

Triple Jump

Who can do triple jump?

Only U11 - U17 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 may nominate any whole metre distance from the each of the pit as their take off mark.
- U11 - U17: take-off from a board or mat (1220mm x 200mm).

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 an athlete's foot or shoe breaks the vertical plane of the take-off line, whether running up without jumping or in the act of jumping.
- The athlete takes off from outside either end of the board, whether beyond or before the extension of the take-off line.
- If any sort of somersault is used.
- The athlete leaves the pit closer to the take-off point than the marks on the landing.
- The athlete in the course of landing touches the perimeter or ground outside the pit nearer to the take-off point than the marks made on landing.
- An athlete runs past the extension of the foul line outside the run up.
- The athlete touches the ground between the take-off area and the pit.



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How do I measure?

- U11 - U17: Whether the athlete takes off on or before the take-off area, measurement is from the front of 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 board 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 beginning 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?

- Have 5, 7, 9, 11m boards all set up before the competition starts.
- Pre-list the athletes preferred take-off area.
- For large groups, allow athletes to have 2 jumps rather than 3.
- Have different coloured tape pieces cut up before the competition starts (for older athletes to mark their run-ups)

