



TRIPLE JUMP

Definition

- The Triple Jump consists of three distinct skills performed at speed in a continuous action as follows:

Hop: During the hop, the athlete uses the same foot for take-off and landing.

Step: Athlete lands on the opposite foot (to that used for the hop).

Jump: Athlete performs a jump from the "step" foot and lands in the pit.

Event Safety

- Before first event of the day, the pit needs to be carefully dug over to loosen sand and whilst turning and levelling sand an inspection and removal of objects such as sticks, stones, etc. to avoid injury to the athletes.
- Officials can direct athletes to use a shorter board placement if they fail to make the pit.**

Preparation for Event

- Ensure sand in the pit is level with the run-up.
- Sand may need to be watered if it is dry.
- Allow jumpers a practice jump(s) to check their run up if possible.
- Markers are to be made available to all athletes to mark their run-up.
- The take-off area minimum distance varies for each athlete as safety is paramount and is the overriding factor.

Equipment

- Take-off area:** (tape, board, mat if needed):

U6 – U10	Not allowed at any Level	
U11 and above	0.2mt (200mm)	tape/board

NOTE: U6-U10 Triple Jump is not allowed at Centre, Region or State level.

- Tape Measures:** 1 for measuring (20 metres), 1 for Run ups (50metres)
- Rake:** To level the landing area sand after each trial
- Broom:** For keeping Runway clear of sand
- Shovel:** For digging over Landing Area and moving sand
- Bucket/Hose/Watering Can:** For keeping sand damp
- Hand Brush:** To sweep take-off area after each jump.
- Spike:** To hold zero end of tape at the nearest edge of the mark made by the jumper on landing
- Recording Sheet:** For recording all performances at the venue

- **Marker:** For athletes to mark the start point of their run-up, an additional (longer) tape may be made available for use by the athletes to measure their run-up.

Officials Required

- **One official at take-off area.** Tasks include watching for foul jumps, measuring (see below for measuring the jump).
- **Two officials at side of pit.** Tasks include finding break (imprint) made in sand (see below for measuring the jump) and raking & levelling the sand in the pit.
- **One official for recording, calling next athlete and timing.**

Number of Trials

- Each athlete is entitled to a maximum of 3 trials, differences may apply at Centres and Region / State events and some athletes may have 4 trials if a top 8 is conducted.
- Centres can schedule less trials, if programming restrictions such as twilights, or other constraints limit the available time to conduct the full program.

Trials

- The athlete must take-off from one foot.
- The athlete must place take-off foot on or before the take-off area nearer to the landing area. If any part of foot/shoe while taking off (prior to the instant at which they cease contact with the take-off board or ground) breaks the vertical plane of the front edge of the take-off area, or if the entire foot is outside either end of the take-off area then it is a failure / invalid trial and recorded as a "No Jump".
- Once competition has begun, athletes are not permitted to use the competition runway for practice purposes.
- Markers may not be placed on runway but may be placed alongside runway.
- Markers are not permitted in the landing area/pit, or beyond the take-off area.
- If during the run-up, an athlete touches the ground beyond the take-off line with any part of the body, whether running up with or without jumping; it will be deemed a trial even if it is not completed. This is a failure / invalid trial and recorded as a "No Jump".
- If after completing the jump an athlete walks back through the landing area towards the take-off area it is a failure / invalid trial and recorded as a "No Jump".
- In the course of landing an athlete must not touch the ground outside the landing area nearer to the take-off point than the nearest break (imprint) in the landing area.
- If an athlete fails to commence an attempt within 60 seconds of their name being called by the Official in charge, a failure will be recorded.

Note

The trailing leg can make contact with the ground during the trial without penalty.

It is recommended that athletes should be grouped to trial on take-off area position while maintaining the order within each group.

Athletes may change their take off position; however, they must inform the recorder first.

Measuring the Jump

- All jumps must be measured from the nearest break in the landing area made by any part of the body to the take-off line or its extension. The selected point is marked by the spike and the zero end of the tape is held at the spike.
- The tape is drawn tight and the distance is recorded to the nearest centimetre below the distance measured unless the reading is a whole centimetre.

Recording

- Best performances should be circled or highlighted
- The jumper who has the longest measured distance from all jumps recorded is the winner.
- Ties are broken by referring to the next best jump

Athlete	1st Trial	2nd Trial	3rd Trial	Best	Place
A	10.76	X	9.62	10.76	4
B	11.35	10.92	11.88	11.88	2
C	10.65	10.35	10.76	10.76	3
D	11.88	11.35	11.03	11.88	1
E	X	X	X	NM	NM

- D beats B on count back to **3rd** Best Trial – 11.03mt vs 10.92mt.
- C beats A on count back to **2nd** Best Trial – 10.65mt vs 9.62mt.
- X should be used to indicate a Failure / Invalid Trial – “No Jump”

Results will always show "NM" when a jumper fails to record a measurable trial.

