

Triple Jump

Event offered to

U11 to U15 age groups

Event equipment

- ✓ Marked runway and landing area.
- ✓ Takeoff mat and board (1.22m x 20cm)
- ✓ 15m measuring tape and measuring spike
- ✓ 30m measuring tape for run-up
- ✓ Runway markers
- ✓ Witches hats to indicate takeoff board
- ✓ Rake, broom, trowel and shovel
- ✓ Watering can/spray bottle/hose to keep sand damp



Event Preparation

- Clear area of any obstacles including the runway and landing area.
- Loosen the sand in the landing area, making sure it is level with the runway.
- Water the landing area and the takeoff mat if sand is being used.
- The runway is closed while the landing area is being prepared.
- Athletes are allowed practice jumps and to place runway markers alongside the runway to mark their run up.
- Takeoff board is usually positioned 5, 7, 9 or 11m from the landing area. Within an age group different takeoff board distances may be used. Athletes may decide to change their takeoff board during competition by notifying the Chief Judge. A chief judge can direct an athlete to use a lower takeoff board for safety.

Officials Required

- Chief Judge: to watch for foot fouls, measure valid jumps and call the distance to the Recorder.
- Spiker: to locate and mark the nearest break in the landing area made by the athlete.
- Measuring Assistant: to pull the measuring tape through the take-off area.
- Raker: to level and rake the landing area after each jump.
- Recorder: to call the athletes for their trials, repeat the measured distance back to the Chief Judge and complete the recording form.

Basic Rules

- Triple Jump consists of three distinct stages – hop, step and jump, performed in a continuous action. The athlete must execute the ‘hop, step and jump’ in that particular order.
- An athlete must take off from one foot and the takeoff foot must be on or behind the takeoff board.
- The trailing leg is allowed to touch the ground during the trial.
- Athletes must leave the landing area forward of their landing in the sand, i.e. do not walk back through the landing area.
- The trial is complete when the athlete leaves the landing area.
- Do not rake the pit until the chief judge has given the all clear.
- Once competition has commenced athletes are not to use the runway for practice.
- Each athlete will receive 3 trials, 6 trials may be allowed in some competitions.



Triple Jump

A Failure

- An athlete's foot goes over the front edge of the takeoff area, or the entire foot is outside either end of the takeoff area.
- Breaching the basic rule of a hop, step and jump is a failure.
- An athlete fails to land in the landing area, landing on the runway constitutes a failure.
- An athlete fails to complete their hop and/or step before reaching the landing area.
- In the course of landing, an athlete touches the ground outside the landing area nearer to the takeoff point than the nearest break in the landing area.
- An athlete after landing, walks back through the landing area towards the takeoff area.
- Any sort of somersault is used on the runway.

Measuring a Jump

- The measuring spike (zero end of the measuring tape) is placed at the nearest break in the landing area, made by any part of the body or limbs, to the take-off area.
- The measuring tape is pulled back straight and tight through the takeoff board.
- If an athlete takes off before the takeoff board, the measurement is taken perpendicular from the nearest break in the landing area to the front edge of the takeoff board or takeoff line extension.
- The measuring spike is not removed until the Chief Judge signals all is clear. If a record has been broken, do not move the spike until the referee has given the all clear.

Measurements are recorded to the nearest whole centimeter below the actual distance jumped, e.g. 6.337 is recorded as 6.33.

How to Record

- The Recorder repeats the measured distance back to the Chief Judge and records the distance.
- When recording:
 - X = failure
 - = pass
 - NM = no valid trial recorded
- Ties are broken by the next best jump. A Referee should be called to check.



*Officials Information Sheet: Triple Jump,
Updated August 2024.*

