



August 18, 2011

## Little Athletics Chelsea

### Triple Jump Rules

Extract from LA Vic Regulation 8, Section 10.5 Long Jump, October 2010

#### Spirit of Competition

##### LAC encourages athletes to:

**Participate**- be involved no matter what their level of performance is;

**Try their best**- athletes are competing against their own previous performances;

**Have fun**- if athletics is fun it is rewarding and they will continue to participate.

##### LAC encourages parents and Officials to:

**Be fair**- little athletics is children's sport and is about having fun not winning;

**Acknowledge effort**- athletics is very complicated and most athletes try their very best despite their performance;

**Think of safety**- athletics can be dangerous and children may not always be aware of the dangers around them;

**Seek assistance**- speak to a Committee member or Official for guidance or assistance.

#### Competition Rules for Triple Jump

##### 10.5 TRIPLE JUMP

###### 10.5.1 Definition

**(a)** The Triple Jump consists of a "Hop", a "Step" and a "Jump". The hop shall be made so that the athlete lands first upon the same foot as that from which they have taken off; in the step the athlete shall land on the other foot, from which subsequently the jump is performed.

###### 10.5.2 Mat Placements (Take Off)

The table below shows the LA Vic. recommended mat placement and sizes.

**Note:** The overriding factor is the safety of the athletes landing safely in the pit and the take off area shall be set according to each athlete's ability with adjustments to be made at the discretion of LAC.

AGE GROUP	FRONT EDGE OF MAT OR BOARD FROM EDGE OF PIT
U9 - U10 <b>B &amp; G</b>	5m
U11 <b>B &amp; G</b> , U12 <b>G</b>	6m
U12 <b>B</b>	7m
U13 <b>B &amp; G</b>	7m
U14 - U16 <b>B &amp; G</b>	8m

###### 10.5.3 General

**(a)** Athletes may request a change from the above measurements; however, the distance shall be in intervals of 1.0m. An athlete may change the position of their take-off once only, after the competition has commenced.

**(b)** Further changes to the above take-off placements shall only be made with the approval of the Chief Official at the event, and only for safety reasons.

**(c)** Except as detailed in CR: 10.2, the order in which the athletes take their trials shall be as listed in the program (draw order).

**Note:** To improve the efficiency of running the event, athletes may be called in order of mat placement, and within mat placement in program order (see also CR: 10.2).

**(d)** The number of trials shall be as follows:

Each athlete shall be allowed three (3) trials and each athlete shall be credited with the best performance of all their trials.

**(e)** Except as for CR: 10.5.4, if an athlete takes off before reaching the take-off area, the jump shall not, for that reason, be counted as a failure.

#### **10.5.4 Failures**

**(a)** It shall not be considered a failure if the athlete, while jumping, touches the ground with the "sleeping leg".

**(b)** An athlete fails when they:

**(i)** Take off from outside either end of the take-off area;

**(ii)** In the course of landing, touch the ground outside the landing area nearer to the take-off than the nearest break in the landing area made by the jump;

**(iii)** Having completed a jump, walks back through the landing area;

**(iv)** Employs any form of somersaulting.

#### **10.5.5 Runway**

**(a)** The runway shall have a minimum width of 1.22m, and a maximum of 1.50m. The maximum length provided for the runway shall be 40m. The maximum allowance for lateral inclination of the runways shall not exceed 1:100 and the overall inclination of the running direction shall not exceed 1:1000.

**(b)** No marks/markers shall be placed on the runway, but an athlete may place marks/markers along side the runway. No marks shall be placed in the landing area.

**(c)** Once a competition has begun, athletes are not permitted to use the competition runway for practice purposes.

#### **10.5.6 Take-Off Area**

**(a)** U9 - U11 Athletes

**(i)** The take-off area shall measure 1.22m x 0.5m

**(ii)** The take-off area may be a 1.22m x 0.5m piece of carpet, canvas or rubber covered with a thin layer of sand; or

**(iii)** Formed by placing a template made of wood, metal, or any other rigid material on the runway and filling with damp sand to a depth of 10mm, levelling off the surface and then removing the template.

**(b)** U12 - U16 Athletes

**(i)** The take-off area shall measure 1.22m x 0.2m.

**(ii)** The take-off shall be marked by a board sunk level with the runway, or defined by a contrasting colour to the runway surface.

**(iii)** The foul area may be indicated by a strip of damp sand, plasticine or other similar material.

#### **10.5.8 Measurement of Each Jump**

**(a)** U9 - U11 Athletes

**(i)** All jumps shall be measured from the nearest break in the landing area (made by any part of the body or limbs) to the front edge of the imprint made by the take-off foot. The tape is then straightened and drawn tight so it lays over and is in contact with imprint made by take-off foot and the distance is measured to the nearest whole centimetre below the distance jumped.

**(ii)** In the case of an athlete taking off before reaching the take-off area, the jump is measured back from the landing area imprint to the centre point at the back edge of the take-off area, i.e. furthest from the pit. This allows a jump to be recorded without unduly penalising the athlete (see CR: 10.5.3).

**(b)** U12 - U16 Athletes

**(i)** All jumps shall be measured from the nearest break in the landing area (made by any part of the body or limbs) to the front edge of the take-off board (extended as necessary). The tape is then straightened and drawn tight so it lays perpendicular, i.e. 90°

to the take-off board or its extension. The distance is measured to the nearest whole centimetre below the distance jumped.

### **Local rules and variations for Triple Jump at Little Athletics Chelsea**

#### **10.5.2 Mat Placements (Take Off)**

The table below shows the LA Vic. recommended mat placement and sizes.

**Note:** The overriding factor is the safety of the athletes landing safely in the pit and the take off area shall be set according to each athlete's ability with adjustments to be made at the discretion of LAC.

#### **10.5.3 General**

**(d)** The number of trials shall be as follows:

Each athlete shall be allowed three (3) trials and each athlete shall be credited with the best performance of all their trials.

### **Use of spikes in Triple Jump at Little Athletics Chelsea**

Athletes must wear footwear in accordance with LA Vic, regulation 8.

Spikes may be worn at LAC by under 12 -16 athletes.

Spikes may only be worn at LAC when competing in the events listed below:

-a laned track event of 400m or less; long jump; **triple jump**.

The maximum spike length is 7mm and the spike design must be a type approved by LA Vic.

Athletes using spikes in track events must use starting blocks and shall be responsible for ensuring starting blocks are prepared and available at the time of marshalling.

Spikes shall only be worn within the arena or at the field event venue while the athlete is competing, i.e. in the competition area(s).

Spikes can be dangerous and it is expected that Senior athletes will use them responsibly. Accordingly, improper or incorrect wearing of spikes by an athlete detected by Officials shall be referred to the Centre Committee and may be subject to disqualification of the athlete or removal of the athlete's privilege to wear spikes at the Centre.