



# Long Jump

## Specifications & Measuring

**U6 - U10** - use a 1m x 1/2 m sandy mat

**U11 - U17** - use a 1.22m x 20cm board (white rectangle marked on the tartan track)

- An athlete can start from anywhere on the runway but try to make sure their run-up is not too long.
- A good guide is that the length of an athlete's run-up should be their age in strides, + or- 2 strides. e.g. U13 may take anywhere between 11 and 15 strides.

### U6 - U10's

A footprint is left on the sanded mat. Measurement is taken from the front of the foot to the landing area in the sandpit.

Sandy Mat



### U6 - U10's

If an athlete has taken off before the mat? Measurement is taken from the back of the mat to the landing area in the sandpit.

Sandy Mat

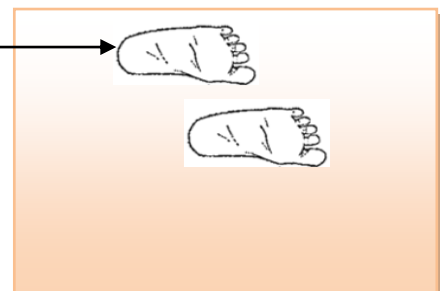


### U11 - U17's

Take-off board



Measurement is taken from along the front of the board to the back landing foot (making a straight line)



### **When is a foul recorded?**

- If an athlete's foot goes over the front edge of the take-off area.
- If the athlete after landing, walks back through the sand towards the take-off area.