



# LONG JUMP



## SHRUJAN 2.0

### GIET UNIVERSITY, GUNUPUR

Team Size: Individual participant.

Event Details:

- The participant begins running from the starting position and jumps landing on a sand pit.
- There will be a foul line in the runup area.
- Jumping from beyond this line results in a foul jump.
- Jumpers try to get as close to the foul line as legally possible before initiating their jump.
- No part of the participant's foot should cross the front edge of the foul line. If, at the point of take-off, any part of his foot crosses the front edge of the foul line, then the jump is termed to be illegal or a 'foul jump' and does not count.
- The long jumper has three attempts to register his or her best legal jump. A foul jump accounts for an attempt. Only the farthest legal jump counts.
- The distance or the 'jump' is measured from the front edge of the foul line to the first landing point of the participant, from the first point of contact.