

QUICK SAFETY

- **Pit:** Dig over, loosen, water, and level the sand. Clear all rocks and sticks.
- **Rake:** Level the sand pit after every single jump. Check for athletes in the other lane before raking.
- **Boards:** Measure board/mat distance from the edge closest to the pit.

QUICK RULES

- **Practice:** 1 practice jump per athlete before starting.
- **Trials:** 3 measured jumps total. No track practice once competition begins.
- **Time:** 1 minute to jump after their name is called.

FOULS (Mark "X")

- Foot breaks front edge or sides of take-off board.
- Run-through past the line without jumping.
- Any sort of somersault.
- Walking *backward* through the sandpit after landing.
- Touching ground outside pit closer to the board than the landing mark.

MEASURING & RECORDING

- **The Mark:** Zero end of tape goes at the **closest break in sand** (heel/hand/bottom).
- **U6–U10:** Measure back to the *front of the footprint on the mat* (or *back edge* of mat if they jumped early).
- **U11+:** Measure straight back to the *front edge* of the board (even if they jumped early).
- **Read:** Pull tape tight and straight. Round **down** to the nearest cm. Circle the best jump.



LONG JUMP

MAT & DISTANCE

Age Group	Mat/Board Size	Distance from Pit
U7 – U9	1.0m Mat	20 cm
U10	0.5m Mat	20 cm
U11	0.5m Mat	1 m
U12 – U14	0.2m Board/Strip	1 m
U15 – U18	0.2m Board/Strip	2 m

