



## Who can do triple jump?

Only U11 - U17 athletes can do triple jump.

## How do the athletes work out their run-up?

- An athlete can start from anywhere on the runway but try to make sure their run-up is not too long.
- A good guide is that the length of their run-up should be their age in strides + or - 2 strides. e.g. U13 may take anywhere between 11 and 15 strides.
- If you notice that an athlete is reaching their maximum speed well before the nominated take-off area, you might suggest that they move their run-up in.

## Where do the athletes jump from?

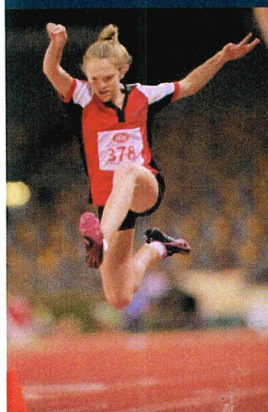
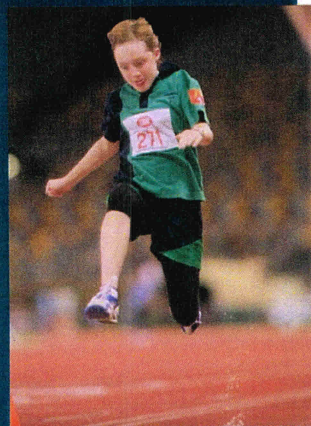
- There are 3 standard take-off areas: 5m, 7m, 9m, 11m back from the edge of the pit.
- U11 - U12: take-off from a rectangle of sand or a mat (1.22m x ½m), placed at any of the four distances listed above.
- U13 - U17: take-off from a board or mat (1.22m x 20cm), placed at any one of the four distances listed above.

## How do they jump?

Once the athlete's foot hits the take-off area, they need to hop off one leg, then step on the other foot, then jump into the pit, landing on both feet. The saying, "**same, other, both**" can help remember the sequence.

## When is a foul recorded?

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





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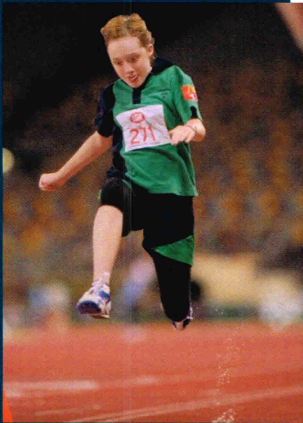
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