

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 jumper on landing
- **Indicator Markers:** Are placed either side of the selected take-off board
- **Recording Sheet:** For recording all performances at the venue
- **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 foul jumps, measuring
- **Two officials at side of pit.** Tasks include finding break (imprint) made in sand and raking & 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 take-off foot on or before the take-off area nearer to the landing area.
- Each athlete must take-off from one foot;
- Markers may be placed alongside the runway – not on it

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- 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 U6-12:
 - * 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 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:
 - * The official selects the first break (Imprint) made in the sand by the athlete's foot, hand or whichever is closest to the front edge of the take-off board
 - * 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 front edge of the take-off board
 - * The measurement is taken perpendicular to the take-off line or its extension, i.e., straight back from the imprint in the sand
- 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.

How is the Jump Recorded?

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

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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