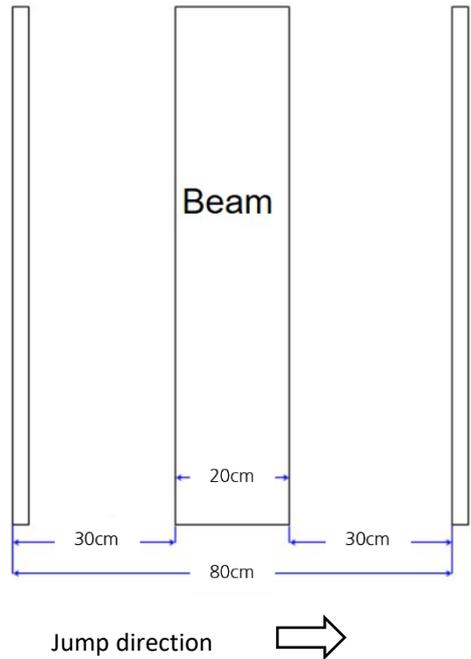


Long jump (Zone)

Material: Shovel, rake, broom, measuring tape, peg, desk pad, writing material, plastic pencil case. (if no drop zone is marked: use white tape)

The facility

Jump zone



Take-off marker

- Correctly measure and draw the zone lines if not permanently installed (e.g. using white tape). The take-off zone must be 80cm (with or without beam)
- Clean the run-up and take-off area with a broom. (danger of sliding)

Long jump pit

- Use a shovel to loosen up the sand and distribute it evenly.
- Distribute finely and evenly with a rake
- Landing area should be on the same level and height as the run-up area

Important: Loosen the pit far enough to the back. Also for younger children at least 5.50m! If a child stumbles forward, he/she must be able to fall without any risk of dislocation.

Volunteers

3 helpers - division of tasks

- **Scribe:** Organisation of the arriving groups + calling names + note distance
- **Measurer:** check the jumping-off point + measure + if necessary clean the run-up area with a broom
- **Rake:** Measure landing point + rake

Measurement

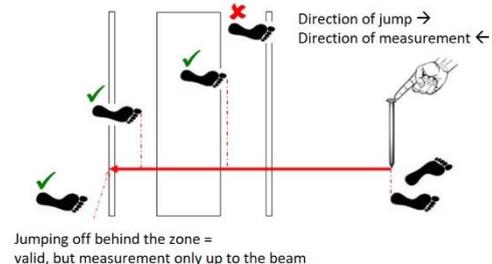
Tape zero point at the rearmost landing impression in the sand (closest to the jump). (e.g. heel, buttock, hand) in the sand and stretch back at right angles to the run-up track.

Measuring tape direction

Read the distance at the take-off point! The zero is at the nail in the sand.

Reading the distance

The measurer places his foot exactly at the child's jumping-off point and measures the distance from the toe of his shoe.



Missed attempt if...

- ...step over (see drawing)
- ...run through without jumping off
- ...run back through the sand pit

Recommendations for the competition procedure

- **Warm-up jumping:** if possible give some time for jumping in (e.g. 5 min). Under the direction of a volunteer or according to the order on the competition sheet, so that everyone has a chance.
Goal = try a lot in a short time! (can be shortened or omitted due to time schedule reasons!).
- **Calling:** Always call the jumper and the next person: e.g. "Naresh, get ready Patel!"

- **Run-up** markings: Tape/chalk on the track allowed. Other markings (e.g. a shoe) are not allowed on the track but only next to the track!