

Track and Field



Long Jump



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Problems on Take-off

In long jump as in other jumping events, the length of the runway is unlimited, but it must be at least 40 m long and 1.22 m wide. Regulations stipulate that a competitor may not use weights or grips and that any kind of somersault is forbidden. Competitors may use marks, but they must be positioned on the sides of the run-up.

When there are more than 8 competitors, each is allowed 3 tries, and then the best eight have a further 3. When there are eight or fewer competitors, each has 6 tries. The competitor's best jump is taken into account when the final placing is being established.

Technically speaking, the take-off poses more problems than anything except the jump itself. Competitors jump from a take-off board level with the run-up area and with the landing area. The edge of the board closest to the landing area constitutes the take-off line. Next to this line is a further board, or tray, covered with plasticine or some other substance which will take the imprint of the competitor's shoes in case of a foot fault.

The second board may be replaced by a layer of light soil 10 cm deep.

The various dimensions of the jumping pit are follows: 10 m from the take-off line to the far end of the landing area; 1 m between the take-off line and the beginning of the take-off area; the landing area should measure 2.75 m in width.

Jumps are measured from the nearest break in the landing area made by any part of the competitor's body.

No-jumps occur in the following cases:

1. When the competitor touches the ground beyond the take-off line with any part of his body;
 2. When the competitor takes off either in front of, or behind, the take-off board, instead of on it;
 3. When the competitor, on landing, touches the ground outside the landing area nearer to the take-off than the nearest break in the landing area;
 4. When a competitor, after landing, walks back across the landing area in the direction of the take-off board;
If a competitor loses his impetus before reaching the take-off board, this does not count as a no-jump.
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