**Triple Jump**

The Triple Jump is the second horizontal jump where athletes compete against each other to jump the furthest distance from a fixed line.

Whereas in the Long Jump, athletes run along a runway to the take off line, jumping into a sand pit, in the Triple Jump they also perform a Hop and a Step before making their jump.

This obviously means that the runway is longer and the take off point is further back from the sand pit – the hop and step parts of the jump are made on solid ground. Since there are different standards between athletes and age groups, there are a number of take distances that can be used. For Instance, most runways are set up so that take off boards can be placed 7 metres, 9 metres, 11 metres or 13 metres from the beginning of the sand pit. For safety reasons, an athlete must be able to land fully in the sand when jumping. If he regularly jump 9.5 metres, then he should use the 7 metre take off rather than the 9 metre take off.

Each of the take off board is removable and is replaced with a blank board that is covered with the same material as the rest of the runway. During competition it is normal for all athletes that use any one take off board to be grouped together. This minimises the number of board changes that need to be made during the competition.

Before the competition starts, the Clerk of Course will have ensured that all of the covers can be easily removed (albeit with lifting tools), and that the take off board fits in each position without rocking.

Warm up and practice is carried out prior to the competition in exactly the same way as in the Long Jump, and ideally, the following duties will be covered:

1. Leader, Card 1, Change board as necessary, Measure.
2. Card 2, Change board as necessary, Check measure, Flags, Supervise warm up at board
3. Tape pull through, Repair no jump indicator, Scoreboard.
4. Call up, Tick sheet, Runway control, Check marks, Check shoes & numbers, Wind gauge, Time lapse, Supervise warm up at pit.
5. Pit judge, Spike, Zero end of tape
6. Pit judge, Rake, Foot Sequence, Pit exit, Tidy site on completion.

At smaller meetings, officials may need to take on other duties, whilst others can be done without.

**Things to watch out for**

Markers on the runway or the runway lines – also, there are to be no markers placed on the ground after the take off point

Make sure competition no jump indicator is being used during competition

Take off board distance is correct before athlete makes their attempt. Change over as required.

An athlete can run outside of the runway, but must take off with at least part of one foot on the runway or take off board

An athlete is not allowed to touch the ground with any part of the body beyond the take off line, or that line extended

Parts of an athlete’s body that touch the ground outside the sand pit between the take off line and the first mark in the sand

The direction of leaving the sand pit

Any form of somersaulting whilst running up or jumping

**Competition**

In different competitions, a different number of attempts, or trials, can take place. For example, this could be 3 trials, 4 trials, or 3+3 trials. If there are a straight number of trials (3, 4, 5 or 6) then all athletes complete this number of jumps. If the number of trials is 3+3 then all athletes attempt 3 trials, but only some will be allowed to continue to have a further 3 trials. The number of athletes that are allowed to continue will be decided by the Field Referee or Meeting Manager before the start of the competition. If there are fewer athletes than the number that are allowed to go through, then all athletes can take the second 3 trials provided at least one of the first 3 trials was valid.

Before the competition starts, it is normal for the leader to let the athletes know the order of jumping and the number of trials in the event.

The athlete who achieves the best distance will be the winner, with athletes placed in descending order of their best performances. If there is a tie for any place, then the second best performances will be taken into account and so on.

If an athlete is competing in another event at the same time, then they are allowed to compete in both. It is possible for the lead judge to change the order of jumping so that the athlete gets as many jumps as possible. However, if a round is completed before the athlete returns, then they lose that jump (this is recorded on the score sheet as a pass, and not a no jump).