

# Triple Jump

## What Is A Triple Jump?

The Triple Jump consists of three distinct skills performed at speed in a continuous action as follows:

**Hop:** During the hop the athlete uses the same foot for take-off and landing.

**Step:** Athlete lands on the opposite foot (to that used for the hop).

**Jump:** Athlete performs a jump from the "step" foot by landing in the pit. The saying: "**same; other; both**" can help remember this sequence.



## How Can I Make The Event Site Safe?

- Dig over the sand to loosen it.
- Turn and level the sand so the pit is level with the run-up.
- Removal of objects such as sticks, stones to avoid injury to the athletes.
- Water the sand.
- Sweep the runway.
- Ensure there are take-off boards appropriate to the age; gender and ability of the athlete: 5m; 7m; 9m; 11m; 13 m back from the edge of the pit.

## What Equipment Do I Need?

- **Take-off area:** (mat, sand, tape or board)
- **Tape Measures:** 1 for measuring (20 metres), 1 for run ups (50metres)
- **Rake:** To level the landing area sand after each trial
- **Broom:** For keeping runway clear of sand
- **Shovel:** For digging over landing area and moving sand
- **Bucket/Hose/Watering Can:** For keeping sand damp
- **Hand Brush:** To sweep take-off area after each jump
- **Spike:** To hold zero end of tape at the nearest edge of the mark made by the athlete on landing
- **Indicator Markers:** Placed either side of the selected take-off board
- **Recording Sheet:** For recording all the performances of the athletes in the event
- **Marker:** Two for each athlete to mark the start point of their run-up
- **Flags:** Red, white, yellow
- **Cone:** For closing runway
- **Stop watch:** To time athletes
- **Wind Gauge:** For wind measurements

## What Is The Minimum Number Of Officials Required To Conduct An Event?

- **One official at take-off area.** Tasks include watching for failed jumps, measuring
- **Two officials at side of pit.** Tasks include finding break (imprint) made in sand and raking and levelling the sand in the pit.
- **One official for recording**

## Trials

- Each athlete is entitled to 3 trials and some athletes may have 6 trials.
- Each athlete must place their take-off foot on or before the take-off area nearer to the landing area.
- Each athlete must take-off from one foot.

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- Each athlete is permitted two markers which are placed alongside the runway – not on it.
- Markers are not permitted in the landing area/pit.
- Once competition has begun, athletes are not permitted to use the competition runway for practice purposes



## When Is A Foul Recorded?

- If any part of foot is beyond the front edge or if the entire foot is outside either end of the take-off area
  - If during the run-up, an athlete touches the ground beyond the take-off line with any part of the body, whether running up with or without jumping; it shall be deemed a trial even if it is not completed.
  - If after completing the jump an athlete walks back through the landing area towards the take-off area.
  - In the course of landing an athlete must not touch the ground outside the landing area nearer to the take-off point than the nearest break (imprint) in the landing area.
- \* The trailing leg is allowed to make contact with the ground during the trial without penalty.
- \* An athlete may change the position of their take off; they must however inform the Recorder first.

## How is the Jump Measured?

### Little Athletics U6-U12:

- The official selects the first break (imprint) made in the sand by the athlete's foot, hand or whichever is closest to the imprint made in the take-off area by the take-off foot.
- If the athlete takes off before the take-off mat or board, then the jump shall be measured from the break in the sand, in a perpendicular line, to the back edge of the take-off area.
- The tape is straightened and laid over and in contact with imprint made by take-off foot in the take-off area or back of take-off area as applicable.

### All others:

- All jumps shall be measured from the nearest break in the landing area made by any part of the body, or anything that was attached to the body at the time it made a mark, to the take-off line, or take-off line extended.
- The measurement shall be taken perpendicular to the take-off line or its extension.
- If the athlete takes off before the take-off mat or board, then the jump shall be measured from the break in the sand to the front edge of the take-off board.
- The selected point is marked by the spike and the zero end of the tape is held at the spike.
- The tape is drawn tight and the distance is measured to the nearest centimetre below the distance jumped unless the reading is a whole centimetre.
- The athlete who has the longest measured distance from all jumps recorded is the winner.

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## How is the Jump Recorded?

- Best performances should be circled or highlighted
- Ties are broken by referring to the next best jump

Competitor	Trial 1	Trial 2	Trial 3	Best	Placing
A	8.76	-	10.92	10.92	5
B	12.45	12.13	12.16	12.45	1
C	11.76	11.65	11.86	11.86	3
D	12.45	12.09	11.86	12.45	2
E	11.14	11.76	11.86	11.86	4



## Handy Hints for Triple Jump Officials

- Rake the pit after every jump
- Ensure there are sufficient markers for every athlete
- Have younger athletes run up from a set marker
- Have younger athletes lined up beside the runway to speed up the process