****Long Jump

# Set Up and Specifications

TAKE-OFF MAT (U6-U10 athletes)

* The mat is placed so that there is a 50cm gap between the mat and the front of the pit. This makes it more visible to the approaching athlete, and prevents ankle injuries if an athlete steps over the mat.
* The mat is covered in a layer of sand, such that the athletes take-off foot leaves an impression for measurement
* The mat is swept between jumps to leave a smooth layer of sand, allowing easier identification of the impression made

BOARD (U11 upward)

* The standard long jump board is used
* The black strip inset into the board actually shows the front of the legal take-off area (ie if any part of the athlete’s foot touches the black strip, a foul jump is recorded)

# Observation/judging

* Athletes must take off from one foot only. A two-foot take-off is recorded as a foul jump.
* If the athlete jumps with any part of the foot over the front of the mat/board, a foul is recorded.
* An athlete may abandon a run-up before reaching the mat/board, and will be allowed to re-take that jump. If they run through the mat/board area, a foul is recorded.
* If the athlete fails to land in the pit, a foul is recorded

# Measurement

In all cases, the spike is placed in the pit at the nearest point of the imprint the athlete leaves to the mat or board. Therefore, if he/she places any body part behind him/her on or after landing, distance is sacrificed.

TAKE-OFF MAT

* The tape is pulled taut back to the furthest forward point of the impression left by the take-off foot (even if the jump went diagonally), and the measured distance is recorded.
* If the athlete takes off from behind the mat, the measurement is taken from the back of the mat (ie the side furthest from the pit)

BOARD

* The tape is pulled taut so that it is perpendicular to the edge of the board.
* The measurement is then taken from the front of the board (nearest the pit).

In all cases, the measurement is rounded **down** to the nearest whole centimetre.