

# 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 practice jump/s to check their run up
- Set bar at the correct and stated 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 area has become dangerous
- The landing area should be maintained in a safe condition. If a number of small landing bags are used, they should be regularly checked to ensure there are no holes or gaps between them
- It is good practice to place smaller mats at the back and ends of landing area if the main bag is not the required size

## 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. Supports must be smooth.
- **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 may be the Chief Judge
- One official to record the athlete's performances

## Measuring the Cross Bar Height

- Measurements are taken with the measuring stick from the top of the middle or lowest point of the cross 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 cross bar to show you which is the front of the bar so it is the same for all athletes

# High Jump

## General Rules

- An athlete may approach the bar from any angle.
- An 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 will be raised
- The bar shall never be raised by less than 2cm (unless there is one athlete remaining) or 3cm in Combined Events
- 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 i.e. mat; cross bar including the landing area beyond the plane of the uprights, either between or outside the uprights with any part of their body without first clearing the bar



Note: If an 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 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 e.g. 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
Andrew	-	XO	O	XO	O	XXO	XXX
Ben	O	O	O	X	XO	XXO	XXX
Chris	O	O	X	O	XXO	XXO	XXX
David	O	X	O	XXO	XXO	XO	XXX
Edan	X	X	X				

# High Jump

## 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 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 number 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 a "jump-off" unless otherwise decided, either in advance according to the Technical Regulations applying to the competition, or during the competition but before the start of the event by the Technical Delegate or the Referee if no Technical Delegate has been appointed.
- If no jump-off is carried out, including where the relevant athletes at any stage decide not to jump further, the tie for first place shall remain.
- The jump-off shall start at the next height determined in accordance with the heights announced prior to the start of competition, after the height last cleared by the athletes concerned
- If no decision is reached the bar shall be raised, if more than one athlete concerned were successful, or lowered if all of them failed, by 2cm for the High Jump
- If an athlete is not jumping at a height they automatically forfeit any claim to a higher place.
- If only one athlete then remains they are declared the winner regardless of whether they attempt that height



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	
Andrew	1.40	2	4	2=
Ben	1.40	2	4	2=
Chris	1.40	2	5	4
David	1.40	1	6	1
Edan	-			NH

From the example above:

- All cleared 1.40 m and all failed at 1.43 m.
- David wins with the lowest number of attempts at 1.40, only 2
- Andrew & Ben are equal 2nd with 4 failures.
- Chris is 4th with 5 failures.
- Edan did not record a measurable height

# High Jump

## 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 younger age groups to avoid replacing the bar for missed jumps and to limit injuries and increase confidence

