



Vancouver Island Athletic Association



LONG JUMP

Official in charge (need recorder, marker, tape puller and 1 or 2 rakers)

- Register athletes using recording sheets provided by host
- Note top ten or records for that age group(s) and gender. If a jump exceeds #10, remeasure. If record broken, mark location with spike, call for field referee to confirm.
- Before competition starts, review with competitors the rules (valid jump, number of jumps, etc.)
- Use wind gauge readings for athletes 14 and older (midgets and up). Use duplicate record sheet.

Valid jump

- 1) Toe of jumping foot must NOT be over FRONT edge of board or white line
- 2) Both feet should be roughly together on landing
- 3) Measure perpendicularly from FRONT edge of board to nearest mark made by athlete. Could be mark of foot, hand, bottom, etc. Measure to nearest cm. SHORTER than jump.
- 4) At beginning of competition remind jumpers to walk out far end of pit.

Official should place cone (or person) on jump board while jump is measured and pit is raked.

Objects used by athlete to mark start of run must not be on runway (must be outside of designated runway)

Times allowed each athlete (measured from when official removes cone): 1.00 min

Competitor faults if they have not started final run up within time limit.

Scoring Best jump wins. *For ties second best jump breaks tie

Competitor	YoB	1 st Jump	2 nd Jump	3 rd Jump	4 th Jump	5 th Jump	6 th Jump	Best	Place
Linda Stride	M94	3.71	4.05	3.47				4.05	2
Rose Jumper	M94	2.27	X	3.95				3.95	3
Sue Liep	M94	4.05	X	3.78*				4.05	1*

2nd best jump

Number of jumps

- As specified by the host club at the competition site or in the meet literature.
- If not given then left to the discretion of the head official.
- After official starts competition there is one round of practice jumps followed by: 3 jumps at most JD meets. For Midgets and older, 3 jumps then 3 more for top 8. For pentathlon competitions 3 jumps only.

Athletes leaving to go to another event

- Must get permission from official in charge before leaving and may be allowed to jump out of order (i.e. early or late).
- Competition may proceed without them.
- Must report when they return and may re-enter competition but at the current round, although not necessarily required to jump in the original order.
- (Athletes should try to minimize their absence by leaving only when other event is called and returning IMMEDIATELY after completing it).