Micro-Learning Club Coaching document #8

Week 8: 11 November 2026:

Junior Jump Fundamentals: Jumping Rules and Safety

- **Competition Procedures**: Following check-in with event officials, the athlete when called, will have 1 minute to perform their attempt.

- **Attempts**: In the high jump, the athlete will have 3 attempts. The jumper will receive a white flag for a valid attempt. In the long and triple jumps, the athlete has 1 minute to complete their attempt. For a jump to be measured, the athlete must exit the pit from behind wear they landed. If any part of the foot is over the 20cm take-off board, the jump will be a foul and will receive a red flag. Generally, for the long jump, the jumpers will have 3 rounds then the top 8 (if the numbers in an age grade more than 8) will have another 3 jumps. **High Jump:** The officials will ask the athlete for a height they wish to start at. Generally, the bar will be raised in 5cm increments (for Combined events 3cm). The athlete has an option to pass the next height but must advise Officials before they are called. The athlete's competition will be over if they fail 3 times at a height/s or retire from the event. **Long Jump:** The athlete will normally have 6 attempts during the duration of the competition. However, some competitions may reduce the number of attempts to 3 or 4

- **Competition areas:** The pit area for all jump events needs to be in a good standard with the high jump preferably having a good quality topper pad. The long jump pit needs the sand area to be well dug and raked smooth, level with the long jump runway. The pit should be raked after every attempt and the sand watered if it is dry.

- **Safety:** Normal sprint spikes may be used to compete in. It would be recommended for a more experienced athlete; specialist shoes are worn. In jumps, the spikes are considerably stiffer. For high jump, they have spikes in the heel of the shoes.

For more reading:

Read our drill card for more details on Junior Jump Fundamentals in our Coaching resource section.

Yours in Athletics

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