

S-P-L

Triple Jump Procedures Hop, Step and Jump

Equipment Needed by Schools Running the Long Jump Event

EQUIPMENT TO BE BROUGHT BY THE SCHOOL RUNNING THIS EVENT ON ANY GIVEN WEEK:

1. 50' Measuring tape to mark jump. Optional measuring stick at end of tape to mark jump.
2. 100' 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 facility does not allow chalk markings.
5. One or two rakes. Rakers should bring gloves to prevent blisters.
6. Broom for cleaning takeoff 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 wipe take-off boards (boards may be wooden) to prevent slip hazards.

SUPPLIES TO BE PROVIDED BY THE MEET HOST SCHOOL: Clipboard, Scoring Forms, Pen, Award Ribbons

PROCEDURES:

A. Sign Up Competitors By Group (Grade and Gender) :

1. Record first & last name, and school...clearly!

2. 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)
3. As competitors are signed up, start running the two (2) allowable practice attempts.

NOTE: Field Event competitors in the horizontal jumps (long and triple jump) and throws (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.

Penalty: The first instance of non-compliance, where a contestant moves in the opposite direction while getting their marks during warmups, will result in a warning to the coach and athlete. The second instance will result in disqualification from the event..

4. Clarifications & Exceptions:

- a. Competitor does **NOT** have to personally sign-in for event; coach or teammate may arrange it.
- b. event participants may **NOT** be added or changed after **FIRST** competitor begins event "official" tries.
- c. **IMPORTANT:** 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.

Note: High Jump does not usually conflict with Triple Jump as 8th Grade jumpers are the first group to compete for Triple jump, but second to compete in High Jump. However, it is important to note the High Jump crossbar will **NOT** be lowered for a late- arriving competitor).

- d. 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.

5. When to begin the next group sign up:

To assist in running each event more timely, a volunteer working at each event should begin the sign-up process for the next group of

competitors when the current competitors have begun their 3rd or final round of jumps.

B. Set up of the Competition Area:

1. Use colored tapes or colored chalk to indicate the take-off boards (see distances at i., ii., iii., and iv. below.)
2. Mark the THREE take-off boards in different colored tapes or chalk if not already appropriately 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.	Boys, Grades 5 & 6	16 ft., 20 ft., 22 ft., and 26 ft.
ii.	Girls, Grades 5 & 6	16 ft., 20 ft., and 22 ft.
iii.	Girls, Grades 7 & 8	18 ft., 22 ft., and 26 ft. (opt. 28')
iv.	Boys, Grades 7 & 8	20 ft., 26 ft., and 28 ft. (opt. 32')

NOTE: For Safety Reasons - Gr. 7 & 8 GIRLS are permitted to choose the 28 ft. mark and Grade 7 & 8 Boys may use a 32 ft. mark.

3. 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."
4. 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.
5. 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.

C. Scratch Line

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.

1. 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.

D. Proper Technique:

1. 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.
2. The “HOP” is made so that the competitor lands upon the SAME foot used for take-off.
3. In “STEP”, he/she shall land on the OTHER foot, from which the “JUMP” is then made.

E. Measuring Official Jumps:

1. “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 (scratch) line extended (beyond 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. The measuring tape should be held horizontally above the landing imprint and not angled down from the runway end to a lower sand level.
2. Reading of tape occurs at point on jumping pit side of colored tape “scratch line” used for take-off, perpendicular to imprint in sand.
 1. Measure to NEAREST LESSER quarter-inch ($\frac{1}{4}$ inch).
 2. Announce each measured distance, clearly & loudly.
3. Three (3) official jumps are allowed for each competitor.
 1. “Scratched” attempt counts as 1 of 3 allowed jumps, but is **NOT** measured.

F. SCORING THE EVENT:

4. TIE for longest jump is broken by jumper's second-best (or third best, if necessary). Split points if still tied.

G. GENERAL SAFETY TIPS:

1. 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 will be allowed between jumper's start of approach and the jumping pit. The Meet Director should have had this area roped off. If not, enlist 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

2023-02-10	Removed exception that allowed warm-ups to be run in the opposite direction of the event
2017-05-01	Added 26 ft. board for 5 th and 6 th Grade Boys.
2014-06-13	Changed wording for better understanding regarding scratch lines and take-off boards. Updated 3.b.iv to include 32 ft. mark for Grade 7 & 8 Boys. Added section 3.e
2013-04-11	Added cover sheet with recommended equipment.