



August 18, 2011

## Little Athletics Chelsea

### Long Jump Rules

Extract from LA Vic Regulation 8, Section 10.4 Long Jump, October 2010

#### Spirit of Competition

##### LAC encourages athletes to:

**Participate**- be involved no matter what their level of performance is;

**Try their best**- athletes are competing against their own previous performances;

**Have fun**- if athletics is fun it is rewarding and they will continue to participate.

##### LAC encourages parents and Officials to:

**Be fair**- little athletics is children's sport and is about having fun not winning;

**Acknowledge effort**- athletics is very complicated and most athletes try their very best despite their performance;

**Think of safety**- athletics can be dangerous and children may not always be aware of the dangers around them;

**Seek assistance**- speak to a Committee member or Official for guidance or assistance.

#### Competition Rules for Long Jump

##### 10.4 LONG JUMP

###### 10.4.1 General

(a) Except as detailed in CR:10.2, the order in which the athletes take their trials shall be as listed in the program (draw order).

(b) The number of trials shall be as follows:

Each athlete shall be allowed three (3) trials and each athlete shall be credited with the best performance of all their trials (see below).

(c) Except as for CR: 10.4.2, if an athlete takes off before reaching the take-off area, the jump shall not, for that reason, be counted as a failure (see CR: 10.4.6).

###### 10.4.2 Failures

(a) An athlete fails when they:

(i) Touch the ground beyond the take-off line with any part of their person, i.e. any part of the foot or other part of the person, whether running up without jumping or in the act of jumping;

(ii) Take off from outside either end of the take-off area;

(iii) In the course of landing, touch the ground outside the landing area nearer to the take-off than the nearest break in the landing area made by the jump;

(iv) Having completed a jump, walks back through the landing area;

(v) Employ any form of somersaulting.

###### 10.4.3 Runway

(b) No marks/markers shall be placed on the runway, but an athlete may place marks/markers alongside the runway. No marks/markers shall be placed in the landing area.

(c) Once competition has begun, athletes are not permitted to use the competition runway for practice purposes.

###### 10.4.4 Take-Off Area

(a) U6 - U11 Athletes (see below)

(i) The take-off area shall measure 1.22m x 0.5m

- (ii) The take-off area may be a 1.22 metre x 0.5m piece of carpet, canvas or rubber covered with a thin layer of sand; or
  - (iii) Formed by placing a template made of wood, metal, or any other rigid material on the runway and filling with damp sand to a depth of 10mm, levelling off the surface and then removing the template.
  - (iv) The front edge of the take off area should be not less than 500mm, and not more than 2 metres from the front edge of the pit.
- (b) U12 - U16 Athletes**
- (i) The take-off area shall measure 1.22m x 0.2m.
  - (ii) The take-off shall be marked by a board sunk level with the runway, or defined by a contrasting colour to the runway surface.
  - (iii) The take-off board shall be rectangular, made of wood or other suitable material, and shall be mounted in a recess in the runway not less than 1.0m, and not more than 3.0m from the front edge of the landing area; or it may be created by using paint or chalk.
  - (iv) The foul area may be indicated by a strip of damp sand, plasticine or other similar material.

**10.4.5 Mat placement (Take Off)**

The table below shows the LA Vic. recommended mat placement and sizes.

**Note:** The overriding factor is the safety of the athletes landing safely in the pit and the take off area shall be set according to each athlete's ability with adjustments to be made at the discretion of LAC.

| AGE GROUP     | TAKE OFF AREA |       |  |
|---------------|---------------|-------|--|
| Under 6 – 8   | 1.0m          | Mat   | Minimum 500mm<br>Maximum 2 metres from front edge of pit   |
| Under 9 – 11  | 0.5m          | Mat   | Minimum 500mm<br>Maximum 2 metres from front edge of pit   |
| Under 12 – 16 | 0.2m          | Board | Minimum 1 metre<br>Maximum 3 metres from front edge of pit |

**10.4.6 Measurement of Each Jump**

- (a) U6 - U11 Athletes**
- (i) All jumps shall be measured from the nearest break in the landing area (made by any part of the body or limbs) to the front edge of the imprint made by the take-off foot. The tape is then straightened and drawn tight so it lays over and is in contact with imprint made by take-off foot and the distance shall be measured to the nearest whole centimetre below the distance jumped.
  - (ii) In the case of an athlete taking off before reaching the take-off area, the jump is measured back from the landing area imprint to the centre point at the back edge of the take-off area, i.e. furthest from the pit. This allows a jump to be recorded without unduly penalising the athlete (see CR: 10.4.2).
- (b) U12 - U16 Athletes**
- (i) All jumps shall be measured 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 board (extended as necessary). The tape is then straightened and drawn tight so it lays perpendicular, i.e. 90° to the take-off board or its extension. The distance shall be measured to the nearest whole centimetre below the distance jumped.

**Local rules and variations for Long Jump at Little Athletics Chelsea**

**10.4.1 General**

- (b)** The number of trials shall be as follows:  
each athlete shall be allowed three (3) trials and each athlete shall be credited with the best performance of all their trials with places determined on this basis

If you have any questions in relation to applying the competition rules please ask a Committee Member. We are only too happy to help. Thank you.

#### 10.4.4 Take-Off Area

(a) U6 – U8 Athletes shall use a mat for take-off.

#### 10.4.5 Mat placement (Take Off)

The table below shows the LA Vic. recommended mat placement and sizes.

**Note:** The overriding factor is the safety of the athletes landing safely in the pit and the take off area shall be set according to each athlete's ability with adjustments to be made at the discretion of LAC.

#### 10.4.6 Measurement of Each Jump

(a) U6 – U8 Athletes shall have their jumps measured as stipulated in this clause.

#### Use of spikes in Long Jump at Little Athletics Chelsea

Athletes must wear footwear in accordance with LA Vic, regulation 8.

Spikes may be worn at LAC by under 12 -16 athletes.

Spikes may only be worn at LAC when competing in the events listed below:

-a laned track event of 400m or less; **long jump**; triple jump.

The maximum spike length is 7mm and the spike design must be a type approved by LA Vic.

Athletes using spikes in track events must use starting blocks and shall be responsible for ensuring starting blocks are prepared and available at the time of marshalling.

Spikes shall only be worn within the arena or at the field event venue while the athlete is competing, i.e. in the competition area(s).

Spikes can be dangerous and it is expected that Senior athletes will use them responsibly. Accordingly, improper or incorrect wearing of spikes by an athlete detected by Officials shall be referred to the Centre Committee and may be subject to disqualification of the athlete or removal of the athlete's privilege to wear spikes at the Centre.