



RUNNING LONG JUMP RULES

1. **Each participant will be allowed three jumps. Jumps are not taken consecutively, but rather by rounds. If there are more than 12 participants in an age group, they will be broken into flights and the competition will be run “cafeteria” style.**

Only the participant’s farthest jump will count in the competition. Jumps are measured to the nearest 1/8 inch.

2. **Participants will be allowed one or two practice jumps prior to the start of competition.**
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 participant’s hand/foot/whatever is closest to the scratch board/tape. **It should be measured at the spot where the participants body lands, NOT the sand cast off.** Participants should walk out of the FRONT of the pit area/jumping area to avoid unnecessary penalty.

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).