

Triple Jump Procedures - Suburban Parochial League

Last amended 2026-02-11

EQUIPMENT TO BE PROVIDED BY THE TEAM RUNNING THIS EVENT:

1. 50' foot measuring tape to mark jump. Optional measuring stick at end of tape to mark jump.
2. 100' foot measuring tape for contestants to mark approaches.
3. Multi-colored thick sidewalk chalk of at least TWO different colors (3 preferred) to measure the take-off boards.
4. At least two different colors of rolls of athletic tape (2" minimum thickness) to mark take-off boards in case of rain or if the facility does not allow chalk markings.
5. One to Two rakes. Rakers should bring gloves.
6. Broom for cleaning the take-off board area.
7. Cones for placing at the jump board, if necessary. Optional cones may be placed at the take-off board.
8. Shovel to move sand, if necessary.
9. Towels to clear take-off boards (may be wooden) to prevent slip hazards.

SUPPLIES PROVIDED BY HOST TEAM: Clipboard, scoring forms, pen, award ribbons.

TRIPLE JUMP PROCEDURES

1. Athlete Check-In by Group (Grade and Gender)

- a. Check in athletes using the provided field event sheet. Confirm athlete name, grade, and school.
- b. Inform competitors that they will compete in the SAME SEQUENCE as they are listed on the scoring sheet for both practice and official attempts. Line up athletes to reduce confusion and improve efficiency.
- c. During check-in, begin running the two (2) allowable practice attempts.
- d. **NOTE: Field event competitors (long and triple jump, javelin) are required to warm up in accordance with NFHS Rule 6-2-6, which states all athletes MUST warm-up in the direction of competition.** The first instance of non-compliance during warm ups will result in a warning to the coach and athlete, the second instance will be disqualification from the event.
- e. Clarifications & Exceptions:
 - i. A coach or teammate may check-in on behalf of an athlete.
 - ii. Field event participants may not be added or changed after the first competitor begins "official" attempts.
 - iii. Conflict Procedures Involving High Jump (7th and 8th grade)
 1. Athlete checks into high jump, informs the judge of the conflict, and proceeds to triple jump.
 2. **The athlete is given priority in triple jump and completes his or her attempts with the first group of jumpers, regardless of grade level.** Once the athlete has completed his or her attempts, he or she should return to the high jump area and compete as normal. Varsity athletes should be in the high jump area prior to the start of their competition.
 - iv. To assist in running each event more timely, a volunteer working at each event should begin the check-in process for the next scheduled group of competitors once the current competitors have begun their 2nd or final round of jumps.

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2. Set-Up of Competition Area

- a. Used colored tape or colored chalk to indicate the take-off boards (see distances below).
- b. Mark the THREE take off boards in different colored tapes or chalk, if not already marked. To determine the correct distance, measure horizontally along the runway's center line FROM where runway and pit meet at the closest side of the take-off board, back onto runway, for the distances noted below:
 - i. JV Boys (5, 6) 16 ft, 20 ft, 22 ft, 26 ft
 - ii. JV Girls (5, 6) 16 ft, 20 ft, 22 ft
 - iii. Varsity Girls (7,8) 18 ft, 20 ft, 26 ft (Optional: 28 ft)
 - iv. Varsity Boys (7, 8) 20 ft, 26 ft, 28 ft (Optional: 32 ft)

Note: for safety reasons, Varsity Girls are permitted to choose the 28 ft mark, and Varsity Boys are permitted to choose the 32' mark.

- c. The lowest distance in each group is the minimum qualifying distance. During the event, a competitor may change his/her pre-selected "start line" by properly notifying the Head Judge prior to an attempted jump. No additional practice jumps will be afforded to a competitor choosing to change their "start line."
- d. Remind the participants to use the practice jumps for the purpose of selecting which take-off board they will use. A measuring tape placed FROM scratch line TO the start of each athlete's approach MUST BE used to help jumper choose a start line. Running from the jump board to a starting point during warm-ups is prohibited. The first instance will result in a warning and the second instance will result in a disqualification from that event.
- e. The take-off board should be at least 8 inches wide with the front edge (closest to the pit – the 'scratch line') as straight as possible and perpendicular to the centerline of the runway as possible. This will allow the Head judge to be more accurate. It is the distance from the front edge of the take-off board to the sand pit that determines the take-off board measurement.

3. Scratch Line

- a. Clearly identify that the "scratch line" is the colored tape chosen for his or her "start." The toe may touch the tape or chalk (if used), but may NOT extend beyond the tape in the direction of the jumping pit.
- b. The Head Judge (who also records the measured jumps) observes the scratch line for each jump, the proper hop, step and jump sequence, and when the athlete has reached the sand, they will loudly announce "SCRATCH" for an illegal jump (take-off past the scratch line, improper sequence, unable to land in the sand upon completion). Any jumps determined to be scratches are NOT measured.

4. Proper Technique

- a. Only one foot may touch the ground at any given time. Note: A foot fault, which occurs when the trailing foot makes incidental contact with the runway during the jump sequence, is NOT considered a scratch.
- b. The "HOP" is made so that the competitor lands upon the SAME foot used for take-off.
- c. In "STEP", he/she shall land on the OTHER foot, from which the "JUMP" is then made.

5. Measuring Official Jumps

- a. "Zero" end of the measuring tape is placed at the point of the jumper's imprint in the sand that is closest to the take-off (scratch) line extended (beyond the take-off line), regardless if the imprint is caused by a foot, hand, head, or other part of the body. For this reason, remind competitors to exit the pit forward, or they will shorten their jumped distance. The measuring tape should be held horizontally above the landing imprint and not angled down from the runway end to a lower sand level.
- b. Reading of tape occurs at the point on the jumping pit side of the scratch used for take

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- off, perpendicular to the imprint in the sand.
 - i. Measure to the NEAREST LESSER quarter inch ($\frac{1}{4}$ ”).
 - ii. Announce each measured jump clearly and loudly.
- c. Two (2) official jumps are allowed per each competitor. Scratched attempts count as one of the two allowed jumps.
- d. TIE for longest jump is broken by the second-best legal attempt.

6. General Safety Tips

- a. Sweep sand off the approach and/or take-off area.
- b. Rake sand pit landing area frequently with an attempt to have a level sand surface in the sand pit where athletes are expected to land. This allows you to identify the jumper's landing imprint more accurately, and also results in safer landings.
- c. NO spectators, coaches, teammates are allowed between the jumper's start of approach and the jumping pit. It is recommended for Meet Directors to have had this area roped off. If not, the event officials should recruit additional workers for the task of making sure spectators and other competitors are kept at least 3 feet from the runway and pit.
- d. If conditions merit, the Head Judge of the event may adjust the start lines for the competition, forward or backward as necessary, to avoid a safety issue during the event.

Change Brief

2026-02-11	Updated check-in procedures to account for pre-registration. Updated conflict rules to account for new field event sequence. Reduced official attempts from three (3) to two (2). Edited for clarity, fixed misnumbering, and updated document format. Updated numbering convention to match other field event procedure documents.
2023-02-15	Removed the exception that allowed warm-ups to be run in the opposite direction of the event.
2022-04-24	Included high jump priority language for conflicting field events.
2014-06-13	Changed wording of 2a and 2b for better clarification.
2013-04-11	Added a cover sheet with recommended equipment.