

HIGH JUMP



Preparation For The Event

- Ensure that all aspects of the 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 athletes a practice jump/s to check their run-up if time allows
- **Handy Hint:** Supervise the warm up, so that all athletes get a fair access to warm-up jumps e.g.: left side, then the right side at various heights
- Set bar at correct starting height
- **Handy Hint:** To check the sag on the bar, place one end on the ground and hold the other end. Slowly rotate the bar until you see the sag (it is easy to see). The bar then goes on the brackets with the sag down. Rotate the ends to make sure the bar sits flat and mark one end of the bar with an arrow to show which side it up!
- **Handy Hint:** Have a little spirit level in your kit. This can be used when first setting the bar to make sure the bar is level
- The uprights and landing area should be designed so that there is a clearance of at least 10cm between them to avoid displacement of the cross bar through movement of the landing bag coming into contact with the uprights

Event Safety

- Uprights may be moved during a competition only if the Judge in consultation with the Referee considers the take-off or landing areas have become dangerous
- Landing area should be maintained in a safe condition. If a number of small landing bags then it should be regularly checked to ensure there are no gaps
- It is good practice to place smaller mats at the back and ends of landing area

Equipment

- **Stands/Uprights:** x 2 fitted with a suitable adjustable bracket for holding the crossbar
- **Cross Bar:** (circular in cross section) with the end pieces to be circular or semi-circular with a defined flat surface which the bar rests on the cross bar supports
- **Measuring Stick:** or tape however, the usage of tapes is not as accurate as the measuring stick
- **Landing Bag:** Minimum 60cm thick, preferably 6m x 4m
- **Broom:** For keeping the run-up clean
- **Markers:** For athletes to mark their run-up (tape)
 - Athletes allowed a maximum of 2 markers
- **Wind Sock:** Indicates wind direct to the athletes. Place it in the centre of the competition area and make sure it doesn't interfere with any run-ups
- **White Tape:** 50mm wide that runs 3 m outside the uprights. The nearer edge of the tape corresponds with the nearer edge of the bar

Officials Required

- **Bar Judge** – makes sure that both bar supports are the same height from the ground and the top of the bar is set at the jumping height
 - Ensures that the uprights are not touching the landing area



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- Judges to see if the athlete causes the bar to fall during the action of the jump
- Resets the bar after each failed attempt such that the crossbar is placed on the same crossbar support
- **Chief Judge** – ensures the rules are conducted within the rules of the competition
- **Recorder** – records the clearance of a height with an “O”
 - Records a failed attempt with a “X”
 - Records a pass with a “-” (dash)

Measuring the Cross-Bar Height

- Measurements are taken with the measuring stick from the top of the middle or lowest point of the bar
- The height of the cross bar at the uprights is also taken to ensure that the bar is level
- Knowing the difference i.e. “the sag” of the bar is useful when raising the bar as the height at the uprights will be higher than in the middle
- Put a mark on the bar to show you which is the front of the bar and an arrow to show the right way up so it is the same for all athletes

General Rules

- A athlete may approach the bar from any angle
- A athlete **must** take off from one foot only. Prior to the competition the Chief Judge will announce the starting height and subsequent heights
- The bar shall never be raised by less than 2cm (unless there is one athlete remaining)
- A athlete may commence jumping at any height previously announced
- Three consecutive failures regardless of the height will eliminate the athlete
- A athlete may abort an attempt (baulk) as many times as they like provided that the final attempt is commenced within, **1 minute**
- The final athlete may continue to jump at height rises agreed with the Chief Judge or Referee until the athlete has 3 consecutive failures
- A 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

When is a Failure or Foul Recorded?

- A failure or foul results:
 - When after a jump, the bar does not remain on the support because of the action of the athlete whilst jumping
 - If a athlete fails to commence an attempt within 1 minute of their name being called
 - If a athlete touches the ground, white line or equipment ie mat; cross bar including the landing area beyond the plane of the uprights either between or outside the uprights with any part of the body without first clearing the bar
- Note:** If a athlete, when they jump, touches the landing area with their foot and in the opinion of the Judge no advantage is gained, the jump will not be considered a failure
- If the bar falls after a athlete has landed and left the mat, it may still be counted as a



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failure. It is the decision of the Chief Judge as to whether contact by the athlete or some other factor e.g. wind, has been made

Starting Heights

May vary according to the competition, age and gender. Please check the Technical Regulations of the competition

Recording

- : indicates a clearance or valid jump
- X : indicates a failure
- (Dash) : indicates a pass or did not attempt at that height

| Athlete | 1.15 | 1.20 | 1.25 | 1.30 | 1.35 | 1.40 | 1.43 |
|---------|------|------|------|------|------|------|------|
| A | - | XO | ○ | XO | ○ | XXO | XXX |
| B | ○ | ○ | ○ | X | XO | XXO | XXX |
| C | ○ | ○ | X | ○ | XXO | XXO | XXX |
| D | ○ | X | ○ | XXO | XXO | XO | XXX |
| E | X | X | X | | | | |

Handy Hint: If you prefer to use a highlighter to select best performances, please only use a **YELLOW** highlighter. If results need to be photocopied, any other colour causes the numbers to be 'blacked out'

Determining the Results

- Each athlete shall be credited with the best of all their trials, including those achieved in resolving a tie for first place
- The athlete who clears the greatest height is the winner
- If there is a tie, the following is applied **IN ORDER**:
 - i. The athlete with the **lowest number** of jumps at the height at which the tie occurred shall be awarded the higher place
 - ii. If the tie still remains, the athlete with the **lowest total failures** throughout the competition up to and including the height last cleared shall be awarded the higher place. If the athletes are still equal, they will be awarded the same place unless it concerns first place
- If it concerns **first place**, the athletes tying shall have one more jump at that height at which they failed, and if no decision is reached the bar shall then be lowered or raised to the heights which shall be announced by the Chief Judge of the event. The athletes shall then attempt one jump at each height until a decision is reached or until the athletes concerned decide not to jump further. Each athlete will have one jump at each height. The bar is raised or lowered by **2cm** each time. If a athlete is not jumping at a height, they automatically forfeit their claim to a higher place
- The athletes involved in the jump off may decide together not to undertake a jump off. In this case, equal places are awarded
- Athletes will be awarded the best of all their jumps, including those in a jump off
- If it concerns any other place the athletes shall be awarded equal place in the competition



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| Athlete | Best Jump | Failures | | Placing |
|----------|-----------|---------------------|---------------------------------------|---------|
| | | Height last cleared | Up to & including height last cleared | |
| A | 1.40 | 2 | 4 | 2= |
| B | 1.40 | 2 | 4 | 2= |
| C | 1.40 | 2 | 5 | 4 |
| D | 1.40 | 1 | 6 | 1 |
| E | - | | | NM |

From the example above:

- All cleared 1.40m and all failed at 1.43m
- D wins with the lowest number of attempts at 1.40, only 2
- A & B are equal 2nd with 4 failures
- C is 4th with 5 failures
- E did not record a measurable height

Handy Hints for High Jump Officials

- Have different coloured tape cut into pieces before competition begins for use as athlete markers
- Use a flexi bar for very young age groups to increase confidence
- However, please be aware that athletes can become entangled in a flexibar which, could in turn, pull the uprights over. The flexibar is a great tool to teach technique and reduce fear of the bar

COVID-19 Requirements for Return to Competition:

- Avoid touching your face
- Wear a facemask
- Use hand sanitizer and have it available at the event site (this may need to be provided by the Event Organiser)
- Any personal equipment taken onto the field of play (FOP) e.g. Clipboard, stop watch etc, must be cleaned before entering the FOP
- If equipment is shared by Officials e.g. Clipboard, flags etc, the equipment must be cleaned after each person

