

MANAGING CHILDREN'S TRACK & FIELD EVENTS

JUMPS

LONG JUMP

Once athletes reach about 12 years of age they should start jumping from an ordinary take-off board and Club athletes do so. The board used by older athletes has a plasticine strip at its foremost edge. Any mark on the plasticine indicates a marginal "over step" and a "no jump". Anything more than "marginal" should be obvious to officials. It can happen that the front edge of the toe can overlap the edge of the board without physically touching the ground. If there is no mark on the plasticine, the jump is valid. It is very important, therefore, that the plasticine is kept completely smooth!

The task of the officials is to give every athlete a fair and equal chance to compete, and to accurately record their jumps. All officials must watch that spectators and athletes are well clear of the runway and the jumping pit and that sand does not build up on the runway and take-off area, creating a foot hazard. (They should also watch the track, if it is adjacent to the jump pit!)

A long jump runway is usually about 40m long and 1.22m wide. The pit is about 2.75m wide. (*Long Jump pits are often built for two lanes. In serious competition, one half of the pit is marked off with tape*)

A cone should be placed in the runway to close it between jumps, while the previous jump is measured and the pit raked smooth.

It is important to watch that the level of the pit is smooth and horizontal. Successive jumpers landing in the same general area can create a significant hollow which might distort measurements.

"Wheelchair Jumps" are done by

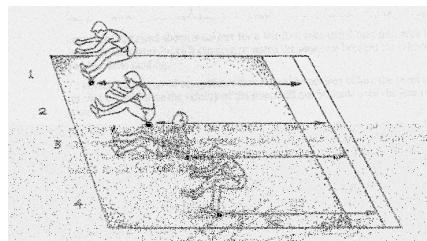
- wheeling along the track, adjacent to the long jump.
- Freewheeling from a line at right angles to the "take-off board", and
- Measuring to where the chair stops.

Officials required for the event are a Chief Judge, a second judge, two measurers, two rakers and a recorder.

The rules are simple:

- The jumper starts from a stationary position anywhere on the runway.
(*Children tend to want too long a run-up, but it is not the competition official's role to limit them, even though they disadvantage themselves*)
- The jumper must take off from the metre board. It is not a foul if they jump before it, but it could be dangerous. In the case of an "early jump" the measurement is taken from the front edge of the back panel.
(*The jumper effectively loses 20cm or more*)
- It is a "no jump" if they encroach over the front edge of the board.
- When leaving the pit the jumper must go out forward of their landing. Jumps are measured from the mark in the sand. Each step they take backwards reduces the length of the jump.
- No somersault jumps are allowed
- The zero end of the measuring tape is placed in the sand at the edge of the last imprint made by the jumper (nearest to the point of take off). The tape is then run back at right angles to the take off board (or to a sideways extension from it) *A jumper who veers to either side loses the benefit of the angle*
- If the imprint encroaches the edge of the pit (or the notional edge of a double pit) it's a "No Jump". This is effectively an encroachment of more than 0.765m beyond the edge of the runway. It is not a fault if the encroachment occurs after the jumper has left the pit.

- Athletes should be allowed at least three throws each, but time constraints and numbers of competitors may impose constraints. An entire round must be completed for the throw to be counted towards final placings



Chief Judge:

- Stand at right angles to the take-off board or metre board.
- Spot the panel which the most forward part of the take-off foot last touched. *(It is useful to call out the colour)*
- In the case of a standard take-off board, watch for an encroachment over the front of the board. *(Fine judgements are helped by a plasticine implant, so check it after each jump and keep the plasticine smooth!)*
- Place a cone in the runway if one is being used.
- Read the measurement from the front edge of the take-off panel you chose. Call the measurement loudly enough for the recorder, the athlete and nearby spectators and coaches to hear. *(It is worth verifying by having the recorder repeat what you've called)*
- Be aware of the meeting **records** (if there are any). Make sure that any record jump is not "raked out" before the referee has had a chance to verify it.
- If you decide there is a foot fault, call "NoJump" loudly enough for the recorder and the athlete to hear you.
- Show a red flag. *(You don't need other officials to go on trying to measure and record a jump which has been disallowed!)*
- If a jumper aborts their run-up and does not pass the take-off board, you may allow them to start again, provided they do so promptly.
- If your ruling is contested, measure the jump you are disallowing, so that it is not lost if your decision is over-ruled by the referee.
- When time is up, you have to decide whether a round is complete. You may **not** count results from incompleting rounds and this may affect the result. If you can squeeze the last couple of jumpers through, do so, but you will disrupt the whole meeting if you take too long!
- Sign off the result at the end of each competition, and ensure that it gets to the meeting manager.
- Ensure that all equipment is returned to the designated area at the end of competition.

Second Judge:

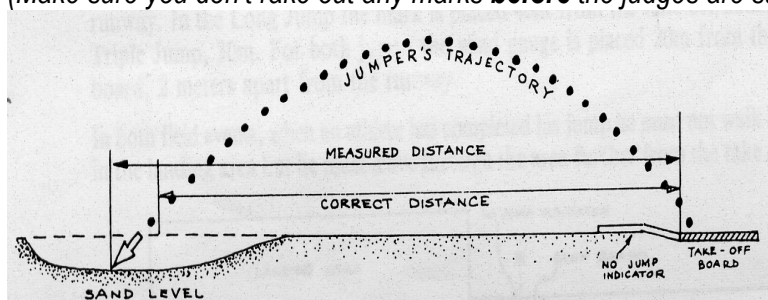
- Stand at the edge of the pit where you can observe the landing of the jumper.
- Watch that the pit stays level
- Watch for a foot touching the ground on the runway or before the full landing, because that's the point you have to measure.
- If the jumper encroaches the side of the pit when landing, call "No Jump" loudly enough for the Chief Judge, the recorder and the athlete to hear you. *(This doesn't happen very often!)*
- Watch for jumpers falling backwards or walking back through the pit, because you must measure at the last imprint made.
- The jump is complete when the jumper leaves the pit. Sometimes a jumper will abort a jump by deliberately touching a foot back into the pit. Call "No Jump".
- Wheel chair competitors are measured from back point of chair once stationary, to line alongside pit. The tape is read at the take-off line.

Measurers:

- One stands beside the pit, near where the jumpers are expected to land.
- Place the zero end of the tape at the back of the mark made by the jumper, which is nearest to the take off board. *(The second judge will confirm your placement)*
- It is preferable to have a spike through the ring at the zero end of the tape, which you can dig into the ground. (Otherwise the tape might be pulled away from you when Number two pulls it taught.)
- Measurer number two draws the tape across the take off board and draws it taught and straight.
- The Chief Judge then reads the measurement from the take off point he has noted.

Rakers:

- When the judges have finished measuring rake out the imprint and make sure the sand is completely level and there is no hollow in the pit.
*(Make sure you don't rake out any marks **before** the judges are sure they've finished!)*



Recorder:

- Assemble the jumpers in the order noted on the recording sheets.
- Athletes with Disabilities are to compete at the end of each round and jumps are to be recorded on separate recording sheet.
- Tell them how many attempts they are likely to have (as agreed by the meeting rules). It is usually three.
- Allow jumpers to measure their run-up and place a marker beside the runway
- Allow practice jumps (if the timetable permits). Practice jumps are done in the competition order.
- Call the athletes when it's their turn: "Round one: Jim, followed by Tom, Jim to jump".
- If an athlete is not present, mark them as absent and go on.
- An athlete may report and be excused for another event, particularly a track one. In that case feed them back into the rotation when they return.
- You may also excuse an athlete to go to the toilet or the sick-bay, in which case use your discretion about when you let them back in.
- Whether an athlete is excused or not, you can't hold the event when the last competitor has finished. Consult the Chief Judge about when the event is over.
- Record all jumps including "No Jumps" and call each measurement back to the judge to confirm it.
- Alert the chief judge to any result which exceeds the **record** noted on your sheet. *He will wish to alert the referee, before the jump is raked out!*
- Identify first three placed athletes on the final result sheet.
- In the event of a tie, the next longest jump succeeds.