

LONG JUMP



How do the athletes work out their run-up?

- An athlete can start from anywhere on the runway but try to make sure their run-up is not too long.
- A good guide is that the length of an athlete's run-up should be their age in strides, plus or minus 2 strides. E.g. U13 may take anywhere between 11 and 15 strides.
- If you notice that a child is reaching their maximum speed well before the take-off area, you might suggest that they move their run-up in.
- Take off from one foot and drive the free knee and arms high into the air.
- Land with feet close together and bend at hips and knees.

Where do the athletes jump from?

- **Under 6-7:** 1 metre sq mat; mat edge nearest the pit to be $\frac{1}{2}$ metre from the edge of the pit.
- **Under 8:** 1 metre sq mat; mat edge nearest the pit to be 1 metre from the edge of the pit.
- **Under 9-U10:** A 0.5m x 1.22m mat covered with damp sand, soft earth or any similar materials where the foot imprint can be observed.; mat edge nearest the pit to be 1 metre from the edge of the pit.
- **U11-U17:** A 0.2m x 1.22m area, consisting of either a board sunk level with the runway, or painted on to the runway. Where possible, a strip of plasticine or other suitable material (e.g. damp sand) may be placed immediately beyond the take-off line, to a maximum height of 7mm. Where a board or painted take-off area is not available a mat may be used ; mat edge nearest the pit to be not less than 1 metre and no more than 2 metres from the edge of the pit.

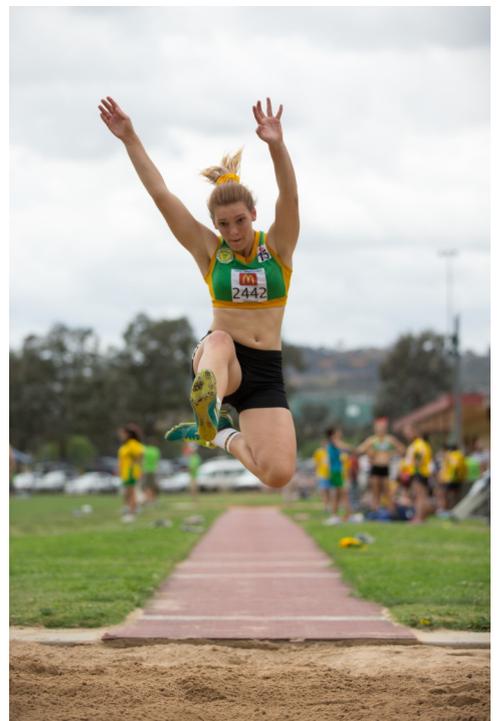
When is a foul recorded?

- If an athlete's foot goes over the front edge of the take-off area.
- If the athlete takes off from the board or mat with two feet.
- If the athlete, after landing, walks back through the sand towards the take-off area.
- If any sort of somersault is used.

How do I measure?

- **Under 6-U10:** a) Where any part of the athlete's foot lands on the take-off area, the jump will be measured as the shortest distance from the nearest break in the landing area made by any part of the body or limbs to the imprint made in the take-off area by the take-off foot.
- b) Where no part of the athlete's foot lands in the take-off area, the jump will be measured from the nearest break in the landing area made by any part of the body or limbs to the edge of the take-off area furthest from the landing area, or its extension. The measurement must be taken perpendicular to the back of the mat or its extension.
- **Under 11-U17:** a) The jump shall be measured as the shortest distance from the nearest break in the landing area made by any part of the body or limbs to the front edge of the take-off area.
- b) The measurement must be taken perpendicular to the take-off area or its extension. The zero end of the tape is placed where the athlete lands.

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What are the safety considerations?

- The pit must be dug out and be clear and free of debris.
- The take-off area should be dry and flat
- Rake the pit after every jump.

What are some “Handy Tips “for conducting Long Jump?

- Have younger athletes (U6 – U10) run in from a set marker.
- For younger athletes, have the athletes lined up on (or beside) the runway ready to go.
- For large groups, allow athletes to have 2 jumps rather than 3.
- Have different coloured tape pieces cut up (for synthetic surfaces) and / or markers available before the competition starts (for older athletes to mark their run-ups).
- For younger age groups, mark out 1m and 2m distances and award the athletes on a points system, rather than measuring their jumps (1m = 1 point, 2m = 2 points etc.).