

# A VOLUNTEERS GUIDE TO THE

# TRIPLE JUMP

Competitors sprint along a runway and jump as far as possible into a sandpit from a take-off board or mat. The take-off foot absorbs the first landing, the hop. The next phase, the step, is finished on the opposite foot and then followed by a jump into a sandpit. The distance travelled, from the edge of the board to the closest indentation in the sand to it, is then measured.

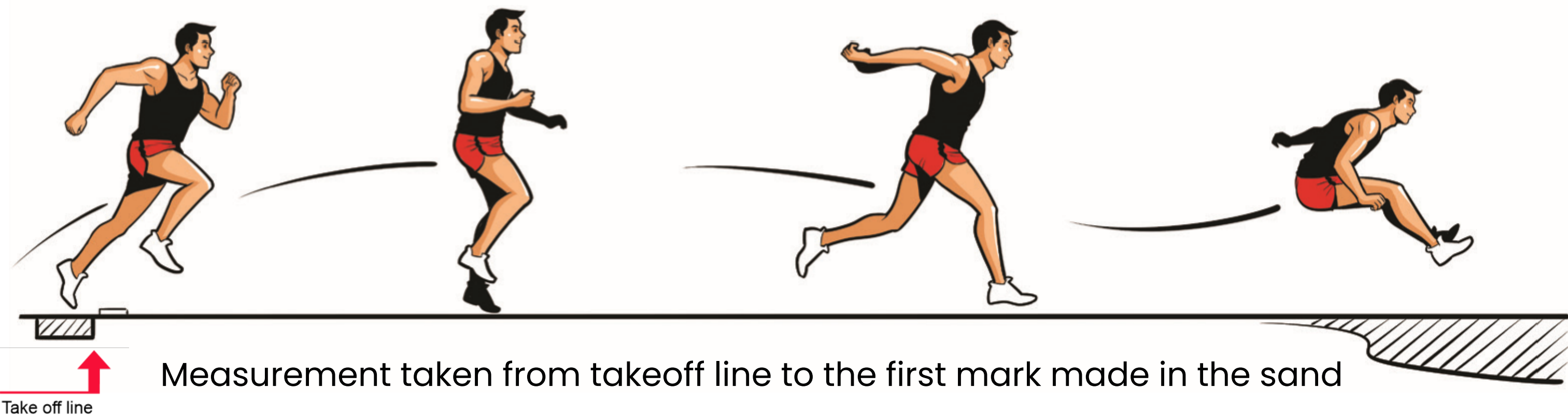
## ORGANISING THE EVENT

- 1 Check surroundings and equipment are safe for all children and volunteers.
- 2 Write children's names, and their takeoff board on the recording sheet to record results.
- 3 Arrange children in order they are to jump. Tell the children the number of trials they are to have.
- 4 Give each child practice jumps before the event begins. Assist children to judge where the position of the take off board/mat is (This may be marked by cones alongside the board).
- 5 Prepare take off area.
  - U11+ - front edge of takeoff board.
- 6 Ensure children are taking off from one foot.
- 7 When measuring the length of the jump, mark the landing point (Imprint in the sand that is closest to the takeoff area) with the spike. The zero end of the tape is held at the spike.
- 8 Pull the tape tight and measure the distance to the closest centimetre below the distance measured (Unless the measurement is a whole centimetre). Measurement is made to:
  - U11+ - front edge of takeoff board.
- 9 When recording, please use:  
X = Failure, NM = No measure, - = Pass

## EQUIPMENT

- Tape measure x 2, measuring (20m) and run ups (50m).
- Rake/shovel for leveling sand.
- Broom for and clearing runway.
- Watering can for keeping sand damp.
- Spike to assist with measuring.
- Runway markers.
- Cones to assist as a visual aid and mark the take off board.
- Recording sheet.

# MEASURING



Measurement taken from takeoff line to the first mark made in the sand

# RECORDING

When recording, please use:

X = Failure, NM = No measure, - = Pass

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

## FAILURES

- Foot in front of line at takeoff.
- Athlete does not perform the hop, step, jump sequence.
- Athlete does not finish the landing phase in the pit.
- Walk back through the pit after the jump.
- If any somersault is used.
- Landing on, or touching the ground outside the the pit (Where this is closer to the take off line than the mark made in the pit).
- It is NOT a failure if the sleeping leg touches the ground during the jump.

## COACHING CUE

Use the terms *same*, *swap*, and *together* to describe the landing foot at each stage of the jump after takeoff.

## SAFETY

- 1 Inspect runway for slipperiness. Sweep loose sand from runway, especially at takeoff area.
- 2 Ensure sufficient sand in in the pit to cushion landings.
- 3 Dig over landing pit and remove any foreign objects. Ensure sand is level with run up.
- 4 When laid on the ground, rake spikes should point toward the ground.
- 5 Rake the pit after every jump.
- 6 A minimum of two volunteers run this event.



These guides are intended as a template for the conduct of events only, noting that individual Centres will have varying operating procedures based largely on available resources, including personnel and equipment.

For a full copy of Little Athletics Victoria's Rules and Regulations, including the more expansive Centre Officiating Guide, please visit [www.lavic.com.au](http://www.lavic.com.au)

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