

Event Description

The long jump is an event where an athlete sprints along a runway and takes off from a mat or designated line. The aim is to jump as far as possible before landing in the sand pit, normally on two feet.

Event Equipment

- Take-off mat
- Tape measure
- Measuring spike
- Rake, broom and shovel
- Event sheet and pen

Event Location

Hudson Park is equipped with four long jump pits, two of which can also be used for triple jump. To ensure safety and smooth rotation between groups, we ask that age groups use the following as a guide:

- U6-U8: Please use the smaller pit closest to the container whenever it is available. If unavailable, the next preference is the pit nearest the tennis courts.
- U9-U10: The pit nearest the tennis courts is the first preference.



Safety Considerations

- Remove any objects such as sticks, stones or other debris from the pit.
- Dig over the sand to loosen it; sand may need to be watered if it is too dry.
- Ensure the sand surface is level with the runway (or at least flat).
- Sweep the runway and surrounding areas.
- Ensure no one crosses the runway while athletes are running.
- Close the runway between jumps while the landing area is being prepared.

Event Rules

- The athlete's take-off foot must be on or behind the take-off mat.
- The athlete must exit the landing area forward of the nearest mark they made in the sand.
- A jump is complete once the athlete has left the landing area.

It is a foul if:

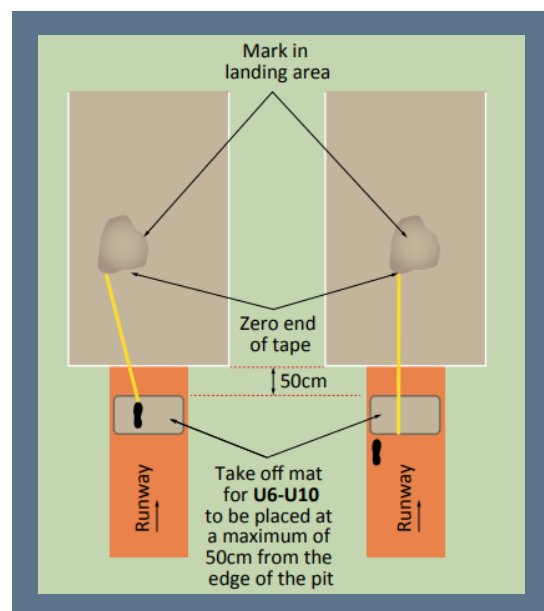
- the athlete's foot goes over the front edge of the take-off mat.
- the athlete does not finish the jump by landing in the pit.
- after landing, the athlete walks back through the sand towards the take-off area.
- the athlete performs any kind of somersault during the jump.

How to run the Event

- Ensure the pit is prepared and safe prior to starting event.
- Have younger athletes line up on or beside the runway at the designated marker, ready to jump.
- Athletes take off from the mat, placed at a maximum of 50cm from the edge of the sand pit.
- Each athlete has three attempts, taking turns to jump from the mat.
- Distances are recorded for every valid jump. If a jump is a foul, record "X" for that attempt.

How to Measure

- Use the spike to mark the first break (imprint) in the sand made by the athlete's foot, hand or any body part closest to the front edge of the take-off board.
- Measure from this break in the sand to the front of the foot imprint made on the take-off mat.
- If an athlete takes off before the take-off mat, the measurement is taken perpendicular from the nearest break in the landing area to the back edge of the take-off mat.
- Place the spike at the selected point with the zero end of the tape attached.
- Pull the tape tight and record the distance.



Learn More

For more information and guidance, scan the QR code below to view the *Little Athletics Australia Officiating Video* for this event.

