

# LONG JUMP DETAILS

## LOGISTICS

- Utilize both sides of the long jump pits.
  - Kindergarten and 1<sup>st</sup> Grade (Standing Long Jump) - Use the back side of the pit.
  - 2<sup>nd</sup>- 5<sup>th</sup> Grade (Running Long Jump) - Use the front side of the pit with the runway.
- Each pit will be operated independently.

## RULES AND REGULATIONS

- Each athlete will get **THREE attempts**.
- Standing Long Jump
  - Athletes should start with their toes BEHIND the concrete edge.
- Running long jump
  - Athletes must jump before reaching the concrete edge of the pit. Typically, there is a takeoff board, but for elementary aged kids, this will not be used. For safety purposes, they should jump before they step on the concrete edge to avoid slipping.
  - If an athlete steps on or over the concrete edge, this is considered a “scratch” and should not be a measured jump.

## MEASUREMENT

- The measurement of the jump should start from concrete edge (the side touching the runway)
- The measurement of the jump ends at the closest imprint to the edge.  
NOTE: If an athlete steps back, reaches back or sits in the sand, the measurement should be from the area closest to the edge.
- Measure precisely – to the nearest **HALF INCH**.

## OTHER IMPORTANT POINTS

- Standing Long jump – athletes should be jumping off two feet
- Running Long jump – athletes should be jumping off one foot
- Keep track of each team members' attempts and distances jumped!
- If wanted, athletes can mark the runway to know where to consistently start.
- For running long jump, it's suggested that the take-off distance is less than 40 meters.



# HIGH JUMP DETAILS

## **STARTING HEIGHT**

- Use the lowest height possible so the bar is just clearing the top of the pit (usually 3ft or 3ft 2in)
- As the season progresses, if the majority of athletes are easily clearing the bar at the lowest height, you can increase the starting height.

## **LOGISTICS**

- Utilize both pits. 4th grades will use one pit and 5th graders will use the other. Each pit will be operated independently.
- ALL teams will make their attempts together at each height.
- Each athlete will get **TWO attempts**. If they miss both attempts, then they are done. If they have a successful attempt, they will progress to the next height.
- The bar will be raised **TWO (2) inches** for the next round of attempts. The athletes who cleared the previous height will get to go again. Keep that rhythm going until there are 7 athletes left.
- When there are **5** athletes left, the bar will be raised in **1 inch increments** until the last athlete is done.

## **MEASUREMENT**

- Place the crossbar in the same position on the standards for every attempt.
- Measurements are recorded to the nearest inch.  
NOTE: Standards can be hard to read at these lower heights. If needed, use a tape measure for initial opening height and then raise the crossbar accordingly.

## **OTHER IMPORTANT POINTS**

- Athletes should take off of 1 foot (a 2 foot takeoff should be considered a failed attempt).
- Athletes should not stop before jumping. If an athlete comes to a full stop after they approach the bar, this is considered a failed attempt.
- Displacing the crossbar, touching the standards, or steadying the bar after jumping are also consider failed attempts.
- Keep track of each team members' attempts and heights jumped!

## **TIE BREAKING CRITERIA (IF NECESSARY)**

- Fewest number of attempts
- Next, fewest number of total misses up to the height of the tie
- If first place is tied – Jump Off

## **JUMP OFF FOR 1<sup>ST</sup> PLACE**

- 1 more attempt at last height (whoever clears wins)
- If they both clear, keep raising the bar in 1 inch increments until someone misses



# THROWING (BASEBALL THROW & SHOT PUT) DETAILS

## LOGISTICS

- Baseball Throw
  - All athletes will use a regulation size baseball
  - Throwing area – We will set up designated throwing stations behind the stadium. There will be at least **7** throwing stations marked with orange cones.
    - 3 stations using the discuss rings
    - 4 additional stations on the practice field (one on either side of the discuss areas)
- Shot Put
  - All athletes should use a 4 pound shot
  - Throwing area – There are three throwing stations on the shot put field

## RULES AND REGULATIONS

- Each athlete will get **ONE warm up throw and TWO measured throws.**
- Athletes should release the throw within the throwing circle or behind the cone. If they step outside of it, it is considered a “foul” or a “scratch”.

## MEASUREMENT

- Throws should be measured based on where the ball/shot falls **(not the roll)**
- Measure precisely – to the nearest **HALF INCH** if possible
  - Recommended process – total of 3 throws, one child completes all 3 at a time:
    - 1<sup>st</sup> Throw Warm up – not measured
    - 2<sup>nd</sup> Throw is measurable – mark this with the marking stake that is at your station, no need to write down the distance
    - 3<sup>rd</sup> Throw – if this goes farther than 2<sup>nd</sup> throw, write this down for the distance– if it does not go as far, write down the distance marked by the stake.
    - Return the 3 balls/shot to the next child and repeat the process.
  - When your team is done at the station return the balls/shot and marking stake to the throwing area for the next team to use.

## OTHER IMPORTANT POINTS

- Throwing Technique:
  - Baseball: The athletes should use an overhand throw, similar to a baseball pitch.
  - Shot put: Hold the shot with fingers, not palm so the shot doesn't slip out (the shot needs to be touching the neck, so it doesn't become a throw)
- Have each athlete complete all three throws in one turn.
- If all baseball throwing stations are being used, please line up and wait outside the fence. One of the Board Members will be there to help direct the first team in line to the next available area.
- **BE SAFE! DO NOT** walk in front of a thrower!

