

Event Information: HIGH JUMP

PREPARATION FOR EVENT

- Ensure that all aspects of landing area and run up are safe for the athletes.
- Ensure that the brackets that support the cross bars are facing the opposite upright.
- Allow competitors a practice jump(s) to check their run up if possible.
- Set bar at correct starting height (see measuring bar height below).
- The uprights and landing area should be designed so that there is a clearance of at least 100mm between them to avoid displacement of the cross-bar through movement of the landing bag coming into contact with the uprights.

OFFICIALS REQUIRED:

- Two officials at the uprights: to return the cross-bar to the supports.
- One official to Judge the jump: this official is the Chief Official for this event.
- One official to record.

MEASURING THE CROSS BAR HEIGHT:

- The height is checked with the measuring stick perpendicular to the ground to the top of the lowest point of the cross bar, i.e., the middle. The height of the cross bar at the uprights is also taken to ensure that the bar is level. Knowing the difference, i.e., "sag" of the bar is useful when raising the bar as the height at the uprights will be higher than in the middle.

GENERAL RULES:

- Prior to the competition the judges shall announce to the athletes the starting height.
- An athlete may commence jumping at any height above the starting height.
- Three consecutive failures regardless of the height will eliminate the athlete.
- At the end of the round the bar should be raised in 5cm increments unless attempting a centre record, then it may be increased to a height agreed with the Chief Judge.
- The final athlete may continue to jump, at height rises agreed with the Chief Judge or Referee, until the athlete has three consecutive failures.
- An athlete may pass on the second or third trial at a particular height (after failing the first or second time) and still jump at a subsequent height.
- An athlete may approach the bar from any angle. An athlete must take-off from one foot only.
Diving over the bar is not permitted.
- If the bar falls after an athlete has landed and left the Mat, it MAY still be considered a failure. It is the decision of the judge as to whether contact by the athlete or some other factor caused the bar to fall, i.e. Wind gusts.
- If an athlete fails to commence an attempt within 60 seconds of their name being called by the Official in charge, a failure will be recorded. An athlete may abort an attempt (balk) as many times as they like provided that the final attempt is commenced in 60 secs.
- If the athlete touches the ground or equipment, i.e. Mats, Cross Bar (including the landing area beyond the plane of the uprights either between or outside the uprights), with any part of the body it is considered a failure.

STARTING HEIGHTS

AGE	U8	U9	U10	U11	U12	U13	U14	U15	U16
GIRLS	0.70	0.70	0.80	0.85	0.90	1.00	1.00	1.10	1.10
BOYS	0.70	0.80	0.90	0.95	1.00	1.05	1.05	1.10	1.10

RECORDING:

- **O** indicates a Clearance or valid jump.
- **X** indicates a Failure
- indicates a "Pass" or "Did not attempt at that height"

Athlete	0.70	0.75	0.80	0.85	0.90	0.95	1.00
A	-	XO	O	XO	O	XXO	XXX
B	O	O	O	X-	XO	XXO	XXX
C	O	O	X-	O	XXO	XXO	XXX