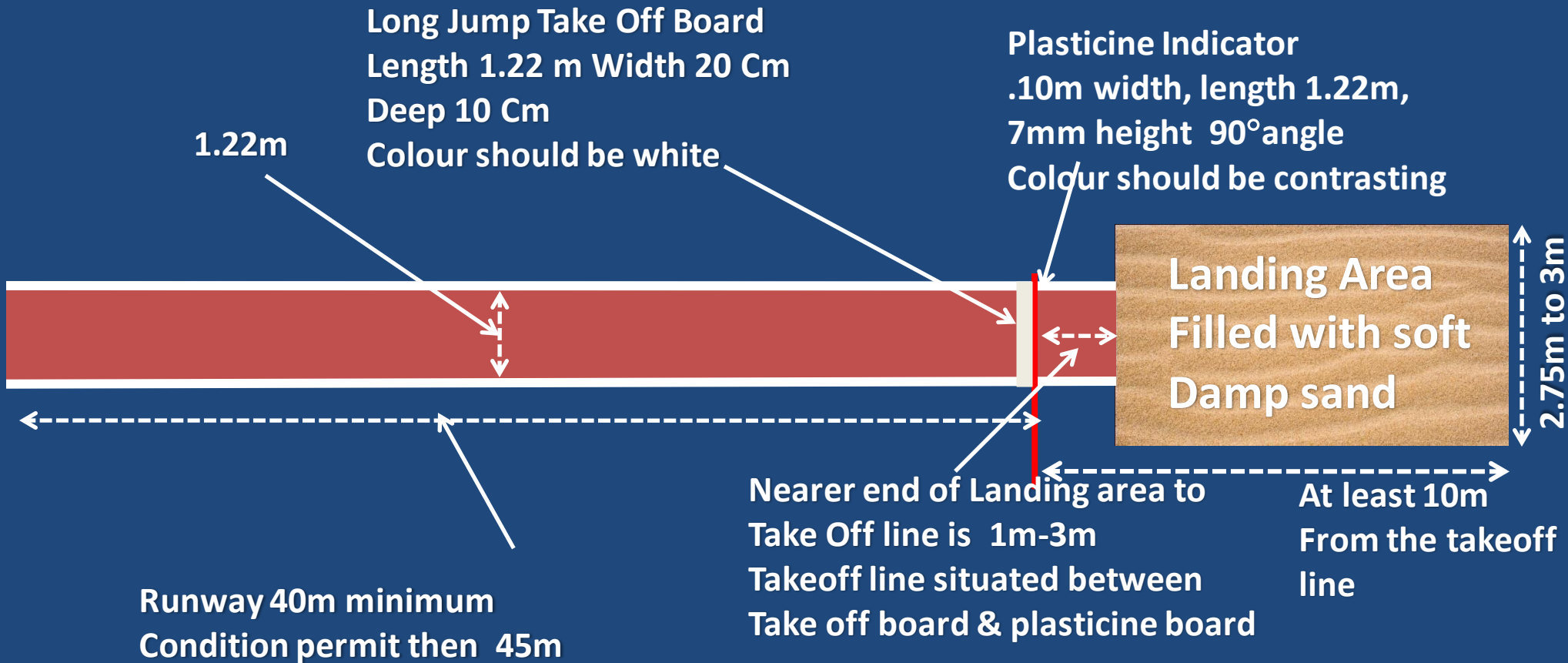


# AFI D.T.O SEMINAR

- DISCUSS ABOUT :
- RUNWAY, TAKEOFF BOARD & LANDING AREA
- COMPETING ORDER, NUMBER OF TRIALS
- FAILURES – BASIC RULES
- MEASUREMENT & RECORDING ( SCORE SHEET )
- TIES
- TIME ALLOWED FOR TRIALS
- MARKERS



# RUNWAY, TAKE OFF BOARD & LANDING AREA OF LONG JUMP





## COMPETING ORDER, NUMBER OF TRAILS

- Competing Order Drawn by Lot.
- All the Athletes may have practice trial before start the event.
- **During competition**
- When more than 8 : all the Athletes may take 3 round of trials and after that the best of 8 Athletes as per their performance get another 3 round of trials.
- When 8 or below : all the Athletes may take 6 round of trials.
- After 3<sup>rd</sup> round competing order will be reverse order.



# 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).
- After Take Off but before landing 1<sup>st</sup> contact outside the landing area.
- Employ any Form of Somersaulting whilst running up or act of jumping.





If the Athlete claim to know where is the fault occurred then the officials must show him.







- **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.





# TIES

- IF THE BEST PERFORMANCE OF THE TWO OR MORE ATHLETES WERE SAME - IS CALLED TIE.
- **HOW TO BREAK THE TIE :**
- FOLLOW THE SECOND BEST PERFORMANCE OF THE TIEING ATHLETES .
- **IF THE TIE IS REMAINS –**
- THEN THIRD BEST PERFORMANCE WILL BE CONSIDERED AND SO ON



# MEASUREMENT AND RECORD (SCORE SHEET)

Name of the Institution  
Name of the Championships  
Venue & Dates

**ATHLETICS FEDERATION OF INDIA**  
**59<sup>TH</sup> NATIONAL INTER STATE SENIORS ATHLETICS CHAMPIONSHIP**  
**LUCKNOW, 27<sup>TH</sup> TO 30<sup>TH</sup> AUGUST 2019**

| * DISTANCE SCORE CARD *                      |   |  |        |                         |  |                          |  |  |  |  |  |  |
|--|---|--|--------|-------------------------|--|--------------------------|--|--|--|--|--|--|
| Date: <b>30/08/2019</b>                      | Category: <b>MEN</b>                      |  | EVENTS | <del>LONG JUMP</del>    |  | <del>TRIPLE JUMP</del>   |  |  |  |  |  |  |
| Time Hrs.: <b>17:15 Hrs</b>                  | Group: <del>Under .. SENIOR.. Years</del> |  |        | <del>SHOT PUT</del>     |  | <del>DISCUS THROW</del>  |  |  |  |  |  |  |
| National Record: <b>M. Sreesankar, 8.20m</b> | Meet Record: <b>K. Premkumar, 8.00m</b>   |  |        | <del>HAMMER THROW</del> |  | <del>JAVELIN THROW</del> |  |  |  |  |  |  |

| S.N. | NAME of the ATHLETES | Bib Numbers | UNIT | TRIALS |        |       | BEST OF THREE TRIALS | POSITION After Three TRIALS | TRIALS |       |       | BEST OF ALL TRIALS | FINAL POSITION |
|------|----------------------|-------------|------|--------|--------|-------|----------------------|-----------------------------|--------|-------|-------|--------------------|----------------|
|      |                      |             |      | FIRST  | SECOND | THIRD |                      |                             | FOURTH | FIFTH | SIXTH |                    |                |
| 1    | SAHIL MAHABALI       | 312         | HAR  | 7.23   | 7.20   | 7.24  | 7.24                 | 7                           | 7.28   | 7.35  | 7.24  | 7.35               | 5              |
| 2    | SANDEEP              | 314         | HAR  | 7.21   | 7.26   | 7.18  | 7.26                 | 6                           | 7.21   | 7.23  | 7.18  | 7.26               | 7              |
| 3    | SAMSHEER E.          | 370         | KAR  | 7.00   | 7.20   | 7.27  | 7.27                 | 5                           | ---    | X     | 7.37  | 7.37               | 4              |
| 4    | FEBI                 | 423         | KER  | 7.28   | 7.16   | 7.22  | 7.28                 | 4                           | 7.30   | 7.21  | 7.20  | 7.30               | 6              |
| 5    | SHREESANKAR M.       | 424         | KER  | 7.64   | 7.83   | X     | 7.83                 | 1                           | 7.76   | X     | X     | 7.83               | 1              |
| 6    | MUHAMMED YAHIYA      | 425         | KER  | X      | 7.20   | 7.10  | 7.20                 | 9                           |        |       |       | 7.20               | 9              |
| 7    | ASHISH PATRA         | 523         | OR   | 7.10   | X      | X     | 7.10                 | 11                          |        |       |       | 7.10               | 11             |
| 8    | JAGROOP              | 569         | PUN  | 7.20   | X      | 7.23  | 7.23                 | 8                           | 7.20   | X     | X     | 7.23               | 8              |
| 9    | BIKRAMJIT SINGH      | 570         | PUN  | X      | 7.13   | 7.05  | 7.13                 | 10                          |        |       |       | 7.13               | 10             |
| 10   | SUBHASH              | 614         | RAJ  | 6.70   | X      | 6.80  | 6.80                 | 12                          |        |       |       | 6.80               | 12             |
| 11   | RISHABH RISHISHWAR   | 720         | UP   | 7.11   | 7.38   | 7.38  | 7.38                 | 3                           | X      | 7.83  | X     | 7.83               | 3              |
| 12   | SHAMIT SINGH         | 721         | UP   | 7.40   | 7.23   | X     | 7.40                 | 2                           | 7.83   | X     | 5.32  | 7.83               | 2              |

| REFEREE    |                      |
|------------|----------------------|
| NAME       | Name of REFEREE      |
| SIGNATURES | Signature of REFEREE |

| CHIEF JUDGE |                          |
|-------------|--------------------------|
| NAME        | Name of CHIEF JUDGE      |
| SIGNATURES  | Signature of CHIEF JUDGE |

| JUDGES | NAMES |                 | SIGNATURES |                   |
|--------|-------|-----------------|------------|-------------------|
|        |       | Name of JUDGE 1 |            | Signature Judge 1 |
|        |       | Name of JUDGE 2 |            | Signature Judge 2 |
|        |       | Name of JUDGE 3 |            | Signature Judge 3 |
|        |       | Name of JUDGE 4 |            | Signature Judge 4 |



# TIME ALLOWED FOR TRAILS

- One minute.

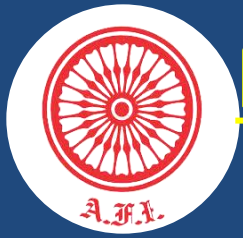




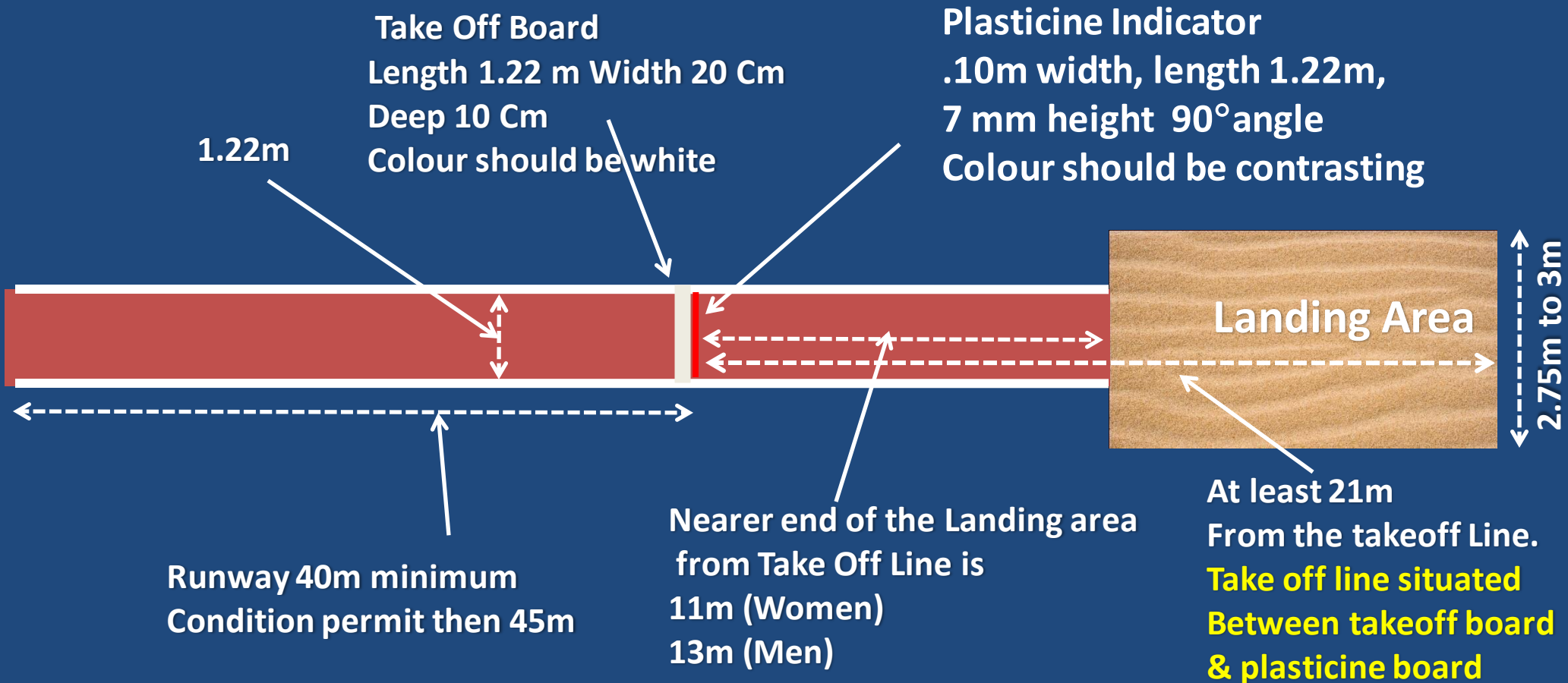
# MARKERS



**Athlete may use maximum 2 markers along side the runway**



# RUNWAY TAKE OFF BOARD & LANDING AREA OF TRIPLE JUMP

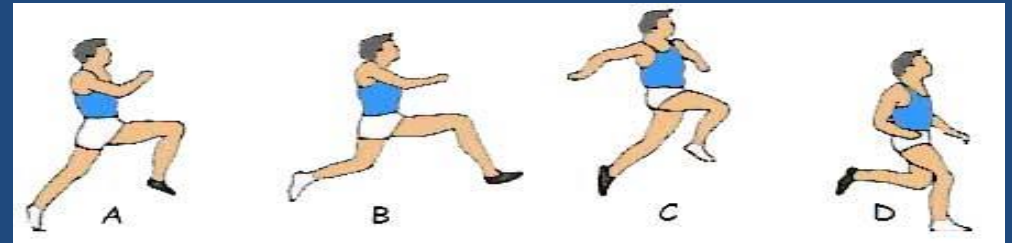




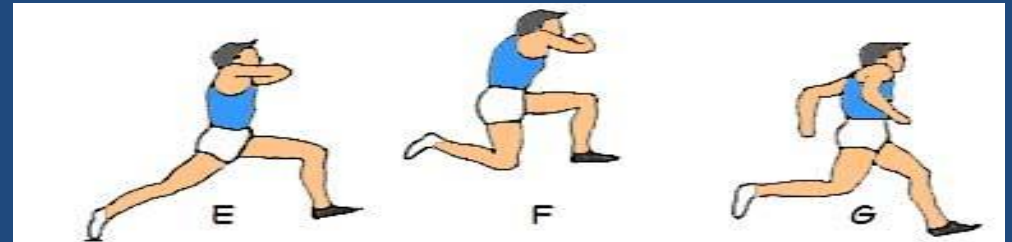
# VALID JUMP – TRIPLE JUMP

➤ THE TRIPLE JUMP CONSIST OF – A HOP, A STEP & A JUMP

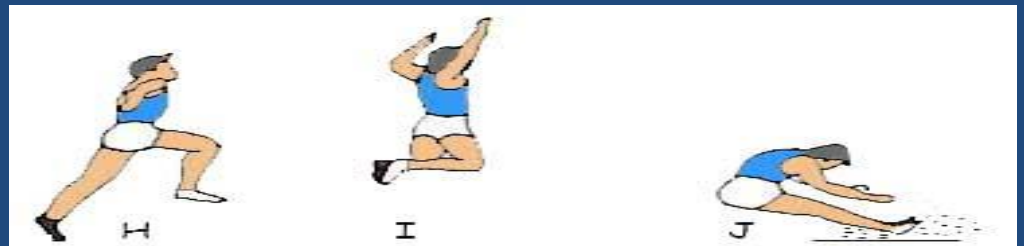
➤ THE HOP SHALL BE MADE SO THAT LAND ON THE SAME FOOT AS THAT FROM WHICH THEY HAVE TAKEN OFF



➤ IN STEP THEY SHALL LAND ON OTHER FOOT



➤ THEN JUMP IS PERFORMED



➤ IF THE ABOVE SAID SEQUENCE IS NOT FOLLOWED IN ORDER THEN THE JUMP IS TREATED AS A FAILURE



# TRIPLE JUMP

- ALL OTHER RULES OF TRIPLE JUMP AS SAME AS LONG JUMP i.e.
  - Competing order
  - Number of trials
  - Time allowed for trials
  - Marker
  - Measuring procedure
  - Records & Ties
  - Failures





THANK YOU