

TRIPLE JUMP GUIDELINES

AGE	GENDER	MAT	SHOES
U 11-17	Boys/Girls	Strip Mat (0.2m x 1.22m)	Spike Shoes Allowed

COMPETITION GUIDELINES

- The strip mat shall be placed in whole metre increments from the edge of the pit, commencing from 4m
- Each athlete is entitled to 3 jumps
- An athlete may select their take-off mat distance at any whole meter increment
- An athlete may change their take-off mat distance for each attempt by advising the recorder or chief judge
- An athlete must exit the pit at the side at any point further than the closest contact point in the sand to the take-off board
- To be a valid jump, the athlete must initiate their jump with one foot. They do not have to land with both feet
- No part of the athlete's foot must protrude over the front edge of the take-off mat
- It is a valid jump if an athlete takes-off before the mat
- An athlete must not touch any part of the ground outside the pit during the landing
- A valid jump must consist of a hop, step and jump. The hop shall be made so that an athlete lands first on the same foot as that from which they have taken off. In the step the athlete shall land on the opposite foot, from which the jump is performed
- In the event of an athlete stopping short of the back edge of the mat, then the athlete is entitled to repeat the run up without penalty
- It is not an invalid jump if the 'sleeping' leg touches the ground during the jumping process

STRIP MAT MEASUREMENT

- The jump shall be measured as the shortest distance from the nearest break in the landing area made by any part of the body or limbs to the **front edge of the mat**. The measurement must be taken perpendicular to the take-off area or its extension
- If an athlete takes off **before the mat**, the jump will be measured from the nearest mark in the sand (made by any body part or limbs) to the **back of the mat**. The measurement must be taken perpendicular to the take-off area or its extension

SAFETY

- After each jump has been made and measured the pit needs to be smoothed out to provide an even surface for the athlete to land in and free from debris