

# S-P-L

## High Jump Procedures

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### Equipment Needed by Volunteer School running the Event

- **High Jump Mat and Crossbar** are required and are usually provided by the host high school site, but host and volunteer event officials should ensure that this equipment will be available by contacting the site at least a week before the day of the meet in case alternate arrangements need to be made.
- **Two (2) Crossbar standards** - elementary school standards are preferred that use measurements in feet/inches. (Note: Illinois HS converted to metric so a host site may not have the preferred markings on the standards.) A measuring tape will need to be used if elementary standards are not available.
- **Chalk or tape** to mark where the standards are set in place prior to competition and before practice jumps. Do not allow standards to butt up against the mat as it may dislodge the bar when competitor lands on the mat.
- **Measuring tape:** To be used to verify heights and to be used for measuring increasing heights for the crossbar in the event that a metric high jump standard must be used. SPL utilizes English measurements in all field events.
- **Stopwatch** - Event official will need to ensure jump is attempted one minute after competitor's name is called.
- **Push Broom** - Run up area in front of the mat must be kept clear of sand / dirt / debris.

**SUPPLIES NEEDED: (to be provided by SPL Meet Host School):** Clipboard, Scoring Forms, Pen, and Award Ribbons. Host school should verify high jump, crossbar and standards are available for use at the meet.

# High Jump Competition Procedures

**The High Jump event takes precedence over all other field events per the “Conflict Rule”.**

**Note #1:** 5th and 6th Grade Girls are the first jumping sessions of the morning. They are followed by the 5th and 6th Grade Boys midway through the Morning Session.

The Afternoon Session is composed of 7th and 8th Grade Girls, followed by 7th and 8th Grade Boys.

**Note #2:** Effective the 2024 season, contestants in the high jump are to be combined with all contestants jumping at the same height before the bar is raised to the next height. i.e. In the morning session, 5th and 6th grade contestants will compete together with 5th jumping first followed by the 6th graders. Once all contestants have cleared or been eliminated, the bar will be raised to the next height. In the afternoon session the same procedure is to be followed for 7 th and 8th grade contestants.

## 1. Sign Up Competitors By Group (Grade and Gender) using score sheets provided by Host School.

- a. Record first & last name, and school,...clearly!
- b. Inform competitors that they will compete in the SAME SEQUENCE in which they are signed-up,... for practice AND official attempts. The sign in sheet will list all of the schools competing and volunteers should list the athlete’s name next to their respective school. It is suggested but not required to line up athletes to show them the jumping order, as that will reduce confusion (and quicken the day). The athletes do not need to remain in line for the competition.
- c. As competitors are signed up, a volunteer should start running the two (2) allowable practice attempts, in the order of the competition. A bungee cord should be used for warmups in place of the crossbar if available. Additionally, the official should monitor all practice jumps to ensure all athletes are each getting the opportunity to jump. In accordance with NFHS rule 6-2-6, PRACTICE JUMPS ARE NOT ALLOWED until there is an event official present AND they signaled that warm-up jumps can begin. Competitors are permitted two (2) warm-up jumps at the beginning of the competition, which will occur in the order of competition. Athletes not following this rule will be warned, and on the second offense will be eliminated from competing in the high jump event for the day. Run-ups to obtain steps in the high jump event are not considered practice jumps provided the competitor does not touch the mat.
- d. Clarifications & Exceptions:
  - i. Competitor does **NOT** have to personally sign-in for the event; a coach or teammate may arrange it.
  - ii. Field event participants may NOT be added or changed after the FIRST competitor begins event "official" tries.

- iii. **IMPORTANT:** Ask whether anyone has a conflicting event: (ie, are they competing in another field event that is being run at this same time as High Jump?) If so, explain the procedure that allows the athlete to compete in two simultaneous events. (see iv. following)
- iv. **The rule for events in conflict with HIGH JUMP is:**
  - 1. Athletes competing in HIGH JUMP and another field event at the same time should register in both events so the officials are aware they are competing. The athlete/designee should inform the non-High Jump official that they are a High Jump competitor and have a conflict.
  - 2. The HJ athlete will then return to the High Jump area and compete for the ENTIRETY of their event, as long as he/she is still an active competitor. Once the athlete is eliminated from competition, he/she can return to the other non-High Jump event.
  - 3. In no circumstance will the High Jump crossbar be lowered for a late-arriving competitor.
  - 4. The High Jump competition will NOT be stopped to allow for a competitor to compete in a conflicting field event. The High Jump competition takes priority until that competitor is eliminated from that day's competition.
  - 5. **No athlete is allowed to compete in an event AFTER all other competitors have finished, unless he/she is physically present as the last other competitor finishes.**
- e. To assist in running each event more timely, a volunteer working at each event should begin the sign-up process for the next scheduled group of competitors once the group currently competing has begun their 3rd or final round of jumps.

## 2. Standards (standards support the crossbars):

- a. Standards must never be moved after practice jumps begin or during measured competition. The mat will be moved at the request of jumper or coach for reasons of jumper safety... safety first! Please make sure the mat is within a safe distance of the standards but does not rest on the standard.
- b. Do not place the standards where they touch the high jump mat as the bar may be displaced when a jumper lands on the mat.
- c. When standard is capable, place crossbar on top of standard, instead of resting bar on the pin that extends outward from the standard.
- d. If standards are being used which have extending "arms" on which the bar is placed, then the standards should be positioned such that the arms are pointing in towards one another.

## 3. Starting Height:

- a. Starting height is pre-assigned on the scoring form, by the Meet Director, in accord with SPL By-Laws & Official Events. Using the starting Divisional heights for meets before Divisionals is acceptable in determining a starting height. (see item b. below)

- b. Starting height at all three of the Divisional Finals and Finals Meets will be **3'2"** for Junior Varsity (JV) and **3'8"** for Varsity competitors, regardless of gender.
- c. The crossbar may be lowered from the initial starting height in Meets #0-#3 to begin the competition **only if no competitors** have cleared the opening height. The bar can be lowered by 2 inch increments until jumpers successfully clear the height. Then the competition will resume as normal, among those jumpers who cleared that height, by **raising** the crossbar in accordance with the rules at 4.A.1. below..
- d. For tiebreaks at DIVISIONALS AND FINALS MEETS only, the crossbar can be lowered to break the tie for those individuals competing for first place. No other competitors will be reintroduced for any tiebreaks, even if those competitors previously jumped the tiebreak height. This procedure is solely to break a first place tie. See section 5.b. below. for more detail.

#### 4. Jumping Rules:

- a. Three (3) attempts are allowed at each specific height. The event officials will follow the following guidelines:
  - i. At meets **OTHER** than DIVISIONAL or LEAGUE FINALS: Crossbar will be raised at two (2) inch intervals, until six (6) or fewer jumpers remain in the competition, then the crossbar will be raised in one (1) inch intervals.
  - ii. **At DIVISIONAL FINALS (Qualifying) meets only:** Crossbar will be raised at two (2) inch intervals until four (4) or fewer jumpers remain in the competition, then the crossbar will be raised at one (1) inch intervals.
  - iii. In the **LEAGUE FINALS meet only**, the crossbar will be raised two (2) inches for JV, and three (3) inches for Varsity, when each round is completed until six (6) competitors are remaining. Then the bar will be raised two (2) inches per round until three (3) competitors are remaining. For the last three competitors, the bar will be raised one (1) inch per round until the competition is over.
- b. "PASSING":
  - i. Jumpers may "pass" at any height.
  - ii. Jumpers may pass after 1 or 2 unsuccessful attempts at a specific height.
    - 1. However, at next height, he/she is allowed only the number of attempts to bring total to three (3).
    - 2. A jumper who has passed 3 consecutive heights is permitted a warm-up jump without the crossbar in place.
- c. Take-off must be off of one foot; a two-foot take-off is judged a "Miss".
- d. If jumper hits crossbar or a standard during attempt, AND the crossbar falls, it is called a "Miss" ...even if the jumper has left the jumping pit, and *if it is determined by the officials that the jumper caused the bar to fall (vs. wind, etc.)*. (see item G. below)
- e. If the jumper clears the crossbar, AND in the opinion of the Judge the wind blows the crossbar off the standard, the attempt will counted as "good" and it will not be a "miss." (see item G. below)
- f. Jump is judged to be a "missed" attempt, if the jumper (any of following):
  - i. displaces the bar,

- ii. moves or extends any part of their body under the crossbar during an attempted jump (for example, if they touch the mat while attempting their jump),
- iii. move across the plane of crossbar extended,
- iv. leaves ground on attempted jump AND the jumper does not successfully clear the crossbar,
- v. does not start the jump attempt within 1 minute after jumper's name is announced,
- vi. hits the crossbar when exiting the mat. All competitors should exit the mat at the back or sides of the mat as to not dislodge the crossbar. NOTE: The event officials should explain the rules for missed attempts so that there is no confusion. Attempts scored as a miss should be clearly announced during the event to the jumper.
- vii. The official running the event will allow one minute for the competitor to complete his/her jump. **A stopwatch must be used** for this purpose to keep the event running in a timely manner and to provide all competitors with an equal amount of time to complete their jump. The official should **clearly** indicate when the timing of the jump begins. If the competitor does not make an attempt at jumping within the announced minute, they will be charged with a missed attempt and the competition will continue with the next jumper.
- g. A crossbar displaced by a force disassociated with the competitor after he/she is legally and clearly over the cross bar shall **not** be a fault. To clarify Rule 4.d, if in the judges opinion, the bar was cleared, but the crossbar fell with no fault of the jumper's actions, then the attempt is good. For example, If the jumper leaves the pit after clearing the bar, and the mat hits the standards causing the bar to fall, it would no longer be considered a fault. Note: Encompasses Rule 4.e as well.
- h. **For Divisional Meets:** Contestants must successfully clear the opening height to qualify to advance to the Championship Meet. The number of athletes advancing to Finals may be smaller than the number allowable if not all athletes can successfully clear the first bar height as required in section 3.b. above.

## 5. Judging Decisions:

- a. A TIE is broken by FEWEST number of MISSES between the athletes in the tie (unless for first place, then see item b. below)
  - i. FIRST, at the height at which the tie occurred,...
  - ii. SECOND, over the entire competition.
  - iii. THIRD, if tie still not resolved, the total number of "passes" will be considered. Competitor with highest number of passes is judged the winner.
  - iv. If still tied for a place other than first, the judge will assign a split of points to teams involved, and will award ribbons to both competitors.
- b. If a TIE for 1st place cannot be broken with the number of misses, it is resolved by resuming jumping competition (for only the tied competitors), by re-jumping at the last missed height. If the tied competitors cannot clear that height, the bar should be lowered to start at the last "cleared" height and the competition continues as normal.

- c. Jumper winning the event, upon request, may make three (3) attempts at any one additional height, for purpose of breaking a meet or school record.  
Exception: ONLY at Co-Ed Relays: when only one jumper is remaining, he or she must be allowed to continue competing, one inch at a time until their "team" total height is the best. At that time, he or she may be allowed attempt at the chosen height.

## **6. GENERAL SAFETY TIPS:**

- a. Ensure mat is properly placed for the safety of the jumpers.
- b. Sweep the take-off area, to allow it to be free of debris/sand.
- c. Only meet contestants are allowed to practice jumps when the official starts the competitions. NO ONE is permitted to play on the mat; sit on the mat; or to practice when there is NO High Jump official or supervising coach present.
- d. If jumpers are being distracted by spectators around the high jump area, the High Jump officials should take control of situation. Examples of this distraction would include spectators being too close to the competitors running paths, unruly conduct, etc. Concentration is a crucial part of HJ competition.
- e. At the conclusion of each session, there shall be no practice jumps or otherwise using the jumping mat. The event officials should remove any practice implements or lay them on the mat, indicating the event is closed until it is reopened again for the next session by the event official.

**TIME is precious in running a Track Meet. Run this event efficiently and keep it moving!**

### **Change Brief**

2024-02-21	Added Note #2 under High Jump Procedures.
2023-06-09	Added clarification of minimum height needed to advance from Divisional to Final Meet. Clarified procedures on opening heights and time allotted for jumping attempts. English measurements are used for field events.
2022-04-23	Added High Jump priority when conflicts with other field events arise.
2019-04-25	Added new starting guidelines.
2015-04-21	Added 4.G. to rules.
2013-04-11	Added cover sheet with recommended equipment.