

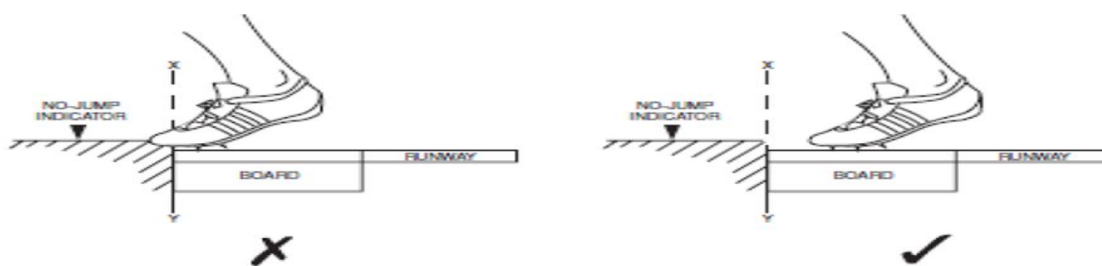
LONG JUMP



An event where athletes try to get to optimal speed before jumping for maximum distance into a sandpit

Competition

- Trials: Depending on the competition, athletes may have either have three trials only or have an additional three trials for the top eight competitors progressing to the final round. This also applies if there is 8 or less athletes in the field. At some competitions, after the 3rd round, the top 8 athletes may only have one more trial. Athletes are not allowed to take their attempts consecutively
- No Jump / Fouls occur when an athlete:

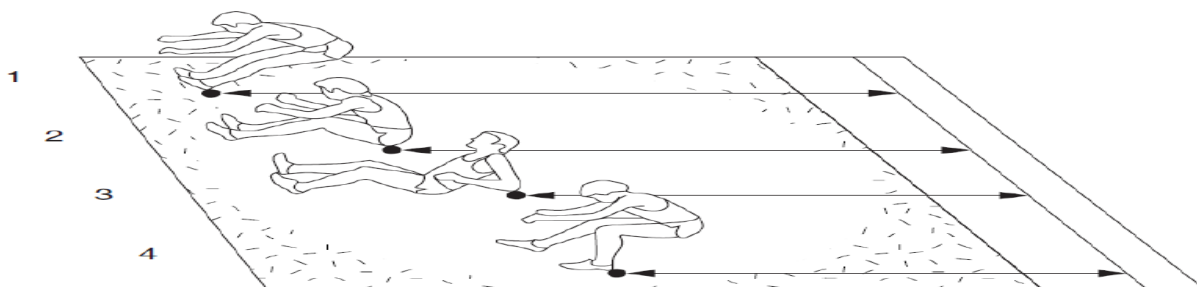


- While taking off, touches the ground beyond the take-off line with any part of the body.
 - Touches the ground between the take-off line and the landing area
 - Employs any form of somersaulting whilst running up or jumping
 - Takes off with two feet
 - When leaving the pit, walks back through the sand towards the take off area
- Measuring and Recording a Jump
 - Measure all valid (fair) jumps regardless of whether they were better or worse than the previous jump
 - Never measure a foul jump unless there is an immediate oral protest
 - Identify the nearest mark to the take off line made by any part of the athletes body or clothing on landing. Select the point nearest to the take off line and place the zero end of the tape at this point with the spike
 - Draw the tape taut and at right angles across the take-off board or its extension on either side. Use a ruler or piece of timber, etc. if the tape is outside the ends of the board.

LONG JUMP



• Measuring and Recording a Jump



- Draw the tape taut and at right angles across the take-off board or its extension on either side. Use a ruler or piece of timber, etc. if the tape is outside the ends of the board.
- The distance is measured at the point where the tape crosses the edge of the take-off board closest to the sandpit. If the measurement is not a whole centimetre, take the nearest centimetre below the measurement
- Record the distance measured in the space provided. Show fouls as **X**; a pass as –
- At the end of the competition record each athlete's best performance and their final place. The winner is the athlete with the best performance.
- Where there is a tie for any place, count back to the second best performance of the tied athletes and if the tie still remains, count back to the third best performance and so on. If after this the tie still remains, athletes will be awarded equal placing.

Safety

- It is suggested that athletes wear shoes
- The pit must be dug out and be clear and free of debris before athletes start jumping
- Rake the pit after every jump
- Ensure athletes don't jump until the pit is clear of all helpers.

Coaching Tips

- Coaching should only be done at club days or training days – not competitions
- Running 'Shape' – body tall, chest open – proud like Superman/Wonderwomen, head relaxed, eyes ahead
- Lift hips high on take off
- Land in pit on 2 feet simultaneously - parallel