

# TRIPLE JUMP

## Who can do triple jump

- Under 11 - U17 athletes only.

## How to work out a run-up

- You can start from anywhere on the runway, but try setting the length of run-up to be your age in strides, + or - 2. Eg. U13, try 11 - 15 strides.
- If you reach maximum speed well before the take-off area, your run-up is probably too long.



## Where to jump from

- There are 4 take-off areas to choose from: 5m, 7m, 9m and 11m back from the edge of the pit.
- Take-off from a board or mat (1.22m x 20cm) placed at any one of the 4 distances listed.

## Jumping Technique

- The **hop** shall be made so that the athlete shall first land upon the same foot as that from which they shall have taken off, then in the **step** they shall land on the other foot, from which consequently the **jump** is performed
- Land with your feet close together, absorbing the impact by bending at the hips and knees.

## Basic Rules

- Each athlete is allowed three jumps.
- Athletes must notify the official which board they will use for take-off before the start of their first jump. The choice of board can be changed, so long as the official is notified prior to the jump.

## When is a Foul Recorded

- If an athlete does not perform the hop, step, jump sequence, or if the athlete does not finish the jump sequence by landing in the pit.
- If the athlete's foot goes over the front edge of the take-off area, or takes-off with two feet.
- If any sort of somersault is used, or if the athlete walks back through the sand after jumping.

## Measuring

- Spike & place the zero end of the tape at the *edge* of the landing mark *nearest* to the take-off line. This may not be a foot mark - eg. an off-balance athlete may fall backward leaving a hand print.
- Measure from the spike to the front edge of the take-off area. The measurement must be made perpendicular to the take-off line or its extension.

## Tips

- Rake the pit after every jump.

