

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 competitors a practice jump/s to check their run up if possible
- Set bar at correct starting height
- 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 has 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 cross bar
- **Cross Bar:** (circular in cross section) with square mounting blocks at each end for resting bar on brackets
- **Measuring Stick:** or tape
- **Landing Bag:** minimum 60cm thick
- **Broom:** for keeping the run-up clear
- **Markers:** for athletes to mark their run-up (tape) Athletes allowed 2 markers

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 Judge
- One official to record

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 ie "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 so it is the same for all athletes

General Rules

- An athlete may approach the bar from any angle.
- An athlete must take off from one foot only.

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- 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)
- An athlete may commence jumping at any height previously announced
- Three consecutive failures regardless of the height will eliminate the athlete
- A failure results:
 - when after a jump, the bar does not remain on the support because of the action of the athlete whilst jumping
 - If an athlete fails to commence an attempt within 60 seconds of their name being called
 - If an athlete touches the ground 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 an athlete, when he jumps, touches the landing area with his 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 an athlete has landed and left the mat, it may still be counted as a failure. It is the decision of the Chief Judge as to whether contact by the athlete or some other factor eg wind has been made
- An athlete may abort an attempt (balk) as many times as they like provided that the final attempt is commenced within 60 seconds
- The final athlete may continue to jump at height rises agreed with the Chief Judge or Referee until the athlete has 3 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

Starting Heights

May vary according to the competition, age and gender. Please check the technical regulations of the competition

Recording

O : indicates a clearance or valid jump

X : indicates a failure

- : indicates a pass or did not attempt at that height

Competitor	1.15	1.20	1.25	1.30	1.35	1.40	1.43
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				

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Determining the Results

- Each athlete shall be credited with the best of all his 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 athlete with the lowest number of jumps at the height at which the tie occurred shall be awarded the higher place.
 - if the tie still remains, the athlete with the lowest total of 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 an athlete is not jumping at a height he automatically forfeits his claim to a higher place.



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.

Competitor	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	-			NH

From the example above:

- All cleared 1.40 m and all failed at 1.43 m.
- 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 markers
- Use a flexi bar for younger age groups to avoid replacing the bar for missed jumps and to limit injuries and increase confidence