

QUICK SAFETY

- **Pit:** Dig over, loosen, water, and level the sand. Clear all rocks and sticks.
- **Rake:** Level the sand pit after every single jump. Check for athletes in the other lane before raking.
- **Boards:** Measure board/mat distance from the edge closest to the pit.

FOUL (Mark "X")

- Wrong sequence - must be clear Hop (same foot), Step (other foot), Jump (into pit).
- Foot breaks the edge or sides of take-off board.
- Runs past take-off line during run-up (even if aborting jump).
- Walks *backwards* through the sandpit after landing.
- Clock runs past 1 minute to start the attempt.

MEASURING & RECORDING

- **Format:** 1 optional practice jump, then 3 individual trials.
- **Mats:** Athletes can request 1m increment mat adjustments up/down.
- **Measure:** Zero end of tape goes at the **closest break in sand** (heel/hand/bottom).
- **Early Take-off:** Measure straight back to the front edge of the board.
- **Read:** Pull tape perpendicular (90°) to board; round down to nearest cm.

<https://cdn.revolutionise.com.au/cups/waathletics/files/ugnovmrfssbsy91o.pdf>



TRIPLE JUMP

MAT SETTINGS

Age Group	Board Type	Mat Starting Position
U12	Strip	1m increments starting from 5m
U13	Strip	1m increments starting from 5m
U14	Strip	1m increments starting from 5m
U15	Strip	1m increments starting from 5m
U16	Strip	1m increments starting from 5m
U17	Strip	1m increments starting from 5m
U18	Strip	1m increments starting from 5m

Note: The trailing leg dragging on the ground is NOT a foul. Break exact ties by comparing second-best jumps.

