



LONG JUMP RULES



1. Take-off from the board must be from one foot only. If participants take-off from two feet it is considered a 'foul'.
2. Participants must take-off from or behind the allocated board for their jump to be considered legal. If a participant's take-off foot is placed over the plasticine area (or black wooden strip) the jump is considered a 'foul'. If a temporary board (i.e. masking tape board) is used a participants foot must not land over the front of the board.
3. Participants may land standing up (on one foot or two), or in a seated position. The participant must not touch any area outside of the pit while landing otherwise the jump is considered a foul.
4. If a participant walks back through the landing area, the jump is also considered a foul (i.e. they must walk out the pit in front of where they have landed).
5. The jump is measured from the front of the white board (i.e. the point between the white board and the black strip) or if using a temporary board, from the very front of the board to the furthest back point of the participants imprint in the sand. If the participant steps back or places their hand back upon landing, their jump must be measured from this point. If the measurement is not a whole centimetre, take the nearest centimetre below the measurement.
6. A recommended time limit for the completion of a jump is one minute.
7. Each competitor is allowed three jumps, the winner being the competitor who achieves the longest legal jump.
8. In the event of a tie, a decision is made on the next best recorded jump of the tied competitors.

Please see the recording sheets for zone records and regional qualifying distances.