

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 competitors a practice jump(s) to check their run up if possible
- Markers are to be available / distributed to all competitors 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 2m
 - **U9-Open:** should not be less than 50cm and not more than 3m



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
- Remove objects such as sticks and stones to avoid injury to the competitors
- Water the sand
- Sweep the runway and surrounding area
- Supervise the warm-up to ensure that all competitors get an equal chance

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 (Note: new rule re plasticine comes into force on 1/11/2021)
- **Tape Measures:** 1 for measuring (20m), 1 for run-ups (50m)
- **Rake:** To level the landing area sand after each trial
- **Broom:** For keeping runway and surrounding area clear of sand
- **Shovel:** For digging over landing area and moving sand to the front of the pit
- **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 competitor on landing
- **Recording Sheet:** For recording all performances
- **Markers: (each competitor permitted 2)** For competitors to mark the start point of their run- up; the other may be used to mark a point further down the runway. An additional (longer) tape may be made available for use by the competitors to measure their run-up with the zero of the tape on the edge of the board closest to the pit
- **Flags:** Red, white, yellow
- **Cone:** For closing the runway between competitors
- **Stopwatch:** To time competitors from the time their name is called until they first commence their jump
- **Windsock:** Indicates the wind direction to the competitors. Place it in alongside the runway, so that competitors can see it clearly. Do not let any part of the windsock impinge on the runway
- **Wind Gauge:** For wind measurements
 - Height is 1.22m
 - The gauge points in the direction of running and parallel to the runway
- **Handy Hint:** The width of the runway is 1.22m, so you can lay the tripod and gauge across the runway and adjust the height
- Started when competitor passes a marker at **40m** from the take-off line
- If the run up is shorter, the time is measured for 5 seconds

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What is the minimum number of officials required to conduct the event?

- **One Board Judge:** Who could be the Chief Judge
 - Tasks include standing at the foul line to watch where the competitor's foot lands on the board/mat
 - Determines whether the trial is within the rules
 - Once the competitor has left the pit, in accordance with the rules, pulls the tape back along the runway in a straight line over the take-off board
 - Measures to the foul line
 - Reads the measurement of the performance to the Recorder in single digits 656
- **Two Pit Judges:**
 - A **Spiker:** marks where the competitor first contacts the landing area at the closest point to the take-off board
 - A **Raker:** ensures the sand is turned over and level before each jump and the pit is safe for competition
- **One Recorder:**
 - calls back the measurement to the Chief Judge in the same manner, as single digits 656 and records it against the correct athlete
 - A foul jump is recorded by placing an "X" against the athlete for that round
 - Highlights the best performance for each athlete at the end of round 3



What happens during a competitor's trial?

- Each competitor is entitled to 3 trials
- The best 8 competitors have an additional trial
- Each competitor must place their 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, this includes the white lines
- Markers are not permitted in the landing area/pit except where distance markers may be placed alongside the pit in Championships

When is a foul recorded?

- If any part of the 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, a competitor 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, a competitor walks back through the landing area towards the take-off area
- In the course of landing a competitor 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 a competitor takes **longer than 1 minute** to begin a jump

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How is the jump measured?

Little Athletics U6-12:

- The **Spiker** selects the first break (Imprint) made in the sand by the competitor's foot, hand or whichever is closest to the imprint made in the take-off area by the take-off foot
- If the competitor 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 the imprint made by take-off foot in the take-off area or back of take-off area as applicable



All other age groups:

- The **Spiker** selects the first break (Imprint) made in the sand by the competitor's foot, hand or whichever is closest to the front edge of the take-off board
- If the competitor 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 competitor who has the longest measured distance from all jumps recorded is the winner

How is a jump recorded?

- The **Recorder** calls back the measurement to the Chief Judge in the same manner as single digits e.g. 456 and records this performance against the correct competitor
- Foul jumps are recorded with an "X"
- Best performances should be circled or highlighted
- Ties are broken by referring to the next best jump

Handy Hint: If you like to use a highlighter to select best performances, please use a **YELLOW** highlighter. If results need to be photocopied, any other colour causes the numbers to be 'blacked out'

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, competitors 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 competitor
- Have younger competitors lined up beside the runway to speed up the process

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