

Course Name: Bachelor of Physical Education

Year: Ist

Paper Name: Skill and Prowess

Paper No. I (Part-B 2)

Topic No. B (4)

Topic Name: Tripple Jump

Lecture No.: 51

Lecture Title

Triple Jump

FAQ's

Q1. What are the general conditions for triple jump?

Ans- Where there are more than eight athletes in the competition, each should be allowed three trials and the eight competitors with the best valid jumps should be allowed three additional trials. If there is a tie for the eighth place, any competitors so tying should have three extra trials. If there are eight competitors or fewer, each should be allowed six trials. As they complete their run-up, competitors take-off from a board, the 'take-off line' being the edge to the landing area. They may place markers alongside the runway to help them in their run-up and take-off, but may not mark the place any mark beyond the take-off line.

Q-2 How is the measurement of triple jump made?

Ans- The measurement of a triple jump is made at right angles from the nearest break in the landing area made by any part of the competitors' body to the take-off line or its extension. Distances should be recorded to the nearest 1cm below the distance measured if the distance measured is not a whole centimeter. In the case of a tie in the competition, the second best jump of the competitors typing should determine the result. Then, if necessary, the third best and so on.

Q-3 How is the takeoff and landing is performed in triple jump?

Ans- In this event, athletes try to clear the longest distance following a sprint along a runway up to a take-off board. While still in the air the long jumper throws both feet forward of the body before landing in a pit of sand.

Q-4 Which typical exercises would be practiced in the game?

Ans- A typical exercise would be to use three different types of obstacle and to place these randomly around the grass warm up area. One types of obstacle would be hooped over, another stepped over and the third jumped over.

Q-5 What is meant by progressive triple jump?

Ans- Using the grid alongside the pit, progress along the grid so that the three phases of the hop, step and jump become progressively longer, higher and faster and Land in the pit.