



Long Jump

How do athletes work out 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 that a child is reaching their maximum speed well before the take-off area, you might suggest that they move their run-up in.

Where do the athletes jump from?

U6 – U12: a rectangular mat (0.5m x 1m), covered with sand and set up 0.50m from the pit.

U13 - U15: A 0.2m x 1.22m area, consisting of either a board sunk level with the runway, or painted on to the runway, or a 0.5m x 1m mat with a 20cm white line painted on the front edge. Set up 1.0m or 2.0m from the pit.

When is a foul recorded?

- If an athlete's foot goes over the front edge of the take-off area.
- If the athlete takes off from the board or mat with two feet.
- If the athlete after landing, walks back through the sand towards the take-off area.
- If any sort of somersault is used.

How do I measure?

- U6 - U12 (with foot mark): Measurement is taken from the front of the foot imprint made in the take-off area, to the closest landing mark in the pit.
- U6 – 12 (with no foot mark): If the athlete takes off from behind the nominated take-off area, measurement is taken from the back of the nominated take-off area, to the closest landing mark in the pit.
- U13 - U15: 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.



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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.
- If an athlete (particularly older athletes) wish to mark their run ups, they are to provide a suitable marker.

