

**Rule 30.1.1 of the Technical Rules  
(amendments in red/ bold font)**

**30. (Rule 185) Long Jump**

**Competition**

30.1 An athlete fails if:

30.1.1 they while taking off **(prior to the instant at which they cease contact with the take-off board or ground)**, break the vertical plane of the take-off line with any part of their **take-off** foot / shoe, whether running up without jumping or in the act of jumping; or

[Rule 30.1.1 amended in **July 2020** and in force from 1 November **2021**. For the current edition of rule please refer to Competition Rule 185.1.]

**\*For ease of reference  
2018-2019 Competition Rules**

**Rule 185.1(a)**

*Rule 185 Long Jump*

*Competition*

*1. An athlete fails if:*

*(a) he while taking off, touches the ground (including any part of the plasticine board) beyond the take-off line with any part of his body, whether running up without jumping or in the act of jumping; or*

**\*\*Consequential amendment to Rule 29.5 of the Technical Rules:**

**29. (Rule 184) General Conditions – Horizontal Jumps**

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**Take-off Board**

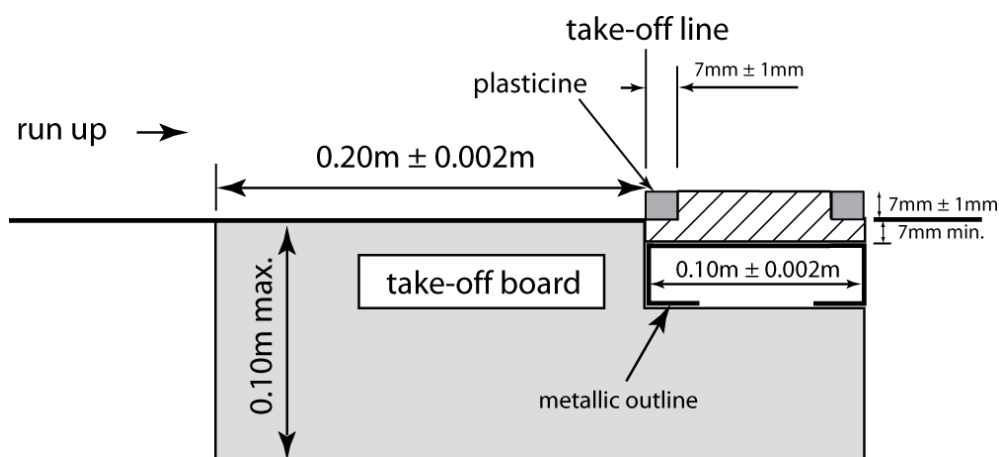
29.3 The take-off shall be marked by a board sunk level with the runway and the surface of the landing area. The edge of the board which is nearer to the landing area shall be the take-off line. Immediately beyond the take-off line there may be placed a plasticine indicator board for the assistance of the Judges.

*Note: Where in the construction of the runway and/or take-off board there was previously provision for the placement of a plasticine indicator board and such board is not used, this recess should be filled by a blanking board flush with the take-off board.*

29.4 The take-off board shall be rectangular, made of wood or other suitable rigid material in which the spikes of an athlete's shoe will grip and not skid and shall measure  $1.22\text{m} \pm 0.01\text{m}$  long,  $0.20\text{m} \pm 0.002\text{m}$  wide and not more than  $0.10\text{m}$  deep. It shall be white. In order to ensure that the take-off line is clearly distinguishable and in contrast to the take-off board, the ground immediately beyond the take-off line shall be in a colour other than white.

29.5 *The use of video or other technology, to assist the Judges in deciding the application of Rule 30.1 of the Technical Rules, is strongly recommended at all levels of competition. However, if no technology is available, a plasticine indicator board may still be used.*

*The plasticine indicator board shall consist of a rigid board,  $0.10\text{m} \pm 0.002\text{m}$  wide and  $1.22\text{m} \pm 0.01\text{m}$  long made of wood or any other suitable material and shall be painted in a contrasting colour to the take-off board. Where possible, the plasticine should be of a third contrasting colour. The board shall be mounted in a recess or shelf in the runway, on the side of the take-off board nearer the landing area. The surface shall rise from the level of the take-off board to a height of  $7\text{mm} \pm 1\text{mm}$ . The edges shall be cut away such that in relation to the recess, when filled with plasticine, the surface of the plasticine nearer to the take-off line shall be at an angle of  $90^\circ$  (see Figure (a) TR29).*



**Figure (a) TR29 (Rule 184) - Take-off board and plasticine indicator board**

[From 1 November 2021]

When mounted in this recess, the whole assembly shall be sufficiently rigid to accept the full force of the athlete's foot.

The surface of the board beneath the plasticine shall be of a material in which the spikes of an athlete's shoe will grip and not skid.

The plasticine can be smoothed off by means of a roller or suitably shaped scraper for the purposes of removing the footprint of an athlete.

[Rules 29.3 to 29.5 amended in June 2019 and in force from 1 November 2021.  
For current edition of Rule, please refer to Competition Rule 184.3.]

*\*For ease of reference*

## **2018-2019 Competition Rules**

### **Rule 184.3**

*Rule 184 General Conditions – Horizontal Jumps*

#### **Take-off Board**

*3. The take-off shall be marked by a board sunk level with the runway and the surface of the landing area. The edge of the board which is nearer to the landing area shall be the take-off line. Immediately beyond the take-off line there shall be placed a plasticine indicator board for the assistance of the Judges.*