

High Jump

Getting Ready

As with horizontal jumps, allow time for measurement of run ups and practises.

Have the athletes line up in order of jumping (i.e. corresponding to the order on the result sheet) – emphasise they must be listening for their call and not wasting competition and official's time by not being ready.

Prior to competition announce the starting height and subsequent increases – also ascertain starting height for each athlete as this helps the recorder know who is jumping in each round and avoids wasting time calling an athlete who is not going to jump. Athletes can change their minds and change their starting heights during the competition but need to inform the officials.



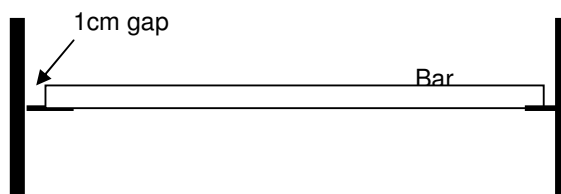
Officials

Bar must be checked for correct height at start of each round.

Measurement is taken at centre of bar, and checks should be made by measuring each end to ensure the bar is parallel to the ground.

Clearance should be watched carefully as the wind can blow the bar off without the athlete touching it. In very windy conditions where the bar is liable to be blown off officials can use a finger to steady the bar, but must be extremely diligent and make a judgement call on whether it was the jumper or the wind that caused the bar to fall.

Bar supports must face the opposite upright, and there should be 1cm between bar and upright at both ends.



Rules

- Take off must be from one foot. (No diving or forward rolls).
- Knocking the bar off, knocking the uprights over or touching the ground or landing area beyond the plane of the uprights (both between and outside the uprights) without first clearing the bar is a failure. However, if a jumper touches the mat with his foot while jumping and the judge believes no advantage is gained, it is not counted as a failure.
- A jumper is out after three consecutive failures. These do not have to be at the same height, so a jumper can miss twice at one height then pass to the next height.

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- Jumpers do not have to jump at every height – they can pass any height and come in at their choice of height.
 - 2cm is the minimum the bar can be raised each round. However, if there is only one competitor left he or she can nominate the height, including 1cm increases.
 - Ties: the jumper with fewest attempts at the tying height is placed higher. If tie still remains the jumper with the lowest number of failures throughout the competition shall be awarded the higher place. If there is still a tie and it involves first place, there should be a jump off with athletes given one attempt at the height they missed at. If all are successful the bar goes up 2cm and jumpers given one more attempt each. If result not determined the bar is lowered 2cm and each has one more attempt. This continues until the winner is found. There cannot be a tie for first place (hence the jump off) but all other places can have a tie.

