

Event Information: 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 are to be available 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-U8: should not be less than 500mm or more than 2 metres.
 - U9-U16: should not be less than 500mm and not more than 3 metres.

OFFICIALS REQUIRED:

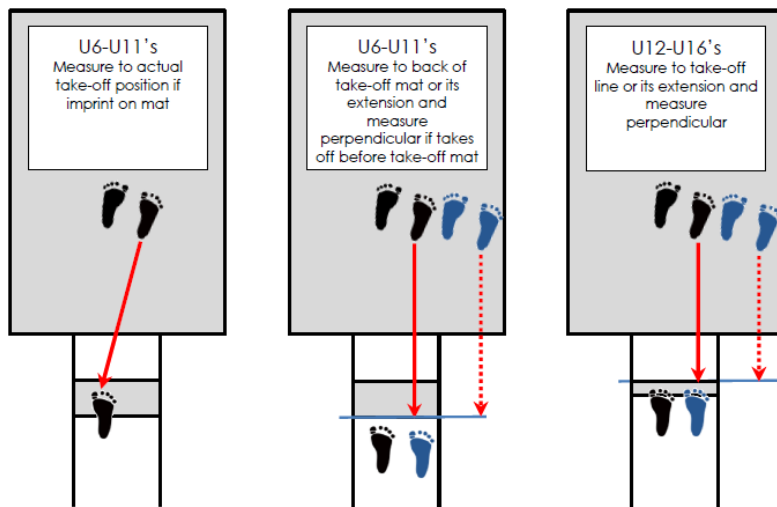
- **One official at take-off area.** Tasks include watching for foul jumps, measuring. (see measuring the jump)
- **Two officials at side of pit.** Tasks include finding break (imprint) made in sand (see measuring the jump) and raking & levelling the sand in the pit.
- **One official for recording.**

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.
- The athlete must place take-off foot on or before the take-off area nearer to the landing area. If any part of foot is beyond the front edge or if the entire foot is outside either end of the take-off area then it is a foul / 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 shall 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.

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-U11) or to the take-off line or its extension (U12-U16). 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-U11) 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 measured to the nearest centimetre below the distance jumped unless the reading is a whole centimetre.



RECORDING:

Athlete	1 st Trial	2 nd Trial	3 rd Trial	Best
A	4.75	X	4.62	4.75
B	5.35	4.92	5.87	5.87