

TRIPLE JUMP

INSTRUCTIONS FOR SITE OFFICIALS

Recorder
Jumping Mat Sweeper

Judge at jumping mat
Pit Raker

Judge at landing zone

General Guide

- Work with the coach of each group to ensure that the event is conducted in a safe, friendly, nurturing environment for the children.
- If there is a lack of officials, ask for help from the parents who are watching in consultation with the coach/manager. Coaches/Managers will normally help conduct the event if possible. If you are still short of officials contact the arena manager for their assistance.
- The walkie-talkie **can be used to contact the arena manager if a record is broken or believed to have been broken. It must be confirmed by the arena manager. The checking of a record must be done immediately after the initial measure. The event will have to stop until this is completed.** Ensure that the mark of the jump is not lost otherwise a record cannot be claimed. Leave the marker in the ground and ensure the jump imprint on the mat is not disturbed.
- Check that the right size mat is being used and it is the correct distance from the pit. If you are not sure ask the coach.
- Site files must be returned to the information tent at the end of the competition.

Equipment

- You will be advised re the distance to set the mat from the front of the pit by age group coaches.
Mat Sizes U11 to U17 use the standard triple jump board (strip mat)
- Measuring Tape (20m) and spike to hold zero end of tape (in landing zone)
- Rake, Broom, Powder, Event Recording Sheets
- Run up markers, Tape for run up measurement

Running the event

- Check off the athletes who are competing and, with the help of the coach/team manager, arrange the athletes in the order of jumping as per the Recording Sheet
- Provide each athlete with one warm-up jump. Older athletes will also measure out their run up if needed.
- Before each jump, check there is enough powder on the jumping mat to ensure that each jump can be seen and that sand is raked smooth
- Measure and record each jump on the Recording Sheet
- At completion of all events, pack up all equipment ready for collection and return all Recording Sheets to the site file box at the information desk.

Rules

- Each athlete is allowed two jumps. A third jump can be taken subject to the time available at the site and in consultation with the coach/arena manager.
- A foul or no-jump is recorded if
 - Any part of athlete's take-off foot protrudes over the front or side edge of the take-off Mat or Board
 - During landing the athlete touches the ground outside the pit area
 - The athlete exits the pit closer to the front of the pit than where he/she landed
- The jump is always **measured from** the front edge of the Board
- In the landing zone, the jump is **measured to** the point where the sand is broken closest to the front of the pit. This may be by athlete's foot, hand or body prior to exiting the pit.
- If it is believed that an **athlete has jumped past the record mark to create a new record DO NOT remove the marker for that athlete. Immediately call the Arena Manager** who will come over with the official metal tape and re-measure the distance to confirm the record (If the measurement is NOT taken with the metal tape the record does not stand which would be a disappointment for the athlete, parents and others).

Additional rules for Triple Jump

- Hop – athlete must first land on the same foot which was placed on the take off area.
- Step – athlete must land on the opposite foot to that used for the hop.
- Jump – completed by landing in the pit.

Role of each Official

Recorder

- Check and mark off the athletes that are to compete.
- Call out the name of the athlete to compete and check that their number matches the number on the recording sheet. Check the name and number of the next athlete to compete so that they are ready to compete.
- Record each performance on the official Recording Sheet.
- Make sure the largest of the athlete's jumps is recorded in the final column.
- At the end of the day, ensure that all of the official results sheets are handed in to the site file box at the information desk.
- It is a good idea to bring your own pen.

Judge at jumping mat

- Before competition commences, mark out the record for the event by placing a flag or marker in the ground.
- Check that the right size mat is being used and that it is the correct distance from the pit.
- Check that the mat is secure and safe to jump from.
- Check that there is enough powder on the mat to ensure that the jump can be clearly seen.
- Check that it safe for the athlete to jump and no one is within the jumping area other than the judge and pit raker next to the landing zone.
- When it is safe for the athlete to jump, signal to the athlete or call out that they can now make their jump.
- If the jump is a foul, explain reason to the athlete and advise recorder.
- If the jump is legal, measure the jump. Call the distance out clearly to the recorder. Always measure to the lower of the nearest centimetre.

Judge at landing zone

- When each jump has been made, place a marker at the point where the sand is broken closest to the front of the pit. If an athlete falls backwards after they have landed you take the point which is closest to the front of the pit.
- An athlete must exit the pit from the rear of the pit or to the side of the pit, well ahead of where they have landed.
- If an athlete walks back into the pit towards the front of the pit then they are creating a no jump or reducing their performance. Always remind the athlete to exit the pit correctly. This applies particularly to the younger age groups.
- Assist with the raking of the pit if required.

Jumping Mat Sweeper

- Your main role is to ensure that there is adequate powder on the mat for each jump.
- It is a matter of judgement when to add powder, just put more on when you feel it is needed.
- After each jump sweep the mat with a broom so that the previous jumpers mark is removed and a clean mat is presented for the next jumper.

Pit Raker

- 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.
- It is a good idea to try and level the pit out as much as possible before the event starts so that you are only having to level out each jump as it is made.
- Avoid creating holes in the pit through the athlete's landing in a similar area.
- You may need to add water to the pit at the start of the day to ensure the sand holds together as each jump is made.

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