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*On Tribonacci Numbers and 3-Regular Compositions,*  
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**Abstract**

Let the sequence  $\{U_n\}$  be defined by

$$U_0 = 0, U_1 = 1, U_2 = 2, U_n = U_{n-1} + U_{n-2} + U_{n-3} \text{ for } n \geq 3.$$

We show that  $U_n$ , which we call a *Tribonacci* number, counts the number of 3-regular compositions of  $n$ , that is, the number of compositions of  $n$  into parts not divisible by 3.