

# TRIPLE JUMP



## What Is A Triple Jump?

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:** An athlete lands on the *opposite* foot (to that used for the hop)

**Jump:** An athlete performs a jump from the "step" foot by landing in the pit

The saying: "**same; other; both**" can help remember this sequence

## How Can I Make the Event Site Safe?

- Dig over the sand to loosen it
- Turn and level the sand so the pit is level with the run-up
- Remove objects such as sticks, stones to avoid injury to the athletes
- Water the sand
- Sweep the runway and surrounding area
- Supervise the warm-ups to ensure that all athletes get an equal chance to warm-up
- Ensure there are take-off boards appropriate to the age; gender and ability of the athlete: 5m; 7m; 9m; 11m; 13m back from the edge of the pit

## What equipment do I need?

- **Take-off area:** mat, sand, tape or board, board indicator markers
- **Plasticine Indicator Board and tools:** for major meets. Plasticine can only be used on the 13m and 11m boards (Note: new rule re plasticine comes into force on 1/11/2021)
- **Tape Measures:** 1 for measuring the jump (20m), 1 for run-ups (50m)  
**Handy Hint:** If multiple boards are being used in a competition, the runway tape should start at the closest board to the pit with the zero on the edge of the board closest to the pit
- **Rake:** To level the landing area sand after each trial
- **Broom:** For keeping runway and surrounding area clear of sand
- **Shovel:** For digging over landing area and moving sand to the front of the pit
- **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
- **Indicator Markers:** Are placed either side of the selected take-off board
- **Recording Sheet:** For recording all performances
- **Markers: (Each an athlete permitted 2)** For athletes to mark the start point of their run-up; the other may be used to mark a point further down the runway. An additional (longer) tape may be made available for use by the athletes to measure their run-up with the zero of the tape on the edge of the board closest to the pit
- **Flags:** Red, white, yellow
- **Cone:** for closing runway



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- **Stop watch:** To time athletes from the time their name is called until they first commence their jump
- **Wind Sock:** To indicate wind direction to the athletes. Place it alongside the runway, so that athletes can see it clearly. Do not let any part of the windsock impinge on the runway
- **Wind Gauge:** For wind measurements
  - Height is 1.22m. The gauge points in the direction of running and parallel to the runway
  - **Handy Hint:** The width of the runway is 1.22 m, so you can lay the tripod and gauge across the runway and adjust the height
  - Started when an athlete passes a marker at **35m** from take-off line
  - If the run up is shorter, the time is measured for 5 seconds

## What Is the Minimum Number of Officials Required to Conduct an Event?

- **One Board Judge:** who could be the Chief Judge
  - Tasks include: standing at the foul line to watch where the athlete's foot lands on the board/mat
  - Determines whether the trial is within the rules
  - Once the athlete has left the pit, in accordance with the rules, pulls the tape back along the runway in a straight line over the take-off board
  - Measures to the foul line
  - Reads the measurement of the performance to the Recorder in single digits 656
- **Two Pit Judges:**
  - A **Spiker:** marks where the athlete first makes contact with the landing area at the closest point to the take-off board
  - A **Raker:** ensures the sand is turned over and level before each jump and the pit is safe for competition
- **One Recorder:** who calls back the measurement to the Chief Judge in the same manner, as single digits 656 and records it against the correct athlete
  - A foul jump is recorded by placing an "X" against the athlete for that round.
  - Highlights the best performance for each athlete at the end of round 3

## Trials

- Each athlete is entitled to 3 trials
- The best 8 athletes may have additional trials
- Each athlete must place their take-off foot on or before the take-off area nearer to the landing area
- Each athlete must take-off from one foot
- Markers may be placed alongside the runway – not on it, this includes the white lines
- Markers are not permitted in the landing area/pit except where distance markers may be placed alongside the pit in Championships
- Once competition has begun, athletes are not permitted to use the competition runway for practice purposes



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## When Is A Foul Recorded?

- If any part of the foot is beyond the front edge or if the entire foot is outside either end of 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 shall be deemed a trial even if it is not completed
  - If after completing the jump, an athlete walks back through the landing area towards the take-off area
  - 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
- Note:** The trailing leg is allowed to make contact with the ground during the trial without penalty
- If multiple take off boards are offered, an athlete may change their take-off board. However, they must inform the Recorder first prior to their next attempt.

## How is the Jump Measured?

- Little Athletics U6-12:
  - The Spiker selects the first break (Imprint) made in the sand by the an athlete's foot, hand or whichever is closest to the imprint made in the take-off area by the take-off foot
  - If the athlete takes off before the take-off mat or board, then the jump shall be measured from the break in the sand to the back edge of the take-off area
  - The tape is straightened and laid over and in contact with imprint made by take-off foot in the take-off area or back of take-off area as applicable
- All others:
  - The **Spiker** selects the first break (Imprint) made in the sand by the athlete's foot, hand or whichever is closest to the front edge of the take-off board
  - If the athlete takes off before the take-off mat or board, then the jump shall be measured from the break in the sand, in a perpendicular line, to the front edge of the take-off board
  - The measurement is taken perpendicular to the take-off line or its extension, i.e., straight back from the imprint in the sand
  - 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 measured to the nearest centimetre below the distance jumped unless the reading is a whole centimetre
  - The athlete who has the longest measured distance from all jumps recorded is the winner
  - At Championship level, the board or boards to be used must be specified by the Technical Delegate for each youth age group



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## How is the Jump Recorded?

- The **Recorder** calls back the measurement to the Chief Judge in the same manner as single digits e.g. 656 and records this performance against the correct an athlete
- Foul jumps are recorded with an "X"
- Best performances should be circled or highlighted
- Ties are broken by referring to the next best jump
- **Handy Hint:** If you prefer to use a highlighter to select best performances, please only use a **YELLOW** highlighter. If results need to be photocopied, any other colour causes the numbers to be 'blacked out'

An athlete	Trial 1	Trial 2	Trial 3	Best	Placing
A	8.76	-	10.92	10.92	5
B	12.45	12.13	12.16	12.45	1
C	11.76	11.65	11.86	11.86	3
D	12.45	12.09	11.86	12.45	2
E	11.14	11.76	11.86	11.86	4

## Handy Hints for Triple Jump Officials

- Rake the pit after every jump
- Ensure there are sufficient markers for every athlete
- Have younger athletes lined up beside the runway to speed up the process

## COVID-19 Requirements for Return to Competition

- Avoid touching your face
- Wear a facemask
- Use hand sanitizer and have it available at the event site (This may need to be provided by the Event Organiser)
- Pit Judges to wear gloves
- Any personal equipment taken onto the field of play (FOP) e.g. Clipboard, stop watch etc, must be cleaned before entering the FOP
- If equipment is shared by Officials e.g. Clipboard, flags, rakes, tape, spike etc, the equipment must be cleaned after each person.

