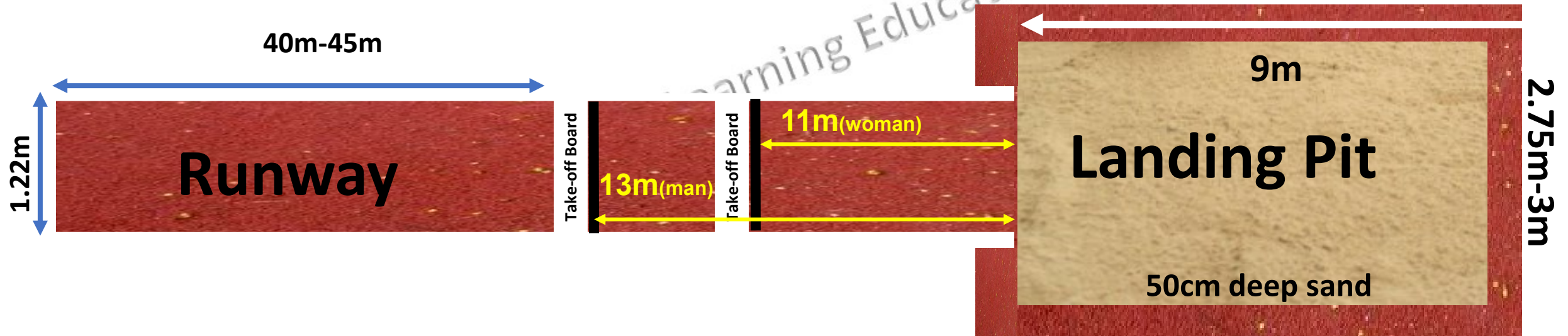


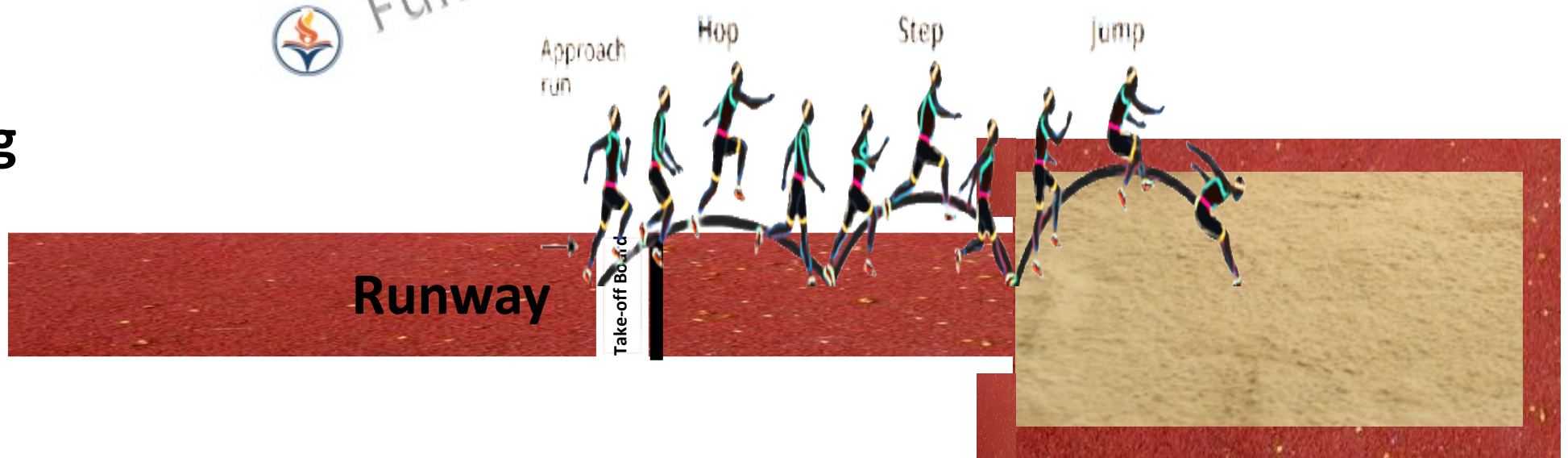


Tripple Jump Measurement



Fundamental skill of Tripple Jump

- Approach Run
- Take-off
- Hop
- Step
- Jump
- Landing



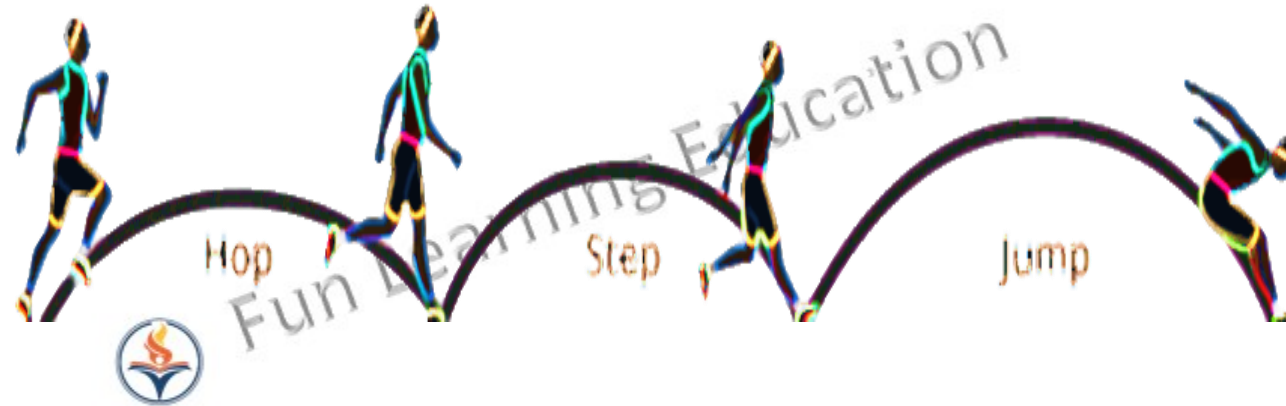
Techniques of Triple Jump



■ Flat Techniques-

Flat technique is also called as Polish Techniques. In Flat techniques Parabola of hop and step is flat.

- **Hop – 35%**
- **Step- 30%**
- **Jump- 35%**



As Compare to the Other techniques, the height of the parabola in hop and step is comparatively low .

Techniques of Triple Jump



■ Steep Techniques

Steep technique is also called as Russian Techniques.
This technique is used by fast and Sturdy runners .

- **Hop – 38.5%**
- **Step- 30%**
- **Jump- 31.5%**



In this techniques the height of the parabola in hop and jump is more as compare to other techniques .

Techniques of Triple Jump



■ Mixed/ Modern Techniques

The athlete possessing good stamina and speed make use of this technique. This technique lie between the flat and steep technique.

- **Hop – 37%**
- **Step- 33%**
- **Jump- 33%**

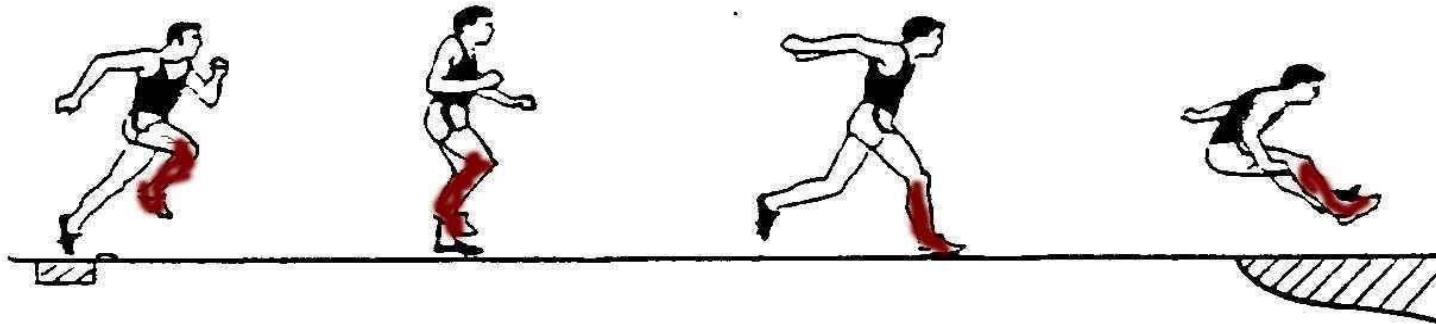


- Take off angle between 15 to 16 degree.
- Length of hop is more then the one in flat technique and less than the one in steep technique.
- The height of center of gravity in hop, step and jump is less as compared to that in steep technique and more as compared to the same in flat techniques.

Rules of Tripple Jump

- The Triple Jump shall consist of a **hop**, a **step** and a **jump** in that order..

Sequence for Triple Jump



HOP must take off and land on same foot

STEP must land on opposite foot

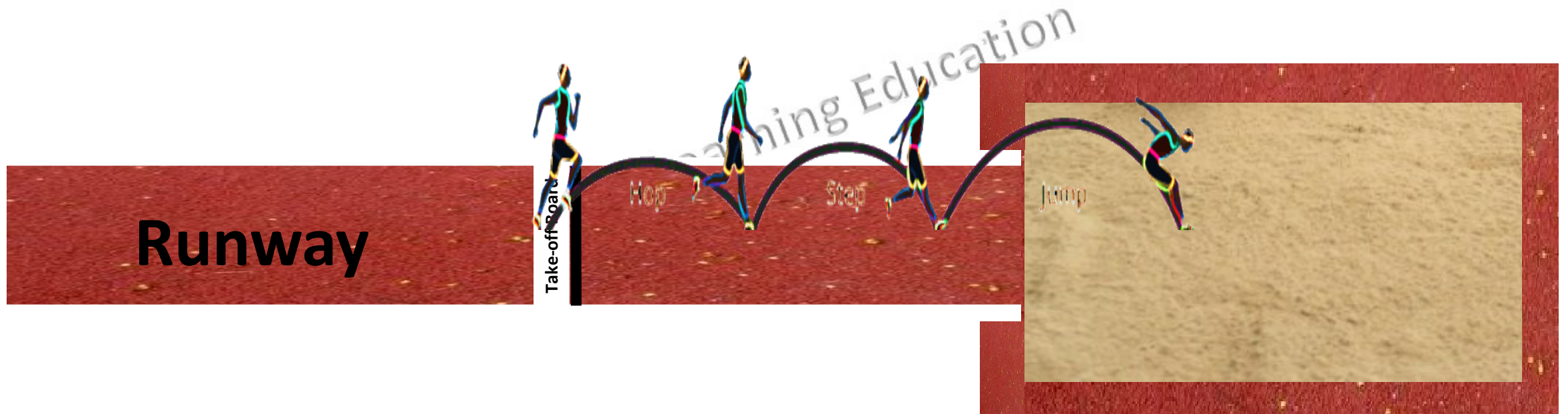
JUMP must land in the landing area

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



Rules of Tripple Jump

- If the athlete touches the white lines or the ground outside between the take-off line and the landing area its not foul in tripple jump.





Rules of Tripple Jump

- If a competitor wishes, **he can have some practice trials before the beginning of the competition** under the supervision of judges. Once the competition has begun, they are not allowed to use the competition or take-off area.
- The number of trials varies depending upon the number of competitors. If the number of competitors is **more than eight**, then each one will be given **three trials** and **best eight among them may be given additional three trials**. However, if the number of competitors is **less than eight**, then each may be given **six trials**.
- The performer has to complete his jump within 1 minute.



Rules of Tripple Jump

