

Long Jump Procedures - Suburban Parochial League

Last amended 2026-02-11

EQUIPMENT TO BE PROVIDED BY THE TEAM RUNNING THIS EVENT:

1. 50' foot measuring tape to mark jump. Optional measuring stick at end of tape to mark jump.
2. 100' foot measuring tape for contestants to mark approaches.
3. Multi-colored thick sidewalk chalk of at least TWO different colors (3 preferred) to measure the take-off boards.
4. At least two different colors of rolls of athletic tape (2" minimum thickness) to mark take-off boards in case of rain or if the facility does not allow chalk markings.
5. One to Two rakes. Rakers should bring gloves.
6. Broom for cleaning the take-off board area.
7. Cones for placing at the jump board, if necessary.
8. Shovel to move sand, if necessary.
9. Towels to clear take-off boards (may be wooden) to prevent slip hazards.

SUPPLIES PROVIDED BY HOST TEAM: Clipboard, scoring forms, pen, award ribbons.

LONG JUMP PROCEDURES

1. Athlete Check-In by Group (Grade and Gender)

- a. Check in athletes using the provided field event sheet. Confirm athlete name, grade, and team.
- b. Inform competitors that they will compete in the SAME SEQUENCE as they are listed on the scoring sheet for both practice and official attempts. Line up athletes to reduce confusion and improve efficiency.
- c. During check-in, begin running the two (2) allowable practice attempts.
- d. Clarifications & Exceptions:
 - i. A coach or teammate may check-in on behalf of an athlete.
 - ii. Field event participants may not be added or changed after the first competitor begins "official" attempts.
 - iii. Conflict Procedures Involving High Jump (5th and 6th grade)
 1. Athlete checks into long jump, informs the judge of conflict, and proceeds to the high jump area.
 2. **The athlete then competes in high jump in its ENTIRETY.** Once the jumper is eliminated from competition, they will return to long jump and compete as normal. Officials must keep the scoring sheets open at long jump until all high jump athletes have returned.
 - iv. To assist in running each event more timely, a volunteer working at each event should begin the check-in process for the next scheduled group of competitors once the current competitors have begun their 2nd or final round of jumps.

2. Long Jump Rules

The official should:

- a. Provide a measuring tape from the scratch line to the start of the runway. This is allowable to aid jumpers to select a start for approach.
- b. Clearly identify the scratch line to the competitors:
 - i. A 3-foot mark with chalk or tape will be established from the pit. Competitors may choose the board or this special 3-foot mark as their "scratch line".
 - ii. Jumper's toe may touch the tape/take-off board, but the toe must not extend

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beyond the scratch line, toward the direction of the jumping pit.

- c. The Head Judge (who also records the measured jumps) observes the scratch line for each jump, and loudly announces "Scratch" for an illegal jump; scratches are NOT measured.
- d. The team running the event should make sure the take-off boards are properly mounted and dry enough to allow for a safe take-off point for athletes.
- e. **NOTE: Field event competitors (long and triple jump, javelin) are required to warm up in accordance with NFHS Rule 6-2-6, which states all athletes MUST warm-up in the direction of competition.** The first instance of non-compliance during warm ups will result in a warning to the coach and athlete, the second instance will be disqualification from the event.

3. Measuring Official Jumps

- a. "Zero" end of the measuring tape is placed at the point of the jumper's imprint in the sand that is closest to the take-off (scratch) line extended (beyond the take-off line), regardless if the imprint is caused by a foot, hand, head, or other part of the body. For this reason, remind competitors to exit the pit forward, or they will shorten their jumped distance. The measuring tape should be held horizontally above the landing imprint and not angled down from the runway end to a lower sand level.
- b. Reading of tape occurs at the point on the jumping pit side of the scratch used for take off, perpendicular to the imprint in the sand.
 - i. Measure to the NEAREST LESSER quarter inch ($\frac{1}{4}$).
 - ii. Announce each measured jump clearly and loudly.
- c. Two (2) official jumps are allowed per each competitor. Scratched attempts count as one of the two allowed jumps.
- d. TIE for longest jump is broken by the second-best legal attempt.

4. General Safety Tips

- a. Sweep sand off the approach and/or take-off area.
- b. Rake sand pit landing area frequently with an attempt to have a level sand surface in the sand pit where athletes are expected to land. This allows you to identify the jumper's landing imprint more accurately, and also results in safer landings.
- c. NO spectators, coaches, teammates are allowed between the jumper's start of approach and the jumping pit. It is recommended for Meet Directors to have had this area roped off. If not, the event officials should recruit additional workers for this task.
- d. Meet hosts MUST segregate the long or triple jump runway from other competitors and/or spectators to help eliminate the possibility of accidents.

Change Brief

2026-02-11	Added chalk and tape as required equipment. Updated check-in procedures to account for pre-registration. Updated conflict rules to account for new field event sequence. Reduced official attempts from three (3) to two (2). Edited for clarity, fixed misnumbering, and updated document format.
2023-02-15	Removed the exception that allowed warm-ups to be run in the opposite direction of the event.
2022-04-24	Included high jump priority language for conflicting field events.
2014-06-13	Changed wording of 2a and 2b for better clarification.
2013-04-11	Added a cover sheet with recommended equipment.