****Triple Jump

# Set-up and specifications

**BOARD/MAT**

From 2016, revised competition rules state that all athletes should be jumping off the board (in previous years, U11 and U12 athletes used the mat). Athletes can elect to use the 5m, 7m, 9m or 11m boards – this must be nominated by the athlete before the attempt.

For Friday night competitions, some of the younger/less experienced athletes may need to use the mat at 3-4m for safety – see below.

***In general, the athlete should choose a take-off point that allows him/her to land a minimum of 1-1.5m into the pit, based on his/her PB, for safety. Therefore, the ‘rule of thumb’ for each athlete is to take their PB, subtract 1.5m, and round down to the nearest board/mat position.***

***Therefore, athletes who cannot consistenly jump over 6m should use the mat placed at a suitable position rather than the 5m board.***

# Observation/judging

Athletes must take off from one foot, and follow the typical ‘hop-bound-jump’ pattern – ie the first ground contact after take off must be with the same foot as used for take off; the second should be with the opposite foot, and the final contact with 2 feet in the pit. (We use ‘bound’ rather than ‘step’ to encourage athletes not to shorten the second component of the jump – a common error.)

An attempt is recorded as a foul if:

* The athlete takes off using 2 feet
* Any part of the take-off foot protrudes beyond the front edge of the mat/board
* The athlete does not complete a ‘hop-bound-jump’ pattern as above
* The athlete does not reach the pit with the final jump
* The ‘hop’ or ‘bound’ components of the jump land in the pit (only the final jump should be into the pit)

# Measurement

In all cases, the spike is placed in the pit at the nearest point of the imprint the athlete leaves to the mat or board. Therefore, if he/she places any body part behind him/her on or after landing, distance is sacrificed.

* The tape is pulled taut so that it is perpendicular to the edge of the board (or mat if this is being used).
* The measurement is then taken from the front of the board/mat.

In all cases, the measurement is rounded **down** to the nearest whole centimetre.