

Event Description

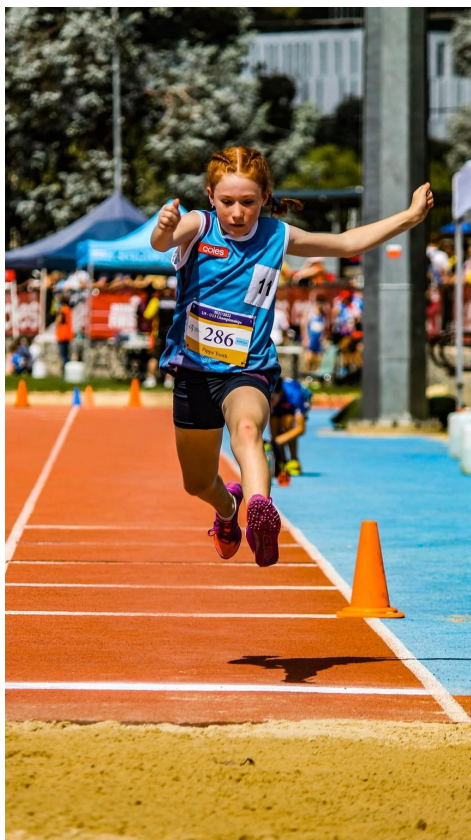
The triple jump is an event where an athlete sprints along a runway, takes off from a board or line, and performs a hop, step, and jump sequence. The athlete must remain on the runway when taking off and must land in the sand pit. The aim is to jump as far as possible before landing in the sand pit, normally on two feet.

Event Equipment

- Tape measure
- Measuring spike
- Rake, broom and shovel
- Witches hats to indicate take-off board
- Event sheet and pen

Event Location

Hudson Park has two triple jump runways, one at each end of the field. It is preferred that athletes use the runway closer to the container.



Safety Considerations

- Remove any objects such as sticks, stones or other debris from the pit.
- Dig over the sand to loosen it; sand may need to be watered if it is too dry.
- Ensure the sand surface is level with the runway (or at least flat).
- Sweep the runway and surrounding areas.
- Ensure no one crosses the runway while athletes are running.
- Close the runway between jumps while the landing area is being prepared.

Event Rules

- The triple jump is made up of three distinct movements: a hop, a step, and a jump, performed in a continuous action.
- The athlete must execute the hop, step, and jump in that exact order.
- The athlete's take-off foot must be on or behind the take-off board.
- The athlete must exit the landing area forward of the nearest mark they made in the sand.
- A jump is complete once the athlete has left the landing area.

It is a foul if:

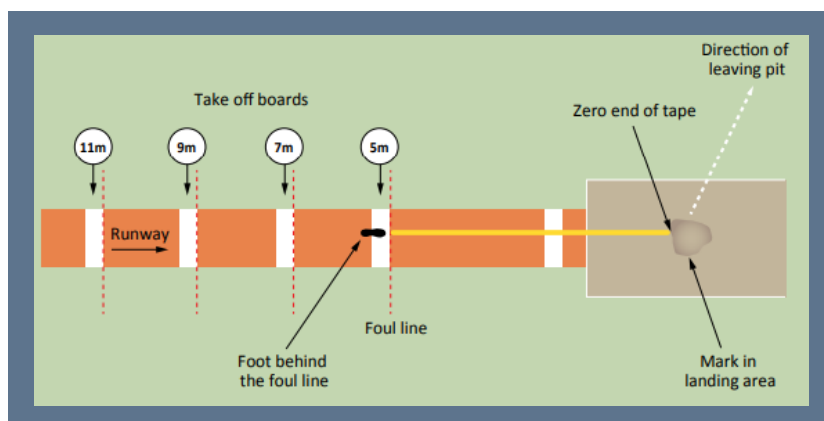
- the athlete's foot goes over the front edge of the take-off board.
- after landing, the athlete walks back through the sand towards the take-off area.
- the athlete performs any kind of somersault during the jump.
- the hop or step lands in the landing area before the final jump.
- the athlete fails to land in the sand pit, including landing on the runway.

How to run the Event

- Ensure the pit is prepared and safe prior to starting event.
- Allow athletes a practice jump to check and mark their run-up.
- Athletes may take off from the 3m, 5m, 7m or 9m mark.
- Each athlete has three attempts, taking turns to jump from the board.
- Distances are recorded for every valid jump. If a jump is a foul, record "X" for that attempt.

How to Measure

- Use the spike to mark the first break (imprint) in the sand made by the athlete's foot, hand or any body part closest to the front edge of the take-off board.
- Measure from this break in the sand to the front edge of the chosen take-off board. The front edge is always used for measurement, even if the athlete takes off before reaching the board.
- The measurement must be taken perpendicular to the take-off line or its extension (i.e. straight back from the imprint in the sand).
- Place the spike at the selected point with the zero end of the tape attached.
- Pull the tape tight and record the distance.



Learn More

For more information and guidance, scan the QR code below to view the *Little Athletics Australia Officiating Video* for this event.

