

Long Jump Procedures

EQUIPMENT: 50-ft measuring tape, rake, broom, towel.

SUPPLIES: (Provided by Meet Host-school): Clipboard, Scoring Forms, Pen, Award Ribbons.

PROCEDURES:

1. **Sign Up Competitors:**

- a. Record first & last name, and school,...clearly!
- b. Inform competitors that they will compete in the SAME SEQUENCE in which they are signed-up,... for practice AND official attempts. Line up athletes, as that will reduce confusion (& quicken the day)
- c. As competitors are signed up, start running the two (2) allowable practice attempts.
- d. Clarifications & exceptions:
 - i. Competitor does NOT have to personally sign-in for event; coach or teammate may arrange it.
 - ii. Field event participants may NOT be added or changed after FIRST competitor begins event "official" tries.
 - iii. Ask whether anyone has a conflicting event: are they competing in another field event that is being run at this same time? If so, explain procedure that allows the athlete to perform any or all official attempts out-of-sequence.
 1. Exception: (High Jump crossbar will NOT be lowered for a late-arriving competitor).
 - iv. **No athlete is allowed to compete in an event AFTER all other competitors have finished, unless he or she is physically present as the last other competitor finishes.**
- e. To assist in running each event more timely, a volunteer working at each event should begin the sign-up process for the next scheduled group of competitors once the group currently competing has begun their 3rd or final round of jumps/throws.

1. **LONG JUMP RULES.**

- a. A measuring tape, FROM scratch line TO start of runway, is allowed to aid jumpers to select a start for approach.
- b. Clearly identify "scratch line" to the competitors.
 1. A 3-foot mark or tape will be established from the pit. Competitors may choose the board OR this special 3-foot mark as their "scratch line".
 2. Jumper's toe may touch the tape/take-off board, but toe must not extend beyond the "scratch line", toward 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 a "scratched" jump; these are NOT measured.

2. MEASURING the official jumps:

- a. "Zero" end of measuring tape is placed at the point of the jumper's imprint in the sand that is closest to the take-off board, regardless if the imprint is caused by a foot, hand, head, or other part of body. For this reason, remind competitors to exit the pit forward, or they will shorten their jumped distance.
- b. Reading of tape occurs at point on jumping pit side of "scratch line" perpendicular to imprint in sand.
 - Measure to NEAREST LESSER quarter-inch (1/4 inch).
 - Announce each measured distance, clearly & loudly.
- c. Three (3) official jumps are allowed each competitor.
 - "Scratched" attempt counts as 1 of 3 allowed jumps.

3. Scoring the event:

- a. TIE for longest jump is broken by jumper's second-best (or third best, if necessary).

4. GENERAL SAFETY TIPS:

- a. Sweep sand off the approach and/or take-off area.
- b. Rake sand pit landing area frequently. This allows you to identify the jumper's landing imprint more accurately, and also results in safer landings.
- c. NO spectators will be allowed between jumper's start of approach and the take-off board. Hopefully the Meet Director will have had this area roped off. If not, enlist additional workers for this task.