

S-P-L

# Triple Jump Procedures

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## Equipment Needed by Volunteer School

- 1) 50' Measuring tape. Optional measuring stick at to end of tape to mark jump.
- 2) 100' Measuring tapes for contestants to mark approaches.
- 3) Multi-Colored Thick Sidewalk Chalk of at least 2 different colors (3 preferred) to measure the take-off boards. At least 3 chalk sticks of each color. Rolls of colored tape (athletic) 2" thick minimum to mark take-off boards in case rain washes away chalk marks or if the track facility does not allow marking with chalk. At least 2 different colors of athletic tape, 3 preferred.
- 4) One or two rakes. Rakers should bring gloves to prevent blisters.
- 5) Broom for cleaning takeoff board and jump board area.
- 6) Cones – For placing at the take-off board.  
Optional – Cones with take-off board markings in feet.
- 7) Shovel to move sand if necessary.
- 8) Towel to wipe take-off boards (may be wooden) to prevent slip hazards.

# Triple Jump Procedures

## HOP, STEP & JUMP

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

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

### PROCEDURES:

#### 1) Sign Up Competitors By Group (Grade and Gender) :

- 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 3rd or final round of jumps.

### 3) Set up Competition Area:

- a. Use colored tapes or colored chalk to prepare the take-off boards.
- b. Mark the THREE take-off boards in different colored tapes or chalk. To determine distance, measure horizontally along the runway center line FROM where runway and pit meet, back onto runway, 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.
- iv. Boys, Grades 7 & 8 -----20 ft., 26 ft., and 28 ft.

**NOTE:** For Safety Reasons - Gr. 7 & 8 GIRLS are permitted to choose 28 ft. mark.  
- Gr. 7 & 8 Boys may use a 32 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 take-off board they will use. A measuring tape placed FROM scratch line TO start of approach is used to help jumper choose a start line
- 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.

### 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 or chalk (if used), 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, the proper hop, step and jump sequence, and the athlete's having reached the sand, then loudly announces "Scratch" for an illegal jump (take-off past the scratch line, improper sequence, unable to land in the sand upon completion); scratches 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 (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.
- 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 ( $\frac{1}{4}$  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, but is **NOT** measured.

## **7) SCORING THE EVENT:**

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

## **8) 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 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.

## **Change Brief**

- 2017-05-01 Added 26 ft. board for 5<sup>th</sup> and 6<sup>th</sup> 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.