

# Triple Jump Procedures

## HOP, STEP & JUMP

**Equipment:** 50-ft measuring tape, rake, broom, marker cones, towel, 2 colored tapes (min. 1" thick); chalk (3 colors).

**Supplies:** (provided by Meet Host-school): Clipboard, Scoring Forms, Pen, Award Ribbons.

### **Procedures:**

#### 1. **SIGN UP PROCESS:**

- a. Record first & last name, and school, . . . clearly!
- b. Inform competitors that they will compete in the SAME SEQUENCE in which they are signed-up, . . . for practice AND official attempts. Line up athletes, as that will reduce confusion (& quicken the day)
- c. As competitors are signed up, start running the two (2) allowable practice attempts.
- d. Clarifications & exceptions:
  - i. Competitor does NOT have to personally sign-in for event; coach or teammate may arrange it.
  - ii. Field event participants may NOT be added or changed after FIRST competitor begins event "official" tries.
  - iii. Ask whether anyone has a conflicting event: are they competing in another field event that is being run at this same time? If so, explain procedure that allows the athlete to perform any or all official attempts out-of-sequence.
    1. Exception: (High Jump crossbar will NOT be lowered for a late-arriving competitor).
  - iv. No athlete is allowed to compete in an event AFTER all other competitors have finished, unless he or she is physically present as the last other competitor finishes.

#### 2. **WHEN TO BEGIN NEXT GROUP'S SIGNUP:**

- a. To assist in running each event more timely, a volunteer working at each event should begin the sign-up process for the next scheduled group of competitors once the group currently competing has begun their 3<sup>rd</sup> or final round of jumps/throws.

#### 3. **SET UP OF COMPETITION AREA:**

- a. Use colored tapes to prepare approach area (start lines).
- b. Mark the THREE distances in different colored tapes or chalk. To determine distance, measure FROM where runway and pit meet, back onto runway, the distances noted below.
  - i. Boys & Girls, Grades 5 & 6 ----- 16 ft. ,20 ft., and 22 ft.
  - ii. Girls, Grades 7 & 8 -----18 ft. , 22 ft. , and 26 ft.
  - iii. Boys, Grades 7 & 8 -----20 ft. , 26 ft. , and 28 ft.
  - iv. NOTE: Gr. 7 & 8 GIRLS are permitted to choose 28 ft. mark.
- c. The lowest distance in each group is the 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 "start line" they will use. A measuring tape placed FROM scratch line TO start of approach is used to help jumper choose a start line.
4. **SCRATCH LINE.** Clearly identify that the "scratch line" is the colored tape chosen for his or her "start". The toe may touch the tape, but may NOT extend beyond the tape in the direction of the jumping pit.
- a. The Head Judge (who also records the measured jumps) observes the scratch line for each jump, and loudly announces a "scratched" jump; these are NOT measured.
5. **PROPER TECHNIQUE:**
- a. ONLY ONE foot may touch the ground at a 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 shall land 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.
6. **MEASURING OFFICIAL JUMPS:**
- a. "Zero" end of measuring tape is placed at the point of the jumper's imprint in the sand that is closest to the take-off line, regardless if the imprint is caused by a foot, hand, head, or other part of body. For this reason, remind competitors to exit the pit forward, or they will shorten their jumped distance.
- b. Reading of tape occurs at point on jumping pit side of colored tape "scratch line" used for take-off, perpendicular to imprint in sand.
- i. Measure to NEAREST LESSER quarter-inch (1/4 inch).
- ii. Announce each measured distance, clearly & loudly.
- c. Three (3) official jumps are allowed each competitor.
- i. "Scratched" attempt counts as 1 of 3 allowed jumps.
7. **SCORING THE EVENT:**
- a. TIE for longest jump is broken by jumper's second-best (or third best, if necessary).
8. **GENERAL SAFETY TIPS:**
- a. Sweep sand off the approach and/or take-off area.
- b. Rake sand pit landing area frequently. This allows you to identify the jumper's landing imprint more accurately, and also results in safer landings.
- c. NO spectators will be allowed between jumper's start of approach and the jumping pit. Hopefully the Meet Director will have had this area roped off. If not, enlist additional workers for this task.
- 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.