

Event offered to

U11 to U17 age groups

use a take-off board
(1.22m x 20cm)

Event equipment

- ✓ Marked runway
- ✓ Take-off boards
- ✓ Landing area
- ✓ 15m measuring tape
- ✓ Measuring spike
- ✓ Runway markers
- ✓ 30m measuring tape to measure run-up
- ✓ Witches hats to indicate take-off board
- ✓ Rake
- ✓ Long handle shovel to dig landing area and move sand
- ✓ Watering can/spray bottle to keep sand damp
- ✓ Banister brush/broom to sweep the take-off area
- ✓ Recording form, pen and clipboard



Event safety

- Triple Jump event area must be clear of obstructions and hazards.
- Landing area must be dug to loosen, turned and level with the runway.
- Landing area needs to be watered if dry.
- Rakes are left with prongs in the ground when not in use.
- The runway must be closed between trials while the landing area is being prepared.
- Trials are only allowed under supervision.

Where to assist

One person can do more than one role.

Chief Judge: to watch for foot fouls, measure valid jumps and call the distance to the Recorder/Age Marshal.

Spike: 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 for the distance to be read.

Raker: to level and rake the landing area after each jump.

Recorder/Age Marshal: 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, bound and jump — performed in a continuous action.
- The athlete must execute the 'hop, bound and jump' in that particular order.
- Athletes may place one or two temporary markers alongside the runway to mark their run-up starting point.

- An athlete must take-off from one foot and the take-off foot must be on or behind the take-off board.
- Take-off boards are placed 5m, 7m, 9m and 11m back from the edge of the landing area.
- An athlete may change take-off boards during the event by notifying the Chief Judge and/or Recorder/Age Marshal prior to the start of the trial.
- The trailing leg is allowed to touch the ground during the trial.
- The athlete must leave the landing area forward of the nearest break in the landing area made by the jump.
- The trial is complete when the athlete leaves the landing area.
- Breaching the basic rules constitutes a failure.

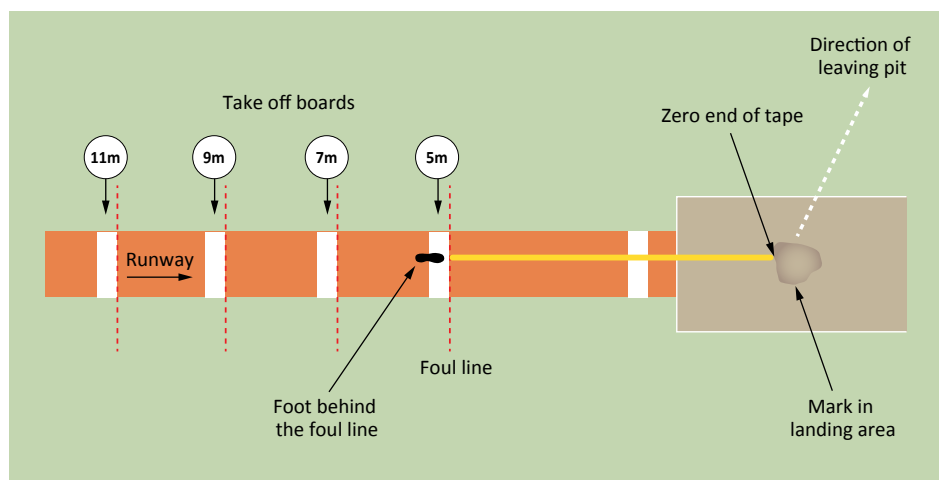
When is the trial (jump) a failure?

It shall be a failure if:

- any sort of somersault is used.
- an athlete takes off with two feet.
- an athlete's foot goes over the front edge of the take-off area or the entire foot is outside either end of the take-off area.
- the 'hop' or 'bound' lands in the landing area before the 'jump'.
- an athlete fails to land in the landing area – landing on the runway constitutes a failure.
- in the course of landing, an athlete touches the ground outside the landing area nearer to the take-off point than the nearest break in the landing area.
- an athlete after landing, walks back through the landing area towards the take-off area.

How to measure

- 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 take-off point.
- If an athlete takes off **on** or **before** the take-off board, the measurement is taken perpendicular from the nearest break in the landing area* to the front edge of the take-off board or take-off line extension.
- The measuring spike is not removed until the Chief Judge signals all is clear.



* The feet of the athlete may not necessarily make the break in the landing area. If an athlete overbalances, the nearest break in the landing area may be made by any part of the body or limbs.

How to record

- The Recorder/Age Marshal repeats the measured distance back to the Chief Judge and records the distance on the recording form.
- Measurements are recorded to the nearest whole centimetre **below** the actual distance jumped, e.g. 10.167 is recorded as 10.16.
- When recording:
 - X = failure
 - = pass
 - NM = no valid trial recorded
- Best performances should be circled or highlighted.
- Placings are not required at Centre level.

Handy hints to run Triple Jump

- Note the athlete's preferred take-off board on the recording form.
- Allow athletes a practice jump to check and mark their run-up.
- If an athlete struggles with the 5m take-off board, consider adding a 3m mat.
- If an athlete reaches maximum speed before take-off, suggest a shorter run-up.
- For large groups, allow athletes to have two trials rather than three.

Handy hints for the athletes

The basic technique for a triple jump:

- **Run-up:** a fast and accurate run-up, reaching maximum speed at take-off and looking forwards, not down at the take-off area.
- **Take-off:** jump from the take-off area from one foot, bring the knee of the take-off leg through flexed and high with body upright.
- **Hop:** land on the same foot (take-off foot), drive the knee of the other leg forwards and upwards with opposite arm action and body upright ready for the step landing.
- **Bound:** land on the other foot, drive the free leg and arms high into jump take-off, bring the trailing leg forward, bent and fast. Both legs ahead of the body ready for the jump landing.
- **Jump:** land with two feet together, well ahead of the body; knees bend on contact to allow the rest of the body and limbs to pass over the feet.

