

Measuring at the Long Jump:

The Little A's rules governing the manner in which the measurement of the distance jumped by an U9 athlete off a mat (1 m x ½ m), is quite different to the way you would measure an U15's jump off a board (1.2 m x 20 cm) when working on a long/triple jump event.

There is also a difference between measuring for an U9 who has left an imprint on a mat, and for an U9 who has taken off before the mat. Below are a few sample drawings to explain the rule 4.6.7 c & d. The measure is taken from point A (tape spike) to point B where the measure is read.

