



# Vancouver Island Athletic Association



## TRIPLE JUMP

### Official in charge

- Register athletes using recording sheets provided by host
- Note top ten or records for that age group(s) and gender. If a jump exceeds #10, remeasure. If record broken, mark location with spike, call for field referee to confirm.
- Before competition starts, review with competitors the rules (valid jump, number of jumps, etc.)
- Use wind gauge readings for athletes 14 and older (midgets and up). Use duplicate record sheet.

### Valid jump

- 1) Athletes will inform official in charge which line they wish to start jump from.
- 2) Toe of foot must NOT be over FRONT edge of white line chosen by athlete.
- 3) The athlete must hop (i.e. land on same foot as starting), then step (land on other foot), then jump from the step foot. In the hop and step if the other foot brushes the ground it is NOT a fault.
- 4) Both feet should be roughly together on landing.
- 5) Measure perpendicularly from FRONT edge of hopping start line to nearest mark made by athlete. Could be mark of foot, hand, bottom, etc. Measure to nearest cm. SHORTER than jump.
- 6) At beginning of competition remind jumpers to walk out far end of pit.

Official should place cone on starting jump board while jump is measured and pit is raked.

Objects used by athlete to mark start of run must not be on runway (must be outside of designated runway)

Times allowed each athlete (measured from when official removes cone) 1.00 min

Competitor faults if they have not started final run up within time limit.

Scoring Best jump wins. \*For ties second best jump breaks tie

Competitor	YoB	1 <sup>st</sup> Jump	2 <sup>nd</sup> Jump	3 <sup>rd</sup> Jump	4 <sup>th</sup> Jump	5 <sup>th</sup> Jump	6 <sup>th</sup> Jump	Best	Place
Abe Cannon	M94	8.71	9.07	8.47				9.07	1
Chris Jaws	M94	8.95	7.11	X				8.95	3
Jon Reno	M94	7.27*	X	8.95				8.95	2*

2nd best jump

### Number of jumps

- As specified by the host club at the competition site or in the meet literature.
- If not given then left to the discretion of the head official.
- After official starts competition there is one round of practice jumps followed by: 3 jumps at most JD meets. For Midgets and older, 3 jumps then 3 more for top 8 in each category.

### Athletes leaving to go to other event

- Must get permission from official in charge before leaving and may be allowed to jump out of order (i.e. early or late).
- Competition may proceed without them.
- Must report when they return and may re-enter competition but at the current round, although not necessarily required to jump in the original order.
- (Athletes should try to minimize their absence by leaving only when other event is called and returning IMMEDIATELY after completing it).