Long Jump

Event offered to

U6 to U10 age groups
use a take-off mat (1m x 50cm) covered with sand

U11 to U17 age groups
use a take-off board (1.22m x 20cm)

Event equipment

- ✔ Marked runway
- ✔ Take-off mat and board
- ✔ Landing area
- ✔ 15m measuring tape
- ✔ Measuring spike
- ✔ Runway markers
- ✔ 30m measuring tape to measure run-up
- ✔ Witches hats to indicate take-off board
- ✔ Rake
- ✔ Long handle shovel to dig landing area and move sand
- ✔ Watering can/spray bottle/hose to keep sand damp
- ✔ Banister brush/broom to sweep the take-off area
- ✔ Recording form, pen and clipboard

Event safety

- Long Jump event area must be clear of obstructions and hazards.
- Landing area must be dug to loosen, turned and level with the runway.
- Landing area needs to be watered if dry.
- Rakes are left with prongs in the ground when not in use.
- The runway must be closed between trials while the landing area is being prepared.
- Trials are only allowed under supervision.

Where to assist

One person can do more than one role.

Chief Judge: to watch for foot fouls, measure valid jumps and call the distance to the Recorder/Age Marshal.

Spiker: to locate and mark the nearest break in the landing area made by the athlete.

Measuring Assistant: to pull the measuring tape through the take-off area for the distance to be read.

Raker: to level and rake the landing area after each jump.

Recorder/Age Marshal: to call the athletes for their trials, repeat the measured distance back to the Chief Judge and complete the recording form.

Basic rules

- Athletes may place one or two temporary markers alongside the runway to mark their run-up starting point.
- The take-off foot of the athlete must be on or behind the take-off mat or board.
- The athlete must leave the landing area forward of the nearest break in the landing area made by the jump.
- The trial is complete when the athlete leaves the landing area.
- Breaching the basic rules constitutes a failure.

When is the trial (jump) a failure?

It shall be a failure if:

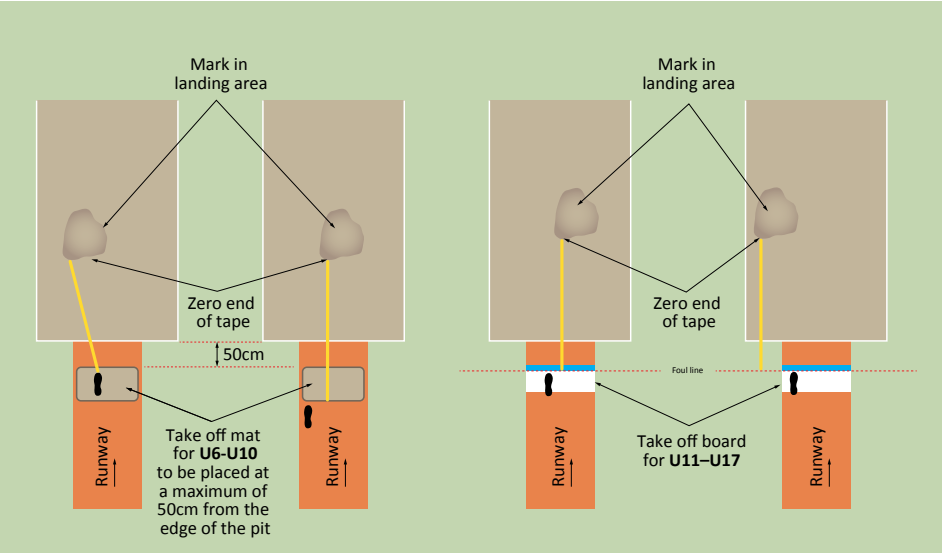
- any sort of somersault is used.
- an athlete's foot goes over the front edge of the take-off area or the entire foot is outside either end of the take-off area.
- an athlete fails to land in the landing area – landing on the runway constitutes a failure.
- in the course of landing, an athlete touches the ground outside the landing area nearer to the take-off point than the nearest break in the landing area.
- an athlete after landing, walks back through the landing area towards the take-off area.

Information in this document is correct as at April 2024. For more information, visit the LAQ website: **laq.org.au** | Photography: Danielle Sibenaler

How to measure

- The measuring spike (zero end of the measuring tape) is placed at the nearest break in the landing area* made by any part of the body or limbs to the take-off area.
- The measuring tape is pulled back straight and tight through the take-off point.
- **U6 to U10 age groups** (from a take-off mat with foot imprint) — measurement is taken from the nearest break in the landing area* to the front of the foot imprint made on the take-off mat.
- **U6 to U10 age groups** (from a take-off mat with *no* foot imprint) — if an athlete takes off ***before*** the take-off mat, the measurement is taken perpendicular from the nearest break in the landing area* to the back edge of the take-off mat or take-off line extension.
- **U11 to U17 age groups** (from a take-off board) — if an athlete takes off ***on*** or ***before*** the take-off board, the measurement is taken perpendicular from the nearest break in the landing area* to the front edge of the take-off board or take-off line extension.
- The measuring spike is not removed until the Chief Judge signals all is clear.

* The feet of the athlete may not necessarily make the nearest break in the landing area. If an athlete overbalances, the nearest break in the landing area may be made by any part of the body or limbs.



How to record

- The Recorder/Age Marshal repeats the measured distance back to the Chief Judge and records the distance on the recording form.
- Measurements are recorded to the nearest whole centimetre ***below*** the actual distance jumped, e.g. 6.337 is recorded as 6.33.
- When recording:
  X = failure
  — = pass
  NM = no valid trial recorded
- Best performances should be circled or highlighted.
- Placings are not required at Centre level.

Handy hints to run Long Jump

- Allow athletes a practice jump to check and mark their run-up.
- Have younger athletes line up on or beside the runway at a set marker ready to jump.
- If an athlete reaches maximum speed before take-off, suggest a shorter run-up.
- For large groups, allow athletes to have two trials rather than three.
- For young age groups, the take-off mat may be moved closer to the landing area.

Handy hints for the athletes

The basic technique for a single stride jump:

- **Run-up:** a fast and accurate run-up, reaching maximum speed at take-off and looking forwards, not down at the take-off area.
- **Take-off:** jump from the take-off area from one foot, drive the knee of the other leg to hip level and arms high into the air. Aim to jump up and out.
- **Flight:** maintain take-off drive after leaving the take-off area, bring the take-off leg through bent from behind the body to join the other leg. Opposite arm is cycled over the shoulder to join the other arm; arms and legs move forwards.
- **Landing:** land with two feet together, well ahead of the body; knees bend on contact to allow the rest of the body and limbs to pass over the feet.

A good guide for an athlete's run-up is their age in strides, plus or minus two strides, e.g. U13 athlete may take between 11 and 15 strides.

Information in this document is correct as at April 2024. For more information, visit the LAQ website: **laq.org.au** | Photography: Danielle Sibenaler