

S-P-L

High Jump Procedures

Equipment Needed by Volunteer School

- 1) High Jump Mat, Cover, and Crossbars provided by host high school.
- 2) 2 Crossbar standards – elementary preferred.
- 3) 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.
- 4) Stopwatch - Jump must be attempted 1 minute after competitor's name is called
- 5) Push Broom

High Jump Procedures

EQUIPMENT: Mat (usually provided by host high school); 2 standards & 2 crossbars (SPL equipment); push-broom & stop-watch (by worker-school).

SUPPLIES: (provided by Meet Host-school): Clipboard, Scoring Forms, Pen, and Award Ribbons.

PROCEDURES:

1) Sign Up Competitors By Group (Grade and Gender) :

- 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. Line up athletes, as that will reduce confusion (& quicken the day)
- c. As competitors are signed up, start running the two (2) allowable practice attempts.
- d. Clarifications & Exceptions:
 - i. Competitor does **NOT** have to personally sign-in for event; coach or teammate may arrange it.
 - ii. Field event participants may **NOT** be added or changed after **FIRST** competitor begins event "official" tries.
 - iii. Ask whether anyone has a conflicting event: are they competing in another field event that is being run at this same time? If so, explain procedure that allows the athlete to perform any or all official attempts out-of-sequence.
 1. Exception: (High Jump crossbar will **NOT** be lowered for a late- arriving competitor).
 - iv. **No athlete is allowed to compete in an event AFTER all other competitors have finished unless he or 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. Mat will be moved at the request of jumper or coach for reasons of jumper safety... safety first!
- b. When standard is capable, place crossbar on top of standard, instead of resting bar on pin that extends outward from the standard.
- c. 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.
- d. 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.

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.
- b. Starting height at all three of the Divisional Finals Meet will be **3'2"** for Junior Varsity (JV) and **3'8"** for Varsity competitors, regardless of gender.
- c. The crossbar is never lowered after the event starts, EXCEPT when no one clears the opening height or when jumpers tied for FIRST resume jumping to break the tie.

4) Rules:

- a. Three (3) attempts are allowed at a specific height
 - 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 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 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. Then 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 or she is allowed only the number of attempts to bring total to 3.
 - iii. A jumper who has passed 3 consecutive heights is permitted a warm-up jump without 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.
- e. If jumper clears crossbar, AND in opinion of Judge the wind blows crossbar off the standard, the attempt is counted as "good".
- f. Jump is judged to be a trial attempt, if the jumper: (any of following)
 - i. displaces the bar.
 - ii. moves under the crossbar.
 - iii. moves across the plane of crossbar extended.
 - iv. leaves ground on attempted jump AND is considered a "miss" if jumper does not successful clear bar.
 - v. does not start the jump attempt within 1 minute after jumper's name is announced.
- 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 would no longer be considered a fault.

Encompasses Rule 4.e as well.

5) Judging Decisions:

- a. TIE is broken by FEWEST number of MISSES,...
 - 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, Judge will assign a split of points to teams involved, and will flip a coin to determine who receives the award ribbon.
- b. TIE for 1st place that cannot be broken with number of misses, is resolved by resuming jumping competition (for only the tied competitors), starting at the last "cleared" height.
- 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.
 - i. Exception: 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 each jumper's style.
- b. Sweep the take-off area, free of debris.
- c. Only meet contestants are allowed to practice jumps. NO ONE is permitted to play on the mat; or to practice when there is NO High Jump official or supervising coach present.
- d. If jumpers are being distracted by observers' actions, High Jump officials should take control of situation. Concentration is a crucial part of H.J. competition.

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

Change Brief

- 2019-04-25 Added new starting guidelines.
- 2015-04-21 Added 4.g to rules.
- 2013-04-11 Added cover sheet with recommended equipment.