

# Triple Jump

## The Game

The Triple Jump is a repeated test of the athlete's power. At the Arctic Winter Games, only two-foot jumps are allowed, and the feet may not be placed further apart than shoulder-wide. Run up to the starting line or take off from a stationary position. Jump off with both feet, complete two additional two-foot jumps, and end with a two-foot landing.

## How to Play

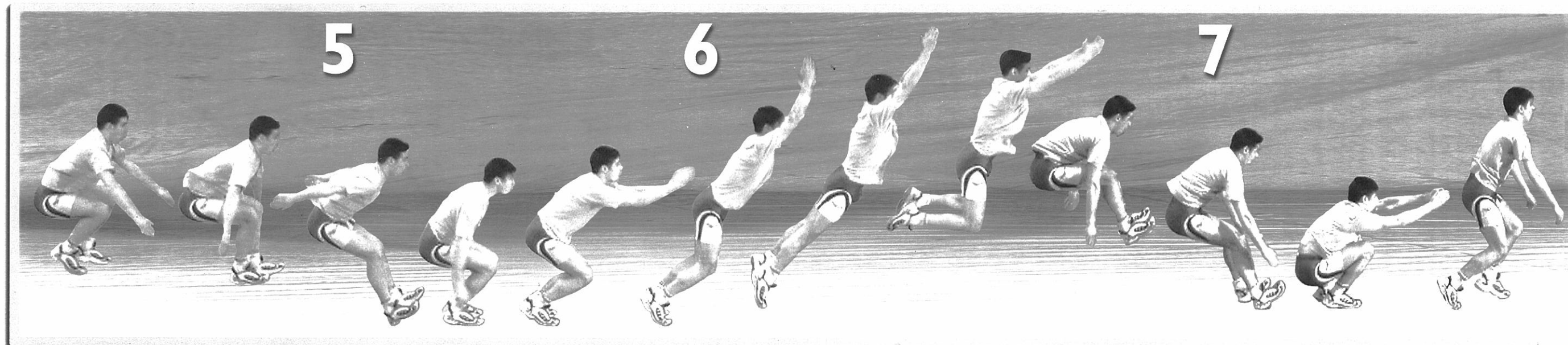
A good attempt requires a fast run-up, a strong push-off with full body extension and powerful counter-rotation of the arms and legs while in the air. While jumping, your feet may not be planted further apart than shoulder-wide, and you must not land in a staggered (step) position. Do not slow down during the force-producing phases (sequences 3 and 5).



(1) A powerful run-up ends with a hop towards the start line. During the hop, place the feet side by side and rotate the arms backward. At the start line, lower the body.

(2) Straighten the body while rotating the arms forward/upward. Push off when the body is fully extended. When in the air, bend the hip and knees while rotating the arms backward. Extend the legs in preparation for the two-foot landing.

(3) On landing, you have rotated the arms behind the body. While lowering your body, rotate them forward to gain momentum for the second push-off.



(4) Push off again for your second jump. While in the air, again rotate the arms backward and move the feet forward as far as possible.

(5) On landing, lower your body. Begin rotating the arms forward, and end with the last strong push-off with the balls of your feet.

(6) While in the air, quickly bend your hip and knees while moving the feet forward as far as possible. Remember that the feet must not be further apart than shoulder-wide!

(7) After the controlled two-foot landing, lower your body, raise it again and leave the track in a forward direction.