

LONG JUMP



How do I teach Long Jump?

- 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.
- If you notice that a child is reaching their maximum speed well before the take-off area, you might suggest that they shorten their run-up.

Where do the athletes jump from?

- **U6 - U10:** a rectangle of sand or a mat (1.22m x 0.5m), set up to 0.5m back from the take off edge of the pit.
- **U11 - U17:** a board sunk level with the runway or a rectangle painted on the runway (1.22m x 0.2m). Both where possible on top a strip of plasticine or other suitable material (e.g. damp sand), set up between 1m- 2m from the edge of the pit.

How do you jump?

- Take off from one foot, driving your free knee and arms high into the air.
- Land with your feet close together, absorbing the impact by bending at the hips and knees.

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. If any sort of somersault is used.

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How do I measure?

- **U6 - U10 (WITH FOOT MARK):** measure the nearest break in the landing area made by any part of the body or limbs to the imprint made in the take-off area by the take-off foot.
- **U6 - U10 (WITH NO FOOT MARK):** When no part of the athlete's foot lands in the take-off area, measure the nearest break in the landing area made by any part of the body or limbs to back of the mat (not take-off line) or its extension. The measurement must be taken perpendicular to the back of the mat or its extension.
- **U11 - U17:** The jump shall be measured as the shortest distance from the nearest break in the landing area made by any part of the body or limbs to the front edge of the take-off area. The measurement must be taken perpendicular to the take-off line or its extension. With the zero end of the tape is placed where the athlete lands.

What are the safety considerations?

- The pit must be dug out and clear and free of debris.
- The take-off area should be dry and flat. Rake the pit after every jump.

HANDY TIPS & TRICKS

- Have younger athletes (U6-U10) run in from a set marker.
- For younger athletes, have the athletes lined up on (or beside) the runway ready to go.
- For large groups, allow athletes to have 2 jumps rather than 3.
- Have different coloured tape pieces cut up before the competition starts (for older athletes to mark their run-ups).
- For younger age groups, mark out 1m and 2m distances and award the athletes on a points system, rather than measuring their jumps (1m = 1 point, 2m = 2 points etc).

