

Long Jump



How do the athletes workout 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, + or - 2 strides. e.g. U13 may take anywhere between 11 and 15 strides.
- If you notice a child is reaching their maximum speed well before the take-off area, you might suggest they move their run-up in.

Where do the athletes jump from?

- U6 - U10: a 1220m x 500mm wide board set 500mm from the pit.
- U11 - U17: a white 200mm wide "board" that has been painted on a black rubber mat set 1m, 2m, or 3m (U13+) from the pit.

When is a foul recorded?

- If an athlete's foot or shoe breaks the vertical plane of the take-off line, whether running up without jumping or in the act of jumping.
- The athlete takes off from outside either end of the board, whether beyond or before the extension of the take-off line.
- If any sort of somersault is used.
- The athlete leaves the pit closer to the take-off point than the marks on the landing.
- The athlete in the course of landing touches the perimeter or ground outside the pit nearer to the take-off point than the marks made on landing.
- An athlete runs past the extension of the foul line outside the run up.
- The athlete touches the ground between the take-off area and the pit.

How do I measure?

- U6 - U10 (with foot mark): Measure from the front of the foot imprint made in the take-off area, to the closest landing mark in the pit.
- U6 - U10 (with no foot mark): If the athlete takes off from behind the nominated take-off area, measure from the back of the nominated take-off area, to the closest landing mark in the pit. The measurement must be taken perpendicular to the take-off line or its extension.
- U11 - U17: Whether the athlete takes off on or before the take-off area, measurement is from the front of take-off area to the closest landing mark in the pit. The measurement must be taken perpendicular to the take-off line or its extension.
- The zero end of the tape is placed where the athlete lands.

Long Jump



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 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). (Except in competition when distances need to be recorded).

Key Points

- You need a fast and accurate run up of no more than 11-15 steps
- Take off from one foot
- Drive your free knee and arms high into the air
- Keep your body tall; eyes up or to the front
- Land with your feet close together; bend at your hips and knees

