



RUNNING LONG JUMP RULES

1. 5th-8th grade is allowed three jumps. 3rd-4th grade is allowed 2 jumps at prelims and 3 for finals. Jumps are not taken consecutively, but rather by rounds. If there are more than 30 participants in an age group, they will be broken into flights and the competition will be run “cafeteria” style.

a. **NOTE:** 3rd-4th grade - If their 1st attempt is a scratch, they will immediately be given a retry before going back in line. This will be considered their 1st attempt, but will be followed by an “R” to indicate a retry. If their 2nd attempt is a scratch, it is marked as a scratch and there is no retry. Only 2 jumps are allowed for prelims only and 3 attempts will be given at finals.

Only the participant’s farthest jump will count in the competition. Jumps are measured to the nearest 1/4 inch. Please write in decimal form ($\frac{1}{4}$ =.25, $\frac{1}{2}$ =.50, $\frac{3}{4}$ =.75, inch=.00).

2. Participants will be allowed one or two practice jumps prior to the start of competition.
 - a. There will be both a 4 foot and 8 foot scratch board. The jumper must declare at the beginning of the round which board they will jump from.
 - b. Under no circumstances may a jumper take off from the end of the pit.
3. No part of the participant’s foot may cross over the edge of the scratch board/tape prior to the jump attempt.

If any part of the participant’s foot crosses over the scratch board/tape, the jump is a “scratch” – that is, it counts as an attempt, but does not count for distance.

4. The jump is measured from the edge of the scratch board/tape to that part of the participant’s body that lands closest to the scratch board/tape at the completion of the jump.

In other words, if a participant falls or steps backwards, the jump will be measured to the participant's hand/foot/whatever is closest to the scratch board/tape. **It should be measured at the spot where the participant's body lands, NOT the sand cast off.** Participants should walk out of the FRONT of the pit area/jumping area to avoid unnecessary penalties.

5. In case of a tie, the tie will be broken by the next best jump to determine the winner.

PLEASE NOTE: Running events take precedence over field events. Any participant called to a running event must first check-in with the official at the current field event. Then, at the completion of the participant’s running event, the participant will be allowed to re-enter the field event without penalty (i.e. allowed to re-enter at the same height, throw, attempt, etc. where the participant left).