



TRIPLE JUMP



SHRUJAN 2.0

GIET UNIVERSITY, GUNUPUR

No of Players: Individual participant

Rules and regulation:



- The athlete can leap from the take-off board or behind it but cannot jump beyond it.
- If an athlete hits the ground beyond the take-off board during their leap, it is a foul.
- A foul is committed if the player returns through the landing area.
- The distance should be calculated from the takeoff point to the heels' backs or the closest point to the sand.