

## Long Jump – Rules & Guidelines

### General Rules:

1. Athletes are expected to use appropriate language at all times.
2. Time limit for attempt is 1 minute.
3. **No competitor may compete twice in the same round.** If the competitor is also in a track event, (s)he is allowed to jump at the beginning of a round - go to the track – and return for the following round – where they may compete last in that round. However if the athlete returns to find that (s)he has missed that round, the athlete is not allowed to jump in that round. If they return to find that the competition has concluded, they are not allowed any additional jumps.
4. Once competition has begun, no practices / warm-ups are allowed on the runway.
5. No assistance shall be given to any athletes in the competition area. Coaches and spectators should remain out of the competition area.

### Measurements:

6. Measure each legal jump immediately after it is made.
7. Measure the mark in the pit that is closest to the take off board – regardless of what part of the athlete made the mark.
8. Place a vertical marker (popsicle stick) at the closest point of impact (first break in the sand nearest the take off board).
9. The official in the landing area (pit) should approach the mark from a position farther away from the take off board than the mark so as not to interfere with the mark.
10. Measurements are taken by holding the “zero” end of the tape at the mark in the pit and pulling the tape perpendicular to the take off board. If necessary, use a clipboard to extend the width of the board to make a measurement. The measurement is read at the front of the take-off board (closest to the pit). The tape should be level and taught (not stretched) with no twists in it.
11. Measured in 1 cm units. If the measurement is between units, **round down** to the nearest completed unit, do **not** round up. The measurement is what they have achieved not what they are closest to.
12. The sand should be raked smooth and level with the runway after each jump.

### Determining Places / Breaking Ties

13. If you have more than 1 flight in the competition – allow all athletes in flight 1 to each have 3 attempts, then allow all athletes in flight 2 to each have 3 attempts, etc. After each athlete has made their 3<sup>rd</sup> attempt, circle their best performance of the 3 attempts made.
14. Rank the athletes from all flights combined from first to last. The **top 8 athletes** each get another 3 attempts in the final round. They will proceed in **REVERSE** order – 8<sup>th</sup> place throws first, 1<sup>st</sup> place throws last.
15. At the end of their 6<sup>th</sup> attempt – circle their *BEST PERFORMANCE OF ALL 6 ATTEMPTS*. Use this to determine their final placements.
16. If two or more of the top 8 athletes are tied, use their second best performance to break the tie. If they are still tied, use their third best performance, etc. until the tie is broken. If a **tie for first place** can not be broken this way, then the tied athletes compete again in the same order, until the tie is broken.

### Long Jump Rules

17. An athlete may not take off from outside either end of the board.
18. Can not somersault while running or jumping
19. The athlete may not touch the ground beyond the take off board with any part of their body without jumping or in the act of jumping. (Toe can't be over the board). However, the athlete can request a measurement be taken even if they faulted, in case they wish to appeal later on.
20. It is a fault if the closest point of landing is outside the landing area. (athlete must land in the pit first)
21. It is a fault if the athlete makes a mark closer to the take-off board than their initial point of contact. (No walking back through the pit)
22. Athlete may balk and restart their attempt as many times as they wish provided it is within the 1 minute time limit.