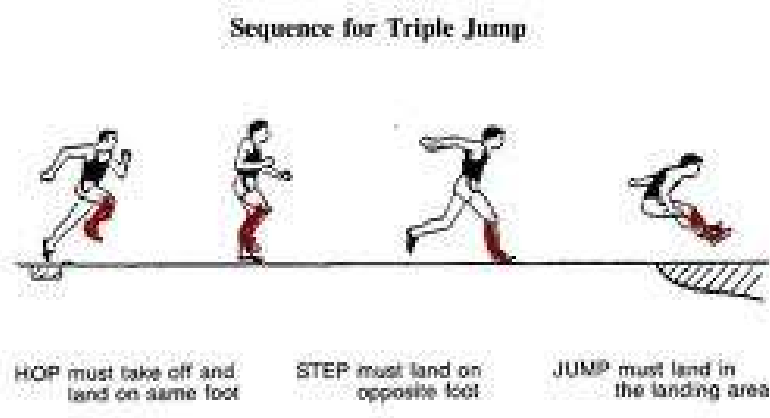


# TRIPLE JUMP

## BASICS FOR LITTLE ATHLETICS

*Triple Jump is for athletes U/11 and above*



### MAIN RULES

- U/11 to U/12 use the metre squared mat that is half yellow and half black
  - Put the mat 3 to 7m from the pit, depending on how far the athlete can jump
  - Put the yellow part near pit
  - Athletes cannot touch the yellow part otherwise this is a foul
  - Athletes must jump from the black part
  - Measurement is taken from the athlete's foot print on the black part of the mat
  - Measurement is made to the nearest mark made in the sand by any part of the athletes body
- U/13 to U/17 use the metre squared mat that has the 20cm wide white line painted across it
  - Put the mat 3 to 8m away from pit, depending on how far the athletes can jump
  - Athletes need to take off from the white line or before it
  - If athletes take off from the black area after the black line, then it is a foul
  - Measurement is taken from the edge of the white line closest to the pit
  - Measurement is made to the nearest mark made in the sand by any part of the athletes body
- Competitors must do a hop, step and jump
- Athletes must land more than 50cm from the edge of the sand into the sand
  - Landing on the runway is a foul
  - In competition, if an athlete does not land more than 50cm from the edge of the pit, they are given a warning, but if repeated then the jump is a foul
- Each athlete gets three jumps in little athletics competitions
- The athlete must land on the pit (landing on the runway is a foul)
- U/12 and above athletes are allowed to wear spikes
- The athlete must not leave the pit closer to the take-off point than the marks made on landing.
- Measure with the zero end of the tape in the sand and pull the other end through the take off board

## **COACHING CUES**

- Hop, then step then jump – good way to teach foot placement is ‘same, other, together’
- Keep body tall in the hop
- Hold knee high in the step
- Keep chest and hips high
- Keep head up (don’t look down towards take off board or pit)
- Try to keep hop, step and jump fairly even (avoid having a little step)
- Jump up and out with final jump
- Land in the sand with bent knees
- Try not to fall backwards when landing in the pit

## **IDEAS FOR LITTLE ATHLETICS COACHES TO HELP DEVELOP SKILLS**

- Start with standing hop, step and jump (pause between each action, then make it continuous)
- Walk three steps then do the hop, step and jump
- Short run up
- Jumping games such as sticks
- Do different variations such as 3 hops then a jump into pit or hop/step/hop/step jump

