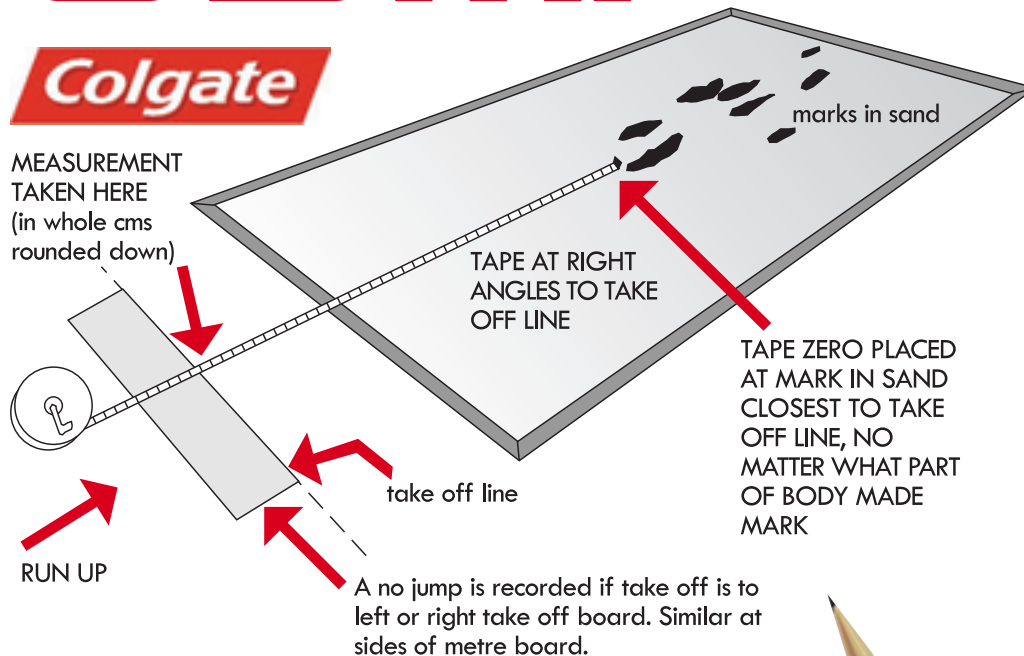


# LONG JUMP

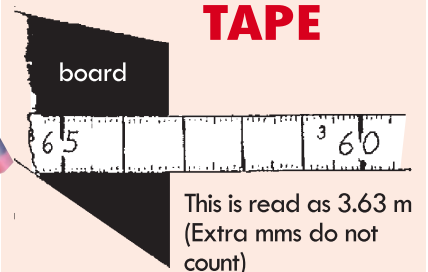
**Colgate**



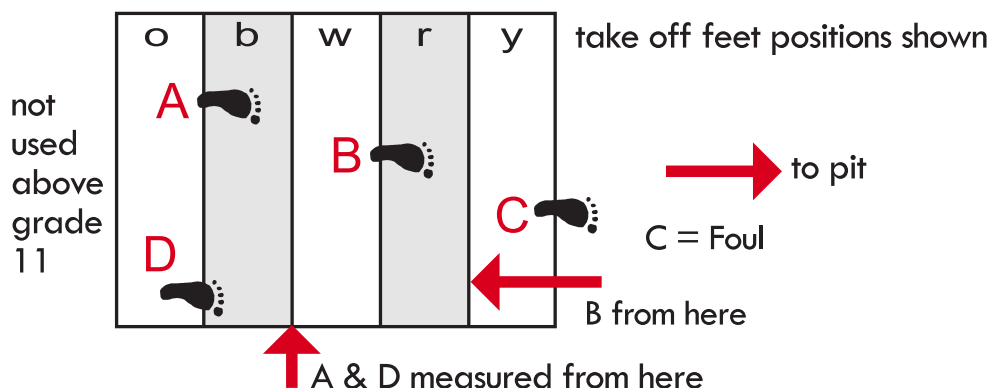
## SAMPLE SCORE SHEET

A	204	205	X	2nd
B	X	X	1.62	4th
C	200	210	1.99	1st
D	185	1.92	1.73	3rd

## CORRECT READING OF TAPE



## METRE BOARD



NOTE: FOR DETAILED RULES OF COMPETITION REFER TO NZCAA LONG JUMP SHEET



New Zealand Children's Athletic Association Inc.

## NO JUMPS or FAILS

1. Foot in front of line at take off.
2. Walking back through the pit after the jump, when the first contact with ground outside, is closer to the take off line than the closest break in the sand.
3. Somersaulting
4. Landing on, or touching ground outside pit and closer to take off line than the mark in the pit.

## HINTS ON ORGANISING THE LONG JUMP

- Arrange competitors in order
- Allow a practice jump if there is time
- Specify number of jumps (usually 3)
- Record all jumps - in a tie, the next best jump counts, and so on