

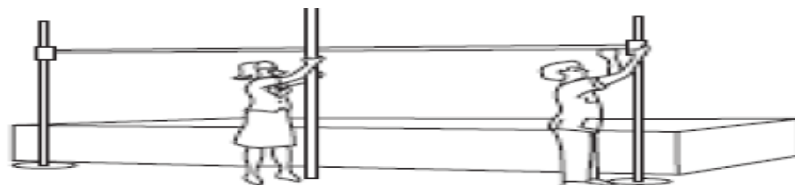
# HIGH JUMP



There are two methods for athletes to clear the bar in High Jump. The “Scissors” and the “Flop” technique. For Scissors, athletes should run at the bar from a angle but in a straight line. For Flop, athletes should be using a curve approach for run up.

## Competition

- Setup:
  - The uprights (posts) must not be touching the mats
  - The upright supports, which the cross bar sits on, must be facing each other, so The crossbar can fall off both ways if bumped
  - The height of the crossbar is always measured **from the centre** of the bar by a measuring stick/device. However, it should also be measured at both ends to ensure the bar is horizontal



- Before the Competition Starts:
  - Officials shall announce to the competitors the starting height and the subsequent heights by which the bar will be raised at the end of each round. Suggested bar increments between rounds is 5cm for more than 6 competitors and 3cm when six or fewer competitors remain. The bar should not be raised by less than 2cm after any round, unless there is only one athlete left in the competition.
  - The order of competition is usually in name order as listed on the results recording sheet
  - The competitor may approach the jump from any angle but must take off for the jump from one foot.
  - A competitor may forego (Pass) the starting height and other heights the bar is set. See example below – Jones 1.10m and Black 1.15m & 1.20m
  - A competitor may forego (Pass) his second or third attempt at a particular height (after failing first or second time – See example below - Brown and White 1.20m) and still jump at subsequent height, however if an athlete decides not to jump at any height he may not jump again at that height. Athletes may have up to three attempts to clear any heights.
  - Three consecutive failures regardless of the height at which they occur disqualify the athlete from further jumping. See example below – White 1.20m & 1.23m

# HIGH JUMP



- A competitor fails and is recorded if:
  - After the jump, the bar does not remain on the supports because of the actions of the competitor whilst jumping (It does not matter whether he is on or off the landing mats). When it is clear that the bar has been displaced by a force not associated with a competitor, e.g. a gust of wind, a new attempt will be awarded.
  - The competitor touches the ground beyond the uprights or the crossbar without firstly clearing the bar. An athlete may touch the mats while jumping over the crossbar, and will not be disqualified if it doesn't give the athlete any advantage
  - Jumps off two feet
- Measuring and recording for high jump
  - A successful jump is shown as "O", failures as "X"; a pass as "-"
  - At the end of the competition, record each athlete's best performance and their final place
  - The competitor who clears the greatest height is the winner. If a tie occurs, the competitor with the lower number of jumps at the height at which the tie occurs shall be awarded the higher place. If a tie still remains, the competitor with the lower total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place. If a tie still remains:
    - 1) If it concerns first place, the tied competitors shall have one more jump at the lowest height at which any of those involved in the tie failed. If no decision is reached, the bar shall be raised or lowered by 2cm at a time, with athletes having one jump at each height. The process continues, "knock out" style until the tie is resolved
    - 2) If it concerns any other place, the competitors shall be awarded the same place in the competition

NAME	1.10	1.15	1.20	1.23	1.26	1.29	1.32	Total Failures	Best	Position
Jones	-	XO	O	XO	-	XXO	XXX	4	1.29	2
Smith	O	O	O	X-	XO	XXO	XXX	4	1.29	2
Brown	O	O	X-	O	XXO	XXO	XXX	5	1.29	4
Black	O	-	-	XXO	XXO	XO	XXX	-	1.29	1
White	O	XO	XX-	X					1.15	5

## Safety

- Try ensure that the athletes are jumping close to the middle of the bar
- No one stands or jumps on the mats while competition is in process

## Coaching Tips

- Coaching should only be done at club days or training days – not competitions
- Running 'Shape' – body tall, chest open – proud like Superman/Wonderwomen, head relaxed, eyes ahead
- Lift hips high on take off