



LONG JUMP

Preparation for Event

- Ensure sand in the pit is level with run-up.
- Sand may need to be watered if it is dry.
- Allow athletes a practice jump(s) to check their run up if possible.
- Markers (max 2) are to be available/distributed to all athletes to mark their run-up.
- The distance from the edge of the take-off area to the nearer edge of the pit for:
 - **U6-U10:** shall be a maximum of **0.5mt.**
 - **U11-U17:** shall be between **1-2mts.**

Event Safety

- Before first event of the day, the pit needs to be carefully dug over to loosen sand and whilst turning and levelling sand an inspection and removal of objects such as sticks, stones, etc. to avoid injury to the athletes.

Equipment

- **Take-off area:** (mat, sand, tape, or board):

U6-U10	0.5mt (500mm)	mat with thin layer of sand
U11 and above	0.2mt (200mm)	Tape / board

Note: If the runway is less than **1.22mts** wide, the width of the mat should be reduced to the width of the runway

- **Tape Measures:** 1 for measuring (20 metres), 1 for Run ups (50metres)
- **Rake/Broom:** To level the landing area sand after each trial
- **Broom:** For keeping Runway clear of sand
- **Shovel:** For digging over landing area and moving sand
- **Bucket/Hose/Watering Can:** For keeping sand damp
- **Hand Brush:** To sweep take-off area after each jump
- **Spike:** To hold zero end of tape at the nearest edge of the mark made by the athlete on landing.
- **Recording Sheet:** For recording all performances
- **Marker:** For athletes to mark the start point of their run-up, an additional (longer) tape may be made available for use by the athletes to measure their run-up

Officials Required

- **One official at take-off area.** Tasks include watching for foul jumps, measuring. (see measuring the jump)
- **Two officials at side of pit.** Tasks include finding break (imprint) made in sand (see measuring the jump) and raking & levelling the sand in the pit.
- **One official for recording, calling next athlete and timing.**

Number of Trials

- Each athlete is entitled to a maximum of 3 trials, differences may apply at Centres and Region / State events and some athletes may have 4 trials if a top 8 is conducted.
- Centres can schedule less trials, if programming restrictions such as twilights, or other constraints limit the available time to conduct the full program.

General Rules

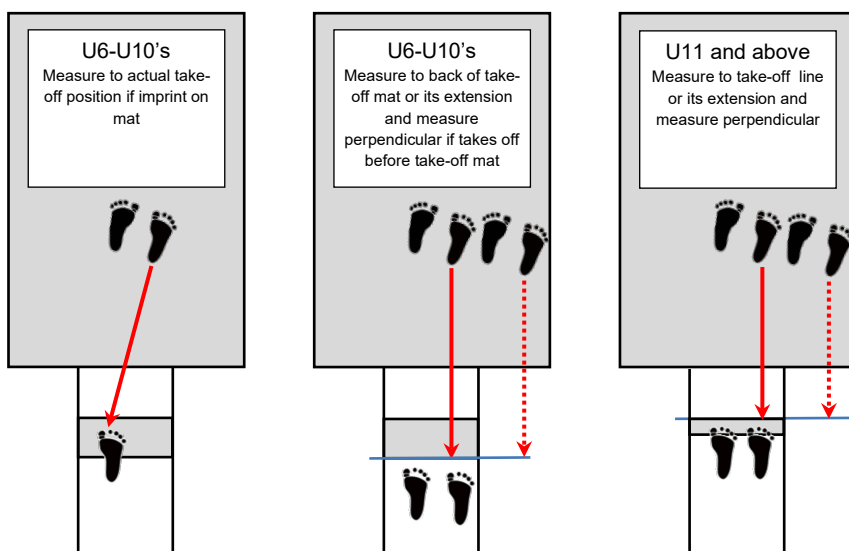
- The athletes fail if they employ any form of somersaulting.
- Once competition has begun, athletes are not permitted to use the competition runway for practice purposes.

Trials

- The athlete must place take-off foot on or before the take-off area nearer to the landing area. If any part of foot/shoe while taking off (prior to the instant at which they cease contact with the take-off board or ground) breaks the vertical plane of the front edge of the take-off area, or if the entire foot is outside either end of the take-off area then it is a failure / invalid trial and recorded as a "No Jump".
- Markers may not be placed on runway but may be placed alongside the runway.
- Markers are not permitted in the landing area/pit.
- If during the run-up, an athlete touches the ground beyond the take-off line with any part of the body, whether running up with or without jumping; it will be deemed a trial even if it is not completed. This will be recorded as a "No Jump".
- If after completing the jump an athlete walks back through the landing area towards the take-off area it is a 'No Jump'.
- In the course of landing an athlete must not touch the ground outside the landing area nearer to the take-off point than the nearest break (imprint) in the landing area.
- If an athlete fails to commence an attempt within 60 seconds of their name being called by the Official in charge, a failure will be recorded.

Measuring the Jump

- All jumps must be measured from the nearest break in the landing area made by any part of the body to the front edge of the imprint made by the take-off foot (U6-U10) or to the take-off line or its extension (U11 and above). The selected point is marked by the spike and the zero end of the tape is held at the spike.
- In the case of an (U6-U10) athlete taking off before reaching the take-off area, the jump is measured from the nearest break in the landing area made by any part of the body to the back edge of the take-off area. The measurement must be taken perpendicular to the back of the take-off area or its extension.
- The tape is drawn tight and the distance is recorded to the nearest centimetre below the distance measured unless the reading is a whole centimetre.



Recording

- Best performances should be circled or highlighted
- The athlete who has the longest measured distance from all jumps recorded is the winner
- Ties are broken by referring to the next best jump

Athlete	1st Trial	2nd Trial	3rd Trial	Best	Place
A	4.75	X	4.62	4.75	4
B	5.35	4.92	5.87	5.87	2
C	4.65	4.35	4.75	4.75	3
D	5.87	5.35	5.03	5.87	1
E	X	X	X	NM	NM

- D beats B on count back to **3rd** Best Trial – 5.03mt vs 4.92mt
- C beats A on count back to **2nd** Best Trial – 4.65mt vs 4.62mt
- X should be used to indicate a Failure / Invalid Trial
- Results will always show "NM" when an athlete fails to record a measurable trial.

