

# 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?

- There are 4 take-off areas: 5m, 7m, 9m, 11m back from the edge of the pit.
- U11 - U12: take-off from a rectangle of sand or a mat (1.22m x ½m), placed at any of the four distances listed above.
- U13 - U17: take-off from a board or mat (1.22m x 20cm), placed at any one of the four distances listed above.

## 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?

- U11 - 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.
- U11 - 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. The measurement must be taken perpendicular to the take-off line or its extension.
- U13 - U17: 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 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 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?

- 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)

