

1. Each participant will be allowed six jumps; jumps are taken by one person and then the other.

Only the participant's farthest jump will count in the competition. Jumps should be measured to the nearest centimetre.

2. Participants will be allowed practice jumps prior to the start of competition.

3. No part of the participant's foot may cross over the edge of the scratch board/tape prior to the jump attempt.

4. At the start of the jump, both feet must be parallel to one another.

If any part of the foot crosses over the scratch board/tape, or if the participant's feet are not parallel (i.e. they are staggered) at the beginning of the attempt, the jump is a "scratch" – that is, it counts as an attempt, but does not count for distance. A scratch is marked with an "X" on the sheet.

5. The participant's jump is measured from the front edge of the scratch board/tape to that part of the participant's body that lands closest to the scratch board/tape at the completion of the jump. Measurement is to be made in meters. (not feet, inches, etc)

In other words, if a participant falls or steps backwards, the jump will be measured to their hand/foot/whatever is closest to the scratch board/tape. Participants should walk out of the FRONT of the pit area/jumping area to avoid unnecessary penalty.

6. In case of a tie, the tie will be broken by the next best jump to determine the winner

7. If a participant has a running or throwing event, they may pass on their remaining attempts or can return to the standing broad jump as long as the current flight is taking place.

8. Successful jumps are marked by the result on the Flight Sheet and by a white flag by the official; a fouled jump (foot over the edge of the white line/tape or feet are not parallel) a red flag will be raised and an "X" marked for the attempt.