**Long Jump**

In the long jump, athletes compete against each other to jump the furthest distance from a fixed line.

Athletes run along a runway to a line, before jumping into a sand pit that clearly marks where they land. The distance from the line to the point of landing is then measured.

In reality, the athletes will have worked out through training and with their coaches; how far from the line (take off point and no-jump indicator) they need to start running from. This distance will either be measured or counted as ‘pigeon steps’ or paces. Once they have their start positions, the athletes will put a marker at the side of the runway to mark it. They will then do a couple of practice jumps to adjust the start point, if necessary. At this point, the athletes will need a bit of help from the judge at the take off board. During the practice jumps, the judge at the take off board will watch the position of the take off foot and let the athlete know where they took off from. This is one place where different coloured pens come in handy – different pens for different athletes. If the officials arrive about half an hour before the start time, then each athlete should get two or three practice jumps.

If all of the athletes have had sufficient practice jumps after marking their start points, it is possible to start the competition, but if everybody is present and agrees, the competition can only start early with the permission of the Field Referee. Otherwise, the competition should start at the advertised time.

In an ideal world, the duties will be covered by the following officials:

1. Leader, Card 1, Take off board, Measure.
2. Card 2, Take off board, Check measure, Flags
3. Tape pull through, Runway control, Repair no jump indicator, Scoreboard.
4. Call up, Tick sheet, Runway control, Check marks, Check shoes & numbers, Wind gauge, Time lapse, Supervise warm up.
5. Pit judge, Spike, Zero end of tape, pit exit, Supervise warm up at board.
6. Pit judge, Rake, Tidy site on completion.

In reality, at club and league meetings, there are fewer officials available and each official may need to take on other duties, whilst some duties may have to be done without!

**Things to watch out for**

Markers on the runway or the runway lines – also, there are to be no markers placed on the ground after the take off point

Make sure competition no jump indicator is being used during competition

An athlete can run outside of the runway, but must take off with at least part of one foot on the runway or take off board

An athlete is not allowed to touch the ground with any part of the body beyond the take off line, or that line extended

Parts of an athlete’s body that touch the ground outside the sand pit between the take off line and the first mark in the sand

The direction of leaving the sand pit

Any form of somersaulting whilst running up or jumping

**Competition**

In different competitions, a different number of attempts, or trials, can take place. For example, this could be 3 trials, 4 trials, or 3+3 trials. If there are a straight number of trials (3, 4, 5 or 6) then all athletes complete this number of jumps. If the number of trials is 3+3 then all athletes attempt 3 trials, but only some will be allowed to continue to have a further 3 trials. The number of athletes that are allowed to continue will be decided by the Field Referee or Meeting Manager before the start of the competition. If there are fewer athletes than the number that are allowed to go through, then all athletes can take the second 3 trials provided at least one of the first 3 trials was valid.

Before the competition starts, it is normal for the leader to let the athletes know the order of jumping and the number of trials in the event.

The athlete who achieves the best distance will be the winner, with athletes placed in descending order of their best performances. If there is a tie for any place, then the second best performances will be taken into account and so on.

If an athlete is competing in another event at the same time, then they are allowed to compete in both. It is possible for the lead judge to change the order of jumping so that the athlete gets as many jumps as possible. However, if a round is completed before the athlete returns, then they lose that jump (this is recorded on the score sheet as a pass, and not a no jump).