

# IRVINE JUNIOR GAMES

## LONG JUMP EVENT

Two different long jump competitions are held. A standing long jump is performed by 4<sup>th</sup> through 6<sup>th</sup> graders, while 7<sup>th</sup> and 8<sup>th</sup> graders perform a running long jump and land in the sand pit.

- In the standing long jump, the heel of the athlete's foot that is closest to the starting point/toe line determines the distance of a legal (fair) jump.

Participants get two jumps and they are taken back-to-back. If the participants "crow hop" (hop forward after the initial landing), the jump doesn't count for distance and they don't get another chance.



- In the running long jump, the closest point to the board of the athlete's contact with the sand determines the distance of a legal (fair) jump. This includes the athlete's hands if they happen to fall backward.

Participants get two jumps and they are taken one at a time to give them time to rest. If the participants "scratch" (begin the jump past the end of the board), the jump doesn't count for distance and they don't get another chance.



The 10 longest jumpers advance to the final round and get one more jump to try to beat their previous best. Medals are given to first, second and third place, while fourth through tenth place receive ribbons.