



TRIPLE JUMP RULES & GUIDELINES

Equipment needed

- Rake
- Brush
- Measuring Tape
- Spike to hold measuring Tape
- Start List on clipboard
- Pens/Pencils

Officials required : 3 - 4

1. Chief Judge / Recorder
Call athletes and record the jumps.
Oversee the other judges.
2. Prepare the pit and rake after each jump.
Measure jumps from the landing point, nearest to the take-off board, in the pit.
Athletes must leave the pit beyond their landing point.
A jump is foul if athlete touches area outside the landing pit.
3. Watch for breaks on the take-off board. No part of the athlete may extend over the take-off board.
White / red flags may be used to signal if a jump is valid or not or judge may call a fault when it occurs.
Measure jumps from take-off board, in a straight line to where the jump is measured in the pit.
Any type of somersaulting is a foul.
4. If a 4th official is available, the role of pit preparation should be assigned to that person.

Procedure :

1. Check with meet director how many jumps are to be given.
2. Check all athletes listed are present.
3. Allow athletes to check their take off marks and have a practise jump.
4. Call Athletes in turn.
5. Watch for breaks as athletes jump.
6. Measure jumps. Measure in Metres and Centimetres.
7. Record jumps.
8. Call out the distance jumped so athletes are aware of what they've jumped.
9. When all jumps are completed record the best jump by each athlete in the box provided.
10. List the jumps in order of length.
11. Have another official check no mistakes were made.
12. Inform the athletes of their best jump.
13. Send the top three athletes to the awards area with the score sheet for medal presentation.

Rules specific to the Triple Jump

- The hop shall be made so that an athlete lands first on the same foot as that from which they have taken off; in the step they shall land on the other foot, from which, subsequently, the jump is performed.
- It shall not be considered a failure if an athlete, while jumping, touches the ground with the "sleeping" leg.
- It is a failure if the landing of the jump is not within the landing area.



Athletics
— WICKLOW —

