

Long Jump



What Must I Do To Prepare For The 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 are to be available / distributed to all athletes to mark their run-up.
- The distance from the edge of the pit to the front edge of the take-off area for:
 - **U6-8:** should not be less than 50cm or more than 2 metres.
 - **U9-Open:** should not be less than 50cm and not more than 3 metres.

How Can I Make The Event Site Safe?

- Dig over the sand to loosen it
- Turn and level the sand to ensure it is level with the run-up
- Removal of objects such as sticks, stones to avoid injury to the athletes.
- Water the sand
- Sweep the runway

What Equipment Do I Need?

- **Take-off area:** (mat, sand, tape, board) varies according to the competition – age; disability
- **Plasticine Indicator Board and tools:** for major meets
- **Tape Measures:** 1 for measuring (20 metres), 1 for Run-ups (50metres)
- **Rake:** 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.
- **Markers: (Each athlete permitted 2)** 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
- **Flags:** Red, white, yellow
- **Cone:** (for closing runway)
- **Stop watch:** (to time athletes)
- **Wind Gauge:** for wind measurements

What Is The Minimum Number Of Officials Required To Conduct The Event?

- **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.**

What Happens During an Athlete's Trial?

- Each athlete is entitled to 3 trials and some athletes may have 6 trials.

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- Each athlete must place take-off foot on or before the take-off area nearer to the landing area.
- Markers may be placed alongside the runway – not on it
- Markers are not permitted in the landing area/pit.

When Is A Foul Recorded?

- If any part of foot is beyond the front edge or if the entire foot is outside either end of the take-off area
- 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 shall be deemed a trial even if it is not completed.
- If after completing the jump an athlete walks back through the landing area towards the take-off area
- 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 any sort of somersault is used
- If an athlete takes longer than 60 seconds to begin a jump



How is the Jump Measured?

Little Athletics U6-12:

- The official selects the first break (Imprint) made in the sand by the athlete's foot, hand or whichever is closest to the imprint made in the take-off area by the take-off foot.
- If the athlete takes off before the take-off mat or board, then the jump shall be measured from the break in the sand, in a perpendicular line, to the back edge of the take-off area
- The tape is straightened and laid over and in contact with imprint made by take-off foot in the take-off area or back of take-off area as applicable.

All others:

- The official selects the first break (Imprint) made in the sand by the athlete's foot, hand or whichever is closest to the front edge of the take-off board
- If the athlete takes off before the take-off mat or board, then the jump shall be measured from the break in the sand to the front edge of the take-off board
- The measurement is taken perpendicular to the take-off line or its extension, i.e., straight back from the imprint in the sand.
- The selected point is marked by the spike and the zero end of the tape is held at the spike.
- The tape is drawn tight and the distance is measured to the nearest centimetre below the distance jumped unless the reading is a whole centimetre.
- The athlete who has the longest measured distance from all jumps recorded is the winner.

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How is a Jump Recorded?

- Best performances should be circled or highlighted
- Ties are broken by referring to the next best jump

Competitor	Trial 1	Trial 2	Trial 3	Best	Placings
A	5.75	-	5.62	5.75	4
B	6.35	5.92	6.87	6.87	2
C	5.65	5.45	5.75	5.75	3
D	6.87	6.35	6.33	6.87	1
E	X	X	X	X	NM



General Rules

Once competition has begun, athletes are not permitted to use the competition runway for practice purposes.

Handy Hints for Long Jump Officials

- Rake the pit after every jump
- Ensure there are sufficient markers for every athlete
- Have younger athletes run up from a set marker
- Have younger athletes lined up beside the runway to speed up the process