

# **USA POPS Hit and Rock Rules**

This is a timed event. Time starts at the time the jumper makes first contact with the ground on landing and stops when the jumper's butt hits the chair seat. The jumper having the lowest time is the winner. The event is a one (1) jump only competition.

## **Judging and Target Area Equipment and Procedures**

The judges should have enough stop watches at the target to time at least two competitors if they land at about the same time. Watches should read to the hundredths of a second. If more than two jumpers exit per pass, it may be necessary to have more stopwatches.

The chair is placed 40 feet from the target and 90 degrees to the wind line. Judging staff must include helpers to brace the chair to prevent it from tipping over. The chair must be padded sufficiently to be safe as the jumpers run to it and impact it to sit. The chair must also be quite sturdy as jumpers may sit down quite hard. The target area should be flat and free of obstacles. A pea gravel pit is optional. A tuffet should not be used for this event.

The chair position and target position should be clearly marked on the ground. The chair position must be checked after each competitor to be certain that it remains 40 feet from the target. Spray paint may be useful to mark the positions, but must be used carefully to avoid damage to parachute equipment. Flour may also be used to mark positions; it is bio-degradable and will not damage equipment.

The target may be an accuracy practice pad or something round and of similar size (15 cm radius). For this event, the 3 cm or 5 cm dot is not the target; the whole pad is the target. It is not necessary for the target in this event to have a dot.

## **Jump Procedures**

Separate passes at 2500 feet AGL with a minute go around work best. An exit altitude of 3000 feet AGL with two jumpers per pass and stacked openings with a minute go around will also work. Slower descending canopies should exit last and open highest.

Each jumper must execute these steps in the following order:

1. Exit, open parachute and guide it to the target area
2. Land
3. Remove harness
4. Touch target
5. Run to the chair
6. Sit in the chair

Jumpers may loosen the leg straps and may undo the chest strap and/or belly band after opening and prior to landing. For safety, jumpers are cautioned that loosening leg straps

excessively can be dangerous. Loosened leg straps will also make the toggle keepers farther from the jumper and may cause control problems such as inability to reach the toggles or unexpected stalled flight.

Landing will ideally be in the immediate area of the target, but there is no advantage to landing on the target itself. The jumper must remove the harness BEFORE touching the target and then proceed to the chair. All harnesses will be used as though they are 'step through'. If snaps are present on the leg straps, they must remain connected or the jumper will be disqualified. The jumper must not progress from the landing point toward the target until the harness is completely removed. Jumpers sometimes inadvertently move a bit toward the target as they struggle to remove the harness and this is not considered a violation unless it appears to the judges that the jumper is making a blatant move to better the time. If the wind is strong, catchers may be used to capture the canopy after the jumper is out of the harness. Catchers must not touch the canopy before the jumper is out of the harness except for safety reasons that may possibly injure the jumper. If the canopy falls on the target, the jumper is responsible to expose the target so that the judges can see that the jumper has touched the target after removing the harness. The jumper may use any body part (hand, foot, head, etc) to touch the target after removing the harness. A foot is recommended but not required. Determination of violations will be solely assessed by the judges and may not be protested.

Flying leaps into the chair are not allowed. It is not necessary to have the feet off the ground to stop the clock.

The following equipment items are considered optional for this event: helmet, gloves, altimeter, and shoes. It is each jumper's responsibility to choose to use or not use these items to safely complete the jump. Jettisoning optional equipment before landing will be grounds for disqualification if in the judges' opinion it endangers those people in the target area.