



Michigan Indian Family Olympics

EVENT RULES: Long Jump

- **Start:** The participant is able to get a running start from anywhere on the long jump runway strip.
- **Ages:** This event is open to ages 5 and up.
- **Results:** The longest attempt will be used for the results.
- **Measurement Standards:** The distance jumped will be measured from the board on the long jump path to where the person lands. If the participant falls back, this is where the measurement will be marked.
- **Amount of Attempts:** Each participant will be given two attempts.