

# LONG JUMP

## How to work out a run-up

- You can start from anywhere on the runway, but try setting the length of run-up to be your age in strides, + or - 2. Eg. U13, try 11 - 15 strides.
- If you reach maximum speed well before the take-off area, your run-up is probably too long.



## Where to jump from

- U6 - U10: a rectangle of sand or a mat (1.22m x 0.5m) set 0.5m back from the pit.
- U11 - U17: a board or mat or painted rectangle (1.22m x 20cm) located not less than 1m, and not more than 2m, back from the pit.

## Jumping Technique

- Take off from one foot, driving your free knee and arms high into the air.
- Land with you feet close together, absorbing the impact by bending at the hips and knees.

## Basic Rules

- Each athlete is allowed three jumps.

## When is a Foul Recorded

- If an athlete's foot goes over the take-off line (front edge of the take-off area).
- If the athlete, after landing, walks back through the sand toward the take-off area.
- If any sort of somersault is used.

## Measuring

- Spike & place the zero end of the tape at the *edge* of the landing mark *nearest* to the take-off line. This may not be a foot mark - eg. an off-balance athlete may fall backward leaving a hand print.
- U6 - U10 (with foot mark): Measure from the spike to the *front* of the foot imprint in the take-off area. Measure the shortest distance (straight line).
- U6 - U10 (with no foot mark): If the athlete takes off from behind the take-off area, measure from the spike to the *back* of the take-off area. The measurement must be taken *perpendicular* to the back of the take-off area or its extension.
- U11 - U17: Measure from the spike to the front of the take-off area. The measurement must be made perpendicular to the take-off line or its extension.

## Tips

- Rake the pit after every jump
- Ensure there is no debris in the pit

