



## **VIRTUAL LONG JUMPS SCORESHEET & PROCEDURES**

### **Equipment**

- Sand pit (or beach) is recommended for standing long jump. USTA certified long jump pit is required for running long jump.
- Measuring tape
- Rake to smooth sand
- Athletic tape, or something similar to create a foul line
- Scoresheet and clipboard
- Pencil

Running Long Jump requires a safety assistant to supervise, can be a friend or family member.

### **Guidelines**

1. The jumper must tape/mark a two-foot take-off from behind the restraining line.
2. The landing pit must be level with the runway and consist of soft sand.
3. Each participant shall be given three attempts. However, a participant may choose to waive that right and stand on one or two performances.
4. An infraction or scratch disqualifies that attempt only.
5. Shoes are required to participate in Running Long Jump and Standing Long Jump.

### **Running Long Jump**

The *Running Long Jump* requires a runway and a white take-off board 20 cm (8 inches) wide. For safety, the take-off board may be marked with white adhesive tape or paint within a meter of the landing pit (avoid enamel paint or any other slick surface).

The following are fouls and count as trials:

- Touching the ground or runway beyond the take-off board or take-off board extended with any part of the body, during an approach, whether jumping or not.
- Taking off from either side of the take-off board.
- Touching the ground outside the landing area nearer the take-off board than the nearest break in the sand.
- When leaving the landing area, making first contact with the ground outside the pit closer to the take-off board than the nearest break made in the sand.
- Employing any form of somersaulting prior to contact in the landing area.
- A safety assistant is required to supervise, can be a friend or family member.

### **Standing Long Jump**

- The *Standing Long Jump* should be taken from behind a two-inch line at the end of a Long Jump runway and land in the pit.
- The jumper must take a two-foot take-off from behind the restraining line.
- No run or approach is allowed.

# VIRTUAL LONG JUMPS

## Measurement

All distances shall be recorded to the nearest 1/4" BELOW the distance covered.

**Standing Long Jump** - from the edge of the restraining line farthest from the landing pit, perpendicular to the line, to the nearest break in the sand caused by ANY PART of the jumper's body.

**Running Long Jump** - from the edge of the take-off board nearest the landing pit or that line extended, perpendicular to the nearest break in the sand caused by ANY PART of the jumper's body.

## Scoring

Winners will be determined by best distances performed. In case of ties, the second-best performance, then third best will be used to break the tie.

### Virtual STANDING Long Jump Scoresheet

All distances shall be recorded to the nearest 1/4" BELOW the distance covered.

1 <sup>st</sup> Jump Score	2 <sup>nd</sup> Jump Score	3 <sup>rd</sup> Jump Score	BEST Jump Score

### Virtual RUNNING Long Jump Scoresheet

All distances shall be recorded to the nearest 1/4" BELOW the distance covered.

1 <sup>st</sup> Jump Score	2 <sup>nd</sup> Jump Score	3 <sup>rd</sup> Jump Score	BEST Jump Score