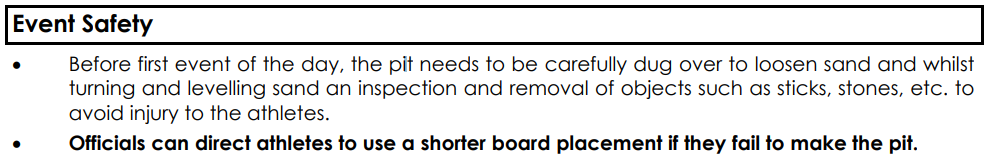
**Triple Jump Officiating Guidelines**



**Before each Jump**

* Make sure triple jump pit is raked (ie. no foot prints in landing area in sand)
* Runway is clear and all officials / athletes are out of the triple jump pit
* No practice jumps once competition starts

**Official roles**

* There are 4 key roles for Triple jump (which can be combined depending on number of officials):
  + Recorder: Set athletes up in their jumping order, depending on numbers in group you may need to run 2 groups at once, side by side. Recorder calls out next athlete & records results.
  + Take off area: cleaning board & assess for take-off board foul. Once athlete has jumped, they measure the jump
  + Spike: selecting the landing point of the athlete closest to the take-off area and placing spike with zero end of tape
  + Raking: raking the pit after every jump and ensuring there are no marks in the pit before next athlete starts their run up, don’t rake pit until recorder has completed measurement

**Triple Jump rules**

* The Triple Jump consists of three distinct skills performed at speed in a continuous action as follows:

- Hop: During the hop, the athlete uses the same foot for take-off and landing.

- Step: Athlete lands on the opposite foot (to that used for the hop).

- Jump: Athlete performs a jump from the "step" foot and lands in the pit.

* Athlete must land in the triple jump pit, record a ‘No Jump’ if any part of the body lands outside of the pit
* Record a ‘no jump’ if any part of the take-off foot goes over the front edge (closest to pit) of the board
* Athletes must exit out the end of the triple jump pit, if they walk back through the landing area before exiting the pit, record a ‘no jump’
* Athletes must take off on one foot, two footed take offs should be recorded as a ‘no jump’



* Spike is placed into landing mark closest to the take off area (ie. Back of foot, or back of hand / body print if athlete fell back)



* Zero end of tape measure on the spike and must be dropped to bottom of spike
* measure to the front of the board



* The tape should be taut & at right angles to the take-off board or its side extensions

