LONG JUMP GUIDELINES

AGE	GENDER	MAT SIZE	SET BACK	SHOES
U6- U8	Boys/Girls	1 meter mat	Set 20cm back from the pit	No spike shoes
U9-10	Boys/Girls	½ meter mat	Set 50cm back from the pit	No spike shoes
U 11-17	Boys/Girls	Strip mat	Set 2m back from the pit	Spike shoes allowed

COMPETITION GUIDELINES

- Each athlete is entitled to 3 jumps
- An athlete must exit the pit at the side at any point further than the closest contact point in the sand to the take-off board
- To be a valid jump, the athlete must jump with one foot. They do not have to land with both feet
- No part of the athlete's foot must protrude over the front edge of the take-off mat
- It is a valid jump if an athlete takes-off before the mat
- An athlete must not touch any part of the ground outside the pit during the landing
- Athletes have 30 seconds to commence their attempt
- Powder may be used on the take-off mat for **Under 6 – Under 10 athletes only**, to assist with measuring

COMPETITION MEASUREMENT- U6-U10 (½ & 1m mat)

- Measurement is taken from the **front of the foot print** on the mat (or any part of print seen) to the nearest break in the landing area made by any part of the body or limbs. Point to point
- If an athlete takes off **before the mat**, it shall be measured to the **back edge of the mat** furthest from the pit and measured perpendicularly
- Measurement is rounded down to the nearest whole centimetre

COMPETITION MEASUREMENT- U11-17 (Strip mat)

- Measurement is taken from the nearest mark in the sand (from any part of the body) to the perpendicular line of the take-off board and spiked with the zero end of the tape
- If an athlete takes off **before the mat**, the jump will be measured from the nearest break in the landing area made by any part of the body or limbs to the **back of the mat**
- Measurement is rounded down to the nearest whole centimetre

SAFETY

- After each jump has been made and measured the pit needs to be smoothed out to provide an even surface for the athlete to land in and free from debris

Family, Fun & Fitness