



# 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 crossbars are facing the opposite upright.
- Allow athletes 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 crossbar through movement of the landing bag making contact with the uprights.

## Event Safety

- The uprights may be moved during a competition only if the Judge in consultation with the Chief of Officials or Referee considers the take-off or landing area has become dangerous.
- The landing area should be maintained in a safe condition. If several small bags are used, then it should be regularly checked to ensure that there are no gaps.
- It is also good practice to place smaller mats at the back and ends of landing area.

## Equipment

- **Uprights:** x 2 fitted with a suitable adjustable bracket for holding crossbar
- **Crossbar:** (circular in cross section) with square mounting blocks at each for resting bar on brackets
- **Measuring Stick:** or tape
- **Landing Bag:** minimum of 500mm thick (recommended)
- **Scissor Bag:** 150mm – 300mm thick
- **Broom:** For keeping Run-up area clean
- **Marker/s:** For athletes to mark their run-up (tape) - allowed 2 markers.
- **Stopwatch:** To time athlete trials.

## Officials Required

- **Two officials at the uprights:** to return the crossbar to the supports.
- **One official to judge the jump:** this official is the Chief Official for this event
- **One official to record, time and call up the next athlete.**

## Measuring the Crossbar Height

- The measurements for high jump are taken from the top of the crossbar, at its lowest sagging point. This is likely to be in the middle but should always be checked on different

equipment. The height of the crossbar 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**

### **U8 – U10 Scissors**

- The Scissor technique is the only allowable technique performed in High Jump for the Under 8, 9 & 10 age groups.
- The athletes must take off from one foot, clear the bar in a predominately vertical position and the first contact made on the landing area must be made by one or both feet.
- It shall be a valid scissor jump if all other relevant high jump rules are adhered to, and:
  - a)** The head of the competitor does not go over the bar before the leading foot (the foot of the leg closest to the bar at take-off).
  - b)** The head of the competitor is not below the buttocks when the buttocks clear the bar, and
  - c)** The competitor's feet touch the mat before any other part of the body.

### **U8 – U17 – all athletes**

- Prior to the competition the judges will announce to the athletes the starting height.
- An athlete may commence jumping at any height above the starting height.
- An athlete may pass at any height; they do not have to attempt every height, (recommended).
- 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.
- 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. When there are 4 or less athletes remaining, the increments will be 2cms.
- 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 approach the bar from any angle, they must take-off from one foot only.
- 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 the athlete touches the ground including the landing area beyond the vertical plane through the nearer edge of the crossbar, either between or outside the uprights with any part of his body, without first clearing the bar it is considered a failure. However, if when the athlete jumps, they touch the landing area with their foot and in the opinion of the Judge, no advantage is gained, the jump for that reason should not be considered a failure
- If the athlete touches the crossbar or the vertical section of the uprights when running up without jumping, it is considered a failure. The rule does not apply to touching a base plate.
- 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 seconds.
- When there are only two or three athletes left, the time allowed is 1 min 30 seconds and when only one athlete is left the time allowed is 3 minutes.  
In the case of consecutive trials, athletes are allowed 2 minutes.

These are maximum times and athletes are encouraged not to delay the event.