

Standing Long Jump
General Guidelines

1. All competition in the Standing Long Jump will be on a flat surface. A Long Jump pit may be used. It is recommended that two judges (one on either side to measure length) be used.
2. A competitor may (1) rock forward and backward, lifting heels and toes alternately on the surface, but may not lift either foot completely off the ground or slide it along in any direction on the ground; (2) both feet must be parallel to each other, an equal distance from the scratch line before jumping; (3) both feet must leave the ground at the same time.
3. The jumper must take off from behind the scratch line. If the jumper's shoe extends over the scratch line or makes a mark in front of it, the jump shall not be measured, but shall count as a trial.
4. Each jumper is entitled to three trials. Each trial shall be recorded. The contestant with the longest jump shall be considered the winner.
5. In the case of a tie, the contestant whose next best performance is better than the second best performance of any other competitor tied for that place shall be declared the winner.
6. Each legal jump shall be measured from the take off line to the closest break in the sand made by the jumper upon landing.
7. **All measurements shall be done in meters.**