

# Long Jump

## Event offered to

U6 to U15 age groups

U6 to U10 age groups use a takeoff mat covered in sand (1m x 50cm)

U11 to U15 age groups use takeoff board (1.22m x 20cm)

## Event equipment

- ✓ Marked runway and landing area
- ✓ Takeoff mat and board
- ✓ 15m measuring tape and measuring spike
- ✓ 30m measuring tape for runup
- ✓ Runway markers
- ✓ Witches hats to indicate take-off board
- ✓ Rake, broom, trowel and shovel
- ✓ Watering can/spray bottle/hose to keep sand damp



## Event Preparation

- Clear area of any obstacles including the runway and landing area.
- Loosen the sand in the landing area, making sure it is level with the runway.
- Water the landing area and the takeoff mat if sand is being used.
- Runway is closed while the landing area is being prepared.
- U6 – U10, the takeoff mat is 50cm from the edge of the pit, in older age groups 1–2m.
- Athletes are allowed practice jumps and to place runway markers alongside the runway to mark their run up.

## Officials Required

- Chief Judge: to watch for foot fouls, measure valid jumps and call the distance to the Recorder.
- Spiker: to locate and mark the nearest break in the landing area made by the athlete.
- Measuring Assistant: to pull the measuring tape through the takeoff area.
- Raker: to level and rake the landing area after each jump.
- Recorder: to call the athletes for their trials, repeat the measured distance back to the Chief Judge and complete the recording form.

## Basic Rules

- Athletes run along the runway and take off for their jump with their foot on or behind the takeoff board.

- Athletes must leave the landing area forward of their landing in the sand, i.e. do not walk back through the landing area.
- The trial is complete when the athlete leaves the landing area.
- Do not rake the pit until the Chief Judge has given the all clear.
- Once competition has commenced athletes are not to use the runway for practice.
- Each athlete will receive three trials, 6 trials may be allowed in some competitions.

## A Failure

- An athlete's foot goes over the front edge of the takeoff area, or the entire foot is outside either end of the takeoff area.
- An athlete fails to land in the landing area, landing on the runway constitutes a failure.
- In the course of landing, an athlete touches the ground outside the landing area nearer to the takeoff point than the nearest break in the landing area.
- An athlete after landing, walks back through the landing area towards the take-off area.
- Any sort of somersault is used on the runway.



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## Measuring a Jump

- The measuring spike (zero end of the measuring tape), is placed at the nearest break in the landing area, made by any part of the body or limbs, to the takeoff area.
- The measuring tape is pulled back straight and tight through the takeoff point.
- U6 to U10 age groups (from a takeoff mat with foot imprint), measurement is taken from the nearest break in the landing area to the front of the foot imprint made on the takeoff mat.
- U6 to U10 age groups (from a takeoff mat with no foot imprint), if an athlete takes off before the takeoff mat, the measurement is taken perpendicular from the nearest break in the landing area to the back edge of the takeoff mat or takeoff line extension.
- U11 to U15 age groups (from a takeoff board), if an athlete takes off on or before the takeoff board, the measurement is taken perpendicular from the nearest break in the landing area to the front edge of the takeoff board or takeoff line extension.
- The measuring spike is not removed until the Chief Judge signals all is clear. If a record has been broken do not move the spike until the referee has given the all clear.
- Measurements are recorded to the nearest whole centimeter below the actual distance jumped, e.g. 6.337 is recorded as 6.33.

## How to Record

- The Recorder repeats the measured distance back to the Chief Judge and records the distance.
- When recording:
  - X = failure
  - = pass
  - NM = no valid trial recorded
- Ties are broken by the next best jump. A Referee should be called to check.

