

A VOLUNTEERS GUIDE TO THE HIGH JUMP

The aim of the high jump is to clear the tallest height without dislodging the crossbar. Taking off from one foot, competitors attempt clear the bar, and have up to three attempts per height. Three consecutive failures at the same height, or combination of heights, leads to elimination.

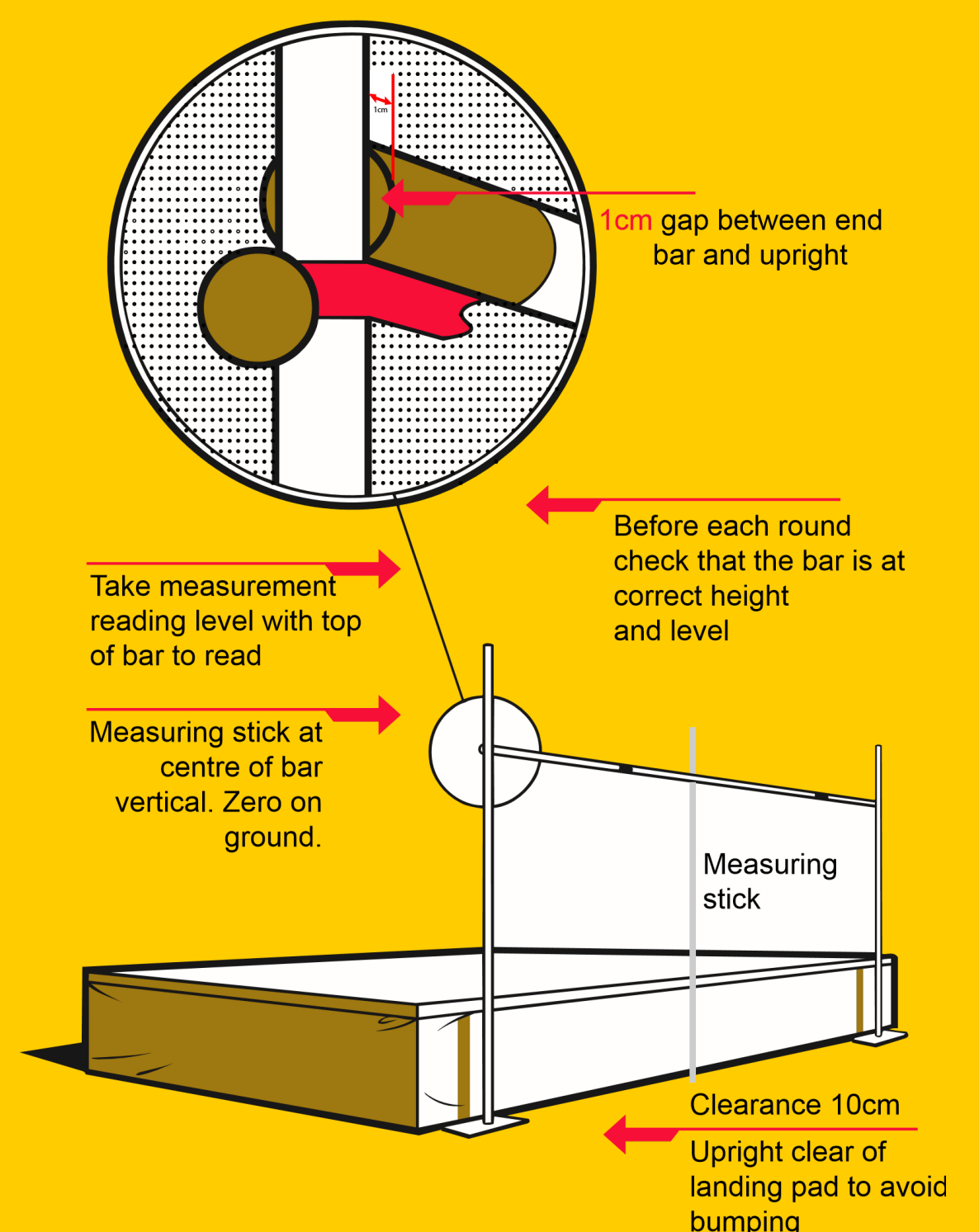
ORGANISING THE EVENT

- 1 Check surroundings and equipment are safe for all children and volunteers.
- 2 Set up so that the uprights are 10cm out from the landing bag. Ensure that the brackets that support the cross bar are facing the opposite upright.
- 3 Arrange the children in the order they are to jump and set the starting height for the crossbar.
- 4 Write the children's names and starting heights on the recording sheet to record the results.
- 5 Give each child practice jumps before the event begins.
- 6 Children are allowed 3 chances to clear each height.
- 7 Ensure children are jumping off one foot, and using the relevant clearance technique (Scissors for U8-10).
- 8 The bar is raised in 5cm increments. and measured each round.
- 9 When recording, please use:
O = Clearance, X = Failure, - = Pass

EQUIPMENT

- Uprights x 2, with adjustable bracket for holding crossbar.
- Crossbar.
- Measuring stick.
- Landing bag/scissor bag.
- Broom (Clearing runway).
- Runway markers.
- Recording sheet.

SET UP



RECORDING

When recording, please use:

O = Clearance, X = Failure, - = Pass

Athlete	1.05	1.10	1.15	1.20	1.25	1.30	1.33
A	-	XO	O	XO	O	XXO	XXX
B	O	O	O	X-	XO	XXO	XXX
C	O	O	X-	O	XXO	XXO	XXX
D	O	X-	O	XXO	XXO	XO	XXX
E	X-	X-	X				

FAILURES

In addition to knocking the bar off the uprights, any of the following may constitute a failure in the high jump.

- Two-foot take off.
- Touching the ground or apparatus beyond the plane of the uprights before jumping.
- Touching uprights while attempting a jump.
- Incorrect technique (Eg. A flop by an U9 competitor).

DID YOU KNOW...

...There is a common myth that if an athlete scrambles off the mat before the bar falls, then it is not a foul. This is incorrect. If the Chief Judge determines that the bar fell as a result of the athlete touching it on the way over then it will be a foul, regardless of where the athlete is when the bar eventually falls.

...2022 World Champion high jumper, Eleanor Patterson, has a PB of 2.02m and was a member of Leongatha Little Athletics Centre.

SAFETY

- 1 Ensure the environment is safe, checking that:
 - Run-up is flat and not slippery.
 - Equipment including landing bags, uprights, and crossbar for any faults.
- 2 A minimum of three volunteers to run the event.
- 3 Sufficient bags should be supplied to prevent children from hitting the ground.
- 4 Uprights should be placed on a level surface.
- 5 When multiple bags are used, a continuous top layer should cover all landing bags.
- 6 Children should receive instruction and coaching in technique prior to participation in the high jump.
- 7 Inspect all equipment at the end of each competition. Repair or report disrepair to the equipment manager.



These guides are intended as a template for the conduct of events only, noting that individual Centres will have varying operating procedures based largely on available resources, including personnel and equipment.

For a full copy of Little Athletics Victoria's Rules and Regulations, including the more expansive Centre Officiating Guide, please visit www.lavic.com.au

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