



# Triple Jump

## Who can do Triple Jump?

Under 6 - U15 athletes can do triple jump.

## How do the athletes work out their run-up?

- An athlete can start from anywhere on the runway but try to make sure their run-up is not too long.
- A good guide is that the length of their run-up should be their age in strides + or - 2 strides. e.g. U13 may take anywhere between 11 and 15 strides.
- If you notice that an athlete is reaching their maximum speed well before the nominated take-off area, you might suggest that they move their run-up in.

## Where do the athletes jump from?

U6-U12: a 0.5m x 1m mat covered with damp sand to the depth of 1 to 2 centimetres.

U13-U15: A 0.2m x 1.22m area, consisting of either a board sunk level with the runway, or painted on to the runway, or a 0.5m x 1m mat with a 20cm white line painted on the front edge.

In triple jump the take-off mat is placed at various whole metre distances from the pit. The officials shall place a suitable marker (witches hat etc) at the take-off board nominated by each competitor.

## How do they jump?

Once the athletes foot hits the take-off area, they need to hop off one leg, then step on the other foot, then jump into the pit, landing on both feet.

The saying, "**same, other, both**" can help remember the sequence.

## When is a foul recorded?

- If the athlete does not perform the hop, step, jump sequence.
- If the athlete does not finish the jump phase by landing in the pit.
- If the athlete's foot goes over the front edge of the take-off area.
- If the athlete takes off with two feet.
- If the athlete walks back through the sand towards the take-off area, after landing.
- If any sort of somersault is used.



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## How do I measure?

- U6 - U12 (with foot mark): Measurement is taken from the front of the foot imprint made in the take-off area to the closest landing mark in the pit.
- U6- U12 (with no foot mark): If the athlete takes off from behind the nominated take-off area, measurement is taken from the back of the nominated take-off area, to the closest landing mark in the pit.
- U13 - U15: Whether the athlete takes off on or before the take-off area, measurement is from the front of the take-off area to the closest landing mark in the pit. The measurement must be taken perpendicular to the take-off line or its extension.
- The zero end of the tape is placed where the athlete lands.

## What are some basic rules?

- Athletes are to notify the Chief Official which mat they will be taking off from, before the start of their first jump. This is so the official knows which take-off area to look at.
- Athletes can change boards at any time, but must advise the Chief Official of the change prior to the commencement of the jump.

## What are the safety considerations?

- The pit must be dug out and be clear and free of debris.
- The take-off area should be dry and flat.
- Rake the pit after every jump.

## What are some "Handy Tips" for conducting Triple Jump?

- Pre-list the athletes preferred take-off area.
- For large groups, allow athletes to have 2 jumps rather than 3.
- If an athlete (particularly older athletes) wish to mark their run ups, they are to provide a suitable marker.