

Triple Jump

Who can do Triple Jump?

Under 11-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?

Athletes take off from a board or mat (122cm x 20cm)

How do they jump?

Once the athlete's 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?

- 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 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.
- Check the runway and jump pit is all clear before flagging the next jumper to commence.

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

- Pre-list the athletes preferred take-off area.
- If an athlete (particularly older athletes) wish to mark their run ups, they are to provide a suitable marker.